

# Glounthaune COMMUNITY NEWS

Nov / Dec  
2025



## Glounthaune Village



### CHRISTMAS FAIR

**SATURDAY = 6 = DECEMBER**

**Time: 11 am - 6 pm**

In Aid of Glounthaune Community Centre & Cork St.Vincent De Paul

- Local Craft Artists
- Tasty Food & Coffee
- Choirs
- Kids' Entertainment
- A Special Visit from Santa!
- Raffle to be held on day!



Free Admission



GLOUNTHAUNE COMMUNITY ASSOCIATION

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

 **FIND US ON facebook**

*Proudly Sponsored by*

**Fitzpatrick's**  
FOODSTORE

## COMMUNITY CENTRE ACTIVITIES

### Classes available in *November* & *December* 2025

Welcome to our Community Centre — a warm, welcoming space where people of all ages come together to connect, learn, and grow.

Glounthaune Community Centre: T 021 4510470 E: [thegcacork@gmail.com](mailto:thegcacork@gmail.com)  
[www.glounthaune.ie](http://www.glounthaune.ie)



#### Monday

9.30 am Buzzi Bounce Box: Children's Movement Class 6-18mths: [buzzi@bouncebox.ie](mailto:buzzi@bouncebox.ie)  
 10.30 am Buzzi Bounce Box: Children's Movement Class 18mths-4yrs:"  
 10.30 am Active Retirement Fitness Class. Jill McNamara 086 8138807  
 2 pm Parkinson's Group: Tai Chi Exercise Class: Jackie 087 204 7169  
 4 pm Cowhie Ryan Irish Dancing, Suzanne O'Neill 086 026 6110  
 3.30 pm KidLit Creators: Creative writing for Kids. 8-10yrs [kidlitcreators@hotmail.com](mailto:kidlitcreators@hotmail.com)  
 6.30 pm Feeling Crafty Sewing Class: Joanna [www.joannasfeelingcrafty.com](http://www.joannasfeelingcrafty.com) 086 856 3291  
 6.30 pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
 8 pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002 [www.katecuddy.yoga](http://www.katecuddy.yoga)

#### Tuesday

9.30 am Improvers Yoga, with Kate Cuddy 086 8214002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
 6.30 pm Teens Yoga with Kate Cuddy 086 8214002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
 7 pm Highlands Bridge Club. New members welcome. Sean O'Breasail 087 242 9691  
 8 pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002

#### Wednesday

9.30 am Gentle Yoga with Kate Cuddy 086 821 4002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
 11 am Mother & Baby Yoga with Kate Cuddy 086 8214002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
 12.15 pm Cork Parkinson's Support Group Meet 1<sup>st</sup> Wed each Month: Jackie 087 204 7169  
 3.30 pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2<sup>nd</sup> Week)  
 3.45 pm O'Sullivan Academy Irish Dancing (Jacintha) 083 162 2570  
 6.30 pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291  
 7 pm Zumba Class. Contact Karine (Kaz) 087 784 0329  
 8 pm East Cork Community First Responders: 086 2393676 Monthly Meeting (New Members welcome)

#### Thursday

9.30 am Qigong, 8 Silk Brocades: Anne Marie Maguire: [www.taichiqigonghaven.ie](http://www.taichiqigonghaven.ie)  
 10.45 am Chair Qigong & Contemplative Meditation Anne Marie Maguire (see above)  
 12 pm Tai Chi with Anne Marie Maguire Email: [taichi.qigong.haven@gmail.com](mailto:taichi.qigong.haven@gmail.com)  
 5 pm Yoga Bears Class, kids' yoga with Laura Maybury 085 732 2233  
 7 pm Sarah Rohu Watercolour Class [www.sarahrohu.ie](http://www.sarahrohu.ie) [info@sarahrohuillustration.ie](mailto:info@sarahrohuillustration.ie)  
 6.30 pm Adult Exercise class: New members welcome (contact the office)

#### Friday

9.45 am 'Language Rockets' 17mths - 3.5yrs group 1 - [languagerockets@gmail.com](mailto:languagerockets@gmail.com)  
 11.00 am 'Language Rockets' 17mths - 3.5yrs group 2- [languagerockets@gmail.com](mailto:languagerockets@gmail.com)  
 10.30 am Active Retirement Fitness Class. Jill McNamara 086 813 8807  
 11.45 am Craft & Chat Group meetup. All Welcome. 086 813 4131 Tara  
 3.15 pm Starstruck Studio : Ballet with Aisling Byrne - [aisling@starstruckstudios.org](mailto:aisling@starstruckstudios.org)  
 3 pm Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938

#### Saturday

10 am CADA Performing Arts for Children. 021 4866389 [info@cadaperformingarts.ie](mailto:info@cadaperformingarts.ie)

## WELCOME MESSAGE

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

The editorial team once again invites you to contribute to our bi-monthly newsletter. Your insights and feedback help us create a publication that truly reflects the Glounthaune community. This is your chance to be featured in Glounthaune Community News—we'd love to share your stories, ideas, and experiences. Don't hesitate—let your voice be heard! Closing date for the receipt of submissions for the January / February edition is the **19th December**.

Send your submissions to **newsgca2024@gmail.com**

For advertising inquiries, contact our office at **021-4510470**, or consider sponsoring a future issue.

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

### Can You Lend a Hand with Newsletter Distribution?

Would you consider helping to distribute **10 or 12 copies** of the Glounthaune Community News in your area? Perhaps you know someone who would appreciate receiving a copy personally — a neighbour or friend who might not get out to the shops often.

Why not volunteer? Your help would **supplement the local outlets** that already facilitate our newsletter's distribution and ensure that everyone in our community stays connected and informed.

If you can assist, please get in touch at **newsgca2024@gmail.com** or contact the office - **021-4510470** — every little bit of help makes a big difference!

**Dan Leo, Editor**

*Glounthaune Community News*

**newsgca2024@gmail.com**

**Nollaig shona daoibh**

This time of year is not just about festive celebrations; it's also a wonderful opportunity to reflect on the spirit of community that binds us together.

In Glounthaune, we take immense pride in promoting community engagement and providing enriching classes for both adults and children in our community centre. I'd like to extend heartfelt gratitude to our partners - **Glounthaune Tidy Towns**, **Glounthaune Meals on Wheels**, and the **Men's Shed**. Your contributions have made a lasting impact, ensuring that we not only thrive but also support one another in meaningful ways.

Together, we've created a place that is not just somewhere to live, but somewhere to belong.

As we gather during this festive season, let us embrace the themes of **peace, love, and unity**. May these blessings surround you and your loved ones, filling your homes with **joy, laughter, and warmth**.



*Wishing you all a very happy Christmas and a bright and peaceful New Year.*





# LIAM A. BARRY

ENGINEERING SUPPLIES LTD

HOSES • HOSE REELS • VALVES • STEAM EQUIPMENT

UNIT 15 B&C, EURO BUSINESS PARK,  
LITTLE ISLAND, CORK, T45 YD45

T: 021 4353815 E: [sales@labarry.com](mailto:sales@labarry.com)

W: [labarry.com](http://labarry.com)



SUPPORTING THE INDUSTRIES SUPPORTING OUR COMMUNITY

## Cllr. Sheila O'Callaghan



 **FIANNA Fáil**  
THE REPUBLICAN PARTY

*For advice or  
assistance on local  
issues please contact  
me.*

 086 1940762

 Cllr. Sheila O'Callaghan

 [sheila.ocallaghan@cllr.corkcoco.ie](mailto:sheila.ocallaghan@cllr.corkcoco.ie)





# Cuddy, O'Leary & RIGNEY

CHARTERED ACCOUNTANTS | REGISTERED AUDITORS

ADD ACCOUNTING & MULTIPLY YOUR BUSINESS PROSPECTS

3003 EURO BUSINESS PARK, LITTLE ISLAND




**STIR IT COFFEE**

**OPEN MONDAY  
TO SUNDAY  
@T45K262  
(NEXT TO THE ISLAND GATE)**

- \*FRIENDLY BARISTA TRAINED STAFF
- \*FANTASTIC FAIRTRADE COFFEE
- \*FRESHLY BAKED SCONES & DANISHES
- \*BIG SELECTION OF CAKES & BUNS
- \*HOT SANDWICHES

 [stir.it.coffee](https://www.stir.it.coffee) 


**FLOWER POWER  
FLORIST**

**PAUL HAYES**

**GLOUNTHAUNE, CO CORK.**  
**PHONE 021 4524704**

[flowerpowerflorists@eircom.net](mailto:flowerpowerflorists@eircom.net)

Find us on facebook, flower power florist glounthaune



**KATE CUDDY  
YOGA**

**Movement & Mindfulness  
for Adults, Teens and Children**

Glounthaune Community Centre  
Tel. 086 8214002  
Email. [katecuddy@gmail.com](mailto:katecuddy@gmail.com)  
Web. [katecuddy.yoga](http://katecuddy.yoga)

**ABBEEVILLE**  
VETERINARY HOSPITAL

Unit 502, Euro Business Park,  
Little Island, T45 AX63

☎ 021-431 6906

✉ [littleisland@abbeyvillevet.ie](mailto:littleisland@abbeyvillevet.ie)




**P&C Smith Electrical**

REGISTERED ELECTRICAL CONTRACTOR CATERING FOR  
ALL DOMESTIC, COMMERCIAL AND INDUSTRIAL NEEDS

- Property Maintenance
- Car Charger Installation
- Home Office Upgrades etc.

☎ **Cian Smith - 0852461194**  
**Pat Smith - 0872379301**

## RECIPE CORNER - JOLLY JARS

*Contributed by Ally Hayes*

### Spoonfuls of Festive Flavour: Apple, Cranberry & Lemon Delights

If ever there was a time of year for jolliness it is Christmas time, after all 'tis the season to be jolly'. Jars fit right into Christmas and are a great way to give practical gifts to family and friends that are sure to be appreciated. It is especially important when giving any home cooked produce, of any kind actually, to ensure that items are labelled with a complete list of ingredients, to allow for food allergies.

When this festive edition of the Glounthaune Community News goes to press there will still be time to make chutney for Christmastime consumption. There are plenty of varieties of late apples (Russet varieties/Blenheim Orange/ Bramley) and pears (Conference/ Concorde/Doyenné du Comice) that would work perfectly with this recipe.

### Spiced Apple or Pear Chutney

#### Ingredients

225g/8oz white onions, chopped

900g/2lb apples or not fully ripened pears, cored and chopped (roll in lemon juice when preparing to prevent fruit from browning)

110g/4oz sultanas, raisins, chopped dates or dried cranberries would be very festive

15g/<sup>1</sup>/<sub>2</sub>oz ground coriander

15g/<sup>1</sup>/<sub>2</sub>oz paprika

15g/<sup>1</sup>/<sub>2</sub>oz mixed spice

15g/<sup>1</sup>/<sub>2</sub>oz salt

340g/12oz granulated sugar

425ml/<sup>1</sup>/<sub>2</sub>pint apple cider vinegar or white wine vinegar

#### Method

1. Place all ingredients into a preserving pan or large heavy bottomed saucepan. A Le Crueset type saucepan if you have one would be ideal. Slowly bring to the boil stirring, until the sugar has dissolved.
2. Simmer for 1½-2 hours, stirring now and then to prevent the chutney from sticking to the pan.
3. When the chutney has thickened and you can pull a wooden spoon across the base of the pan so that it leaves a channel behind it that doesn't refill with liquid, the chutney is ready for potting.
4. Spoon into clean sterilised jars, seal and cool.
5. Chutney should be stored in a dark, cool place for 2 months before eating to allow the vinegar to mature and the flavour develop.

The closer we move towards Christmas and the busier households become, thoughtful gifts such as cranberry sauce or quick cucumber pickle (recipe in a previous edition) would make for very welcome gifts. Cranberry sauce is very simple to make, it looks lovely and can either be served with the Christmas meal itself, or makes for a very tasty accompaniment with cold cuts and cheeses in the following days.

## Cranberry Sauce

### Ingredients

110g/4oz light muscovado sugar

100mls orange juice, fresh is lovely but from a carton is perfectly fine too

240g/ 8½oz fresh cranberries

15ml/1tablespoon port (this is entirely optional)



### Method

1. Pour the orange juice into a pan, add the sugar and bring to a simmer. If you are using a fresh orange for the juice finely grate the orange zests and add to the pan also.
2. Stir in the cranberries and cook until tender, but still holding their shape. You will start to hear small 'popping' sounds from the pan which means the cranberries are starting to burst open and are cooked.
3. Leave to cool for 15 minutes and then spoon the sauce into sterilised jars. The sauce will thicken as it cools.

Finally, I am noticing this year many recipes for celebratory meringue wreaths, be they at Easter, summertime or Christmas. Using only the egg whites we can often be left with unused yolks. A really great way to use up left over egg yolks is to add one or two to the whole egg mixture when making lemon curd. Ideally suited to a Jolly Jar, lemon curd makes a rather luxurious not to mention tasty present.

## Lemon Curd

### Ingredients

4 lemons, zest and juice, unwaxed lemons are best to use here but if you are not sure simply run your lemons under warm water and scrub skins with a small clean nail brush

200g/7oz caster sugar

100g/3½oz unsalted butter

3 large free-range eggs, plus 1 or 2 egg yolks

### Method

1. Place lemon zest, juice, sugar and butter in a heatproof bowl. Sit the bowl over a saucepan of gently simmering water, the bottom of the bowl must not touch the water. Stir the mixture gently until the butter has melted.
2. Lightly whisk the eggs and yolks and stir them into the warm lemon mixture in the bowl. Whisk until all the ingredients are well combined.
3. Continue to gentle whisk the mixture as it heats up and 'cooks' for 10-15 minutes. It will become thickened and creamy and coat the back of a spoon.
4. When cooled, the lemon curd can be spooned into sterilised jars and should be refrigerated. Do not worry if it is not very thick, lemon curd thickens as it cools down.



## FESTIVE STYLING

Contributed by Lynda Di Blasi



As the festive season approaches, our diaries start filling with Christmas gatherings, let's bring a touch of luxury and sparkle to these darker months Burgandy returns to the shops this year bringing dept, richness and versatility. A burgundy coat paired over a cream blouse, grey tailored trousers, burgundy foot wear and handbag creates a look that will take you to any occasion over the season ahead.

Pink and burgundy are a smooth combination in a scarf as it lightens this rather dark shade against our faces. Looking for a modern and fresh look, replace your usual black trousers with a tailored wide leg burgundy shade.

**Faux Fur:** Two timeless winter heroes can instantly elevate your look: **Faux Fur** and **Sparkly Fabrics**. There's something wonderfully luxurious about faux fur it has that quiet glamour that makes even the simplest outfit feel special. Whether it's a plush stole, a short jacket, or an attachable soft collar, faux fur adds both warmth and sophistication.

I'm here to help you from **wardrobe detox, private style consultations, colour analysis, personal shopping sessions tailored to your preferences and budget.**

**Email: lyndadiblas@yahoo.com Tel: 086-2599539**

## GLOUNTHAUNE INDOOR BOWLS CLUB NEWS

Contributed by Joe Kirby

The 2025/26 season has commenced and all players are now back playing.

We wish to welcome our new members and hope they enjoy the bowls

Practice nights are on Monday and Thursday 8-10pm and new members are welcome to come along and try out the indoor bowls which is a very sociable game. All you need are flat shoes, free tuition provided. The Clubs home venue in Erin's Own GAA Hall Glounthaune

Both league teams commenced their league campaign with mixed fortunes.

The division 4 team lost both of their opening games against Grange Frankfield but were unfortunate to lose one game on the last shot. The Division 1 team won one game and lost one to Mitchelstown but failed to get a bonus point.

November will see the commencement of the Cork open cup competitions and the club has teams entered in the Singles, Pairs, Triples, Fours, over 55s and over 70s events. We are also entered in the Martha Tracey cup, Peg Tucker Plate,(we are current holders) and the Frances Cody competition.

The club recently held an open day for the active retirement and other groups. The day was very enjoyable and many enjoyed the bowls, chat and Refreshments, Another open day will be held in the coming weeks.



## FRAZZLED MAMMY ART - UTILITY BOX PAINTINGS

Contributed by Maeve O'Keeffe



Earlier this year Glounthaune Tidy Towns contacted me with regard to painting some of the utility boxes by the church car park. I had previously done paintings of poppies and oxeye daisies across from the church, so it seemed a good idea to continue that theme and capture various flowers growing along the Glounthaune walkway.

Exotic violet-blue **viper's bugloss** interspersed with tall oxeye daisies filled the margins of the walkway during the early summer of 2024, so I definitely wanted to include those. Other flowers I thought would be suitable that also appear along the walkway

are the colourful orange and **yellow calendula** and the ever-reliable red **poppy**. Smaller native wildflowers like the pink **herb robert** or bright yellow buttercup can sometimes be overlooked despite faithfully reappearing each year without any human intervention. These too, deserved to be commemorated. I

added some robins by the yellow flowers on the box closest to the church, a nod to the special place these birds have in our hearts, and the splash of redbreast symbolising the blood of Christ.

These are just some of the flowers that inhabit our area. Weeds, too, have their beauty, like yellow dandelions, purple thistle, red and white clover and tall plantain. They all work in attracting bees and insects that foster biodiversity.

Although all these plants die down in the winter, I hope that the flowers



I've represented on the utility boxes add a bit of colour and a reminder that when winter comes, spring is never far behind.

I am currently teaching children's art classes in Glounthaune, Midleton and Glanmire. 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 6684021 for more information.



## LOOKING FORWARD

*Contributed by Hester Forde*

As we enter November and December we gardeners need to think ahead and plan for more colourful days. Now is the time to think of ordering Dahlias which will give you that incredible splash of colour for months on end next year. Order early and pot up indoors anytime from March onwards and be ready to plant out in May once all chances of frost have passed.

My favourites from summer /autumn 2025 Dahlia Cornel Bronze as seen on Gardeners World BBC recently. A dahlia that has been around for years with mellow, neat rounded flowers and petals, sort of the epitome of autumn. Wonderful for cutting and very weather resistant - 1.2m

Dahlia Schippers Bronze A favourite in a wonderful burnished copper brown above dark stems and leaves. This has flowered non-stop from July into November. Brilliant in a container - 60cm

Dahlia Melchior A wonderful of saturated magenta -purple. Areal stand out - 100cm.





**Cork Alpine Hardy Plant Society**  
**November 27th at 8pm**

**Colin Jones**  
"Sowing , Growing,Cutting and Building your own Flower Garden"

**Colin Jones - Sowing , Growing,Cutting and Building your own Flower Garden**

Colin is head gardener at Salterbridge House and Garden, Cappoquin, Waterford, and is passionate about all things gardening. Colin will guide us through the process step by step while sharing expert advice on plant selection, seasonal care, and overcoming obstacles along the way.

**Venue: Scoil Mhuire Naofa,**  
Station Road, Carrigtwohill, Co.Cork,  
**T45 PF80.**

All welcome.

**Membership Subscription**  
**Individuals - €50**  
**Couples - €70**  
**Visitors - €10 per Lecture**



# Enjoy Christmas with **Fitzpatrick's** FOODSTORE



Scan the code  
to see our  
Christmas  
brochure



021 435 3299 or  
021 435 3093

[catering@fitzpatrickfoodstore.ie](mailto:catering@fitzpatrickfoodstore.ie)

📷 [fitziesfood](https://www.instagram.com/fitziesfood)

📌 [/fitzpatrickfoodstore](https://www.facebook.com/fitzpatrickfoodstore)  
[fitzpatrickfoodstore.ie](https://www.facebook.com/fitzpatrickfoodstore)

## MICHAEL AND ANN O'SULLIVAN (NEE RYNG)

*Contributed by Geraldine O'Neill, Fitzpatrick's Foodstore*

Our community was shocked and saddened by the untimely passing of Michael and Ann in June. The tragic circumstances of their deaths contributed greatly to the shock and grief that was felt throughout our parish and beyond. Micheal and Ann loved their village home in Glounthaune and were very proud of their roots there. Its history, its unique old world charm and its supportive community had great meaning for them. They had a deep sense of belonging and comfort in their surroundings, making it a place of safety and happiness for them.

They had many interests which included stamp collecting, composing poetry, the GAA (especially Erins Own and Cork fortunes) and they particularly loved trips to their beloved Donegal.

Both shared a passion for 'Tidy Towns' and until recent years would be seen watering plants in the village until evening twilight. Indeed, they would be so very proud of Glounthaune's Gold Medal achievement in this year's competition.

Michael and Ann were a deeply devoted couple, to each other, to their village, community and to their faith. They lived a life guided by strong religious values and practices exemplified by their thoughtfulness, kindness and neighbourliness.

Their funeral ceremony was conducted by Fr Aidan Vaughan OFM Cap; a family friend who had over 50 years previously celebrated their wedding ceremony. Indeed, it was truly fitting that the celebrant who had blessed and witnessed their journey as they began life together would bless and witness them on their final journey home. His words were delivered in a warm, heartfelt and respectful manner, honouring the richness of the lives that Michael and Ann had lived.

A poignant and meaningful moment occurred when prior to the arrival at the church, the hearses deviated to the village and paused outside Michael and Ann's home. There, family, residents and friends lined the route, standing in silent reflection before proceeding on foot to the church grounds.

The old guard has changed. Michael and Ann have gone home to the Lord. May their souls rest in His Presence.





*Christmas is a time for giving  
 Christmas is a time for love,  
 Preparations for that Birthday  
 of the Prince of Peace above.  
 As we gather around the Manger  
 And recall that Special Day,  
 We remember all our loved ones  
 Those close by and far away.  
 In our thoughts there will be many  
 We include them as we say:  
 "Gentle Jesus guide them safely  
 As they pass along life's way".*

Michael & Ann O'Sullivan (nee Ryng)





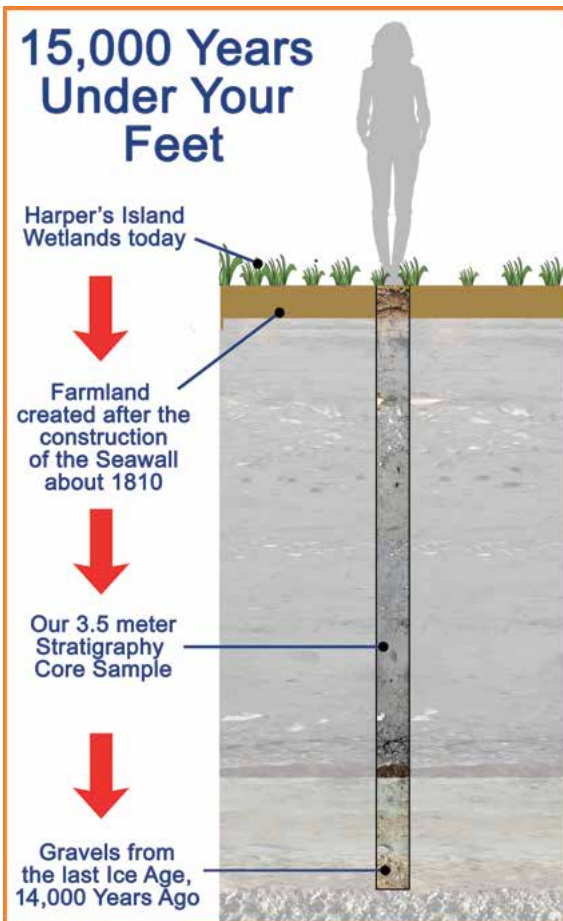
## WHAT DID GLOUNTHAUNE LOOK LIKE 15,000 YEARS AGO?

Contributed by Jim Wilson

**New study on the reserve digs deep to reveal all.**



Figure 1: Teeth mark on the 3,400 year old Hazelnut Fragment



A new scientific study, sparked by excavation work at the reserve, offers a vivid look at how Cork Harbour, including the estuary around Glounthaune, has evolved since the end of last Ice Age, 15,000 years ago.

A 3.75m core sample extracted during the creation of a new wetland habitat in 2022 allowed us to dig deep into undisturbed sediment layers, now under the wetlands impounded by the sea wall, under the expert guidance of UCC emeritus Professor Robert Devoy. The continuous core sample traces the area's history from the time a sea wall was built around 1810 all the way back to a time at the end of the last ice age when the sea was lapping a shoreline out past Roche's Point 15,000 years ago.

Examination of the core sample indicated that 14,000-16,000 years ago Harper's Island was a hill in a landscape of flat arctic tundra, with ice cap meltwater depositing glacial sediments of sand and gravels.

Fast forward to when the area of today's wetlands on the reserve and surrounding mudflats was a lush

woodland of willow, alder, and oak, radiocarbon dated to 5,500 years ago. As water levels rose, this forest gave way to swamplands dominated by phragmites reedbeds. This could clearly be seen in a thick layer of peat and organic matter.

Based on radiocarbon dating of four samples from the core sample a piece of the core revealed a fragment of a hazelnut shell that settled on the mud had teeth marks clearly visible on the edge. Experts say that about 3,400 years ago the shell was opened by a small rodent with a 70% chance it was a young Red Squirrel.

Radiocarbon analysis dated seashells in the sediment at 2,750 and 3,380 years ago.

This extensive analysis significantly advances the understanding of this part of Cork Harbour's post-Ice Age development.

The findings are now showcased on an information panel and a replica of the core sample on the nature trail next to the Scrape Hide at the nature reserve.



*Figure 2: Stratigraphy Display and replica core sample 11th Oct 2025*

## GLOUNTHAUNE STRIKES GOLD AT THE 2025 TIDY TOWNS AWARDS

### A proud milestone for our community

*Contributed by By Ailbe Ryan, Chairperson, Glounthaune Tidy Towns Committee*

#### A golden achievement

Michael Power & I travelled to Croke Park on Friday 24th October for the 2025 Annual SuperValu Tidy Towns Awards Presentation. Having proudly won Bronze and Silver Medals in the previous two years, our committee met in January and made the ambitious decision that we would “go for gold.” That we achieved this goal on our first attempt exceeded all expectations, and we were thrilled to receive this prestigious national award. Glounthaune scored 387 points, earning a Gold Medal in Category D – an improvement of 13 points on last year’s total of 374 points and a leap from Silver in 2024 to Gold in 2025. Nationwide, 929 presentation reports were submitted to the judges this year.



#### The road to gold

Our journey began early in the year when we engaged consultant Gary Graham to conduct a full survey of the area. He presented his detailed findings at a public meeting in March—clearly outlining the scale of the work ahead. Undaunted, we set to work with determination. Under Terry Fleming’s guidance, an initial list of 30 action items quickly grew to nearly 80 as we refined and expanded our plans. By the time judging took place in June, most of these actions were completed. Among the most striking improvements was the innovative work of Bill Cuddy, who created a clever wall- and bridge-cleaning system using an IBC tank connected to a tractor’s PTO—removing decades of black algal growth from stonework across the area.

#### A team effort

In my introduction to the judges, I noted that “the addition of new members to our committee has greatly increased the pool of individual talents available to us.” As Chairperson, it has been my privilege to harness and coordinate these talents into a well-tuned, enthusiastic, and effective working team throughout 2025. We are also blessed to have one of the most creative and resourceful Men’s Sheds in the country, led by Gary Tomlins, whose members have contributed to countless projects and community enhancements.



#### Gratitude and the road ahead

I wish to express sincere thanks to the many volunteers throughout our community who have given their time so generously—often in all kinds of weather—to make this success possible. As we look to the future, we hope to grow our volunteer base to sustain this high standard and build on our achievements. If you would like to join our hardworking committee—or simply offer an hour a week—we’d be delighted to hear from you.

# Tech Corner



## A step-by-step guide to make WhatsApp as private and secure as possible

Contributed by Dan Leo

### 1 Where to find settings in WhatsApp on your phone:

1. Open WhatsApp.
2. Look at the bottom right (iPhone) or top right (Android) for the gear icon or the three dots menu.
  - iPhone: Tap the gear icon ⚙️ labelled Settings.
  - Android: Tap the three dots ⋮ in the top-right corner, then select Settings.



### 2 Hide your personal info

Go to: **Settings → Account → Privacy**

Set each of the following:

Last seen & Online: → "Nobody" or "My Contacts"

Profile photo: → "My Contacts"

About: → "My Contacts"

Status: → "My Contacts" or "Only Share With..." (choose trusted people)

Groups: → "My Contacts Except..." (exclude anyone you don't want adding you)

Read receipts (blue ticks): → Turn off (Note: if off, you also won't see others' read receipts.)

### 3 Enable two-step verification

Adds strong protection if someone tries to log in on another phone.

Go to: **Settings → Account → Two-step verification**

Tap Turn On

Choose a 6-digit PIN (not your phone PIN)

Add an email address in case you forget your PIN

### 4 Manage who can contact or add you

Block unwanted contacts:

Go to: **Settings → Privacy → Blocked contacts → Add new (top right)**

Limit group invitations:

Under Privacy → Groups, choose My Contacts Except...

### 5 Stop auto-downloading media

Go to: **Settings → Storage and Data**

Under Media auto-download, set all options (When using mobile data, Wi-Fi, roaming) to No media (this prevents unwanted photos or videos from saving automatically)

### 6 Disable "Last seen" and "Online" tracking

Already done under Privacy, but double-check:

"Last seen & online" → nobody or same as last seen

### 7 Keep your chats safe

Go to: **Settings → Chats → Chat backup**

End-to-end encryption: Always enabled by default (shows in chat info).

### 8 Avoid scam or spam messages

Don't click links from unknown numbers.

If something feels off, Report contact (in chat → tap name → scroll down → Report).



## GLOUNTHAUNE CHRISTMAS CRAFT FAIR 2025

# Glounthaune Christmas Craft Fair 2025

Saturday 6th December

Time: 11 - 6 pm

This year, we warmly invite you to our Christmas Craft Fair at Glounthaune Community Centre, a wonderful celebration of creativity, community, and Christmas spirit!

The event will raise much-needed funds for both **our Community Centre** and **St. Vincent de Paul**.

We'll be raising funds through our **raffle on the day**, with **fantastic prizes** to be won!



Visitors will be treated to an incredible variety of stalls featuring talented **local artisans** — including **handmade jewellery**, **local honey products**, **crochet/knitting/quilting creations**, **candle producers**, **unique pottery**, **children's clothing**, **original art**, **festive decorations**, **French and Christmas baking**, **jams & chutneys**, **chilli products**, **handmade soaps**, **fashion designs**, **children's gifts**, **Tidy Towns book sales** and much more.

Enjoy **delicious treats and tea/coffee/hot chocolate** outside the Centre to warm you up as you browse, along with performances from **two local choirs**. **The little ones can enjoy a mini Christmas disco with a DJ. And of course, Santa will make a special appearance!**

We encourage everyone to **shop local**, discover **unique handmade gifts**, and show your support for our amazing community of makers. Come along, bring your family and friends, and enjoy a festive day filled with warmth, music, and Christmas cheer!

**Free Admission- Parking is limited- Car park at Glounthaune Playground- Train to Glounthaune (10 mins walk to village)- Toilets available- Wheelchair friendly (may be congested in the corridors, but we will try our best to accommodate you)- Everyone welcome!**

**Best Wishes from the Glounthaune Christmas Craft Fair Team:**

Jill, Kathleen, Jackie, Tara and Frankie.



Glounthaune Community Association



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





## ART, CRAFT, CREATIVITY?

*Contributed by Brian Cluer*

The French actress Sarah Bernhardt opined that while science may prolong life it was the arts that made it worth prolonging. We have many artists in Glounthaune that proves her point.

The Frenchman Alexandre Cassagnabere is one of them. He is a multinational technocrat by profession but an unusually creative person by choice. Alex recently finished building a "bird house" of a kind I have never seen before. Meticulously constructed it is a small building finished in great detail. The all-weather bird house is unique from the tiled roof to the brick walls and carved statuary.



While the Bird House can be located indoors or out it is designed to clamp to a pole outside. Indoors it would make a great conversation piece. Outdoors it is for the birds to decide.

Looking at it also raises the question of defining what art is and what is craft? This bird house is more than skilfully making something by hand. It is also about the artistic detail that Alex has added to blend form with function. It is left to the viewer to decide whether it is art, craft, or both.

This wearable Halloween mask was built up by layering and shaping material to look like an actual skull. It has lighting built into the eyes so that they glow red in the dark. The size, shape

and attention to detail make it look real but proved to be a little too realistic and frightening in the end.

But it is another fine example of Alex's creativity and would look fine on any wall.



# TASTES OF MORE



**BALLYMALOE FOODS**

**ORIGINAL RELISH**

great taste 2025

## Carraig Print Litho Press

### DESIGN & PRINT SIGNS & DISPLAY

Ballinbritten, Carrigtwohill, Co. Cork, T45 Y750

T: 021 488 3458

59 St. Mary's Road, Midleton, Co. Cork, P25 YV60

T: 021 463 1401

[www.cprint.ie](http://www.cprint.ie) • [www.printmybook.com](http://www.printmybook.com)

*You think  
...we ink!*

**printmybook.com**

PRINT, SELF-PUBLISH & SELL YOUR BOOK

## Esther Wall Yoga Glounthaune


B.Sc, H.Dip.in Ed.  
Dip Yoga Therapy Ireland (YTI),  
Postgrad Dip YTI

- Active Birth Preparation Classes
- General Yoga (all levels)
- Active Retirement Yoga
- Chair Yoga

*Classes redeemable with certain private health insurance policies*

Phone : 087 2361759

E-mail : [info@estherwallyoga.com](mailto:info@estherwallyoga.com)

 Esther Wall Yoga

 [estherwallyoga](https://www.instagram.com/estherwallyoga)



Cllr. Anthony  
**BARRY**

 086 074 0394

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

## GLOUNTHAUNE RAILWAY STATION UPDATE

*Contributed by Brian Cluer*



To build a pedestrian bridge and install lifts at Glounthaune Station, the Cork Area Commuter Rail Team has informed us that the necessary license allocation was submitted to the Maritime Area Regulatory Authority (MARA) in June 2024 and was validated in July 2024.

As of August 2025, MARA confirmed that the application had not yet been reviewed but advised that they hoped to do so within approximately eight weeks (this brings us to the end of this month). I am filing a Freedom of Information request to MARA requesting confirmation that the license will be issued this month.

At this time, it appears that the necessary Railway Order (planning application) will not be issued until late next year. But who knows, perhaps we can get the much-needed bridge installed earlier – with a little bit of pressure.

Completing the double-tracking from Glounthaune to Midleton is making good progress. Despite having to perform the work while still operating a normal service on the line.

## GLOUNTHAUNE COMMUNITY ASSOCIATION

Glounthaune Community Association, together with Glounthaune Men's Sheds, were delighted to be nominated for the 2025 LIBA Awards, as part of the President's Dinner held on Friday, 17th October, at the Radisson Blu Hotel, Little Island.



The overall winner on the night was Laya Healthcare, and we extend our warm congratulations to them.

Representing Glounthaune Community Association at the event were Jill McNamara (Chairperson), Kathleen Boyle (PRO), and Conrad McGrath (Exercise Tutor). Representing Glounthaune Men's Shed at the event were Richard Guinee and Michael Bulger, founding members of the Glounthaune Men's Shed.

It was a truly enjoyable and memorable evening for all involved. Our sincere thanks to the Little Island Business Association for the award and for recognising the work of our community.





## Fiona Twomey SOLICITORS



We advise and represent both Commercial and Private Clients across all areas of Irish Law. Our staff are well experienced in all our practice areas.

OUR GOAL IS TO RESOLVE OUR CLIENTS' LEGAL ISSUES AS QUICKLY AND SUCCESSFULLY AS POSSIBLE BY PROVIDING SOLID PRACTICAL NO NONSENSE ADVICE.

### Services

- Notary Public
- Commissioner for the Oaths
- Personal Injury
- Conveyancing
- Family Law & mediation
- Employment

3, Eastgate Village,  
Little Island,  
Cork

Tel: 021 4355 405

Email: [fiona@fionatwomey.ie](mailto:fiona@fionatwomey.ie)



## ACE TREE SERVICES




Lackenroe, Glanmire, Co. Cork.

Contact: Christy Murray on 086 2463585

Email: [info@acetreeservices.com](mailto:info@acetreeservices.com)

PROFESSIONAL ADVICE ON ANY TREE PROBLEM.

PROVIDING QUALITY TREE SERVICES FOR OVER 40 YEARS.




## HILLSIDE NURSERIES

*Specimen  
Plant  
Specialists*

*For all your  
Gardening  
Needs*

Kilcoolishal,  
Glounthaune,  
Co. Cork.

Tel: 021 4354423  
[info@hillsidenurseries.ie](mailto:info@hillsidenurseries.ie)  
[www.hillsidenurseries.ie](http://www.hillsidenurseries.ie)



# care<sup>+</sup>PLUS

## PHARMACY

**Serving Your Community  
for 25 Years**

**LET US LOOK AFTER YOU**

## JUST FOR FUN

Word search: No 11 Christmas Baking & Festivities Word Search

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

MINCEPIE  
 PUDDING  
 FRUITCAKE  
 ICING  
 COOKIE  
 GINGER  
 TRIFLE  
 TART  
 CINNAMON  
 TURKEY  
 STUFFING  
 GRAVY  
 ROAST  
 CRANBERRY  
 SANTA  
 STOCKING  
 TINSEL  
 HOLLY  
 WREATH  
 BELLS  
 STAR  
 SNOW  
 TREE  
 JOY  
 NOEL

Sudoku Puzzle: No 11

The Glounthaune 1% Club

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

Using just two letters to fill in the blanks, what is the word below?

- L - - V - L - - -



# 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

### Probus

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](mailto: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 are always welcome. 021 451 0470

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

### 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:

Cork Jackie O'Reilly 087 204 7169 GCC

### St Vincent De Paul

021 427 0444 / 087 1520 360

### Glounthaune Tidy Towns

Ailbe Ryan 086 323 0337

## Adult Classes

**Seniors Stretching,** Joint Mobility & Movement Class: Parish Centre.

Esther Wall 087 236 1759

E:[info@estherwallyoga.com](mailto:info@estherwallyoga.com)

### Yoga & Birth Preparation

Esther Wall 087 236 1759

E:[info@estherwallyoga.com](mailto:info@estherwallyoga.com)

## Glounthaune Community Centre:

Tel 021 451 0470

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

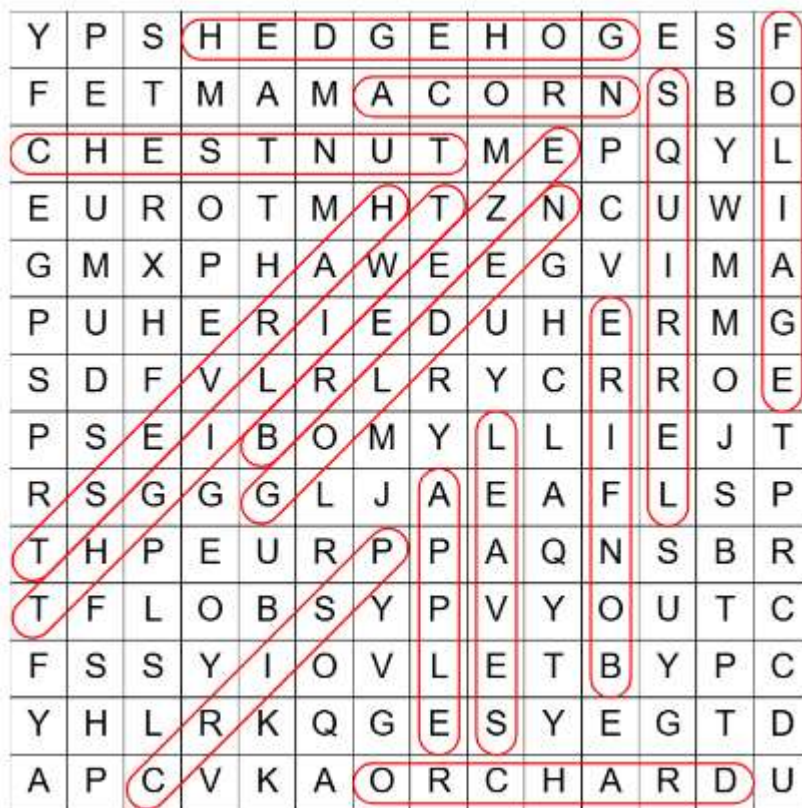
**Website:** [www.glounthaune.ie](http://www.glounthaune.ie)

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

*Glounthaune Community Centre,  
Glounthaune Village, Co Cork.  
Postcode T45 K124*

# JUST FOR FUN

Word search: No 10 autumn-themed word search



Harvest  
Leaves  
Acorn  
Chestnut  
Hedgehog

Squirrel  
Orchard  
Apple  
Crisp  
Golden

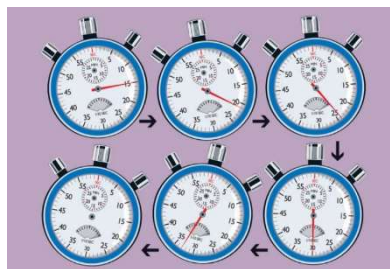
Foliage  
Breeze  
Bonfire  
Twilight

Sudoku Puzzle: No 10

The Glounthaune 1% Club

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

Against the clock



The winner has run the distance in 15 seconds, the second in 21 seconds, etc. How many seconds will it take the sixth athlete to cross the line?

Answer: 39 seconds.

This is the formula:  $15 + (1 + 5) = 21$ ;  $21 + (2 + 1) = 24$ ;  $24 + (2 + 4) = 30$ ;  $30 + (3 + 0) = 33$ ;  $33 + (3 + 3) = 39$ .