

# Glounthaune COMMUNITY NEWS

July / August  
2025



GLOUNTHAUNE COMMUNITY ASSOCIATION

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### Summer Schedule of Classes:

#### Monday

10.30am  
2pm  
7.00pm

**Active Retirement** Fitness Class. Jill McNamara 086 8138807  
**Parkinson's Ireland**, Tai Chi Class, Jackie 087 204 7169  
**Summer Yoga**: Mixed levels with Kate Cuddy 086 8214002

#### Tuesday

9.30am  
7.00pm

**Summer Yoga**: Mixed levels with Kate Cuddy 086 8214002 (outdoors)  
**Summer Yoga**: Mixed levels with Kate Cuddy 086 8214002 (outdoors/indoors)

#### Wednesday

9.30am  
11am  
12.15pm  
3.30pm  
8pm

**Summer Yoga**: Mixed levels with Kate Cuddy 086 8214002 (outdoors)  
**Mother & Baby Yoga** with Kate Cuddy 086 8214002  
**Parkinson's Support Group** Meet 1<sup>st</sup> Wed each Month: Jackie 087 204 7169  
**Gaeilge Beo**: Irish Speaking Group. Lena 021 435 3288 (every 2<sup>nd</sup> Week)  
**East Cork** Community First Responders: 086 2393676

#### Thursday

10am

**Summer Qigong & Tai Chi**, Anne Marie Maguire, [taichi.qigong.haven@gmail.com](mailto:taichi.qigong.haven@gmail.com)

#### Friday

10.30am  
11.45am

**Active Retirement** Fitness Class. Jill McNamara 086 813 8807  
**Chat & Craft** Group meetup: Free Community meetup. 086 8134131 Tara

#### Saturday

11am  
10am

**Joanna's Sewing** Event: 086 8563291, 12th July 11 - 3pm  
**Summer Qigong** Event: Anne Marie Maguire, [taichi.qigong.haven@gmail.com](mailto:taichi.qigong.haven@gmail.com)  
Sat: 16th August, 10 - 1.30 pm

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## WELCOME MESSAGE

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

We always enjoy hearing from our readers and are delighted to welcome some new voices this month—thank you to all who contributed!

If you'd like to be part of a future issue, we'd love to hear from you. Keep your article under 500 words, and feel free to include photos. Please send your piece (in Word format) to **newsgca2024@gmail.com**. The next deadline is **22nd August**, so there's plenty of time to get writing.

- Whether you're hitting the road or the seaside, stay safe this summer!  
On the road: Always buckle up, watch out for cyclists and pedestrians, and never use your phone while driving.
- At the seaside: Swim in designated areas, watch for changing tides, and don't forget the sunscreen!



Let's make sunny days safe and enjoyable for everyone.

**A quick note:** Apologies for the error on the "Just for Fun" page in the May/June edition—the first line of the Word Search was accidentally omitted. Many thanks to the readers who spotted it and got in touch.

*Dan Leo, Editor*

*Glounthaune Community News*



### Parkinson's Ireland - Cork Branch - local support group

Parkinson's Ireland (PI) provides a range of services and supports, both locally and nationally to people living with PD, their families and care partners.

We have a local support group in Glounthaune which was set up in April of 2023.



We meet the first Wednesday of every month at 12.30 (subject to change) in the Glounthaune Village Community Centre.

We use our time together to share ideas, information and just to be there for one another whilst enjoying a cuppa.

Some people when they are newly diagnosed they do not know where to turn to and often feel lost.

At this group we meet people who are at all different stages of PD. Knowing that you are not alone is very

reassuring and local support groups can help with this and help you feel less isolated.

Parkinson's Ireland help to raise 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.

If you would like some further information, please email [jackieoreilly@parkinsons.ie](mailto:jackieoreilly@parkinsons.ie)





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## COMMUNITY, MENTAL HEALTH AND ALL THE REST

*Contributed by Daragh Fleming*



I have lived in Glounthaune for twenty-six years. Well, I suppose, that's not entirely true. My parents have lived here that long. I have been more back and forth. But still, it remains that Glounthaune is home. It's the place I think of when I think of home.

My name is Daragh. I'm a writer. Before we settled here in Glounthaune we lived in Ballinlough, for the first four years of my life. I'm a writer, and I love having this space to write from. I can look out over the fields, hear the birds, find stillness – things that are hard to come by in the city.

Various neighbours walk by my window every day with their dogs, without their dogs. I like that people wave at one another even if there is no direct connection. Again, this is something that doesn't happen in the city.

There's a sense of community here. And that's something which is being stripped away, slowly, in our modern world. Online life can leave us feeling disconnected, isolated, lonely. Which feels strange, when we've never been more connected. But is it real connection? When we sacrifice face-to-face interaction for conversations on a screen, something gets lost. We may be connected but we're alone. And this isolation plays a role in our mental health. It is hard to dismiss its influence. With so many people suffering today from loneliness, depression, anxiety, we can't dismiss how a lack of community may be a key factor in all of this suffering.

So, we need more Glounthaunes. More communities. We need to value it, because we are a social creature. We depend on one another. We need to see each other, smile, hug, laugh. We struggle without a community around us.

I've called this place home for twenty-six years. And yet, it was only recently that I met some of the people who live down the road. We've always waved, said hello, but to truly engage with community takes effort. It takes commitment. It's not enough just to live in a place. You need more than that to build a community. And maybe that's what's missing from the online world. A commitment. Of time, to a place, with people.

I may not always live here. I enjoy a good adventure. The world needs exploring. But Glounthaune will always be home. It's where the family home is. It's where neighbours wave at each other as they pass. It's where neighbours look after each other's dogs, jump over walls to knock on doors during an emergency – it's a community, and that's becoming quite a rarity in this world.

## POST OFFICES RELOCATED

*Contributed by Brian Cluer*

The **Glounthaune** and **Little Island Post Offices** closed on Friday, 6 June, and have been relocated to the **Circle K Centra** shop on Little Island (junction of R623 and Ballytrasna Park). The new facility opened on Monday, 9 June. The new Postmistress, Hazel, was missing when I visited the facility on Wednesday, 11 June, but Mary and Margaret were busy welcoming old and new customers. Interestingly, **Guys Directory of Cork City and County, published in 1875**, shows another Mary, Mary Higgins, as the Postmistress. The tradition of personal service to the community lives on.

## RECIPE CORNER - JOLLY JARS

*Contributed by Ally Hayes*

We all must eat, and since man or for that matter women have roamed the earth as 'hunter gathers' there has been food preservation. In those times, drying fish and meat over open fires gave food security and control over food sources. Which at a most basic level of course contributed to survival. Commercially speaking, these days food is preserved to extend its shelf life, reduce spoilage, and ensure food safety. However, preserving food also allows for year-round access to a wider variety of foods, saves money, and helps to address food insecurity. Preserving food, especially from home gardens, allotments or farms allows us to make use of local and abundant seasonal produce, reduces the amount of food that goes to waste and can be very cost effective. I personally think it is also very satisfying and fun to make something in one's own kitchen not to mention the many positives in contributing to a more sustainable food system.



I personally think it is also very satisfying and fun to make something in one's own kitchen not to mention the many positives in contributing to a more sustainable food system.

I've always had an interest in food, and I can remember being a very small child and visiting my Great-Granny and eating bread and jam that had both been made on her range. When our youngest son was heading to India with the Hope Foundation we made marmalade, jam, chutney and pickles and sold the jars to raise money. Luckily for me I have a very jolly neighbour with a most productive garden, and for the last number of years I have used the gifted produce from the garden, be that berries, apples, or vegetables. Whatever I turn them into, we then share; a good old fashioned bartering system!! Marmalade making season is January/February time when imported oranges from Spain are seasonal and at their best in our supermarkets. I suppose marmalade is just jam made with oranges, so all the same tips below apply

### Jam Making Tips

Jam, marmalade, chutney and pickles are manageable to make in a home kitchen. Lovely for the household but also so nice to give as a personalised gift when visiting our families and friends.

#### Jars

I save jars and lids and ask friends to keep them for me. All jars must be scrupulously clean, to ensure they are bacteria free. I wash them in my dishwasher on the top shelf and remove any labels. On jam making day I re-wash stored jars in hot soapy water by hand and pop them into a cold oven, and raise the temperature to 110 degrees Celsius/230 Fahrenheit. Once the temperature is achieved I let the jars sit in the oven for 10 minutes before turning down to 30 degrees Celsius/85 Fahrenheit so the jars remain warm ready for filling once the jam is made. As the saying goes, we 'eat with our eyes' and it is simplicity itself to make a homemade label to attach, save ribbon from presents to use and top each jar with material for a really jaunty finish.

#### Sugar

Over the years, I have found that small batch jam making is the easiest. I have one simple rule in that I always match the weight of prepared fruit to the weight of sugar, so 1kg fruit to 1kg sugar. However, given that we are all trying to mind ourselves, I think it is perfectly fine to use less sugar



but just bear in mind that the shelf-life might not be so long, as of course the sugar is acting as the preserving agent. I always use a thick bottomed or cast iron pan, and I find it makes for a deeper flavoured final product if the fruit and sugar are mixed together overnight beforehand, and left to stand. It goes without saying, but safety first, so I feel I must mention that boiling sugar can be extremely dangerous and the utmost care must always be taken. Small children should never be close to the stove during the actual jam cooking process. Children or grand-children can be gainfully employed designing and writing their own labels for the jam, which can be especially fun if they have helped with the gathering of the berries. I use any kind of white sugar and add lemon juice myself. Jam sugar is also fine but can be more expensive as it has added pectin and sometimes citric acid, but can be helpful when using fruits that are low in pectin such as strawberries.

## The Set

In my experience, the hardest part of jam making is achieving the set. Of course, like all of us I've had many kitchen disasters, for me it is the disappointment of the wasted ingredients that I find so upsetting. That said if things go wrong, well it's not the end of the world, and is all a learning curve. I use the old-fashioned method of achieving a set by putting several small saucers into the freezer and spooning the jam on when I think it is ready. After a few minutes, if the jam is set the surface will wrinkle up when you push it with your clean finger, as if there is a skin forming. I do always use a jam thermometer too, placed in the pan at the start of the heating of the fruit and sugar. The temperature for the set may vary slightly for different recipes and is often helpfully marked on the side of the thermometer anyway. However, the generally accepted setting point for jam is 105 degrees Celsius/220 Fahrenheit.

## Potting Up



Once you are satisfied that a set has been achieved it is (almost) time to pot up. Skim the surface of the jam and discard, if foam has appeared after the rigorous boil (this is perfectly normal). I always add a knob of butter at this point and stir in. I don't really know why, but both my Mum and Granny always have done this and I think it makes the jam glossy. Jam should be left to stand for around 20 minutes but must still be warm when potted up or it will start to set. This length of time does surprise me sometimes, but if potted too soon the fruit can rise to the top of the liquid part and not be held within it. Funnels and large spoons can

be used to fill the jars, I like to use a jug with a good pouring spout which gives a nice tidy, and non-sticky fill. Wax discs together with the film discs for jam making are readily available in many supermarkets and will be together in one packet that will also contain small elastic bands. Jars should be filled almost to the top and using clean hands, a wax disc should be carefully placed on the surface of the jam. Wet the film disc under a slow running cold tap and then pop on to the jar, securing with the elastic band. As the jam cools down the disc will become taught and help to form an air-tight seal. Limiting the air inside the jar will reduce the opportunity for spoilage from airborne bacteria and improve shelf-life. Always label the jars when cool and include the date and all ingredients. Jam can be safely stored in a cool, dark cupboard for 6 months if not more.

## Strawberry Jam

### Ingredients

1kg fresh strawberries, washed, hulled and dried by laying out on a clean tea towel (any berries or combination can be used)

Juice of one large lemon

1kg sugar (jam sugar is a good option when making strawberry jam, as strawberries have a low pectin content)

### Method

1. Larger size strawberries can be cut in half or quarters before placing in a large, deep-sided, solid bottomed pan with the lemon juice. Add the sugar and mix together and leave for an hour or two or overnight if possible. If you just want to get on with things, that is fine too and in that case, warm the strawberries and lemon juice slightly in the pan before adding the sugar. Once the sugar is added stir the pot using a wooden spoon and keep the heat on low until the sugar has dissolved. Pop your jam thermometer if using onto the side of the pan at this point.
2. Once the sugar has dissolved the liquid in the pan will of course be red but it will look clear not cloudy. Turn up the heat gradually and boil the jam for 6 minutes. This is called a rolling boil. Test for a setting point after this time. If not set return to a boil for 2 more minutes and re-test. Do not be tempted to boil for longer as if the sugar burns the jam will spoil.
3. Set aside the pan for the jam to cool before filling your sterilised jars. This recipe should make about 4 jars of jam.

## Quick Cucumber Pickle

This is so quick and tasty and makes good use of plentiful cucumbers available now. It will last for 5 days in the fridge.

### Ingredients

150g caster sugar

2 large cucumbers

1 small white onion or shallot, thinly sliced (optional)

1 teaspoon sea salt

100mls white wine or cider vinegar

1 teaspoon of spice flavouring (e.g. fennel seeds, mustard seeds, nigella seeds) of your choice (optional)

### Method

1. Wash the whole and unpeeled cucumbers and thinly slice. A sharp knife is fine for this but a mandolin makes life easier. Put all ingredients into a non-metallic bowl.
2. Refrigerate for 2-3 hours, stirring occasionally. Pack into one or two sterilised jars and enjoy.

In my family, the cry goes up to 'ask Dr. Google' if there is something that we want to find out. Personally, I prefer to ask a real person, so if you have any questions about anything Jolly Jars related feel free to contact me by email ([4allyhayes@gmail.com](mailto:4allyhayes@gmail.com)) and I shall do my best to answer.

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# Tech Corner



## Evolution of Ireland's Electrical Energy System

*Contributed by Maeve Wall*

Ireland's energy system has come a long way over the past century, moving from traditional fuels like peat and coal to cleaner sources like wind, solar, and biomass. This shift isn't just about cutting emissions - it's also about creating a more secure and reliable energy supply that protects us from price shocks and supply issues.

One of the earliest milestones was the Ardnacrusha hydroelectric power station, which opened in the late 1920s. Built on the River Shannon, it was a major engineering achievement at the time and played a key role in bringing electricity to towns and cities across the country. It also helped set up Ireland's national grid.

For most of the 20th century, Ireland relied heavily on fossil fuels. Peat and coal were common early on, especially because peat was locally sourced. Later, oil and natural gas became dominant, much of it imported. The discovery of natural gas off the Cork coast in the 1970s gave Ireland a valuable domestic supply, but the country still remained exposed to global market volatility.

In the 1980s, Moneypoint power station in County Clare was built to provide large scale, reliable electricity. As Ireland's only coal-fired plant and the largest power station in the country, it played a huge role in keeping the lights on. However, due to coal's high carbon emissions, it was announced in June 2025 that Moneypoint will no longer use coal to generate electricity.



More recently, wind energy has become the star of the show. With strong Atlantic winds and supportive government policy, Ireland now gets over a third of its electricity from wind power. On especially windy days, the share can go even higher. Wind has significantly reduced our reliance on imported fossil fuels. However, sometimes wind farms are asked to slow down or shut off (a process called curtailment) because the grid can't handle all the power. Upgrading the grid will help us make better use of this resource.

Solar power is on the rise too. Since 2023, there's been a 160% increase in solar energy production. In May 2025, solar met 6.5% of Ireland's electricity demand - a new record.

Nineteen utility-scale solar farms are now operating, and as of June 2025 over 138,000 homes have rooftop panels installed.

As Ireland moves further away from fossil fuels, it's clear that having a mix of energy sources is more important than ever. Depending too much on any one source, or on energy from overseas, makes the system vulnerable. A diverse mix helps keep supply stable and prices more predictable.



In short, Ireland's energy mix has gone through big changes - from turf and hydro to coal and gas, and now to a growing share of renewables like wind and solar. The challenge now is to keep building a balanced and resilient energy system that's clean, reliable and affordable for everyone.

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## FRAZZLED MAMMY ART - CARICATURE CHALLENGE

*Contributed by Maeve O'Keeffe*

It can be worthwhile every now and again to set ourselves a challenge and do something that's outside our comfort zone. At least, that was my thinking when I booked a spot for the outdoor Sunday art market on May 11th for the Midleton Arts Festival. I have done live portrait caricature in the past and decided to once again give it a go. Praying for a fine day, (and thank heaven the sun shone) I arrived with my table, chairs and art supplies. Luckily one of the festival organisers had a spare gazebo to provide me shelter in case of rain.

There was a lovely atmosphere in the Farmers Market area near SuperValu, which was now busy with stallholders selling painting, jewellery, woodwork and other craft items. Musicians and poets played and performed throughout the day adding to the festive vibe in glorious sunshine. In due course I had my first client when the parents of a little girl in her buggy asked if I would draw her wearing her cute sunglasses. She was so good and sat quietly while I worked to capture her likeness. That broke the ice and I was kept busy with other requests. Three siblings even squashed together on borrowed chairs while I drew them!

Although I had some reservations beforehand (would it rain, would anyone actually be interested in getting a caricature?), I was really glad to have made the effort. Whether people do arts and crafts, sport, join a couch to 5K group or simply resolve to go for a walk a few times a week, it's certainly good to challenge ourselves every now and then!

If you're interested in art 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 **087 668 4021** for more information.





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



*Contributed by Garry Tomlins*

In preparation the Tidy Towns Competition Glounthaune has cleaned up and a magnificent job has been made with significant efforts by the community. Where do we start - or rather where do we finish? Here are a few of the highlights of the frenetic build up to judgement day!

Starting from Bury's Bridge work has started on the approach road opposite the cycleway with cleaning up the verge and planting grass with the objective of improving the approach to Glounthaune from the west. This work will continue through the summer and will show dividends next year.

The Park and the surrounding environs at the West Gate to Rockgrove have been transformed by local residents taking the initiative. Well done Bill Cuddy, and Luke McCarthy here. The main entrance of Rockgrove has been tidied too by Philip Quinlan.

The bridges into Little Island, the village, Harper's Island in Glounthaune now gleam after 20+ years of grime was removed following the efforts by the power washers led by Bill Cuddy and supported by the Men's Shed. The skew bridge was cleaned by an Irish Rail team following a meeting with them. The church gate and roadside wall now shine too.

The planting opposite the shop sponsored by Fitzpatrick's has been rejuvenated and repainted. A tidy towns group helped out the owner in repainting the station house through the generosity of several participants.



The planting team led by Yvonne Bowles/Terry Fleming and helpers has magnificently transformed the village, the sensory garden and the new Men's Shed Flower Boxes around the Church car park. The magnificent garden at the dry bridge is in its prime supported by a lovely planting at the entrance to the Highlands.

The Merry Mowers, hedge cutters, weed removers and the litter pickers are keeping Glounthaune litter free and tidy, an essential backdrop to all the other efforts.

A new lifebuoy has been installed at Ashbourne Pond for everyone's safety.

This is vital life-saving equipment and should **only be used in emergencies**.

### **Future Plans for Garage to Elm Tree Planting**

The Tidy Towns committee has been considering how to manage this planting area and maintain it to the standard we would aspire to. As you will observe the area is very overgrown. This year, the committee decide to let it grow out for diversity, with management to prevent encroachment onto the cycleway.



This planting was initially developed by Cork County Council as part of the cycleway contract and managed by the installation contractor as part of the contract for two years. The contract has now ceased and the council do not have a budget to extend it.

The annual cost of professional maintenance has been quoted at over €15,000 annually, which the Council cannot afford. The Tidy Towns committee has tried to maintain the area, but a severe bindweed infestation on top of the normal maintenance exceeds our resources. We have attempted workdays - organised with local industry - who have donated labour workdays. In one session last October 60 volunteers removing weeds and in cutting back filled 30 cubic meter bags. From a local community volunteering aspect, the area is unsustainable.

After discussions with the council, it has been decided to redevelop the landscaping to preserve significant trees, shrubs, and to sow grass, making it a manageable proposition for the Tidy Towns group. This redevelopment by the Council will begin in October; meanwhile, the area is being allowed for this summer to grow naturally to support pollinators with essential maintenance only.

### **Has Glounthaune ever looked better? I doubt it!**

A Gold in 2025? Maybe not - but our amazing volunteers have already earned a **Gold Star** for effort.

## **HEDGEROW HABITAT - BIO-DIVERSITY**

*Contributed by Jim Wilson*

### **Hedge - Bio-Diversity**

In January 2025 Glounthaune Tidy Towns planted 200 saplings from Cuddys Acre down to to the Elm tree as part of a Hedge Augmentation Initiative. These were a mix of Whitethorn, Blackthorn and Crab Apple species and all have bloomed successfully.

**History:** Some years ago the Glounthaune Tidy Towns planted c.4km of Beech hedge saplings (led by Conor O'Brien with helpers and the inch perfect digger skills of Seamus O'Callaghan) on both the North and South Verges of the L3004 which have now become well matured. Beech hedge is a non native Irish Plant. In 1697 acts of parliament were passed making it obligatory for landowners to have proper boundaries between their properties. Ditches were commonly built





with a dry stone wall which were planted with whitehorn, blackthorn, crab apple and beech. Today, hedgerows are a rich reservoir of bio-diversity and home to a large number of species.

**Hedgerow Habitat:** Hedgerows provide food, shelter, corridors of movement, nest and hibernation sites for many of our native flora and fauna including birds, bats and beetles. Up to 55 bird species in Ireland use hedgerows. A good dense hedgerow provides cover for, small birds and mammals such as the bull finch and pygmy-shrew. Hedgerows provide habitats for many plants from primrose to honeysuckle. Hedgerows also provide valuable food sources such as blackberries, elderberries and sloes which are an important source of food to birds which do not migrate.



**The Blackthorn:** (*Prunus spinosa*) This thorny bush can grow up to 7 metres and can live for over 100 years. Commonly grown in hedgerows because its long spiky thorns were considered good at keeping in livestock. Similar in many ways to the Whitethorn in that it produces masses of white blossom. The Blackthorn usually blooms in March- April, well before the Whitethorn. It produces a fruit called a sloe which resemble a small dark plum. This tree is very important for wild life producing nectar for pollinators in the summer and food in the form of berry like fruits in Autumn and Winter.



**The Whitethorn:** (*Crataegus monogyna*) A member of the rose family the hawthorn is also a common tree in the hedgerows of Ireland. Also known as the Whitethorn and May Tree because it produces an abundant white bloom of flowers. in Maytime. Hawthorn leaves are lobed with jagged edges. In Autumn and Winter it produces bright red berries called Haws. These are an important source of food for birds during the cold Winter months.



**Crab Apple Tree:** (*Malus sylvestris*) Like the wild cherry, crab apple has been deliberately grown around old farmsteads (and the fruit used for crab apple jelly) but is also a truly native species found in old woodland.

Crab apple is found in hedgerows throughout the country. Unlike modern hybrid apples, crab apples grow true from the apple pips. Mature trees grow to around 10m in height and can live up to 100 years. They have an irregular, rounded shape and a wide, spreading canopy.

It is a very suitable for gardens, It bears attractive pink/white apple blossom in the spring, while the apples provide an autumn feature in the garden, as well as a useful crop.

## THREAD BY THREAD: CREATIVITY AS CARE

Contributed by Joanna O'Dowd

Sewing Tutor at Glounthaune Community Centre

### I teach more than sewing

There's something deeply healing about making things with our hands. In a world that moves fast and often expects perfection, sewing offers a gentle rebellion: slow down, make mistakes, unpick, and try again. It's a process that doesn't rush you. It meets you where you are.

Each stitch is an invitation to be present. Whether you're threading a needle or hemming a dress, sewing calls your attention back to the moment – away from the noise and into the now. That quiet focus is a form of mindfulness. A pause for your nervous system. A breath you didn't know you needed.

But creativity goes even deeper than calm. It gives us a sense of accomplishment – I made this – which can be powerfully affirming, especially in times of self-doubt. It reminds us of our capability, our imagination, and our resourcefulness. And when we make clothes that fit our bodies, not some industry standard, we gently challenge the idea that we need to change ourselves to belong.

This is why I teach sewing. Not just to make clothes

– but to help others rediscover the joy of creating, the confidence in being a beginner, and the quiet pride that comes from saying, this came from my hands.

So this is your reminder: you don't have to be an expert to begin. You don't need the perfect pattern or the "right" body. Just the courage to try, and the willingness to be kind to yourself in the process.

*Nothing in my classes is about productivity – leave that chase at the door.*

*I will teach you to slow down and enjoy the process.*

*Practice makes progress.*



## GLOUNTHAUNE RAILWAY STATION IMPROVEMENTS

*Contributed by Brian Cluer*

**Iarnród Éireann (Irish Rail)** has said that passengers with mobility problems trying to access Glounthaune station will soon get improved services. Currently, platform two serves Cork (Kent) station and can only be accessed by stairways. Wheelchair users cannot get access and have to go to another station to get on the train. A parent with a pram or someone having difficulty with the stairs must ask for help from other travellers or Irish Rail. We have all seen the struggles of the elderly having to use the stairs.

Work to facilitate the new bridge, incorporating lifts, must be prioritised. Even so, there are some obstacles to overcome. The proximity of the lift to the water makes it necessary to get a foreshore licence from the **Maritime Area Regulatory Authority**. The application can have as many as eight stages to pass through before conclusion. Assuming the licence is granted, the planning application should follow in 2026. The facility is anticipated to resemble the one opened at Little Island Station in 2024.

The **Fota Wildlife Park** station will also get lifts. This, along with improved services, especially at weekends, should increase train travel to the park significantly.

## HOW TO REDUCE THE RISK OF DEVELOPING ALZHEIMER'S

*Contributed by Jill McNamara*

First one is loneliness that is a risk factor for developing Alzheimer's and Dementia. We have to mind older people, many older people get isolated and with some encouragement we can hopefully diminish the loneliness epidemic that's there.


The World Health Organisation recommends that adults get between 150 and 300 minutes of moderate-intensity aerobic physical activity a week. This would include walking briskly, biking, swimming or dancing.

Being active is important for a healthier life, and it has been cited as one of the 14 factors that could reduce the risk of dementia. Physical activity can benefit brain health by reducing chronic inflammation, improving blood flow and increasing the release of protein that is good for brain cells.

It also recommends that on top of this adults should partake in muscle strengthening activities two times a week.

## COFFEE MORNING FUNDRAISER


**In aid of the First Responders & Red Cross (Cobh Branch)**

 **Thursday, 31st July 2025**

 **10:00 AM - 2:00 PM**

 **Glounthaune Community Centre**

Join us for coffee, treats, and a friendly chat —  
all in support of two essential local services.

 **All proceeds will go to the First Responders and the Irish Red Cross (Cobh Branch).**

**Everyone welcome - bring a friend and support a great cause!**

*Organised by community volunteers - thank you for your support!*

## GLOUNTHAUNE'S POTENTIALLY LETHAL ROAD BLACKSPOT CHURCH HILL/R3004 TRAFFIC JUNCTION

*Submitted by Brian Cluer*

The county council motion to make changes to this intersection came from Cllr. Anthony Barry earlier this year, following a number of incidents at the intersection. While two subsequent meetings have been held between councillors and the engineering staff, no substantive progress has been made. The motion's core demand was that the intersection become a fully signalised junction. Councillor Barry has expressed his disappointment at the lack of progress and calls on individuals and organisations to pressure the county council to make changes.

Cllr. Sheila O'Callaghan expressed the view that surveys made by the engineering staff did not necessarily reflect the situation during peak periods, when pedestrians mixing with heavy traffic needed to be controlled.

If you feel strongly about this matter, please make your views known to **Gerard O'Hora**, Senior Executive Engineer with Cork County Council. His contact email address is – Gerard.ohora@corkcoco.ie. Feel free to cc your submission to newsgca2024@gmail.com.

### MY FIRST-HAND EXPERIENCE COMMENTS ON THE DANGEROUS JUNCTION AT GLOUNTHAUNE CHURCH

*Submitted by Pat O'Byrne*

I have read with interest the articles in the last two Community News publications regarding road blackspots in Glounthaune. As a regular user of the junction next to the church in Glounthaune I have first-hand experience of the dangers associated with it and would like to take this opportunity to share some personal observations and concerns regarding the safety of this junction.

Firstly, if you are driving down the hill from the direction of the Dry Bridge and intend turning left towards Carrigtwohill, then if you take a shortcut over the kerb at the corner do not be embarrassed. You are not alone, and it is not your fault. It is much safer to cut the corner than to encroach into the space allocated to westbound traffic.

Next, I wish to refer to the dangers of turning right when emerging from Church Hill onto the L3004 road. You must first stop at the stop sign in advance of the cycle track to ensure that you will not interfere with any cycle or pedestrian traffic on the cycle track. When satisfied that all is clear you can move forward but must stop again before emerging onto the main road. This is where a dangerous problem arises. With the front of your vehicle still behind the kerb line of the main road and vehicles parked on the main road to your right and left your view of traffic approaching from both the west and east is very restricted. (See photos 1 & 2). Imagine a motor bike emerging from the area shielded by the van or car.



Photo 1: View to East when stopped at stop sign



Photo 2: View to West when stopped at stop sign



If one stops at the white line at the edge of the main road and checks to the right --- nothing coming. Then checks to left ---- you see nothing coming. Look again to right --- all clear, so you begin to edge out. But by now a car (previously unseen) is approaching (possibly exceeding the speed limit) from the left. You now have to break and pull up in the middle of the eastbound lane. Murphy's Law now dictates that a car is coming from your right, and you cannot move out of the way.

Photo 3 shows the position where a car must be in order to get a reasonable view (not a perfect view) of traffic approaching from the west at a time when vehicles are parked in the designated parking area by the side of the main road. Notice that the nose of the car is about 18 inches into the main road.

How can we negotiate the junction safely? I have found that, if I am lucky, a pedestrian will have activated the pedestrian lights. When they go red the traffic on the main road comes to a halt. This allows me to cross the road with confidence and take up a position to carry on westward when the lights go green. What if there are no pedestrians? A good idea would be to have a passenger in your car who could become a pedestrian and operate the lights. What if every driver can't get a spare passenger? I got a bright idea and thought that maybe the local community could organise a rota of volunteers who would, in their spare time, take it in turns to stand by the traffic lights and switch them to red at the appropriate time. What if we can't get volunteers? Then it occurred to me that maybe we could tell the CCC about "intelligent traffic lights". Such lights would sense when cars are waiting at the junction to exit from one of the minor roads onto the major road, and stop the traffic on the L3004 only when such a situation existed. I think that should work.

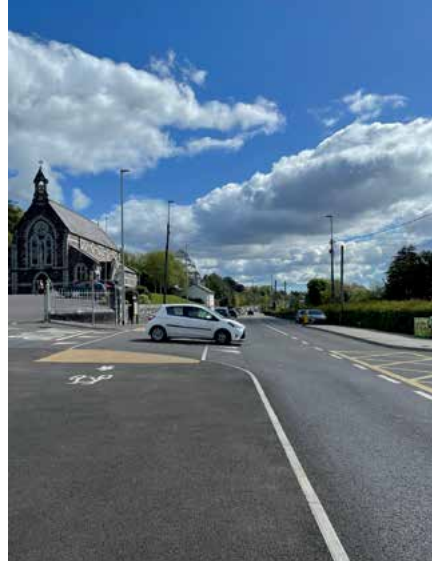


Photo 3: Position of car required to give driver reasonable view to right – nose of the car is about 18 inches into the main road

Now I quote from an article which I came across recently: -

*"The CCC are not prepared to site a traffic light control system at the Church Hill entrance onto the L3004. Their reason for this is that they would cause inordinate delays on what is a large volume of traffic coming both East and West on the L3004."*

Does this mean that traffic lights should be used only where there is very light traffic? I was of the impression that the function of traffic lights was to hold up heavy traffic travelling in one or more directions so that other traffic could progress safely. I was obviously wrong.

What then is the solution? In my view there is more than one solution. 1) Place speed ramps on the L3004 at both sides of the junction in order to slow the traffic down to a safe speed. 2) Construct a traffic calming table at the junction also to slow the traffic. 3) The above two suggestions would only be half-hearted measures. In years to come the traffic on all roads at the junction will only increase. The ideal solution would be to install intelligent traffic lights. This would permanently and positively make the junction safe and probably save lives in the long run.

I would not recommend removing any parking bays. These are in very short supply as it is.



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Pipelife Ireland Limited has been in the business of producing quality goods for the Plumbing, Construction and Agricultural sectors for over 50 years, specialising in the extrusion of polyethylene pipe for these applications. The product range has evolved over this time to the latest generation of Qual-PEX thermoplastic pipes which can carry Hot and Cold Water. Pipelife is Ireland's leading designer and supplier of thousands of Home Heating Solutions each year. The Pipelife team work with everyone from homeowners, contractors, architects & consulting engineers across the country in projects ranging from residential homes, offices, hospitals, nursing homes, to warehouses, car showrooms and other commercial & industrial buildings.



**Little Island, Cork, Ireland T45 TX05**

**Phone: 021 488 4700**

**E-Mail: [ireland@pipelife.com](mailto:ireland@pipelife.com)**

## Glounthaune Community Centre



**Code: C0814**



Location:



On external wall to the left of the main entrance to the community centre. Access code is C0814.



Opening hours:  
24/7 \* open



The details for your AED have now been updated on the National AED Network for the National Ambulance Service.

DSU Comhordaitheoir Clárlainne ABC2 |  
AED Registry Coordinator CNM2

Seirbhís Otharchair Náisiúnta |  
Foirgneamh Rivers | Tamhlacht Cross  
| Tamhlacht | D24 XNP2.

## GLOUNTHAUNE CELEBRATES



On Sunday, 8th June, the Parish of Glounthaune joyfully celebrated a special milestone — the 30th Jubilee of Fr. Damian's ordination to the priesthood. Though only four years with us, Fr. Damian has become a much-loved presence in our community. The day began with a heartfelt Mass of Thanksgiving, followed by a lively afternoon of fellowship at the church centre, where parishioners, family, and friends enjoyed a BBQ, music, and good conversation. It was a wonderful tribute to Fr. Damian's 30 years of devoted service and pastoral care.



If you attended the celebrations and took any photos, we'd love to see them! Please forward them to [office@glounthauneparish.ie](mailto:office@glounthauneparish.ie) or simply drop them into the Church Centre.

## NATIONAL HERITAGE WEEK SAT 16TH TO SUN 24TH AUGUST 2025

*Contributed by James T. Quain*

Templecurraheen Graveyard is on a steep hill on the road to the reservoir at Tibbotstown. It includes the ruins of Kilcurfin church – one of the small medieval churches, which later became part of the present day RC Parish of Carrigtwohill in the Diocese of Cloyne.

This very overgrown and neglected burial site has undergone a complete makeover since 2020, initiated by the Finn family of Ballycureen, assisted by many locals and others, some with family burial plots here. Many thanks to all for the ongoing work. Events here include an annual Mass for the dead in August. In November, Blessing of the Graves & Prayers for the Holy Souls takes place.

National Heritage Week is from Sat 16th to Sun 24th August 2025. At Templecurraheen this will include daily Tours & Talks. A display board will tell the whole story in pics and text. All are welcome.



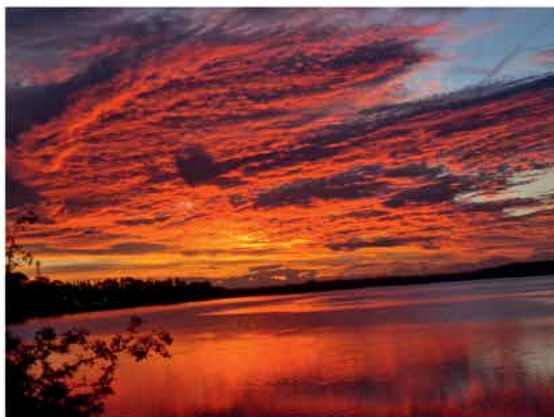


# TAKE A LOOK AT OUR Readers Photos

If you would like to share your photos, please send them to [newsgca2024@gmail.com](mailto:newsgca2024@gmail.com)



A mother duck leads her fluffy ducklings  
on a sunny day. by: Eveliina, Glounthaune



Nature's masterpiece.  
Taken by Noel Bowles, Glounthaune



Where the wild things grow, and  
the village smiles. Taken by  
Tara, Glounthaune



A splash of color and a haven for pollinators! 🐝🌸  
by: Jane, Glounthaune



Handmade by Leita.  
Craft & Chat Class,  
Glounthaune.



# INTERNET SAFETY

## HELPING YOUR 10-13 YEAR OLD STAY SAFE ONLINE

### A GUIDE FOR PARENTS OF TWEENS (10 TO 13 YEARS OLD)



Contributed by Dan Leo

At ages 10 to 13, children are becoming more curious, more social — and more independent online. This is often the time they start using messaging apps, playing multiplayer games, and asking for social media accounts.

As parents and guardians, our support is essential in helping them build **good habits, confidence, and critical thinking** online.

#### 1. Talk About What They Do Online

This age group may be private — but keeping the conversation open is key.

- Ask: “What’s your favourite game/app right now?”
- Listen without judgment — you’re more likely to be told the truth!
- Let them know they can come to you about anything, even if it’s awkward or upsetting.

#### 2. Check App Age Ratings (and Talk about Why They Exist)

Most social media apps - TikTok, Snapchat, Instagram, WhatsApp have a **minimum age of 13**. This is for privacy, safety, and legal reasons.

If your child is using these platforms early, help them:

- Set privacy settings to “**Friends only**”
- **Turn off location sharing**
- Know how to **block/report** people or content

**Webwise.ie** has excellent app guides for parents.

#### 3. Talk about Group Chats and Online Friendships

Group chats can be fun — but also a source of drama or pressure.

Teach your child to:

- Be kind and not join in on teasing or leaving others out
- Speak up or come to you if something feels wrong
- Know that “**online friends**” **should never become real-world meet-ups without your involvement.**

#### 4. Agree on Clear Rules

Tweens do best with boundaries. Decide together:

- Where and when screens can be used (e.g. no phones in bedrooms at night)
- What content is okay to watch or play
- How much screen time is healthy per day

Having rules set together helps avoid arguments later.

#### 5. Teach Them to Think Before They Post

At this age, children may not fully understand how **permanent and public** online content can be.

Remind them:

- Don’t share anything they wouldn’t want a parent, teacher, or future employer to see
- Never post or forward personal photos of anyone
- Screenshots live forever — even if you delete the post

## 6. Support Their Digital Privacy

Show them how to:

- Use strong passwords and not share them with friends
- Keep personal details private (like full name, home address, school)
- Say no to online quizzes or giveaways that ask for private info

## 7. Know What to Do If Something Goes Wrong

Even with the best care, things can go wrong. Let your child know:

- They won't get in trouble if they come to you
- You'll help, not panic
- You can work together to block/report the issue

You can also get help from:

- **School staff** (if it involves classmates)
- **Webwise.ie** – trusted support for Irish families
- **ChildLine** – 1800 66 66 66 or childline.ie
- **Gardaí**, in serious cases (like threats or exploitation)

## Final Word:

10–13 is a time of big change, and the internet is part of that journey. By staying involved and informed, you help your child build the **skills, safety, and values** they need to make good decisions — now and in the future.

## JUST FOR FUN

Word search: No 9 **biodiversity-themed hedgerow word search**

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

Whitethorn  
Blackthorn  
Crabapple  
Beech  
Hedgerow

Sapling  
Blossom  
Biodiversity  
Sloe  
Haws

Pollinator  
Birds  
Bats  
Primrose  
Honeysuckle

Sudoku Puzzle: No 9

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

The Glounthaune 1% Club

What comes next in the sequence?

1  
11  
21  
1211  
111221  
?

- A) 312211  
B) 122112  
C) 111211  
D) 112213



## Community News & Upcoming Events



**Crois Dhearg na hÉireann**  
**Irish Red Cross**

**Cobh Branch**



**Glounthaune Community Association donated €96.00 from our recent security branding event to Cobh Red Cross.**



### Darkness Into Light 2025

On the evening of May 9th, as dusk settled over Glounthaune Village, a beautiful display of lighted candles unfolded on the village green. The GCA and residents gathered to place candles, each flickering flame a symbol of hope and light. This heartfelt gesture wasn't just about the glow of candlelight—it reflected the warmth and unity of a community coming together in support of a meaningful cause.

Bogaigh Oileán an Harpúraigh  
Harpor's Island Wetlands

## Wanted Volunteer

## WILDLIFE GUIDES

☎ For more information or to  
apply, contact us at  
[info@harpersislandwetlands.ie](mailto:info@harpersislandwetlands.ie)

## FREE LITTLE LIBRARY

Books for  
Children/Teens

Saturday  
5th July

Glounthaune Community Centre

2 - 4pm

Bring a book • Take a book

 <span style="background-color: #2e7d32; color: white; padding: 2px;">Cards</span>	 <span style="background-color: #2e7d32; color: white; padding: 2px;">BOARD GAME EVENING</span>	 <span style="background-color: #2e7d32; color: white; padding: 2px;">Chess</span>
 <span style="background-color: #2e7d32; color: white; padding: 2px;">Jigsaws</span>	<p><b>FRIENDLY COMMUNITY GROUP MEET UP TO PLAY GAMES</b></p> <p style="color: red; font-weight: bold;">COMING SOON!!</p> <p style="font-size: small;">No Charge Donation towards Tea/coffee</p>	 <span style="background-color: #2e7d32; color: white; padding: 2px;">Scrabble</span>
 <span style="background-color: #2e7d32; color: white; padding: 2px;">Monopoly</span>	<p><b>Glounthaune Community Centre</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Tea/Coffee         </div> <div style="text-align: center;">  Adult Group         </div> <div style="text-align: center;">  Biscuits/Snacks         </div> </div>	 <span style="background-color: #2e7d32; color: white; padding: 2px;">Checkers</span>

# 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

**Word Search: No 8     Summertime Fun**

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

## Word Search: No 8 Summertime Fun



## Sudoku Puzzle: No 8

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

The Glounthaune 1% Club  
Which number comes next in  
this sequence?  
2, 3, 5, 9, 17, 33,?

We're given the sequence:

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

Let's look at the differences  
between terms:

- $3 - 2 = 1$
- $5 - 3 = 2$
- $9 - 5 = 4$
- $17 - 9 = 8$
- $33 - 17 = 16$

That's:

1, 2, 4, 8, 16 → a pattern of powers  
of 2!

So each term after the first is built  
by adding powers of 2:

Next difference=32\text{Next  
difference} =

32Next difference=32

33+32=6533 + 32 =

\boxed{65}33+32=65

Solutions will be available on the  
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**Tidy Towns A Community Working Together  
Glounthaune Cleans Up - Going for Gold - Photos  
Contributed by Garry Tomlins**



**Cleaning up in Glounthaune  
Village and removing the grime.**

**New Planters made and installed around the  
Church Centre. Planted by Terry Fleming  
and Yvonne Bowles**







Helping out the owner repainting the Station House



Davies ploughing a lonely furrow cleaning up "Davies Wall".

Comment of the week "If Cuddy can have an Acre - Davies can have a wall!"





A team from Stryker in June helped in the Elm Tree cycleway planting removing several cubic meters of excess growth encroaching on the cycleway. They enjoyed it so much they have offered to come back!

New Life Buoy installed at the Ashbourne Pond.

