

# Glounthaune COMMUNITY NEWS

Mar / Apr  
2025



## Happy St. Patrick's Day



Lá fheile Pádraig sona duit

May Your Day  
be touched with a bit of  
**IRISH luck**  
Brightened by a  
song in your  
heart  
And warmed  
with smiles by  
the people you  
**love**



GLOUNTHAUNE COMMUNITY ASSOCIATION

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

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*Published with the Support of  
Glounthaune Tidy Towns*

## COMMUNITY CENTRE ACTIVITIES

### GLOUNTHAUNE COMMUNITY CENTRE: *Schedule of Classes*



Please see below our classes available for Adults & Children for the month of March/April 2025. For enquiries contact the GCA office at: Email: [thegcacork@gmail.com](mailto:thegcacork@gmail.com) or Tel 021 4510 470. We look forward to welcoming you to our community centre and our friendly teachers.

#### Monday

10.30am Active Retirement Fitness Class. *Jill McNamara 086 8138807*  
 10.30am Buzzi Bounce Box: Children's Movement Class - [buzzi@bouncebox.ie](mailto:buzzi@bouncebox.ie)  
 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](mailto:taichi.qigong.haven@gmail.com)  
 3.15pm Group Guitar Class (Children) Age 6 - 11yrs: 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 1<sup>st</sup> Wed each Month: Jackie 087 204 7169  
 3.30pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2<sup>nd</sup> Week)  
 4.00pm Irish Dancing with Jacintha O'Sullivan 083 162 2570  
 6.30pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291  
 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](mailto: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](mailto:languagerockets@gmail.com)  
 11.00am 'Language Rockets' for 0-3 age group 2 - [languagerockets@gmail.com](mailto:languagerockets@gmail.com)  
 11.00am Craft & Chat Group meetup. All Welcome.  
 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](mailto: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

Glounthaune Community Centre, Glounthaune Village, Co Cork  
 Postcode: T45 K124



## WELCOME MESSAGE

**Hello, readers!**

A warm welcome to the March/April edition of Glounthaune Community News! Once again, our editorial team invites you to be part of our bi-monthly newsletter. Your stories, insights, and feedback help us create a publication that truly represents the Glounthaune community.

Would you like to see your work featured? We'd love to hear from you!

### Submission Details:

- Topics: Anything that will engage and inspire our readers!
- Who Can Submit: Writers of all ages are welcome.
- Deadline: **Submissions for the May/June issue are due by Friday April 18th April.**
- Email: Send your contributions to [newsgca2024@gmail.com](mailto:newsgca2024@gmail.com).

For advertising inquiries, call us at 021-4510470, or consider sponsoring a future issue to support our community publication.

A heartfelt thank you to all our contributors, advertisers, and sponsors—your support keeps Glounthaune Community News thriving!

Dan Leo

Editor, Glounthaune Community News

E: [newsgca2024@gmail.com](mailto:newsgca2024@gmail.com)

## Recipe Corner



### Iona's Spicy Butternut Soup



#### Ingredients:

1 x Whole Butternut (small or Large)  
 1 x Red Bell pepper  
 1 x White Onion  
 1 x tsp Ground cinnamon  
 1 x tsp Ground Black pepper  
 1 x tsp Mixed Spice  
 3 x Large Garlic cloves  
 1 x tsp Curry Power or Masala paste  
 1/2 tsp of Chilli Powder (optional)  
 Tsp of Butter  
 A pinch of salt  
 Handful of Parsley  
 Cream (optional)



Enjoy with bread of your choice or a cheese toasty or toasted garlic bread

#### Method:



For Small Butternut, use a medium size saucepan, for Large Butternut, use a Larger saucepan.

- Prepare & Chop the butternut, bell pepper and garlic cloves.
- Add a tablespoon of butter and melt it down, add onions and stir until translucent.
- Next add the chopped Butternut & Bell pepper, stir for a few mins then add the garlic & cook for few mins.
- Add in all the spices, stir and cook for a few mins. Next add parsley and cover the butternut with water, cook on a low heat. When the butternut is soft to touch with a fork, blend with a blender. Cook again for a few mins.
- Put the blended mixture through a sieve and serve with a small swirl of fresh cream.



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## Cllr. Sheila O'Callaghan



*For advice or  
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**BARRY**

086 074 0394

[anthonybarry2014@gmail.com](mailto:anthonybarry2014@gmail.com)







## Community News & Upcoming Events

### CHRISTMAS CRAFT FAIR

Glounthaune Community Association & The Christmas Craft Fair Committee are proud to announce we raised €1350 for Simon Community.

An open door. A light on. A warm welcome. This is just the start of what your kind gift of €1350 means to one of Cork's most vulnerable people. So, I want to thank you for helping to ensure someone who is homeless has a safe place to stay.



*Thank You*

For your continued support of the Glounthaune Christmas Craft Fair. See you in 2025!!



### Daffodil day

COFFEE MORNING



Friday 28th March **11.30 am**  
GLOUNTHAUNE COMMUNITY CENTRE

**SUPPORT**

We would truly appreciate some donations of Cakes, Biscuits and flowers.

Can you help? Volunteers needed for 2hrs to help on the day!

Please contact us on  
thegcacork@gmail.com  
or 086 813 4131



A Nurse Specialist Service is available to offer in-person advice to those with Parkinson's and their care partners in all of County Cork



Location: Carrigaline Primary Care Centre, Co Cork. P43 X095

This service is appointment only.  
Please call 1800 359 359 or email  
nurse@parkinsons.ie

### Craft & Chat



Craft Group Meet-Up



Bring your craft  
Meet new friends  
Tea - Laughter - Chat

Glounthaune Community Centre  
Meet on Fridays at 11 am



## How Does GPS Work? A Simple Guide to Satellite Navigation

*Contributed by Liam Wall*

Ever wondered how your phone knows exactly where you are, even in the middle of nowhere? That's thanks to GPS—Global Positioning System—a technology that has quietly transformed how we navigate the world.

### The Basics of GPS

GPS is like a cosmic game of “hot and cold.” It works by connecting to a network of satellites orbiting Earth. These satellites are constantly beaming out signals that your phone or car's navigation system can pick up. By measuring how long it takes for these signals to reach you, your device can figure out where you are on the planet, accurate to a few meters. Simple, right?

There are at least 24 of these satellites whizzing around at all times, ensuring that wherever you are — whether hiking in the mountains, driving in the city, or even flying in a plane—you can always find your way.

### Everyday Uses of GPS

GPS isn't just for getting directions. It helps emergency services reach you faster, allows delivery drivers to bring your packages and food, and even helps farmers plant crops more efficiently. Many fitness apps use GPS to track your runs, and some pet collars even have GPS so you can find your furry friend if they wander off.

### Privacy and Tracking Concerns

Of course, with great technology comes great responsibility. GPS tracking raises some privacy concerns. Your mobile phone knows where you've been, and some apps might use this information for targeted ads or even sell it to third parties. This can feel a little creepy.

To keep your location private, check which apps have access to your GPS. You can adjust this in your phone's settings, disabling tracking for apps that don't need it. Also, turning off GPS when you don't need it can help preserve both your privacy and your battery life!



GPS (Global Positioning System) works via a network of satellites

### Final Thoughts

GPS is an incredible tool that has made our lives easier in ways we often take for granted. As long as we use it wisely and stay aware of privacy risks, it remains one of the most useful innovations of the modern world.

So next time you avoid getting lost on a road trip or find a hidden coffee shop with your phone's map, take a moment to appreciate the invisible network of satellites guiding you safely on your way!



# Children's Classes

## Glounthaune Community Centre



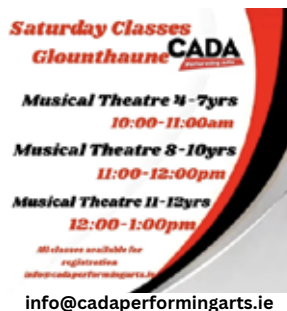
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Please contact the teacher to book your place



## THE HISTORY OF THE NORTH INFIRMARY HOSPITAL - A TIME LINE

*This book takes the reader on a journey through time in the life of the hospital*

Contributed by Catherine Murphy (Author)



In 1919, the War of Independence was having a dramatic impact in Cork, and by year's end the rule of law in the county had effectively broken down. Many atrocities were committed and one such incident occurred in 1919 in the North Infirmary, when a patient was forcibly removed from a ward at gunpoint.

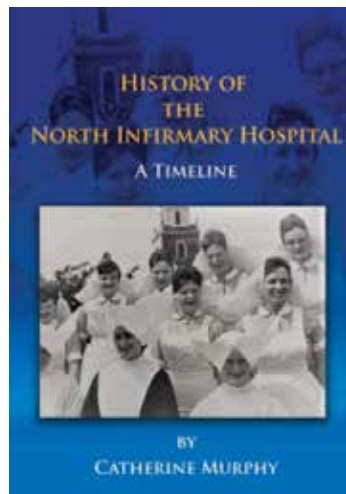
The Western Times on 19 May 1919 described the incident as 'Cork Outrage'. The Cork Examiner carried the following report on 17 May 1919:

### **CORK SENSATION RAID ON HOSPITAL: PATIENT REMOVED**

The South of Ireland has been startled frequently of late by a series of sensational occurrences which have their origin at least in the present state of political unrest in this country. Interest in one incident; the facts of which indicate a daring conception and a reckless fulfilment has scarcely

abated when there is the shock of some other episode. A parallel for these happenings can indeed be only traced in the pages of fiction of the lurid, melodramatic order, and their existence in the life of this country, even though isolated, are strangely out of the norm - so much so they are regarded with dismay. The latest of the sensations of this order took place in Cork last night about eleven o'clock when a party of men entered the North Infirmary and took it on themselves to remove a patient named Timothy Hegarty, a young man, who was detained in the Institution since Monday May 5th, suffering from injuries sustained in the explosion in the house in Grattan street, where manufactured bombs to a large number have been discovered. Five persons, including a woman and Hegarty were injured. Those men, about half a dozen, who elected to remove Hegarty, entered the hospital and proceeded to the ward in which Hegarty was, apparently had him dressed and then he started to take his departure from the hospital with them. The men did not wear any disguise and when challenged by the staff as to their conduct, replied by placing a hand in the pocket of their coats and saying: 'Our authority is here' and produced revolvers. It was all done with a quiet simplicity, but with a convincing determination, other patients in the ward were, in these circumstances, not disturbed. The occurrence took place about 10.45 o'clock. Just about that time a young girl named Kate Crowley residing at Great Britain Street, who had sustained injuries to her back in a falling down a stairs, was being attended to. The two resident doctors Dr Sheehan and Dr Galvin were thus engaged in the female ward above the one in which the patient Hegarty was. On the ground floor was Resident Student Walsh in the pharmacy, which is closed off from the extern hospital by a locked door. Hearing commotion in the extern he opened the door, and going out he was met by a party of about six men. They were unmasked, and one of them speaking for the rest apparently, said they desired to see the house surgeon.

The student was going up the stairs to call the house surgeon, but two of the party hurried past him saying, 'we are going to remove Hegarty; let there be no noise.' The student protested against their behaviour, and asked who gave them authority to do so. They replied by producing revolvers and hurried on. The student then went and informed the doctors who immediately repaired to the ground floor where the telephone instrument hangs. Near this were two men aged between twenty and thirty, and to these Dr Galvin remarked, the man (Hegarty) would probably die in consequence of removal, and Dr Sheehan said as the medical officer of this institution he should protest against his (Hegarty's) removal. But one of the men replied, 'We know all that – but must take risks.' Dr Galvin, then, seeing permission was of no avail said you have no authority to take him. We have our authority in our pockets, each of them took out a revolver. Here the party who had gone up into the ward returned assisting Hegarty, who had a great coat, boots and a cap on. When they entered the ward only the night nurse was there; she was naturally too nervous to interfere, but the raiding party apparently expressed their regret to her for having disturbed her. When leaving the hospital they also apologised to Dr Galvin who followed them to the door and saw them leaving in a covered car. The pair who had been near the telephone remained at their station sometime after those with Hegarty had departed, and one of those who went out with him returned for his watch. They took with them Hegarty's belongings, even to a book that he had lent to another patient in the ward only a few days ago. Evidently, from the length of time those near the telephone remained after the departure, they were there for the purpose of preventing the police from being summoned. When they were gone, the senior physicians were telephoned and acquainted with the occurrence and the police communicated with. Subsequently, the police visited the Infirmary. Hegarty was not under arrest nor were any of the patients in the hospital, as a result of the Grattan Street explosion.



I failed to find any official investigation into this incident and therefore concluded that it was regarded as an "act of war".

Dr Wilfred Galvin resigned his medical position in the extern in 1919. Dr Galvin was one of the doctors on duty the night of this raid. His nephew Barry told me he emigrated to England and continued his medical career in Harley Street in London.



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Glounthaune

17th March 2025

**Starts at: 10.30 am**

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### *Glounthaune Community News travels far and wide!*

*Lucy Kealy-Sinclair in SOS,  
Lot-et-Garonne, France  
and  
Greg Byrne in Gold Coast,  
Queensland, Australia,  
both picked up their copy of the  
newsletter while on holidays in the  
Glounthaune area.*





## FRAZZLED MAMMY ART INSPIRATIONAL ARTISTS

Contributed by Maeve O'Keeffe

The Greek philosopher Aristotle stated that a human being "learns at first by imitation." For example, seeing and doing what others do (provided it's not harmful) is how we learn to speak, read, write and interact with others – essential stuff for navigating life. This also applies to art. In fact, as a young teen, the artist William Turner worked for architects and is said to have learnt tricks of the trade by copying and colouring prints of British castles and abbeys.

In my art classes, I like to share images of works done by some of the world's greatest artists. Copying or creating our own versions of famous artworks can be a good way to learn about composition, colour and what the artist sought to achieve. In a recent class I used Vincent Van Gogh's 'Wheatfield with Crows' as inspiration for our lesson. We started with the horizon line where the yellow wheatfield meets the sky. Using perspective, we drew the winding path, receding into the distance. The dark blue sky is busy with frenzied crows, drawn simply in thick black zigzag shapes. It's said to be Van Gogh's final painting, symbolising the cycle of life and death. As you can see from these photos, the children did a wonderful job creating their own cornfields, copied from the great master. Van Gogh is definitely a favourite!

I am currently teaching children's art classes in SNCN Glounthaune NS, Midleton and Glanmire. If you're interested in future classes, follow me on Facebook at [facebook.com/frazzledmammy](https://facebook.com/frazzledmammy), visit my website at [frazzledmammy.com/art-classes](https://frazzledmammy.com/art-classes), or contact me at 087 6684021 for more information.





## **TIDY TOWNS - A COMMUNITY WORKING TOGETHER GLOUNTHAUNE GOING FOR GOLD**



*Contributed by Garry Tomlins*

### **Going for Gold - Meeting with Consultant**

We recently met with Gary Graham, a consultant and experienced Tidy Towns judge, to review our efforts in Glounthaune. In addition to his extensive expertise, Gary is the founder and organizer of the annual "Bloom Festival" in Phoenix Park. His full report will be posted on the Tidy Towns website once received, though there has been a delay due to health issues. We look forward to reviewing his insights and will announce a public meeting to discuss the findings once available.

Here are some notes from the meeting (thank you, Ailbhe), highlighting insights from Gary's experienced—and fresh—perspective:

- 1) The Railway Bridge on the Eastern Entrance to Glounthaune is in a shoddy state. (We have written to the Station Master at Kent Station to request painting of same). There are lots of weeds along the pathways here and the concrete bridge structure needs to be painted.
- 2) Road signage here (and elsewhere) should be considered with "Failte go dti Gleanntán" signs to emphasize you are now entering our community.
- 3) GTT should consider planting the beds on the Railway gate entrance with suitable maintenance free shrubbery opposite the Elm Tree.
- 4) The grass verges here are very gouged from cars parking. Barriers to prevent this activity should be considered along the Southern verge area. Dead trees should be removed along the Southern Verge area.
- 5) Maintenance of the Elm Tree planted open verge will need to be carried out with removal of existing weeds and replanting.
- 6) Consider planting hedging on the inside boundary walls of the Johnstown greenway area.
- 7) Palisade fencing is very ugly along the Railway section. Can consideration be given to a repaint and to addressing the overcrowded parking?
- 8) Planters on the entrance Johnstown?
- 9) Some car gouging observed along the grass area at The Railway Garden.
- 10) Remarked on the poor paint condition on Railway House.
- 11) The plant flower boxes around the Parish building could be improved - less boxes but bigger.
- 12) Brush cleaning and removal of weeds at the Dry Bridge area.
- 13) Boundary wall damage at Annmount due to fallen trees. Emphasize that action is being taken here.
- 14) Emphasize the siting of stone townland markers on roadside verges. Nothing on the report to draw the Judges attention to them. Are worth some marks under Street Scapes and Green Areas.

- 15) National School frontage could be more attractive.
- 16) More landscaping and planting needed in the Cedars development.
- 17) Consider a prize award for best kept housing areas, get buy in and inclusion from residents.
- 18) Island bridge area is very black and coated with dirt. Needs to be cleaned and preferably painted.
- 19) Our boundary limits: give consideration to placing broader signage with "Failte go dti Gleanntán".

We need leaders to help kick-start these projects—so step up and get involved! If you're interested, call Ailbe at 086 323 0337.

### Going for Gold - Progress in 2025!



*Fantastic work by the 6th class pupils of Glounthaune National School! With the support of their teacher, Gráinne Murphy, they made light work of the spring litter clean-up on Tuesday 11th of February. A huge thank you to everyone for their hard work and support!*

### Glounthaune Tidy Towns tackle Biodiversity:

In an attempt to increase Glounthaunes biodiversity, two projects undertaken in early



*The team who worked hard planting the trees. Philip Quinlan, Seamus O'Callaghan, Davie Ngumuya and Ailbe Ryan.*



*Terry Fleming is pictured planting a sapling assisting Seamus O'Callaghan our talented digger driver who has supported us in many projects around Glounthaune.*

February not only gave the lads a chance to play with some powerful toys, but is a serious effort to do our bit for the planet, and as a bonus help make Glounthaune look good.

The beech hedging has been supplemented by a mix of 200 crab apple, whitethorn and blackthorn trees from Cuddy's acre

right down to the Elm Tree as part of our Bio-Diversity programme. This will encourage pollinators and will enhance the landscape as the new trees grow.

Bill Cuddy and Ailbe Ryan are undertaking a project targeted at establishing a wild flower meadow in Cuddy's acre.



*Ailbe Ryan carefully dispensing the seed.*

The sowing of yellow rattle seed is a precursor to establish a wild flower suitable environment. Their first is scarifying the grass (best practice says 80% of the thatch should be removed). Boys' toys stepped in here where Bill Cuddy and Seamus O'Callaghan, complete with digger with a rake accessory, made short work of this task! The Yellow Rattle seed was then carefully dispensed using a 1m matrix as a guide per best practice. We hope to create a significant wild flower meadow over time with an increased



*Bill Cuddy supervising Seamus O'Callaghan driving the digger and skilfully raking the area.*

environment for pollinators which will look great too.

### **Spick and span for spring - Hedges Trimmed**

The hedges around Glounthaune were trimmed and completed by the 28th February deadline. We are now embargoed on touching these until 31st August as we need to allow the birds to nest undisturbed. Well done Ailbe, Bill, Terry and Davie on getting this finished. The hedges make such a difference to our landscape and biodiversity. Future work will include the identification and removal of dead trees by CoCoCo who will not be replacing them – so we will need identify replanting opportunities once this work is completed.

### **Trees Trimmed in Harpers Island**



Harpers Island has been closed for a week (17th-24th February) whilst conifer and poplar trees on the western boundary have been removed by Heritage Trees under contract to Cork County Council. This was deemed essential due to their condition and closeness to the railway.

The trees have been made into a "dead hedge" for biodiversity enhancement and it is planned to plant a biodiverse hedge of Irish species to supplement this shortly. Derry Delany was our community representative on the project and helped oversee and facilitate the process.





## GLOUNTHAUNE INDOOR BOWLS CLUB



*Contributed by Joe Kirby*

The club is well through the season and both league teams are in contention for honours. The div, 1 team secured a 3-0 victory at home to Wilton which puts them in second place in the league and they play the league leaders Mitchelstown in the next crunch game. Winning teams: Terry O'Keeffe, Andrew Casey, Marian Canning, Joe Kirby, Jerry Mc Carthy, Rory Canning, Liam O'Connell, T O'Shea & Pat White.

The div, 5 team scored two 3-0 victories against Midleton and Grange Frankfield

The victory against Grange Frankfield saw some great bowls played in what was a top of the table clash. Glounthaune now sit four points clear in first place.

Winning teams: Ann Bolger, Ber Byrne, Phil Crowe, Marie Crowe, Deady Twomey, Mary Knott, John Geary, Marian Mc Carthy, Eileen Buckley, Peter Williams, Pat O'Byrne, Rose Geary & Ted Mc Carthy.



In the National play-offs Tony O'Shea and Joe Kirby qualified to represent Cork in the All Ireland final play-offs in the over 55s competition and will travel to Belfast next week to compete.

In the County championships the club are still in contention for several cups . Next week Joe Kirby and Tony O'Shea play in the qtr. final of the over 70s cup Also Liam O Connell, Tony O'Shea and Joe Kirby play the semi-final of the triples cup.

In the Frances Cody Cup inter club Competition the team are through to the semi-final of the competition beating Wilton in after a very close match. After 4 games the sides were tied but Glounthaune won having a 13 points higher gross score.

Team Tony O'Shea, Joe Kirby, Liam O'Connell, Rory Canning, J Mc Carthy, T O'Keeffe, M Canning, Marian Mc Carthy, Andrew Casey & Eileen Buckley.

We also have teams competing in the Martha Tracey cup and Peg Tucker Shield

Crosshaven Triples Cup and the Westgate over 60s Cup so a hectic few weeks ahead for the club teams.

Practice nights continue every Monday and Thursday from 8-10pm in ErinsErins Own GAA Hall. New members welcome just wear flat shoes. Bowls and equipment supplied.

For further details contact Marian 087 9006471 or Joe 087 9795005.

## UPSTART FESTIVAL

*Contributed by Jesper Pedersen*



Glounthaune's **Upstart Festival** has become a much - anticipated annual event for Cork music fans. Held every September for the past four years in Craig's Field, Glounthaune Village, this one-day outdoor rock festival continues to bring the community together through music and celebration.

The dedication and hard work of the festival's organizers and team of local volunteers were recently recognized by Cork County Council at **The Lord Mayor's Community Group Awards** in County Hall.

At this year's prestigious ceremony, **Mayor of the County of Cork, Cllr Joe Carroll**, presented a total of **11 awards**, honouring the outstanding contributions of volunteers and community groups across the

county. The event, often described as the **"Oscars of Community Volunteering,"** saw a fantastic turnout, with many inspiring groups nominated. **Bantry's West Cork Jesters** took home the **Overall Community Group Award**, while the **Upstart Festival Committee** was among the well-deserving winners.



*Pictured with the Lord Mayor: Cllr. Joe Carroll & Chief Executive: Moira Murrell*

*... are Upstart Festival Committee members Richard Cuddy, Claire Lynch, Jesper Pedersen, Carol Harpur and Ailbe Ryan.*

*Unfortunately Kate Cuddy could not make it on the night.*

The Upstart Festival organizers would like to express their deepest appreciation to the incredible team of volunteers whose passion and dedication create the festival's unique atmosphere. A huge thank you also goes out to the local businesses that supported the 2024 event—their generosity and community spirit are truly valued.

## LEGAL ISSUES - CHARITIES

*Submitted by Teresa O'Sullivan*

Madeleine Delaney is the Chief Executive of Ireland's Charities Regulator, the statutory body responsible for regulating the charity sector.

What is a charity? You can't call yourself a charity unless you are actually registered. There is often public confusion between non profits doing good work and charities that are registered and regulated by the authority. Charities are one type of a not for profit organisation and what distinguishes them is that there must be an actual benefit from a charities activities and the benefit must be to the public in general or sufficient section of the public. This is a key part of the test that is set out in the legislation and applied by the charities regulator as part of the registration process. The charities regulator sees that there needs to be education ahead to clarify the role of charities stressing the importance of good governance and how to navigate issues such as charity succession planning and regulatory compliance. It is important that trustees are educated about their duties and the legal requirements particularly in relation to governance, managing charitable funds and making key decisions. Trustees of a charity are responsible for ensuring that their charity operates within its defined purpose and the best interests of its beneficiaries. This includes avoiding any drifts in the charities purpose over time which can happen when the original mission shifts or changes. This can happen if charity volunteers become distracted from their initial goal as fresh needs pop up. However, trustees need to keep sight of the basic principle of what they are supposed to be doing and that is running the organisation effectively so that it sustains into the future. Some charities have paid charity employees and it is important to note that requirements are met. The Irish Charity Sector has seen some very public and notable failures of honesty and good governance accompanied by a betrayal of public good will. It is to be noted that most volunteers, trustees and charity employees work hard at governance while doing worth while work and most charities operate in good faith and work hard to meet their responsibilities. It is to be noted that over 90% of charities are compliant and performing well.

The Charities Governance Code has been developed. This sets out the principles to guide trustees such as fulfilling a charities purpose and ensuring the charities activities are aligned with

its mission managing conflicts of interest and ensuring accountability. The Code is not just a compliance check list but is a way to run charities effectively and ensure long term sustainability. Trustees need to understand that good governance is about creating an environment where the charity can thrive and meet its mission. Basic documentation and meeting practices such as written and circulated agendas, records of decision making and conflict of interest policies are key in the regulators view to managing governance. While some trustees may feel that government codes are an unnecessary burden especially in smaller organisations, the regulator is of the view that these practices protect both the charity and the trustees themselves. Good governance practices reduces risks and make charities more resilient. Financial transparency of course is essential and some of the larger charities published a bridged financial statement and the regulator hopes that this will end in order to build trust with donors, regulators and the public at large that full accounts will be published. The regulator sees public trust in the charity sector as key to its continued success in Ireland and she want to drill home the message that money must be spent carefully and thriftfully and always with an end goal of the charitable purpose in mind. Charity trustees are responsible for ensuring that the charity uses its resources effectively and that funds are spent only in alignment with its charitable purpose. This includes making sure that any payments to employees, contractors or service providers are reasonable, necessary and transparent. While such expenditure is perfectly permissible each charity must ensure it is getting the best value for money and that its decisions are properly documented and justified. In 2022 the Charities Regulator became a self-sufficient organisation with a staff of 44 people. The Regulator emphasises the importance of collaboration between established charities and new comers who want to help so that efforts aren't duplicated. The regulator is of the view that they will aim to learn from what has worked well over the past number of years and also what has not worked well and bring that knowledge into the charity sector. Her ambition is to develop a regulatory model that is appropriate to the diversity of the sector and that supports good practice in the governance management and administration of charities.

## GLOUNTHAUNE'S POTENTIALLY LETHAL ROAD BLACKSPOTS

*Submitted by Brian Cluer*

There are two potentially lethal blackspots on Glounthaune's Old Cork Road (L3004), within a kilometre of each other. The first is the exit from the train station car park and the other is the junction at the foot of Church Hill (Dry Bridge).

The station car park situation is due to illegal parking, which prevents a driver exiting the car park from seeing traffic approaching from the right. The first image below graphically shows you a real-life situation faced by a driver trying to exit. Cars are also illegally parked to the left, giving only a minimal sightline. The narrow exit allows only a small amount of space to manoeuvre.

This is the exiting drivers view. The van was travelling at around 50kmh. Neither driver could see the other until this point.

There is a thirty-metre no-parking zone on both sides of the exit. This no-parking area is signed and carries a double-yellow line, but it is routinely ignored, especially on Tuesdays, Wednesdays, and Thursdays.

There is insufficient parking to accommodate the present demand. There is currently room for 44 vehicles in the car park - two are reserved for handicapped parking. Exiting the car park there is room for approximately 11 vehicles to be parked legally to the right of the exit. Midweek, as many as eight more park illegally.

To the left of the exit there is room for approximately 14 vehicles with up to six more parked illegally midweek.

There are no facilities for leaving bikes at the station yet **Irish Rail are trying to limit or prevent people taking bikes on the trains.**





In the meantime there is an urgent need for action at this location. Drivers need to be aware of the danger they are causing and cease illegal parking.

Our second blackspot is between Dry Bridge Road (Church Hill) and Old Cork Road (L3004). There is so much wrong with this junction that it is hard to know where to start. See the image below. You can use the zoom function to move in closer.



*Drone image courtesy of Brendan O'Donovan*

I spent some time observing the busy mid-day traffic; the word that sums it up is “clutter”. Let’s start with the line of the road into the old village. It is slightly offset from the end of Church Hill, so it is not a true crossroads. Yet the line markings at the bottom of Church Hill show only a left or right turn. Which lane should you enter while driving across and into the village? Why is it not marked? The western side of the Dry Bridge Road has a lovely footpath. But most pedestrian traffic is on the eastern side, up to the post office and shops, which have no footpath. This is aggravated by people parking cars at the bottom of the east side of Church Hill, forcing pedestrians to either walk on the road or try and find their way between the wall and the car wing mirrors. The only light-controlled pedestrian crossing is west of the intersection on L3004 and is poorly located. Most people wanting to cross are on the eastern side. To use the light-controlled crossing, people first have to cross Dry Bridge Road, which does not have a light-controlled pedestrian crossing. There is a further danger here. The pedestrian crossing lights can come on as a driver is turning right out of Dry Bridge Road and this could call for an emergency stop.

This junction is unnecessarily cluttered, complicated, and dangerous. The layout and engineering need to be re-examined. A full set of pedestrian crossing lights should be positioned at the intersection.

Let us know if you have any views on this subject.

## JUST FOR FUN

### Word Search: No 7 Storms

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

#### Storms:

Eowyn  
Kathleen  
Isha  
Eunice

Barra  
Jorge  
Ellen  
Atiyah

Ophelia  
Darwin  
Ulysses

#### Sudoku Puzzle: No 7

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

#### The 1% Glounthaune Club!

What digit should be placed in of H in 78423928H9 so as make it divisible by 9?

A - 3

B - 4

C - 7

D - 2

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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# 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

### Probuss

Richard Guinee 086 063 8933

### Seanoiri

Peggy Dunne 087 778 6357

## Children's Groups/Clubs

**Erin's Own** email: [cork@lgfa.ie](mailto: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](http://www.leesideunited.ie)

## Church Groups

### Sacred Heart Church Glounthaune

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

[office@glounthauneparish.ie](mailto:office@glounthauneparish.ie)

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

### St Joseph's, Little Island

Mass: Thu-Fri 10am Sun 10.30am

### St Mary's, Knockraha

Mass: Knockraha Sun 9am

### Baptist Church

Robert Ellis 083 346 7869 Sun 10am

Community Centre

**Church Of Ireland:** Rev. Elise A. Hanley

[rector@cobhglanmire.org](mailto:rector@cobhglanmire.org). 087 790 2348

Cobh & Glanmire Union of Parishes.

## Community Groups

### Community First Responders

CFR 086 239 3676

**Glounthaune Community Association.**

New members always welcome

021 451 0470

### Glounthaune Church Choir

New members welcome

Mary Barry 086 204 8378

### Glounthaune Church Flower Team

Valerie: 086 384 1974

### Meals-on-wheels

Pauline Walsh 087 287 0409

New cooks/drivers needed GCC

### Men's Shed

Garry Tomlins 086 231 3963

**Parkinson's Association:** East Cork

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](mailto:katecuddy@gmail.com) GCC

## Glounthaune Community Centre:

**Tel 021 451 0470**

**Email:** [thegcacork@gmail.com](mailto:thegcacork@gmail.com)

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

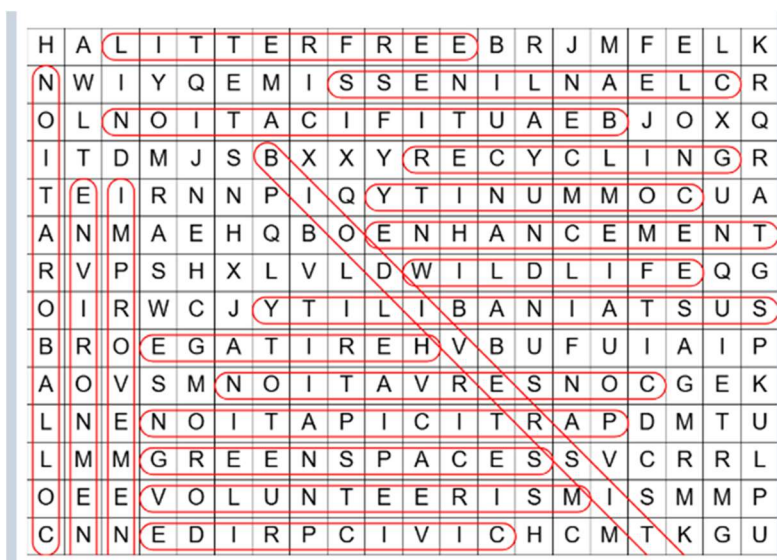
(GCC)Glounthaune Community Centre  
(PC)Glounthaune Parish Centre (EO)Erin's Own



## JUST FOR FUN – Jan/Feb Solutions

### Wordsearch: 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

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

### The 1% Glounthaune Club!

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

You need to remember there is a zero on a keypad. As soon as you multiply anything by zero, the answer will be **zero**.

- Bees love geometry: What's their favourite figure?

It's a **hexagon**.

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