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COMMUNITY CENTRE ACTIVITIES

Classes available in *May & June 2025*



Welcome to Glounthaune Community Centre in the heart of Glounthaune Village, Co Cork. **Postcode: T45 K124.** Please contact the office at Tel 021 4510 70, Email: thegcacork@gmail.com www.glounthaune.ie

Monday

10.30am Active Retirement Fitness Class. *Jill McNamara 086 8138807*
10.30am Buzzi Bounce Box: Children's Movement Class: buzzi@bouncebox.ie
2pm Parkinson's Group: Tai Chi Exercise Class: Jackie 087 204 7169
4pm Cowhie Ryan Irish Dancing, Suzanne O'Neill 086 026 6110
6.30pm Feeling Crafty Sewing Class: Joanna www.ioannasfeelingcrafty.com 086 856 3291
6.30pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002 www.katecuddy.yoga
8pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002 www.katecuddy.yoga

Tuesday

9.30am Improvers Yoga, with Kate Cuddy 086 8214002 www.katecuddy.yoga
3.15pm Group Guitar Class (Children) Age 6 - 11yrs: Alastair 089 966 1321
7pm Highlands Bridge Club. New members welcome. Sean O'Breasail 087 242 9691
8pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002

Wednesday

9.30am Gentle Yoga with Kate Cuddy 086 821 4002 www.katecuddy.yoga
11am Mother & Baby Yoga with Kate Cuddy 086 8214002 www.katecuddy.yoga
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)
4pm O'Sullivan Academy Irish Dancing (Jacintha) 083 162 2570
6.30pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291
7pm Zumba Class. Contact Karine (Kaz) 087 784 0329
8pm East Cork Community First Responders: 086 2393676

Thursday

9.30am Qigong, 8 Silk Brocades: Anne Marie Maguire: Email: taichi.qigong.haven@gmail.com
www.taichiqigonghaven.ie
10.45am Chair Qigong & Contemplative Meditation Anne Marie Maguire (see above)
12pm Tai Chi with Anne Marie Maguire Email: taichi.qigong.haven@gmail.com
5pm Yoga Bears Class, kids' yoga with Laura Maybury 085 732 2233
8pm Adult Exercise class with Conrad: 087 419 9231

Friday

9.45am 'Language Rockets' for 0-3 age group - languagerockets@gmail.com
10.30am Active Retirement Fitness Class. Jill McNamara 086 813 8807
11.30am Craft & Chat Group meetup. All Welcome. 086 813 4131 Tara
2.30pm Starstruck Studio : Ballet with Aisling Byrne -aisling@starstruckstudios.org
3pm Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938

Saturday

10am CADA Performing Arts for Children.
021 486 6389

Meals on wheels: Volunteers Required: Mon/Wed/Sat
Contact: Pauline Walsh 087 287 0409



WELCOME MESSAGE

Hi everyone, and welcome to this edition of the *Glounthaune Community News*!

We love hearing from our readers and are always on the lookout for new contributors. This month, we're thrilled to feature some new voices—thank you to everyone who got involved! If you'd like to send something in, try to keep your article under 500 words. You can include photos too.

Just email your piece (in Word format) to newsqca2024@gmail.com.

The next deadline is **20th June**, so there's plenty of time to get writing.

Dan Leo, Editor

Glounthaune Community News



JUST FOR FUN

Word Search: No 8 Summertime Fun

N	A	L	G	N	I	G	H	T	S	K	Y	Y	W	FAMILY
I	M	W	I	K	C	O	R	A	L	S	O	T	I	FISHING
T	I	A	S	P	P	P	G	F	L	C	I	R	M	DRINKS
A	L	T	I	L	O	P	R	F	F	U	N	A	M	POOL
O	Y	E	A	O	D	I	S	L	N	B	S	P	I	FUN
L	G	R	L	W	E	F	K	O	F	A	N	Y	N	SWIMMING
F	B	H	N	N	T	K	M	I	P	D	O	G	G	BEACH
R	F	E	D	N	R	R	S	C	B	I	R	D	S	SUMMER
E	C	S	A	F	C	H	P	E	Y	V	K	R	F	LAKE
M	R	R	I	C	I	G	I	E	G	I	L	I	N	REEF
M	E	I	F	N	H	L	A	K	E	N	I	N	T	FLOATING
U	E	G	G	I	N	O	B	I	Y	G	N	K	S	SCUBA DIVING
S	F	K	R	O	G	N	I	K	I	H	G	S	D	PARTY
														NIGHT SKY
														CORAL
														WATER
														HIKING
														SNORKLING
														CAMPING
														FRIENDS

Sudoku Puzzle: No 8

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

The Glounthaune 1% Club

Which number comes next in this sequence?

2, 3, 5, 9, 17, 33,?

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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Esther Wall Yoga

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Cllr. Anthony
BARRY

086 074 0394

anthonybarry2014@gmail.com





LITTLE ISLAND NATIONAL SCHOOL NEWS



**Chiedozie Ogbene
Visits 6th Class**



Swim Team 2025



J1 Bricks4Kids

Surprise Visitor Chiedozie Ogbene:

We had a wonderful surprise on the day of the Easter Holidays when Chiedozie Ogbene called in to visit our students. We have posters on the wall of our yard of local sports stars who our students can aspire to be like. He had heard that he was on our wall so wanted to take some time to acknowledge that and to inspire our students to follow their dreams – whatever dream that might be. He was a pleasure to meet and an excellent role model for our students.

Swim Gala:

We entered our first ever swim gala this year. It was held in Mayfield Sports Complex and was very well run. The children were fantastic and performed excellently. We are very proud of them and they have created a little bit of history! Well done to all involved.

Bricks4Kids Workshops:

Last week, Bricks4Kids returned with fun, hands-on Lego challenges that promoted teamwork and problem-solving. The children thoroughly enjoyed the sessions. Huge thanks to Luke's dad, Mark, and Catalyx for sponsoring the workshops.



Hurling Squad 2025



FAI 5-a-side county finalists



Artificial Intelligence - What's All the Fuss About?

Contributed by Liam Wall

A New Era of Technology

Over the past few years, artificial intelligence (AI) has shifted from the realm of science fiction into everyday life. From voice assistants and smart photo apps to tools that help write emails and articles, AI is no longer just a futuristic idea — it's here and growing fast. But what's really changed? And why is everyone talking about it?

What Is Artificial Intelligence?

In simple terms, AI refers to computer systems that can carry out tasks typically requiring human intelligence — like understanding language, recognising and interpreting images, or making decisions. Thanks to recent breakthroughs, AI is becoming more powerful, more accessible, and more relevant to our daily routines.

What's new in the last 3 years?

Large Language Models (LLM's)

These are AI systems trained on enormous volumes of text to understand and produce human-like language. Tools like ChatGPT can now write articles, summarise reports, explain complex topics, or even help you plan a birthday party or a Padel Tennis tournament.

Generative AI

This branch of AI is all about creating — images, music, video, even poetry. It powers apps that can turn a written prompt into a digital painting or create a realistic photo of a person who doesn't exist.

Machine Learning (ML)

The foundation of modern AI, machine learning allows systems to learn from experience. It powers recommendations on streaming services, detects fraud in banking, can assist in diagnosing diseases, analyzing medical and satellite images, and helps optimise energy use in buildings.



Figure 1 : Over the past few years, artificial intelligence (AI) has shifted from the realm of science fiction into everyday life.

Where AI Is Showing Up in Everyday Life

You are already using AI without even realising it:

- On your phone: Typing a message? AI helps predict your next word. Taking a photo? AI enhances the lighting or background.
- Streaming music or films on Netflix? AI recommends what to watch or listen to next.

These simple interactions show how integrated AI has become, often working quietly in the background.

Concerns and Controversies

As AI advances, so do the ethical questions. One of the most pressing is around the growing risk of misinformation, particularly through AI-generated fake videos, cloned voices, and deepfakes. This leads to increased potential for fraud and deception, where realistic but false content can be used to scam, impersonate, or mislead people

Other concerns include:

- Bias in AI systems based on the data they're trained on.
- Copyright, plagiarism and intellectual property rights: many AI tools are trained on publicly available content including books, articles, and artworks, often without the original creator's permission.
- Job disruption and displacement due to automation in various industries.
- AI systems, particularly large language models, can sometimes produce errors, misinformation, or 'hallucinations'- plausible-sounding but factually incorrect responses - due to limitations in their training data or the inherent unpredictability of generative algorithms.

So, what's All the Fuss About?

AI is rapidly changing how we work, communicate, and create. It's not just a tool for techies - it's something that affects us all. The excitement comes from the possibilities, but the responsibility lies in how we manage those changes fairly and ethically.

Understanding what AI is - and being aware of both its potential and its pitfalls - is essential as we move forward into a world where this technology is only becoming more embedded in daily life.

Interested in learning more about how AI is affecting your world?

Keep an eye on future issues for articles on its impact on education, work, and creativity - send an [email to newsgeca2024@gmail.com](mailto:newsgeca2024@gmail.com) if you have a specific question or topic you'd like featured in the Tech Corner.



Daffodil Day

**GLOUNTHAUNE
COMMUNITY CENTRE**
28th March 2025



Glounthaune Community Association is delighted to share the wonderful outcome of our recent fundraising event held at the Glounthaune Community Centre in support of the Irish Cancer Society. This event was a delightful gathering where we served delicious scones and cakes presented on vintage cups and saucers. We are pleased to announce that we successfully raised

€782 through both online and cash donations. This achievement would not have been possible without the generous contributions from our sponsors.

Daffodil Day is the Irish Cancer Society's biggest fundraising event of the year. Your support helps to provide free services and support to cancer patients and their families across Ireland.

We extend our heartfelt gratitude to the community for your unwavering support and participation. We look forward to welcoming you to next year's event. From the Daffodil Day Team: Kathleen, Tara, Frankie, Jackie and Veronica.

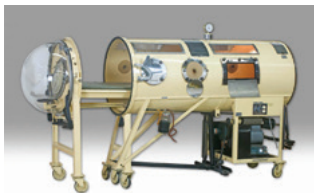
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West Cork Daffodils
Stir It Coffee*

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THE HISTORY OF THE NORTH INFIRMARY HOSPITAL - A TIME LINE

Contributed by Catherine Murphy (Author)



Emerson Respirator, more commonly known as an "Iron Lung".

POLIO IN CORK

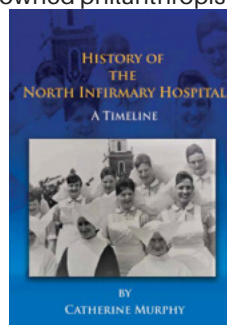
Many of us of a certain age will remember the outbreak of Polio in 1956, but during the 1930's the North Infirmary Hospital treated a small number of polio cases.

The severity with which each patient was affected was not recorded. Polio victims' breathing was often compromised and, fortunately for the hospital, William Morris, 1st Viscount Nuffield – the founder of Morris Motors Ltd and a renowned philanthropist

– donated an iron lung to the hospital in 1939. It was described as working like a bellows to expand the lungs. Professor J. M. O'Donovan organised the importation of the iron lung free of duty.

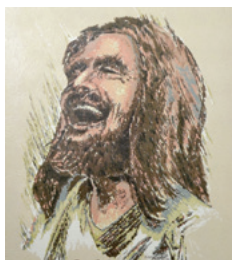
William Morris made the iron lungs in his own factory in England and donated them to hospitals with patients suffering from polio. He manufactured his first car ... the Morris Oxford about 1912.

His car business made him a millionaire. I recently read of him described as the Elon Musk of his time. It was very fortunate for a small hospital in Cork to be associated with such a famous man. He died in 1963 and left all his fortune to charitable organisations.



SPIRITUAL REFLECTIONS

Contributed by the Rev. Elise Hanley - Rector of Cobh and Glanmire Union of Parishes



Sketch by artist Willis Wheatley

'Laughter is a holy thing. It is as sacred as music and silence and solemnity, maybe more sacred. Laughter is like a prayer, like a bridge over which creatures tiptoe to meet each other. Laughter is like mercy; it heals. When you can laugh at yourself, you are free.' - The Rev. Dr. Ted Loder

I am an American Episcopal priest from New York City, now serving the Church of Ireland parish of Cobh and Glanmire, which includes Glounthaune. I am very serious about my ministry! I am also not always that serious! For I love good humour, and I love to laugh. A church can be a comfortable space. It can also be an intimidating space. Often one feels as either an insider or an outsider in church - either we belong, or

we do not, either we know the rules, or we do not. We can feel as such in so many other places as well - at work, in school, in sport. There is a time and a place to be serious and solemn. There is also a time to laugh - and I do laugh at myself in church, because I sometimes trip over my words or even trip over my own two feet! Goodhearted laughter can unite us and help us feel like we belong. God knows, we need unity these days, and we need to feel like we belong. Here is a well-known image, originally by a Canadian artist, of Jesus laughing. The Jesus I believe in laughs when we laugh, rejoices when we rejoice, and weeps when we weep. Jesus ever shows us how to be a good neighbour, and how to be present to each other, in times of joy and in times of pain.

LEGAL ISSUES - CUSTODY OF CHILDREN AFTER RELATIONSHIP BREAKDOWN

Submitted by Teresa O'Sullivan

The breakdown of a relationship can be a difficult and traumatic process. There are many issues to be worked out such as financial support, the family home, guardianship and access and custody of children. Guardianship is a person's legal responsibility to make decisions and perform duties regarding a child's upbringing. Access is the legal right of a child and an adult to have contact with one another when they no longer live together and custody is the day to day care and home life of a dependent child under the age of 18. For a mother who is not married to the father, their mother automatically has sole custody of the child. The mother is also an automatic guardian. Married spouses living together have joint custody and are joint guardians. Custody can be agreed together with access. Some parties have automatic guardianship rights. The court service has an eligibility checker on its website which can be used to see whether you are eligible to apply for custody. Access arrangements vary between parties and can be by way of court order in the District Court or Circuit Court or by agreement either negotiated between the parties or with the use of mediation. If you have a court order in respect of custody and access is denied, the court can impose an Enforcement Order if one party has been unreasonably denied custody and access to the children. It is advisable to have a Court Order in circumstances where there is a high level of conflict between the separating parties, whether those parties have been married or not married.

An issue that arises in respect of custody and access is relocation, particularly between parents of different nationality. Relocation cases can be domestic, for example moving county within Ireland or international relocation where one party wants to remove the children from this jurisdiction to move to another jurisdiction. Courts consider disputes

as to whether a child should be permitted to relocate with one parent or another to another county or country will consider the following matters but always having regard to the best interests of the child which will be the paramount concern of the court:

- A. Which of two hypothetical or possible outcomes will provide a greater stability of life style for the child.
- B. The contribution to such stability that will be provided by the environment in which the child will reside with particular regard to the influence of extended family.
- C. The capacity for and frequency of access by the non-custodial parent.
- D. The past record of each parent and their relationship with the child in so far as it impinges on the welfare of the child.
- E. The respect in terms of the future of the parties to orders and directions of the court.

If a parent wishes to relocate with their child or children to another jurisdiction they should seek to negotiate this with the child's other parent and to reach an agreement. If consent is not forthcoming from the child's other parent or guardian, an application can be made to the court for an order permitting the removal of the child from the county/country i.e. a Move Away Application. In these circumstances it is necessary to make full preparations in relation to relocation including obtaining expert evidence for the court which will support the application and provide evidence as to the stability of the child or children. Such an assessor may also assist with any disputes as to past record of the second parent in their relationship with the child or children. The court will need to be satisfied that there is a general motivation for the move and not the intention to bring contact between the child or children and the other parent to an end.

They will want to be satisfied that the child or children will be provided with a stable lifestyle in the new location. However, lifestyle reasons alone are unlikely to be sufficient for the court to consent to the move away application of one parent where there is an objection to the move of the other. The court will also want to be satisfied that the parent who remains within this jurisdiction will be able to enforce his or her access rights in the other jurisdiction. This is usually not a difficulty within the EU but may present problems in other jurisdictions where there is a lack of enforcement procedures with regard to access rights and where Legal Aid is unavailable or limited. It is usual for the moving parent to be made responsible for applying in another jurisdiction for orders and the court may require that the moving parent obtain orders in the second country if the Irish Orders cannot be recognised and enforced.

As with all matters that concern children in the court it is likely that a report will be ordered to be carried out by an independent assessor to establish the wishes of the child or children, if they are old enough and/or what is in the best interests of the child or children. These reports are ordered by the court and the costs are borne equally by the applying parties. It is of significance that the reports are the property of the court and are used to

provide assistance to the court in making its decision. While a court takes the content of the report into consideration, it is not bound to follow the recommendations of the report, although this is the usual outcome where such an assessment has been carried out. It is possible to challenge the report by bringing the assessor to court and having the assessor examined under cross examination where the report leads to an outcome which is not desired by one party or another. Following on from such reports it is quite usual for the report to recommend therapeutic support for the child and/or children and sometimes the parents. It is also quite common for the report to recommend that the parties would attend family therapy and work with a family therapist to establish a good routine or schedule in terms of access and contact between the children and the parents. As with all disputes, if it is possible to negotiate agreement between parents for the custody and access of their children and no third party reports or interventions will be required. In the event that there is a dispute it is important to seek legal advice and representation.

This piece has been provided by Teresa O'Sullivan Solicitor, of Douglas Law Solicitors, Watergold Building, East Village, Douglas, Cork.



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FRAZZLED MAMMY ART ART ENDEAVOURS

Contributed by Maeve O'Keeffe



The months of May and June can be busiest of the year in terms of art endeavours, at least in my case. My Children's After-school Art Classes typically finish in May or early June before the school summer holidays. It's a wonderful time to showcase the children's artwork created though the year, so I organise an art exhibition in each of the venues where I teach – Glounthaune NS, My Place Hall in Midleton and Glanmire Pike Hall. The first of these exhibitions will be in Midleton, to coincide with the Midleton 2025 art festival. Artwork by the children from my Tuesday afternoon classes will be on display on the main window of My Place Hall, Mill Road, for the duration of the festival from May 7th to 11th.

Various art events will take place over the course of the festival, including an art market in the Farmers Market area beside Supervalu on Sunday May 11th from 11.00am-4.00pm, where artists sell their work. This year I plan to take part and do live caricature during the artist's Sunday market. Live caricature is something I've done from time to time. It's great fun chatting to the client and trying to quickly capture the essence of the person in black and white. Here are some photos I did for an office work event some years ago.

It promises to be a busy time and I'm especially looking forward to organising my student's after-school art exhibitions in Glounthaune NS, Midleton and Glanmire. If you're interested in this or future classes, 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.

Recipe Corner

Overnight Breakfast Oats

Ingredients:

40 g plain porridge oats
200 g fat-free natural yogurt
mixed berries, strawberries, raspberries,
blueberries or blackberries
Honey (optional)

1 Serving



Method:

Spoon layers of porridge oats, yogurt and most of the fruit into serving dish. Cover and chill overnight so that the porridge absorbs the yogurt. In the morning, stir to mix all the layers together, top with the remaining fruit and a drizzle of honey.



TIDY TOWNS - A COMMUNITY WORKING TOGETHER GLOUNTHAUNE GOING FOR GOLD



Contributed by Garry Tomlins

Going for Gold - a Crescendo of Activity

You will have noticed the Tidy Towns Grey Van parked at various strategic locations with Terry Fleming in attendance with assistance as the essential works in preparation for judging that will start from mid-May. The list of activities is to be carried out is huge. And as always there is a need for helpers and organisers.

Report Highlights Opportunities to Improve Glounthaune

Glounthaune is a lovely place that presents well but we become dulled as to the opportunities to raise our standard. As reported in the last Newsletter, we employed Gary Graham to review Glounthaune and our Tidy Town's offering with a view of accelerating our way to Gold Status!



As promised in the last edition of the Glounthaune Community News, we committed to holding a public meeting to share the results.

That meeting took place on the 10th of April and was very well attended. Gary Graham delivered an illuminating and thought-provoking presentation on Glounthaune, highlighting a range of exciting opportunities to accelerate our journey towards achieving Gold status.

Gary Graham you may remember presented the RTE programme 'Super Garden', and also adjudicates with Tidy Towns and Pride of Place awards as well as being a consultant to Mount Congreve and the Lafcadio Hearn Japanese gardens in Tramore.

The report can be found on the Glounthaune Tidy Town's Website.

Key areas identified were the improvement of the entrance to Harper's Island which undersells this lovely amenity, the dirty nature of the Skew, Little Island and Harper's Island bridges, the flower boxes outside the centre coming to the end of life, possibility for improvements to the Church Grounds to lift this iconic building and the Station.

The large planting created by CoCoCo for the walkway was discussed and is a real problem as it is infested with bindweed and its scale is beyond the resources of Tidy Towns to keep up. Commercial quotations for its maintenance are in the range of €7K to €10K per annum and we simply do not have that money nor does CoCoCo. The best option discussed is to grass the area retaining some of the planted trees.

Many other key areas of detail were discussed including the possibility of reinstating the Garden and Best Frontage competitions. We went away enthused and with a clearer vision of what we can do to enhance our community's presentation.

Cleaning Up Glounthaune

Bill Cuddy rounded up a stalwart team and first-rate equipment to tackle the bridge cleaning exercise. The equipment included a proprietary power washer designed and made by Chris Cuddy, powered by a Ford Tractor (Bill Cuddy) and an extending pallet lifter to ferry water provided by Luke McCarthy (from Biocel) who also provided Chlor-Kleen cleaner (that really, really works!) Thank you, guys a real Glounthaune effort!

The cleaning team comprised Bill Cuddy, Chris Cuddy, Philip Quinlan, Garry Tomlins, Ailbe Ryan, Patrick Bradley, and Derry Delany. In exceptionally rainy weather they braved the elements and

cleaned significant sections of the Harper's Island Bridge, and the approach to Little Island Bridge. The work continues next week.



FAMILY DAY OUT - CARRICK TOUR

Contributed by Carol Harpur

As we eagerly await the opening of Barryscourt Castle in Carrigtwohill later this month, it gives us time to visit some more heritage sites run by the OPW. A firm favourite for families and within a 45 minute drive of Glounthaune is Charles Fort in Summercove, Kinsale. This is an expansive site and has plenty to interest young explorers and adults alike and the very important on-site cafe for refuelling!

If you are considering a longer day trip with older children or adults, Ormond Castle in Carrick-on-Suir makes an excellent day trip. It is a scenic 1 hour 40 minute drive, east to Dungarvan and around the Comeragh mountains.

Ormond Castle is from the mediaeval period and what sets it apart is the magnificent Elizabethan manor house extension that wraps around the north of the castle. This is the finest example of an Elizabethan manor house in Ireland, was built in the 1560s by Thomas Butler, the 10th Earl of Ormond.

Access to the manor is by guided tour which takes 40 to 50 minutes. An audiovisual exhibit sets out the main historical context, bringing you right into the Butler Rebellions and the fierce feud with the Fitzgerald Earls of Desmond. The OPW guides provide plenty of historical detail mixed with cultural entertainment. You'll be captivated by its stunning plasterwork, including portraits of Queen Elizabeth I and Edward VI, along with Tudor emblems. The long gallery, stretching almost the entire length of the building, is a highlight, showcasing the grandeur of the era.

While in Carrick-on-Suir take the opportunity to cross The Old Bridge over the River Suir. The narrow stone bridge, also built by the Butlers, dates from 1447.

If you want to extend the trip a good option is to head across the border into County Kilkenny and explore the Linguan Valley. You can discover ancient passage tombs that pre-date the pyramids and some of Ireland's most impressive High Crosses.

For more vigorous activity take a hike at Mahon Falls in the Comeragh Mountains. On the road up to the Falls you will cross a cattle/ship grid and shortly after that you will have to keep your eyes peeled for two stones with the inscription "Magic Road". You will also see a "Fairy Tree" covered in rags and other paraphernalia. This is where you stop your car and put it in neutral and wait. You will begin to notice that the car will roll backwards! Is it the work of the little people?

On the way home it is a great chance to explore and dine in either Dungarvan or Youghal.

If you plan on visiting many of the OPW sites, you may even consider buying the Heritage Card. The card offers unlimited access to the OPW's sites throughout the country over their opening season. Information on OPW sites can be found on heritageireland.ie



Harper's Island News



Contributed by Jim Wilson



Harper's Island Wetlands



Harper's Island Wetlands



www.birdwatchcork.com

Well, it is all action down at the Sand Martin nesting banks on the reserve. Since the first Sand Martin was seen there in late March there has been a steady increase in the number of birds checking out the nesting borrows in our artificial nesting banks. At the time of writing this piece many of the 48 nesting borrows are already occupied. Thanks to a generous grant from AA-

AGORA, set up to support the European Commission Mission on "Restore our Ocean and Waters by 2030", our volunteers were able to upgrade our cameras and our technical equipment so that this year we are able to live stream from the two cameras in the nesting borrows 24/7 for anybody who wants to have a look.

We already know from the cameras that at least one burrow has a pair of Sand Martins and have a nest already built and it is quite possible that they will have between three and five eggs laid by the time you read this. It is a fascinating way

to learn all about the nesting behaviour of these amazing little birds that have spent the winter South of the Sahara. Of course, you will be peeping into the secret lives of wild creatures and like life in general there can be ups and downs and it occasionally does not always have a happy ending, so be prepared. Having said that most birds will successfully raise their chicks. So, in the image you will see the QR Codes and links for the YouTube live streams from nesting borrows number 19 and 21. As I write nest building is going on in burrow 19 and we have had just a few brief visits by birds to borrow 21. There is plenty of time for a pair of Sand Martins to start building a nest in borrow 21.

You can also download a 20-page fact file on Harper's Island's Sand Martins. These live streams provide an ideal opportunity for all members of the family to learn about these birds and their nesting habits and it is also ideal for a classroom so please share the links below with as many people as you can so we can reach as many people as possible with this fantastic opportunity. And fingers crossed our Sand Martins we'll have a very successful breeding season.

Harper's Sand Martin Fact File - <https://birdwatchcork.com/wp-content/uploads/2025/04/Harpers-Sand-Martin-Fact-File-2025.pdf>

Burrow 19 - https://www.youtube.com/channel/UCXj8kzktKeoCCWnOvX_8SPA/live

Burrow 21 - https://www.youtube.com/channel/UCvui-Xb_osVzI3y-mjOTUBQ/live

Harper's Sand Martin Watch 2025

Scan the QR Codes with your phone camera to view 24/7 live YouTube pictures from inside two nest burrows and download the Sand Martin Fact File.

Expect to see nest building in April, first eggs and chicks in May and June. If conditions are good they will try to raise two families this summer so there is a possibility of seeing eggs in June and chicks in July and early August.

Burrow 19
Scan Me

Burrow 21
Scan Me

Fact File
Scan Me

The cameras are in burrows 19 and 21 on the bottom row of the far nesting bank.

Two adult Sand Martins Sleeping. A view from our 'Nest Cam' in Burrow 19 in 2024.



BUZZING WITH LIFE: THE HONEYBEES ROLE IN OUR ECOSYSTEM



Contributed by Hanna Bäckmo

Hello! I'm Hanna Bäckmo, beekeeper and entrepreneur based in Little Island. I write a lot about beekeeping for beekeepers, and it will be a nice challenge to write about bees and beekeeping for non-beekeepers for a change. I know many of you are avid gardeners, active in the Tidy Towns movement or other outdoor projects or just curious about bees and honey, so I will happily answer any questions in future issues, just send to hanna@hannasbees.ie

About Native Bees, No-Mow-May and Swarm season

Now that spring is finally here, we start seeing lots of different bees in our gardens. They are mostly visiting flowers in search of nectar and pollen, but we also see them collecting water and perhaps surprisingly often on freshly dug soil or seaweed collecting minerals. In media we hear a lot about honeybees, but did you know we have over 100 native bee species in Ireland? There are about 20 different species of bumblebees (these are the big, fuzzy, noisy ones!), but only one Honeybee. This is the European Black Bee, or *Apis Mellifera Mellifera*. The rest is made up of solitary bees like mining bees, mason bees and leafcutter bees.

Most beekeepers in Glounthaune and surrounding areas keep the native Irish bee. Recently, there was a 'rewilding' project in Fota House and Gardens and in the Wildlife Park with the native Irish bee. We also often see hybrid honeybees, especially in swarms coming into the area, which have light brown or amber coloured banding on the body. Coincidentally, many experts believe the reason the North European bee is dark while its south European cousins are lighter in colour, is because a dark bee can absorb heat from the sun more quickly, enabling it to have more foraging time, perfect for cooler climates.

Honeybees are the only native bee species that overwinter as a colony, they do not hibernate like wasp or bumblebee queens or pupate over winter like many solitary bee species. When spring comes, they have eaten through much of the honey and pollen left in the hive by the beekeeper the previous autumn, and are eager to find fresh sources of nectar and pollen. Bees do not make honey from pollen, but they make food for the larvae (or baby bees) from it. Pollen is essential for colony expansion; if bees have no pollen, they cannot produce new bees and the colony would dwindle fast.

In Ireland, suburban bees do very well due to the diverse flora in these areas. There is a nice mix of flowers all year around, and usually not a lot of use of pesticides, herbicides or fungicides unlike in many rural areas where they grow and manage crops using all kinds of chemicals. Honey in suburban areas also tastes amazing due to the many different flowers each with their own nectar flavour.

There are many beautiful gardens in our area and the flowering strip along the cycle path is a haven for our bees and other pollinators like butterflies and moths. As a keen gardener myself, I think we sometimes forget that bees don't need big flashy flowers to survive. In fact, many very elaborate flowers that we find in garden centers or supermarkets, especially ones with a lot of petals or 'double flowering' are quite useless for bees. They may look fabulous, but they have so many petals or are so deep, that our poor little bees cannot get access to either pollen or nectar because it is hidden so deep in the flower. Others, like many daffodil species for instance, have been over-bred so they produce no pollen or nectar at all.

Some of the bees' favourite flowers in spring are dandelions, wild garlic, Spanish bluebells, hawthorn and sycamore; all very common and some of them considered a nuisance or weeds!

We always advocate planting open flowers or native species for our native bees; after all they have evolved alongside each other and are perfectly suited for both each other and our climate. Others, like borage or phacelia, which are not native, but real 'bee magnets', are so colourful and easy to grow!



May and June is typically swarm season for honeybees. Bees swarm as a way of splitting or multiplying the colony when conditions are good. We often see this happening after a spell of really warm weather and an early nectar flow from sycamore and hawthorn in late spring. When bees swarm, the old queen will leave the hive with $\frac{1}{3}$ to $\frac{1}{2}$ of the female worker bees. They leave behind several queen cells which will emerge after about a week, and one of those new queens will become the 'mother' of that hive. Once the swarm has left the hive it will not go far initially. It will cluster on a fence or in a tree or similar for a couple of hours up to a few days while they send out scout bees looking for a good place to nest. Once they have found a suitable place, it could be a chimney or a compost bin or even a hollow tree or an old BBQ, they will all fly there and take up residence.

If you notice bees flying in and out of small holes in your fascia or chimney or similar, these could be scout bees. If you come across scout bees or a swarm, there is no need to panic. Give them space and immediately contact a beekeeper so they can come and assess and collect them if possible. Do not poke at them, spray water or anything that may harm or upset them in anyway.

May is a busy month, as we both celebrate World Bee Day on the 20th of May and also try to encourage people to take part in the No-Mow-May movement. I know this can be a bit divisive, especially for people who want a tidy, neat garden and are not prepared to lock up the lawnmower for the month of May. But worry not, there are many other things you can do if you want to do your bit for pollinators, but still want to keep a tidy lawn. Think about steps you could take to encourage more pollinators in your garden or community. Could you leave a strip or a corner un-mowed? Or perhaps plant a meadow or a wildflower strip or choose native flowers next time you're buying plants? Or maybe you could plant spring flowering bulbs under trees or in the grass, or you could make a watering station for the bees for the warm summer months ahead?

If you want to learn more about our many native bees, read more about the All-Ireland Pollinator plan or check out biodiversityireland.ie.

CORK GOLF CLUB LADIES BRANCH CHARITY FASHION SHOW



A fashion show held at Cork Golf Club on March 28th raised an impressive €6, 977 for its nominated charity - Little Island National School Sensory Room. The funds will be used to purchase equipment and soft furnishings, helping to create a calming space where children can self-regulate before returning to their classroom learning environment.

Cork Golf Club would like to wish our local school every success with this valuable support for children in Little Island.

Presentation of cheque to Michael Rea (Principal) was by Lady Captain Joan Dobson and Lady President Christine Grandon

PARKINSON'S IRELAND CORK BRANCH

April is Parkinson's awareness month

World Parkinson's Day was on the 11th of April and is when we remembered all those who are, or who have been affected by Parkinson's. This date is the anniversary of the birthday of Dr James Parkinsons who is most famous for publishing 'An Essay on the Shaking Palsy' in 1817, which established Parkinson's as a recognised medical condition.

Different for everyone

Parkinson's can affect people in many different ways and can affect every single person with Parkinson's differently. It really is a "boutique illness". It is complex, cruel and currently progressive and incurable so much more support, awareness and research is required. We need to keep pressing for more research and better and more effective practical treatments and support to help alleviate the pain, fear and discomfort that many endure. Parkinsons Disease is the fastest progressing neurological condition in the world.

There are approximately 18,000 people living with PD in Ireland. This is projected to double by 2040. PD is a progressive neurological condition which causes a variety of motor and non-motor symptoms. There is currently no cure for PD.

Parkinson's Ireland Cork Branch provides a range of services and supports, to people living with PD, their families and care partners.

Our work also includes raising awareness of the condition, providing information and advice, research, and advocating on a variety of issues which impact on people with PD, their families and care partners.

**Please do continue to talk about Parkinson's
to keep Parkinson's in the spotlight.**

To contact one of our Cork Branch committee members, please email jerome@parkinsons.ie or jackieoreilly@parkinsons.ie



GLOUNTHAUNE'S POTENTIALLY LETHAL ROAD BLACKSPOTS

Submitted by Brian Cluer

Church Hill

This is a follow-up to the article that appeared in the last issue of the GCNews, starting with the current situation at the junction of Church Hill and the R3004 road (sometimes referred to as the "Old Cobh Road").

Committee members from the Glounthaune Community Association met with representatives of Cork CoCo, and the meeting resulted in a report stating that the council was not prepared to install a traffic light control system at the junction. The Council reasoned that such a system would cause inordinate delays to the large traffic volume. Traffic movement appears to be more important than pedestrian safety.

The council did agree to supply a speed indicator on the L300. This was used over a five-day period from March 4 until March 9 to measure vehicular traffic moving in both directions.

Average Daily Traffic Numbers = 8,740

Average Yearly Traffic Numbers = 3,190,100

% exceeding the speed limit = 60.7%*

***2,686 of these vehicles were driving at a speed in excess of 90 km/h.**

There were a number of other changes that the Council said they would consider. A further report will be made shortly that may clarify some of these issues. I asked Councillor Anthony Barry, who supports the crossing proposal, if the next report might change the crossing situation. He replied: *"No, the local community need to 'ramp up' their campaign to get this change made."*

The Railway Station

There has been a slight improvement in the illegal parking situation at the exit from the station car park, but the overall parking situation continues to deteriorate as an Increasing number of cars park in Johnstown Close. Given this significant increase, Johnstown Close will be full of kerb-parked cars within the next five years.

Why is this happening? First, there has been a significant increase in the number of people using the station. Five hundred new homes will be built in Glounthaune over the next five years. In addition, there will be significant home building in Carrigtwohill, and some commuters will prefer to go to Glounthaune Station, which has more frequent services, to catch their train. To give you an idea of the growth pattern, we can look at the following: The L3004 road was electronically tracked in 2020. **The data shows that an average of 5,180 vehicles used the road daily. This year (2025), the number has risen to 8,730.** Increasingly, we have two-car families with one car often used to get to and from the station. Cars are also getting longer, wider, and heavier. In recent years, car widths have been increasing at the rate of one centimetre every two years. The UK Consumer magazine Which? recently published a list of 121 car models that are too big for the average public parking space. I have noticed that a small but growing number of people with these bigger cars are having to park them diagonally across two parking spaces.

So, maybe we should ask ourselves some questions about our own behaviour while we ask the authorities to change theirs.

Irish Rail is now banning bicycles from commuter trains during rush hour. There is no bike rack at Glounthaune Station. Action is also needed to address this issue.

Have you looked at the Cycle to Work Scheme? With all the new cycle paths, it is becoming much easier, and healthier to cycle to and from work. Providing your employer is part of the scheme, you can get a new bike taxfree. The employer pays for the new bike: you repay the cost through regular instalments from your salary. You do not have to pay tax, PRSI or USC on your repayments.

You can spend the following amounts on your bike:

€3,000 for cargo and ecargo bikes

€1,500 for pedelecs and e-bikes

€1,250 for other bikes

Under the scheme, you can buy a new bike every four years. Some employers do not charge employees for the bikes at all. All the equipment, such as bells, horns, helmets, etc., can be included in the cost. So why not give it a go? **Let us know how it works for you.**



MEN'S SHED

Submitted by Garry Tomlins



Lending a Hand to the Bridge Club



Photo: Courtesy of Seán Ó Breasail

We were delighted to help the Highlands Bridge Club with the design and making of 4 new bridge table for their use. These are replacements for existing tables that were narrow, did not allow the players to get their legs under the table and uncomfortably low.

The new tables designed by the shed feature Beech, with a very smart green baize top and were well accepted by the Bridge Club members! We have the making of two more tables if required – contact Garry at 086 231 3963 as we are fund raising for a new Men's Shed.

New Men's Shed



Planning as been submitted for a new Men's Shed workshop to be located at the Cork County Council chipping depot just to the east of Rockgrove. Our existing premises for the past 9 years are too small for an expansion of the Shed's activities – we have been fortunate as these have been lent to us on a by a very supportive local business entrepreneur for a number of years and CoCoCo have the site available.

The new shed will be 1200 ft², and feature solar panels and rainwater harvesting.

A picture of the planning notice is shown below and if you have any questions, please do not hesitate to call any of the members for details.

Property Branding Event

Glounthaune Community Centre



MUINTIR NA TÍRE
NATIONAL ASSOCIATION FOR
THE PROMOTION OF COMMUNITY
DEVELOPMENT IN IRELAND



- Garden / DIY Tools (Batteries)
- Smart phones/Computers
- Cameras
- E Bikes/E Scooters
- Bicycles/ quads

A recent 'Branding Event' took place at Glounthaune Community Centre on April 12, 2025. We had the pleasure of welcoming Mr. Diarmuid Cronin, the community alert development officer with Muintir Na Tíre. Mr. Cronin's expertise allowed him to swiftly and effectively brand each item with a unique mark, which drew much interest and engagement from attendees. Synergy Security Solutions provided the property laser marking machine, this was developed to permanently mark property with identifying information, this initiative aims to make it more difficult to sell stolen goods and helps the Gardai to recover stolen items. Members of the Cairde App logged their property onto a cloud based log, making it easy to retrieve information and update as required.

No charge was administered but we encouraged each member of the community to contribute to the Irish Red Cross Cobh, an organization dedicated to serving East Cork. The response was overwhelmingly positive, demonstrating our community's commitment to supporting local initiatives.

The Cairde App aims to empower community groups in becoming safer and more closely interconnected than ever before. For those interested, you may wish to apply for the CAIRDE APP. (once a year fee applies). Features of the Cairde App include: Panic Alerts, Cloud based Property Log, Send/Receive messages, Gardai Text Alerts. Please feel free to reach out to Mrs. Jill McNamara on 086 813 8807 for more information.



Fiona Twomey SOLICITORS



Fiona Twomey

3, Eastgate Village,
Little Island,
Cork

Tel: 021 4355 405

Email: fiona@fionatwomey.ie

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Local Organisations

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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

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

JUST FOR FUN

Word Search: No 7 Storms



Storms:

Eowyn
Kathleen
Isha
Eunice

Barra
Jorge
Ellen
Atiyah

Ophelia
Darwin
Ulysses

Sudoku Puzzle: No 7

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

The 1% Glounthaune Club!

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

A - 3

B - 4

C - 7

D - 2

Answer : D

Explanation

For the number 78423928H9 to be divisible by 9, the sum of all its digits should be divisible by 9.

So $(7+8+4+2+3+9+2+8+2+9)/(9) = (52+H)/(9) =$
Number divisible by 9. So H should be replaced by 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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They will also be available in the emailed edition**