

# Glounthaune COMMUNITY NEWS

Jan/Feb  
2026



*Snowdrops: Courtesy of Hester Forde*

GLOUNTHAUNE COMMUNITY ASSOCIATION

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

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## COMMUNITY CENTRE ACTIVITIES

Classes available in **January** & **February** 2026

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

T 021 4510470    E:[thegc@cork@gmail.com](mailto:thegc@cork@gmail.com)    [www.glounthaune.ie](http://www.glounthaune.ie)

**Monday**

9.30 am

5 Jan, Buzzi Bounce Box: Children's Movement Class 6-18 mths  
[buzzi@bouncebox.ie](mailto:buzzi@bouncebox.ie)

10.30 am Buzzi Bounce Box: Children's Movement Class 18mths-4yrs:"

10.30 am 5 Jan, 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

6.30 pm Feeling Crafty Sewing Class: Joanna [www.joannasfeelingcrafty.com](http://www.joannasfeelingcrafty.com) 086 856 3291

6.30 pm 5 Jan, Beginners (Level 1) Yoga with Kate Cuddy 086 8214002

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

10.45 am 22 Jan, Qigong,8 Silk Brocades: Anne Marie Maguire: [www.taichiqigonghavens.ie](http://www.taichiqigonghavens.ie)

12 pm Chair Qigong & Contemplative Meditation Anne Marie Maguire (see above)

5 pm Tai Chi with Anne Marie Maguire Email: [taichi.qigong.haven@gmail.com](mailto:taichi.qigong.haven@gmail.com)

6.30 pm Yoga Bears Class, kids' yoga with Laura Maybury 085 732 2233

6.30 pm NEW Watercolour Art Class, 22 Jan / 05,26 Feb [www.sarahrohu.ie](http://www.sarahrohu.ie)

6.30 pm Adult Exercise class: New members welcome (contact the office)

**Friday**

9.45 am

11.00 am 'Language Rockets' 17mths - 3.5yrs group 1 - [languagerockets@gmail.com](mailto:languagerockets@gmail.com)

10.30 am 'Language Rockets' 17mths - 3.5yrs group 2- [languagerockets@gmail.com](mailto:languagerockets@gmail.com)

11.45 am Active Retirement Fitness Class. Jill McNamara 086 813 8807

3.15 pm Craft & Chat Group meetup. All Welcome. 086 813 4131 Tara

3 pm Starstruck Studio : Ballet with Aisling Byrne - [aisling@starstruckstudios.org](mailto:aisling@starstruckstudios.org)

Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938

**Saturday**

10 Jan, CADA Performing Arts for Children. 021 4866389

## WELCOME MESSAGE

**Hello to all our readers, and a warm welcome to the January/February 2026 edition of the Glounthaune Community News.**

A new year brings fresh beginnings and for many of us, new resolutions. As we weather the cold days of winter, we look ahead with hope to the brighter days of spring and summer. The New Year also invites us to pause and ask: how can we help others in our community? Even small acts of kindness and looking out for one another can make a real difference. Together, we can make the year ahead a positive one for all.

We continue to seek out new contributors and are delighted to include in this edition a short story by Tom Connolly. For future editions, we encourage submissions of shorter pieces, which are better suited to the newsletter format. Closing date for the receipt of submissions for the March/April edition is the 20th February.

Send your submissions to [newsrgca2024@gmail.com](mailto:newsrgca2024@gmail.com)

For advertising enquiries, contact our office on 021 451 0470, or talk to us about sponsoring a future edition of the newsletter.

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

*Dan Leo, Editor  
Glounthaune Community News  
newsrgca2024@gmail.com*

## REST IS PRODUCTIVE

### ***Why rest is the quiet engine behind every creative spark***

*Contributed by Joanna O'Dowd - Sewing Tutor at Glounthaune Community Centre.*

*I just wrapped up my final sewing class of 2025, and honestly? What a gorgeous way to close the year. We made gorgeous and romantic ruffle hearts and classy bows that would make even the fanciest Christmas displays jealous.*

*I loved teaching these so much, partly because I love Christmas, but also because my Christmas classes are genuinely my favourite. There's something magical about sewing in December: the cosy chaos, the soft hum of the machine against the dark evenings, my sewing room decorated for the annual craft fair, and the quiet joy of making something beautiful with your own two hands. And now... I rest.*

*I take the whole of December off from teaching. Partly because, let's be real, it's an expensive month and classes are a financial commitment. But also because I need this pause. This intentional stepping back. This gentle reminder that rest is productive.*

*I forget that sometimes, maybe you do too?*

*When you work in a creative field, it's easy to believe that productivity is only measured in output:*



*stitches sewn, reels posted, ideas delivered, classes taught. But creativity doesn't work like that. It's more like a plant: it grows best when it's not being yanked on.*

*December is my chance to replenish.*

*To let my brain noodle away without deadlines or lesson plans.*

*To walk slowly.*

*To make things just for fun.*

*To stare at fabric and not know yet what it wants to be.*

*To give space for fresh ideas to unfurl in their own quiet, unhurried time.*

*Every year, when I come back in January, I feel it in my bones:*

*The break worked.*

*The rest did something.*

*The ideas arrive clearer. The spark is brighter. The joy is louder.*

*So here's your gentle nudge from me to you:*

*Rest is not the absence of productivity - it is the foundation of it.*

*Especially for creative souls like us.*

*Let December hold you.*

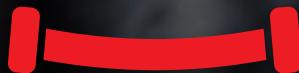
*Let your ideas hibernate a little.*

*And let yourself remember that you don't have to be endlessly making to be growing.*

*See you in the New Year, full of fresh stitches and even fresher imagination.*

Love,  
Joanna





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## *Cllr. Sheila O'Callaghan*



*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)



## RECIPE CORNER – JOLLY JARS

Contributed by Ally Hayes

### Lemon Drizzle Cake

When I went away to college in 1984 my lovely Mum gave me a copy of The Good Housekeeping Cookery Book. It is quite a tome and still available today, although much updated of course in terms of its production quality and photographs. I've always loved books and even tho' I imagine there is nothing these days that cannot be found 'on-line' least of all recipes, when our eldest daughter Hannah went to college in Edinburgh, I sent her off with a copy of The Good Housekeeping Cookery Book. I love the idea of tradition within families surrounding food and now our middle son Ed has brought a home with his fiancée Becca they shall have a copy from me too. My copy has long since lost its paper jacket and is pretty much held together with sellotape at this stage, but it remains my 'go-to' reference book for what maybe would be considered more traditional (even dare I say it basic) methods and recipes. And I especially love the fact that my Mum gave it to me.

The New Year is a fantastic time to make any recipe or home cooked item using citrus fruits, and beautiful Spanish oranges, lemons and limes are 'in season', gorgeous quality and readily available in our shops in Ireland. This Lemon Drizzle cake is a very simple one bowl method. Originally from my Good Housekeeping Cookery Book I think it might be a Mary Berry recipe. From her early career when she worked for Housewife magazine. I am a huge fan of Mary Berry, she is an absolute icon in UK and was what I would call a proper home cook long before some more fashionable TV chefs and personalities I can think of. We came to Cork twenty-five years ago from London and I feel that Mary Berry is beloved in England in the same way that the amazing Darina Allen is in Ireland.

### Lemon Drizzle

The beauty of this cake is that it is incredibly versatile and can be easily adjusted to suit any kind of topping. It is essentially an all-in-one method traybake and although I love it as a drizzle cake and bake it in a square tin for ease of cutting, it could easily be a children's party cake with a simple butter cream icing and sprinkles. It is also a great cake to take to a Parish sale or charity fundraiser as it is highly portable and cuts brilliantly into little squares, if you have used a square tin of course.

### Ingredients

Makes 16 generous squares.

225g (8oz) butter at room temperature plus extra for greasing

225g (8oz) caster sugar

275g (9 1/2oz) self-raising flour, sifted

1 level teaspoon baking power

4 large free-range eggs

4 tablespoons milk

Grated zest of 2 unwaxed lemons

## For the Glaze

Juice of 2 lemons

175g (6oz) caster sugar

## Method

1. Preheat the oven to 180°C/Fan 160°C/350°F/Gas 4). Grease a traybake tin measuring 30cm x 23cm (which in old money is 12in x 9in) and 4cm (1½in) deep and line the base with baking parchment.
2. Place the butter, sugar, sifted flour, baking powder, eggs, milk and lemon zest in a large bowl. Beat with an electric mixer for a full 2 minutes. Don't skimp on the time here as it is an all-in-one bowl method the mixture needs a really good beat. This will also ensure a gorgeous light texture in the finished cake. As the butter must be soft this recipe can be easily made by hand beating by hand with a wooden spoon.
3. Turn the mixture into the lined tin and spread evenly.
4. Bake in the preheated oven for 35 – 40 minutes, or until risen and springy to the touch. Don't worry if the top is slightly cracked, this is homemade after all!
5. Run a knife around the edge of the tray bake to loosen it from the sides.
6. Make the glaze by mixing the lemon juice with the sugar and spoon over the warm cake. When cooled cut into 16 squares and enjoy.

## Tips

1. Over the years I have found if making this as a lemon drizzle cake I prefer after baking to loosen the cake from the edges but to leave it in the tin. This will ensure that the warm cake takes all the deliciously lemon drizzle. You can prick the surface of the cake with a cocktail stick and as the original recipe suggests spoon over the drizzle. It feels like a lot of liquid but do use it all. I personally prefer to paint the surface of the cake with the drizzle using a silicone cake brush if you have one. This doesn't take too long and actually is rather therapeutic.
2. If you warm the lemons slightly before squeezing, they will yield more juice. And if using waxed lemons give them a little scrub and not just a rinse before using.
3. If you want to make this as a simple party cake, replace the lemon juice in the cake batter with an extra tablespoon of milk and a teaspoon of vanilla extract. In this case do turn out the cake after baking to cool completely on a wire rack and then ice with a simple soft butter cream and decorate with sprinkles or chocolate buttons or other jolly treats of your choice.



## THIS IS YOUR OPPORTUNITY FOR A FRESH START

Contributed by Lynda Di Blasi- Image Consultant



After the deep winter months, the New Year brings that positive opportunity. It's a natural moment to reassess your wardrobe, especially if you've been holding onto pieces "just in case," or feeling stuck in a rut after years of busy routines, career changes, or simply putting everyone else first.

A spring wardrobe detox isn't about getting rid of everything — it's about clearing space so you can see what you truly have and dress with ease again.

### Why a Spring Refresh Matters

- **Clarity:** A tidy, streamlined wardrobe makes getting dressed quicker and less stressful, ideal for women with full schedules.
- **Confidence:** When every piece fits, flatters and aligns with your personality, your shape, your lifestyle today, you feel instantly more put-together. We stand taller and walk with self-confidence.
- **Rediscovery:** Many find beautiful pieces hiding at the back of the wardrobe — items that deserve a second life. A little fresh and professional. Inspiration can breathe new life in to our existing pieces.
- **Smart shopper:** A refresh highlights gaps, so you buy only what truly works for your shape, colouring and day-to-day life.
- **Positive energy boost:** Letting go of outdated or uncomfortable items can be surprisingly uplifting. We all want to feel modern and positive in our image. Our lives evolve, our weight can shift and our lifestyles can vary. Our wardrobes can also evolve.

For busy individuals or those navigating a new stage of life, a professional wardrobe review can be transformative and empowering. Together we assess what works, what doesn't, and what simply needs a new combination to feel current again. It's a gentle, relaxed non-judgemental private session in your own home. Bring clarity and enjoyment in to your everyday dressing.

If you're ready to step into spring with style and less wardrobe overwhelm, I'm here to help.

Email: [lyndadiblasi@yahoo.com](mailto:lyndadiblasi@yahoo.com)   Mobile: 086 2599539

Website: [www.lyndadiblasi.com](http://www.lyndadiblasi.com)   Facebook: Lynda Di Blasi Image Consultant



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# CHRISTMAS CRAFT FAIR 2025

We had a wonderful Christmas Craft Fair on the 6<sup>th</sup> December.

We were so happy to welcome so many visitors to our little village.

You truly made a difference supporting local crafters and supporting our community centre and Local St Vincent De Paul.



## Craft Fair Highlights

Festive Choirs

Yummy Food/warm drinks

Great mix of Crafters

Santa Claus Visit!

Great Raffle Prizes.



## Donation to local SVP

We raised €725 for Local SVP, thank you for your support.

le míle buíochas

THANK YOU

We wish to thank all our community volunteers, sponsors, Choirs, vendors, crafters and neighbours!



## FRAZZLED MAMMY ART - WEATHER

Contributed by Maeve O'Keeffe



There's a song by the band 'Crowded House' called "Take the weather with you." If it's one thing Irish people can talk about, it's the weather. Whether you're standing next to a total stranger by a bus stop or indoors queuing for the bank or post office, the weather is always a guaranteed topic to break the ice. And how we love to complain about rain! It's almost no surprise that there are ninety-nine words for rain (and one for sun), as written by Manchan Magan, and beautifully illustrated by local artist Megan Luddy.

In visual art, the weather, too, provides inspiration. We have the searing sunshine of wheat fields in some of Van Gogh's compositions, dramatic storms by Turner, London fog, seaside sunshine or snowy landscapes by Monet. As a nation, we can typically handle whatever the weather fires our way. Indeed,

there are times when it seems like we get all the seasons thrown at us in one day, experiencing sunshine, rain and hail. Memories of being momentarily snowbound and supermarket shelves stripped of sliced pans during 'The Beast from the East' or loss of power, flooding and trees felled during storms like Ophelia or Babette are hard to forget.

Nonetheless, I took inspiration from 'The Beast'-like snowy weather for the **window scene on Fitzpatrick's Foodstore over Christmas**. It shows children having a snowball fight, bringing back memories of similar fun during those rare times of decent snowfall. Having said that, let's hope the weather won't be too extreme in the months to come!

My new 13 week Spring term of children's art classes will begin in Glounthaune, Midleton and Glanmire from January 19th. 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.



## A SPRING IN OUR STEP

Contributed by Hester Forde

As spring approaches careful choice of early flowering bulbs and shrubs will give colour and scent to the garden. The snowdrop will steal the show in January and February. It is worth seeking out different varieties to extend the season from the earlies to the lates. A good choice and easy to grow is Galanthus elwesii Margaret Owen, leaves broad and grey green with large rounded flowers with a strong green inner mark. Galanthus Marjorie Brown is a strong growing elwesii with large flowers and glaucous leaves. An excellent late season form. Galanthus S Arnott increases year on year and has a beautiful perfume -honey like. An early bloomer Galanthus Mrs Macnamara is tall and bold and elegant and nowadays can be in flower around Christmas time. Do come along to celebrate the beginning of the gardening season at our 15th Annual Gala on Saturday 24th January 2026 at Ballykealy House, Ballon, Co Carlow.



**Cork Alpine Hardy Plant Society**  
January 29th at 8pm



**Dean Charlton**  
**The Journey of Hooton's Walled Nursery**

On Thursday, 29th January 2026, at 8pm, Dean Charlton of Hooton's Walled Nursery (formerly of Great Dixter) will present "The Journey of Hooton's Walled Nursery".

Dean will explore the influences that Great Dixter and Beth Chatto had on his gardening career and nursery. Lots of interesting plants will also be included in the lecture.

**Venue:** Scoll Mhuire Naofa,  
Station Road, Carrigdhon, Co.Cork.  
T45 PF80.

All welcome.  
Members - Free  
Visitors - €10

**Cork Alpine Hardy Plant Society**  
February 26th at 8pm

**Mat Reese**  
**Making and Keeping an English Garden**

Join renowned head gardener Mat Reese of Malverleys Estate as he shares expert insights on crafting and sustaining a classic English garden. Drawing from his experiences at Great Dixter and global plant-hunting expeditions, this talk explores naturalistic design with themed "rooms"; deep borders, and self-seeding plants; practical maintenance tips for soil health and wildlife integration; and achieving year-round vibrancy. Ideal for gardeners seeking inspiration to create dynamic, harmonious landscapes.

**Venue:** Scoll Mhuire Naofa,  
Station Road, Carrigdhon, Co.Cork.  
T45 PF80.

All welcome.  
Members - Free  
Visitors - €10



## SHORT STORY - IT'S ENOUGH TO CRY

Contributed by Tom Connolly



*Tom Connolly Author*

She walked down the narrow street where her grandfather's shop had once been. She was in the older part of the city, close to the quays, where old-fashioned looking streetlamps cast a gentle yellow light on the wet cobblestones. Although the rain had stopped, puddles on the road and the footpaths were disturbed sometimes by splashes from passing feet. Tourists strolled in groups, dressed for the weather in expensive looking outdoor gear. Locals mingled with them, many of the youngsters scantily clad while some of the older people were weighed down with heavy coats that got heavier when they soaked up the rain. She noticed none of this.

He sat in a window booth in the little restaurant eating the nicest burger he had ever tasted. Everything was so different now. The area was pedestrianised and many of the old buildings had been renovated and commercialised. The oak partitions of the booths around him gleamed warmly as only old timber can. Well-placed wall lighting picked out the uneven textures of exposed bricks. He appreciated the tasteful decoration and the peaceful atmosphere, and he felt lucky to be able to enjoy it. He ate slowly, savouring every bite, pausing from time to time to look out the window at a building across the road.

Remembering.

She walked past his window, then came back and propped herself gingerly on the damp ledge. She was blocking his view, but he didn't mind. She sat very still, looking intently at something on the opposite side of the narrow street. He noticed how her silver-grey hair was tucked under the collar of her expensive red jacket.

Her shoulders moved, ever so slightly, in what looked like a sob.

Immediately he was by her side.

She jumped and said in a strong southern American accent: "Gosh! You startled me!"

"I'm sorry" he said, "how are you?"

She looked at him and he saw a wistfulness flash behind her eyes that she quickly shielded.

"I'm OK, I guess."

"Guess again" he said gently.

Tears welled and trickled down her sun-dried cheeks and she looked into his eyes.

"Can I tell you?"

"Yes." he said.

She began her story.

"There was a butcher shop across the road there that belonged to my Granddaddy. He was a good butcher. He was a good man. He was the eldest of a family of eleven, brought up on a small farm about twenty miles from here. He 'wasn't good at school', as they used to say then. So at 11 years of age he was taken out of school to work on the family farm, and as a paid labourer on other farms. These days he would be recognised as being dyslexic, and he might get some support. But back then he was denounced by his teachers, and by his classmates, and even by his own mother, as being 'stupid'.

When he was 17 years old his parents were killed in a road accident. He inherited three acres of the family farm. Just one cow was bequeathed to his 16 year old brother. All the other animals and the farmland including the house and outbuildings had to be auctioned off to pay bills, although the two eldest brothers were allowed to stay in the farmhouse as long as they lived. The younger kids were split up in ones and twos and sent to live with relatives all over the county.

Shortly after the funerals his brother left without saying goodbye to anyone and got the boat to England, leaving a note on my Granddaddy's pillow which said: 'Mind my cow for me in case I ever come back'. He never did come back, and nobody in the family ever heard from him again. After a few weeks trying to figure things out, my Granddaddy brought his brother's cow to a neighbouring farmer and asked for the services of the farmer's bull, so that he could start a herd of his own. At first the farmer laughed, asking him how he proposed to cover the fee. My Granddaddy said 'If it's a bull, you can keep it. If it's a cow I'll keep it and I'll give you half the milk for all her life. Or half the meat if we slaughter her.'

The farmer figured he couldn't lose, and the deal was done.

The calf turned out to be a cow. My Granddaddy slaughtered her when she was two years old, and made neat packages of the different cuts of meat, and went back to the farmer and said: 'Give me one of your cows, serviced by your bull, and if the calf turns out to be a bull I'll give him to you. If it's a cow I'll give you half her milk for all her life. Or I will give you half of the meat, if I butcher her, as I do now for the cow you gave me two years ago'.

In fifteen years, my Granddaddy made enough money to buy that building across the road and set up his butcher shop. I don't know how he did that, with only three acres, giving half of his milk or meat to that farmer every year. But he did. I don't know the full story.

He married and had five children, all of whom emigrated. My Daddy and two of my uncles moved to America, another uncle moved to Australia and my aunt, the youngest, moved to Japan. I think he was heartbroken that none of them stayed. That he would not get to know his children as adults, and that he would not know his grandchildren or ever get to share his skills and knowledge with us.

In the same year that his youngest daughter left for Japan, my Granddaddy lost his wife, my Grandma. She had been ill for many years, in and out of hospital for weeks at a time. I never did find out what was wrong with her. He told his children in his letters to them how she was getting weaker and weaker until finally in his last letter he told them she had died. None of them were able to make it home for her funeral. The week after, my Granddaddy sold his house and his farm and his butcher shop and disappeared. Nobody knows where he went or what happened to him.

He just faded away."

They sat for a while in silence on the window ledge.

"What brings you back now?" he asked gently.

Again, tears welled. She stood up.

"I don't think anybody really tried to find him" she said. "I guess they were all caught up in their own lives, starting their own careers and families. My Daddy settled in Texas where he worked for a few years on the oil rigs. Then he started driving a truck, and after doing that for about five years he started a little ranch, but it wasn't a success. He died young enough and never really told us much about his parents. At his funeral I talked to his siblings - my aunt and three uncles - none of whom I had ever met, so I got this whole story from them, mostly my aunt. For

a while after my Daddy's funeral there were a few phone calls and letters between the family, and some talk of trying to organise a family reunion back here in Ireland. But it all sort of tailed off and never did happen.

Five years after my Daddy's funeral I visited my aunt in Japan, and got to spend a full week with her. She really wanted to get the family together again somewhere, just to remember their past and their parents. She talked a lot more to me during that week about my Granddaddy – how kind he was, and hardworking, and clever. But also, how very little money they had and how during my Grandma's long illness the joy seemed to slowly leak out of the house. My aunt reckoned that's why everybody left – the spirit of their home had gone and so when they grew up they left that place to try and find new joy.

They are all passed away themselves now.

In that week with my aunt in Japan, we figured that because our family unit had crumbled so long ago and there was no home for anyone to go back to in Ireland, nobody could gather the strength or will to re-visit the place. It seems like everybody just went their own way and got used to being independent."

She paused and looked at him. He was very old, she thought, and his face wore the lines of a life that had not been easy. He said nothing, but something in his soft blue eyes encouraged her to keep talking.

"I feel there was a lot of love between them all that never got expressed. My own siblings and me and all our kids make a lot of effort to stay in touch. These days of course it is so much easier with technology and with travel being so much more affordable. And everyone in the family now wants to know more. They are always trying to look up records and make contact with people here in Ireland to try and discover their lost relative.

I'm 82 years old now myself and I don't think I have too long left on this Earth. I felt I needed to come back here and ... I don't know, you probably think I'm stupid, but just ... tell my Granddaddy all this, tell him how we are trying our best to find out more..." She paused again, and took hold of his hand, looking deep into his eyes.

"I want to tell my Granddaddy that we did care. That we do care."

And she sat down again on the damp window ledge, her shoulders juddering from the sobs she was trying so hard to contain.

"It's OK to cry" he said.

She let go of her torment. With her head in her hands, she cried and sobbed for a long time. As her tears subsided and the rain started falling again, she looked up and saw that she was alone. Gathering herself she went into the little restaurant. It was warm, and the pleasant odours seduced her into ordering a meal. She sat where he had sat, by the window with a view on to the street. She looked out at the ethnic restaurant across the road where she thought her grandfather's butcher shop had been.

She called the waitress.

"Yes ma'am, that used to be a butcher shop many years ago when my Granny was a little girl. Granny often told me her Mammy used to say it was the best butchers in town!"

"Did you see that man I was talking to outside? Did you see where he went? We were sitting together on the window ledge."

"I didn't see anyone talking to you out there ma'am. You were all on your own. You stood up for a while, then you sat down and began crying. Our manager was just about to go out to see if you were all right, when you got up and came in to us."

She thanked the waitress, paid, and left the restaurant, walking slowly in the softly falling rain towards her nearby hotel.

He watched her go until she turned the corner.

"It's enough to cry" he murmured to himself.

Then he just faded away.

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# Tech Corner



## Saving Energy at Home — Practical Tips to Reduce Electricity Bills

Contributed by Liam Wall

email: wall16cc+techcorner@gmail.com

### Introduction

In recent years Irish households have seen sustained increases in energy prices, driven by global market volatility and rising network and infrastructure costs. While wholesale energy prices have eased from their 2022 peaks, electricity bills remain comparatively high, with unit rates and standing charges rising by 7-13.5 % or more for several suppliers, adding hundreds of euros annually to typical bills for domestic customers.

### Understanding Your Electricity Bill

Electricity usage is measured in units — technically kilowatt-hours (kWh). One unit or kWh is the energy a 1,000-Watt device uses in one hour. For example, a 2kW electric shower running for half an hour uses 1 kWh.

### A household bill includes:

- Unit charges (the cost per kWh you consume)
- Standing charges (a daily fixed cost for grid maintenance and administration)
- PSO Levy (a Public Service Obligation levy that supports renewable energy programmes)
- VAT (charged at a reduced rate of 9% on electricity)

### So which household appliances use most electricity?

The table below shows some typical Household Appliance Power, Usage & Estimated Daily Cost. Daily kWh is calculated as Power × Typical Usage Time. Daily Cost (€) is Daily kWh × €0.36/kWh, representing how much it would cost to run that appliance for a typical day at the average daytime Irish residential electricity unit cost in 2025.

Appliance	Electrical Power (kW)	Typical Daily Usage	Daily Units Used	Daily Cost (€)
Heat Pump (Air to Water)[1]	2.00	6 hrs	12.00	€ 4.36
Electric Heater (convector)	2.00	3 hrs	6.00	€ 2.18
Electric Cooker	4.00	1 hr	4.00	€ 1.45
Electric Shower	9.00	0.20 hrs (12 min)	1.80	€ 0.65
Electric Hob	2.20	0.75 hrs	1.65	€ 0.60
Air Fryer	1.80	0.5 hrs	0.90	€ 0.33
Dehumidifier	0.30	3 hrs	0.90	€ 0.33
Television	0.10	4 hrs	0.40	€ 0.15
Microwave Oven	1.00	0.33 hrs (20 min)	0.33	€ 0.12
Electric Kettle	2.50	0.125 hrs (7.5 min)	0.33	€ 0.12
Vacuum Cleaner	1.00	0.33 hrs	0.33	€ 0.12
Phone Charger	0.01	4 hrs	0.04	€ 0.01
LED Lamp	0.01	4 hrs	0.04	€ 0.01

[1] Assuming 120 m<sup>2</sup> well-insulated (BER B2) home, with an Air to Water Heat Pump rated at 8 kW to cover peak loads and domestic hot water, requiring 2kW of electrical power.

### For example:

- A heat pump using ~12 kWh a day at €0.36c/kWh costs approximately €4.36 per day.
- An electric convector heater using ~6 kW a day costs approximately €2.18 per day
- Running an electric shower for 12 minutes (1.8 kWh) costs about €0.65 per day.

Other domestic appliances such as washing machines, dish washers and clothes dryers may cost €0.25 per use for ECO mode on a modern dishwasher, and €0.35 per use for a 40 degree C clothes wash. Avoiding hot washes greatly reduces cost. At the higher end it can cost as much as €1.80 per use for a condenser dryer, with modern heat pump dryer being more efficient than older condenser models

These are illustrative estimates — actual costs depend on your specific tariff, household usage patterns, and whether you use cheaper off-peak (night) rates where available (many smart meter plans offer significantly lower night rates that can reduce these costs).

### Key Takeaways

- **Heating dominates costs:** Space heating (especially heat pumps and direct electric heaters) is more than 50% of household electricity usage in this example.
- **Short, high-power loads matter:** Electric showers and cookers use a lot of power in short bursts and quickly add up.
- **Big savings come from insulation and tariffs:** Improving insulation, reducing heating runtime, and shifting loads to night or smart-meter rates offers the greatest savings.

### Why This Matters for Energy Savings and Lowering Your Bills

By showing estimated daily costs, you can better target where energy is really being used — and therefore where savings will make the most difference. For example:

- Reducing heat pump runtime or improving insulation can cut high daily costs at the top of the table.
- Replacing old appliances (e.g., inefficient heaters, dryers or cookers) with energy-efficient models often lowers both kW usage and daily running cost.
- Using off-peak or smart meter tariffs for high-use loads (like EV charging or heat pumps) can shift these costs to cheaper times of the day.

## **GLOUNTHAUNE SHINES GOLD AT 2025 TIDY TOWNS AWARDS**

*Contributed by Garry Tomlins*

### **A Historic Award for Our Community**

It is with immense pride and joy that we write about Glounthaune's remarkable achievement in the 2025 Tidy Towns competition: our village has been awarded the coveted Gold Medal. This historic win is a testament to the community spirit, dedication, and teamwork that make Glounthaune such a special place to live.

### **The Road to Gold**

Our journey to gold has been one of perseverance and partnership. Over the past year, residents, local businesses, schools, and voluntary groups have come together with renewed enthusiasm to enhance the beauty and sustainability of our surroundings. From regular litter picks and vibrant planting schemes to innovative sustainability initiatives, every contribution — big or small — has played a part in our success.

### **Highlights of Our Efforts**

- **Community Clean-Ups:** Weekly clean-up events saw volunteers of all ages join forces to keep our streets, parks, and shoreline pristine.
- **Pollinator-Friendly Planting:** The introduction of wildflower meadows and pollinator-friendly gardens added a burst of colour and supported local wildlife.
- **Waste Reduction Initiatives:** The "Glounthaune Goes Green" campaign helped households and businesses reduce, reuse, and recycle more efficiently than ever before.
- **Heritage and Biodiversity:** Restoration of historic features and care for our natural habitats preserved the unique character of our village.
- The community development of Harper's Island wetlands reserve is nationally recognised.

### **Judges' Praise**

The Tidy Towns judges commended Glounthaune for its "exceptional community spirit, innovative environmental projects, and commitment to long-term sustainability." They highlighted the seamless integration of tradition and progress, and the welcoming atmosphere that visitors and residents alike enjoy.

### **Looking Ahead**

While we take a moment to savour our success, the journey does not end here. The Gold Medal inspires us to continue our efforts, striving for an even greener, cleaner, and more vibrant Glounthaune. With the continued support of our community, there is no limit to what we can achieve together.



If we look at the Gold medal winners for County Cork (see list below) – there are just 12! With Glounthaune sneaking in at number 12 with 387 points. The first trick for 2026 is to keep in Gold.

The indicators demonstrate a positive trend—since 2019, our average annual point increase has been 10.7, positioning us within the top 25% of our Gold medal peers. Achieving a modest additional increase will move us to the midpoint of the gold rankings.

We extend our sincere appreciation to all volunteers, residents, and supporters. The continued success in Glounthaune is attributable to your dedication and collective efforts.

Looking ahead, dare we dream that we could achieve the top position in Cork?

We encourage interested individuals to join our team and initiate projects aimed at enhancing your local area—the committee stands ready to assist by providing resources for any viable idea or project.

## Santa's House Constructed Efficiently

The Men's Shed and Tidy Towns groups worked together last Saturday morning to assemble the Santa House in just 52 minutes this year. The team demonstrated excellent cooperation and efficiency throughout the project.



There was discussion regarding the possibility of omitting the roof and facilitating Santa's arrival by drone; however, this idea was ultimately declined due to concerns about high winds and practicality.

Special thanks are extended to Terry Flemming for organising the team, repainting of the Santa House, and overseeing the installation of the reindeer coordinating and lights.

**NEW SIGN UP!****Community Text Alert / CAIRDE:**

**How it works:** Alerts are sent to your phone number through Cairde. You are connected to others in your community. You can publish your own alerts in the community.

**Costs:** It costs €10 per annum per household.

**Sign up:** to Cairde through Glounthaune Community Association -email [thegcacork@gmail.com](mailto:thegcacork@gmail.com) Or call into the office to collect a form. When approved, download the Cairde App.

**Types of Alerts:**

- Gardai Text Alerts sent to Cairde and shared with the public.
- You can alert neighbours, friends and others in your community to incidents, including anti-social or suspicious behaviour.
- Alert in case of emergencies, immediately alert neighbours, family, friends, and the Gardai.
- Missing Person Alert, this is sent out to the community for help.
- Missing Pets Alert, this is sent to the community to ask for help.
- Community News Alert provides local information to residents.



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BARRY**

086 074 0394  
(e) [anthonybarry2014@gmail.com](mailto:anthonybarry2014@gmail.com)



# Harper Island Wetlands Nature Reserve

*Contributed by Jim Wilson*

Some of you may already know about our Sand Martin nest cams on the reserve. They were put in two years ago and we have been streaming live images from inside two of the nests in our artificial nesting bank since then.

Our Sand Martins do not stay here all year but instead leave for Africa, south of the Sahara, in August and September and do not return until mid-March. We were thinking that while they're away we could turn the camera out onto the wetland so that we could live stream the comings and goings of the wetland birds which can be seen on the reserve in large numbers during the spring, autumn and winter months, especially around high tide.

In mid-November, we were able to upgrade the camera that we had pointing at the outside of the Sand Martin nesting banks and places it out on the wetland. We could not have done this without funding from the Cork branch of Birdwatch Ireland, Dave Busse, the documentary maker who made the excellent documentary on the Sand Martins and who used some of our nest cam footage and the AA-AGORA fund.

Since then, we have had some amazing sights and sounds from what we now call our Harper's Wetland Cam. Even when there are not many birds to be seen on the live stream often you can hear the magical sounds of the Curlew, Lapwing, Redshank and other wetland birds. We know some of you who have started watching regularly are hooked on it and even use the Merlin app to learn to identify the different wetland birds calling on the live stream.

One amazing thing we have been able to do is show just how much activity there can be on the wetlands after dark. We were able to look at literally thousands of birds as they gathered in the dark to rest and preen right in front of the Wetland Cam at high tide.

With the very short winter days and a lot of dull days our camera, which is solar powered, sometimes shuts down, only to return once the sun shines or we get a bright day. We are hoping by the time you read this we will have upgraded our solar panels, which should enable us to keep the live stream going 24/7.

Why not check out the live stream yourself? All you have to do is scan the QR code on the right and it will bring you directly to the live stream on YouTube. If there is not any live streaming happening when you check in come back later or the following day and it should be back up and running. The best time to look and listen is at high tide when we will have the largest number of wetland birds on the reserve.



Derek Mooney and the team recently visited Harper's Island Wetlands Nature Reserve to showcase the remarkable world of wintering wetland birds. The programme followed these resilient travellers as they arrived from the far north and highlighted the vital role Ireland's wetlands play in their survival.



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## CIVIC RESPONSIBILITY: RESPECTING OUR SHARED SPACES

Living in a community comes with shared benefits—and shared responsibilities.

Two ongoing issues highlight just how important it is that we all play our part.

### Stop Treating Our Bottle Bank & Clothes Recycling Centre Like a Dump!

Our local recycling centre is meant to make responsible disposal simple—but some people clearly don't care. Despite clearly marked areas for the **Bottle Bank** and **Clothes Recycling**, bottles are left on the ground, clothes are dumped beside the bins, and rubbish piles up where it doesn't belong.

This is lazy, disrespectful and dangerous. Staff and **volunteers**, who give their time to keep the centre clean and running, should not have to deal with this thoughtless behaviour. Anything left outside the bins is **not being recycled**—it's wasted, and it undermines the system for everyone. We may even lose the facility in our area.

**The message is simple:** the **Bottle Bank** is for bottles, **Clothes Recycling** is for clothes. If a bin is full, wait or come back later. This area is monitored, and irresponsible dumping won't go unnoticed.

**Call to action:** Don't let laziness ruin a service that benefits us all. Respect the bins, respect the volunteers, and respect your community.

Speak up if you see dumping, or report it. Use the recycling facilities properly—or be remembered for all the wrong reasons. **Enough is enough.**



### And While We're At It - A Word on Dog Fouling



While discussing respect for shared spaces, another issue needs to be addressed: dog fouling on our walkways. These paths are used daily by residents, families, and **young children**, and no one should have to dodge dog mess while out for a walk.

That said, **many dog owners do the right thing**, and they deserve recognition. Those who carry bags, clean up after their dogs, and **properly dispose of waste in a bin or take it home** are setting the standard for responsible ownership. Your efforts are noticed, appreciated, and make a real difference to the community.

Unfortunately, there are still some who allow their dogs to soil the walkway or who bag the waste only to **throw it into bushes or hedges**.

Let's be clear: bushes are not bins. Bagging dog poo and dumping it in greenery is not responsible behaviour—it simply shifts the problem onto others.

**Call to action:** To the many responsible dog owners—thank you and please keep it up. To the rest, take note. Clean up properly and dispose of waste correctly. Respect the walkway, respect your neighbours and remember that these paths are shared by everyone, including children.

**Our community deserves nothing less.**

## GLOUNTHAUNE COMMUNITY ASSOCIATION



Glounthaune Community Association together with Glounthaune Men's Shed, Glounthaune Meals on Wheels, and Glounthaune Tidy Towns, form a dedicated association committed to prioritising our community's needs. Our teams work diligently to ensure that our community remains at the forefront of our initiatives.

### Chairpersons Address: Jill MacNamara



I'm incredibly proud of what our association has achieved so far through teamwork, dedication, and community support. Together, we've supported local projects, brought people together, and helped make our area a better place to live.

There is still more to do, especially around road safety, parking, and the need for traffic lights, as well as ensuring suitable accommodation for our elderly residents. With continued collaboration, we can keep making positive change for everyone. We look forward to continuing this work, supporting one another, and building an even stronger, more connected community in the months ahead.

**Thank you to Glounthaune Community Association Directors, Officers, Members and Volunteers  
for all your support and dedication.**

**Ailbe, Conor, Carol, Dan, David, Frances, Garry, James, Jim, Jackie, Kathleen, Kerri, Liam, Owen  
Richard, Tara & Iona**

 **Upstart Festival**  
Feb 2025: Mayor's  
Community Award  
Winner

**Security Event**  
12 April 2025   
**Branding by Cairdre**

**Children's Event**  
6 August 2025  
**Sensory Event by  
Graffitti Beag**

**The President's Dinner  
2025 & The LIBA Awards,**  
17 Oct  
**GCA Award Winner**

### Review of GCA Events in 2025

#### St Patrick's Day

17 March 2025



**Darkness into Light**  
10 May 2025: Pieta 

**Glounthaune Community  
Centre Open Day,**  
30 Aug 2025

**Beyond Our Senses:  
Sand Martin  
Documentary**  
4 Dec 2025

**Free Little Library**  
Monthly Event 

**Homes Trust  
Glounthaune  
Housing for the Elderly**  
Sept 2025 Meeting

**Donation to Ashbourne  
House: Kids Christmas  
Gifts: Dec 2025** 

 **Daffodil Day:**  
28 March 2025  
In Aid of the  
Irish Cancer Society

**Coffee Morning**  
31 July 2025 In Aid of  
First Responders &  
Cobh Red Cross

**CPR Class**   
11 Oct 2025 by  
First Responders

**Christmas  
Craft Fair**   
6 Dec 2025  
In Aid of Local SVP & Centre



## Community Groups

Our Community Centre is a welcoming gathering place for local groups, offering space for community activities and connections. It's a place where people can meet, share interests, support one another, and take part in meaningful events that benefit the community. We are proud to welcome Glounthaune Active Retired Exercise group, Gaeilge Bheo group, Craft & Chat group, East Cork Community First Responders and Parkinson's Ireland (Cork Branch) monthly coffee mornings.

## Community Centre Classes

Glounthaune Community Centre also hosts wonderful classes for both children and adults, led by local community teachers. These activities not only encourage learning, creativity, and connection, but help us support and fund the running of the centre, ensuring we can continue to provide a welcoming space for everyone. We warmly welcome Kids Irish Dancing, Ballet, Toddler Classes, Music Class, Yoga and Theatre. For Adults we have Sewing Classes, Tai Chi/Meditation, Yoga, Zumba, Bridge Club and Water colour Art Class.

### Invitation to New teachers!

*Welcome*

- We would love to hear from new teachers and activity providers, especially those interested in offering classes for older adults and those with additional needs, as we continue to grow our inclusive community programmes.
- We are currently seeking community-based teachers and speakers to provide short information evenings on topics such as budgeting, horticulture, eco living, and women's and men's health.
- The community centre would welcome summer camps for children, if you are a teacher or activity provider please get in touch.

**Contact: Glounthaune Community Association,  
Email: thegacacork@gmail.com or phone 021 451 0470**

### Main topics of Discussion: GCA meetings held in 2025

#### Road Safety in Glounthaune

- Glounthaune Community Association engaged with Gardai and Cork County Council to help ensure the road safety issue is taken very seriously in Glounthaune.
- New Community Garda was invited to a meeting, we raised our concerns with road safety and parking at the train station.
- Cllr Anthony Barry was invited to a meeting, he will bring our concerns to the Cork County Council when the chamber next meets.
- Residents and members of the GCA to organise a meeting and bring our concerns to the Cork County Council.

It was noted that parking on double yellow lines outside the train station is causing a dangerous obstruction to drivers and pedestrians. The GCA contacted Irish Rail, An Garda Siochana and Cork County Council. In December 2025, plastic bollards were erected on the double yellow lines to prevent parking and ensure safety for drivers and pedestrians.

### Upcoming Community Meeting

Glounthaune Community Association will hold a community meeting to discuss with residents the road safety issues in Glounthaune. Time & Date will be posted on Facebook. Everyone welcome to attend.

### New members always welcome



We would like to invite residents in Glounthaune to join our committee, a minimum of 1 hour per month (monthly meetings). Come and join our committee, make new friends and enjoy being involved in your community. Please contact Jill McNamara at 086 8138807



**Our community craft group meets every Friday at 11.30 in Glounthaune Community Centre, where people bring along their crochet, knitting and sewing projects. The Community Centre truly feels like a warm community living room, welcoming, relaxed and full of connection.**

**The class is free to join, and we simply contribute towards tea and coffee.**

**We are deeply grateful to Glounthaune Community Centre for providing such an inviting and supportive place for people to connect and create together. As you can see from the photos we have been busy! New members are always welcome, we'd love to see you there!**

Some members of this group are offering their services, if you would like to order crochet/knitting products. Please contact: [handmaidenireland@gmail.com](mailto:handmaidenireland@gmail.com) or [jackieoreillyg@gmail.com](mailto:jackieoreillyg@gmail.com)

## JUST FOR FUN

## Wordsearch: No 12 FOTA WILDLIFE PARK

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

KANGAROO, GIRAFFE, ELEPHANT, CROCODILE, CHEETAH, LEOPARD, MEERKAT, WALLABY, OSTRICH, PENGUIN, FLAMINGO, MONKEY, LEMUR, HYENA, RHINO, BISON, ZEBRA, OTTER, LION, TIGER

## Sudoku Puzzle: No 12

## The Glounthaune 1% Club

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

What makes this number unique?

8,549,176,320?

## Just for Fun - Solutions

### 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

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

### The Glounthaune 1% Club

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

- L - - V - L - - -

**SLEEVELESS**

# 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

### Seanóiri

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 Open 10 am-12 - Mon-Fri  
Contact Details: 021 435 3366  
Email: [office@glounthauneparish.ie](mailto:office@glounthauneparish.ie)  
Mass: Mon-Wed 10 am  
Sunday: 11.00 am

### St Joseph's, Little Island

Mass: Thu-Fri 10 am  
Saturday: 6.00 pm

### St Mary's, Knockraha

Mass: Knockraha Sunday: 9 am

### Baptist Church

Robert Ellis 083 346 7869  
Sun 10 am Community Centre

### Church Of Ireland: Cobh & Glanmire Union of Parishes.

Rev. Elise A. Hanley  
[rector@cobhglanmire.org](mailto:rector@cobhglanmire.org).  
087 790 2348

## 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

Siobhan: 086 628 724

### 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