

Glounthaune COMMUNITY NEWS

Mar/Apr
2026

St Patrick's Day Glounthaune 2026

Start 10.30 am



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GLOUNTHAUNE COMMUNITY ASSOCIATION

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COMMUNITY CENTRE ACTIVITIES

Classes available in *March* & *April* 2026



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

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Monday

9.30 am Buzzi Bounce Box: Children's Movement Class 6-18 mths 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
 6.30 pm Feeling Crafty Sewing Class: Joanna www.joannafeelingcrafty.com 086 856 3291
 6.30 pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002
 8 pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002 www.katecuddy.yoga

Tuesday

9.30 am Improvers Yoga, with Kate Cuddy 086 8214002 www.katecuddy.yoga
 4.00 pm Guitar Lessons with Alastair 089 966 1321 alastairmsdouglass@gmail.com
 6.30 pm Teens Yoga with Kate Cuddy 086 8214002 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
 12.15 pm Cork Parkinson's Support Group Meet 1st Wed each Month: Jackie 087 204 7169
 3.30 pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2nd 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

Thursday

9.30 am Qigong Group 1, Anne Marie Maguire: www.taichiqigonghaven.ie
 10.45 am Qigong Group 2, Anne Marie Maguire (see above)
 12 pm Tai Chi with Anne Marie Maguire Email: taichi.qigong.haven@gmail.com
 5 pm Yoga Bears Class, kids' yoga with Laura Maybury 085 732 2233
 6.30 pm New Pilates Class: contact Kate Cuddy 086 821 4002 www.katecuddy.yoga
 6.30 pm NEW Watercolour Art Class, www.sarahrohu.ie
 7.45 pm Adult Exercise class: New members welcome (contact the office)

Friday

9.45 am 'Language Rockets' 17mths - 3.5yrs group 1 - languagerockets@gmail.com
 11.00 am 'Language Rockets' 17mths - 3.5yrs group 2- 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
 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



WELCOME MESSAGE

HELLO
SPRING



When plants remember how to bloom!

Hi to all our readers,

A warm welcome to the March/April edition of Glounthaune Community News. Once again, our editorial team invites you to be part of our bi-monthly newsletter — a publication shaped by the people, stories, and shared experiences of our community. Your stories, insights, and feedback help ensure that Glounthaune Community News continues to reflect the spirit, diversity, and shared values of Glounthaune.

As St Patrick's Day approaches, it offers a timely reminder of the importance of working together for the good of our community. In Glounthaune, this spirit is evident every day — in neighbours supporting neighbours, in volunteers giving their time freely, and in the quiet pride we all share in the place we call home. Our community is strongest when all areas and all voices feel included, and when respect, goodwill, and cooperation guide what we do.

Deadline: Submissions for the May/June issue are due by **Thursday, 23 April**. Please send your contributions to newsgca2024@gmail.com

For advertising enquiries, please call 021 451 0470, or consider sponsoring a future issue to help support this community publication.

We extend our sincere thanks to all contributors, advertisers, and sponsors whose continued support sustains Glounthaune Community News. We are pleased to acknowledge **Dornan Group** as the sponsor of Glounthaune Community News.

On behalf of the editorial team, we wish everyone a very happy and safe St Patrick's Day.

Dan Leo

Editor, Glounthaune Community News
newsgca2024@gmail.com



SPRING STYLE INSPIRATION

Contributed by Personal Stylist. Personal Shopper Lynda Di Blasi 086 - 2599539



Spring brings a calendar full of celebrations such as weddings, communions, race days, milestone birthdays, gala dinners. For many finding the right outfit can feel overwhelming and uncertainty about what truly works. This is where working with me a personal shopper, I transform the experience to an enjoyable experience. I do the ground work for you, removing stress, ensuring you feel comfortable and stylish for every occasion. Each personal style and shopping session is tailored to my clients' budget, preferences and needs.

A flowing, full-length green floral dress as in my photograph, is a timeless choice for spring occasions. The long sleeves offer elegance and practicality for unpredictable weather, while the soft movement of flowing fabric adds a romantic, graceful presence. I am five foot four for reference so it's a perfect length for my height.

Why this style works beautifully for events:

- **Floral prints** feel fresh and celebratory without being overpowering
- **Green tones** flatter many complexions and photograph exceptionally well
- **Flowing materials** create comfort and ease of movement throughout the day
- **Full-length silhouettes** offer grace and versatility across formal and semi-formal events

When guiding clients, the focus is always on balancing femininity with wearability. I matched this green floral dress with lime green satin shoes with a criss cross tie front. I find this style very comfortable to wear even for hours at a time.

Headpieces can elevate an outfit from beautiful to truly memorable. A cream fascinator as I have featured in the photograph offers versatility and refinement, pairing effortlessly with floral prints and spring colour palettes. Also investing in a neutral fascinator will allow for wear at future occasions.

Guidance when choosing headpieces:

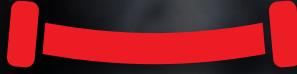
- **Balance is key:** choose shapes that complement face shape and hairstyle.
- **Neutral tones** such as cream provide versatility across multiple outfits and occasions.
- **Scale matters:** smaller designs suit understated elegance, while structured pieces create dramatic impact.
- **Comfort is essential:** secure fittings ensure confidence throughout long events.



As a personal stylist I am experienced in selecting designs that feel modern, flattering and suited to my clients comfort level. **Ready to feel confident and effortlessly styled for your upcoming events?** Book a personalised session to plan your spring occasion wardrobe and step into every celebration feeling prepared, polished and completely yourself.

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Cllr. Sheila O'Callaghan



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RECIPE CORNER - JOLLY JARS

Contributed by Ally Hayes

Oaty Business

Oats have been a staple food at the centre of the Irish diet providing essential nutrition for more than 4,500 years. Interestingly, before the introduction of the potato, oats are considered by food historians to have been the main source of sustenance for the population. Porridge as we know it today was called 'stirabout', and was oats boiled with milk if finances allowed or there was a milk source in the household or prepared with water in leaner times. Many farmers and homesteads grew oats as it is a reliable crop, well suited for our cool temperatures and the wet Irish climate. Last summer when cycling on the Waterford Greenway we came across the Flahavan's Mill in Kilmacthomas, which has been producing oatmeal in County Waterford since 1785. Commercially, Ireland has been well known for milling oats to produce oatmeal, and we were fascinated to find out that seven generations of the Flahavan family have run the mill which remains a family-run business and global brand to this day. Oats are a highly nutritious whole grain, a source of fibre, high in manganese, phosphorus and magnesium, and contain antioxidants which have been found to lower blood pressure and bad cholesterol and improve arterial health. From a culinary perspective oats are a highly versatile ingredient and additionally are a real crowd pleaser as according to the Coeliac Society of Ireland most coeliacs can safely eat oats, although they must have been prepared in an environment that is not contaminated by other grains.

Breakfast Pots

These are very portable breakfast jars which can be made the night before in left in the fridge. If you can, take them out of the fridge for 30 minutes before eating, just to allow the mixture to slacken slightly. Depending on the amount being made it is very easy to vary and is a great breakfast to prepare in advance and have fun with. I make this using 2 clean jam jars that I have previously run through the dishwasher with their lids. Of course plastic containers would be perfect too, but it's nice to reuse the jars and the overnight oats look really jolly and appetising when made in the jars.

For two pots:

I tip one mug of porridge oats into a heatproof bowl and cover with one mug of recently boiled water. Using a wooden spoon I then mix this mixture like mad for a minute or two until the oats have released their 'milk' and become creamy and soft. Once cooled I add several large tablespoons of thick Greek plain or flavoured yogurt and grate in one peeled apple. I briskly mix up again and spoon into the clean jam jars. The fun bit is adding the toppings, so be creative here and make your jars look pretty and appetising. I add a layer of blueberries maybe or raspberries and strawberries, apple or pear compote is delicious too. I might then add a few coarsely chopped nuts I like pecans, a sprinkle of cinnamon and then finally a little drizzle of honey. Made the night before this is a healthy, cost effective and very tasty breakfast.

Flapjacks

A flapjack is a baked bar using oats as the hero ingredient, which is cooked in a flat tin and cut into squares or rectangles. Again, very portable and can be personalised depending on favourite family flavours and preference.

Raspberry Honey Flapjacks

Ingredients

150g butter
4 tablespoons honey, use local honey if you can
300g porridge oats

150g light brown sugar
100g frozen raspberries

Method

1. Heat the oven to 200C/180C fan/Gas 6 and line a 20cm x 20cm baking tin with parchment paper. Melt the butter, sugar, honey and pinch of salt in a pan. Once melted stir in the oats.
2. Tip the oat mixture into the lined baking tin and press down firmly with the back of a dessert spoon. If you slick sunflower oil over the back of the spoon first it will prevent it from sticking to the oats. Using the frozen raspberries, press them evenly down into the oat mixture leaving part of each raspberry sticking out. Bake for 25-30 minutes until golden brown and risen but not very crispy. Once cooled cut with a very sharp knife into 12 flapjack bars. As there is both sugar and honey in the flapjacks I might cut them into 16 bars especially for children.



DEVELOPMENTS AT GLOUNTHAUNE STATION

Contributed by Brian Cluer

Glounthaune station is to be upgraded as part of the double-tracking and electrification of the Midleton line. It will also give the team working on the upgrade an opportunity to put right something that has needed fixing for a long time. That is the provision of full pedestrian access to all our station platforms. We have seen the struggles of Glounthaune parents, the elderly and handicapped trying to use the existing footbridge to get full access. For many it is difficult – for some impossible.

Getting the full access is not a straight forward process owing to the proximity of Lough Mahon. The station is immediately adjacent to an arm of the Lough which in turn is part of Cork Harbour. Any structures built have to be approved by the Maritime Area Regulatory Authority (MARA). Only when MARA consent is gained can the Cork County Council accept a Railway Order (planning request) from Iarnród Éireann (IÉ)

Work on getting this approval began in June 2024 and a Maritime Area Consent (MAC), with conditions, was received in December of 2025. IÉ's team carried out a preliminary public consultation in 2025 and are making changes based on the input received. There will be a second consultation shortly and we will keep you informed.

The Dunkettle and Blackpool/Kilbarry stations are to be brought forward and it is hoped that building can commence within the next 12 months. We are hoping to see a Park and Ride facility in Dunkettle which should alleviate some of the current parking problems in Glounthaune.

A total of eight new stations will be built with three existing stations, including Glounthaune, being upgraded.

Meanwhile the through service to and from Cobh/Midleton to Mallow is now running on an hourly basis. See timetables for service details.

What's next? Later this year, following the second public consultation, the overall plan will be submitted as a Railway Order (planning application) to An Coimisiún Pleanála. Construction timelines will depend on the outcome of those submissions.



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THE COMMUNITY HUB AT THE HEART OF THE VILLAGE



Glounthaune Community Centre

A welcoming space where activities, services and community spirit come together.

In the centre of **Glounthaune** stands a building that quietly plays a major role in the life of the village — the **Glounthaune Community Centre**. Housed in the historic Old School House, the centre has become a welcoming hub where residents of all ages come together to learn, socialise and take part in a wide variety of activities.

What makes the centre special is how widely it is used by the community. On any given week the rooms are busy with

activities ranging from children's classes to adult fitness and creative groups. Young children attend classes such as Irish dancing, ballet, yoga, music, acting and singing, along with toddler movement sessions and language therapy classes. For parents and babies there are also music and movement sessions that help develop early social and motor skills.

Adults are equally well catered for. Regular activities include yoga, tai chi, qigong, exercise classes, sewing and craft sessions, bridge club gatherings and watercolour art classes. The centre is also used by the local Active Retired group, providing opportunities for older residents to remain socially connected and active. In addition, the centre hosts support and community groups, including the Cork Parkinson's support group, ensuring the facility serves people at many stages of life.

The building is also an important meeting place for the wider community. Local organisations and volunteer groups regularly use the centre for meetings and planning activities that benefit the village.

Importantly, the centre serves as the local base for the **Meals on Wheels** service, from where volunteers organise and deliver meals to residents who benefit from this vital support. The centre is also the base for the **Cairde Text Alert** scheme, which helps keep the community informed and supports local safety initiatives.

The centre hosts a variety of events throughout the year. Seasonal occasions such as St Patrick's Day celebrations, Halloween children's activities, the Upstart Festival, and the popular Christmas craft fair bring residents together and showcase local talent. These events not only provide fun and entertainment but also strengthen community spirit and highlight the creativity and involvement of people across Glounthaune.

The centre includes **three rooms available for hire**, which are regularly used for meetings, parties and workshops. With accessible facilities and flexible spaces, the building provides an ideal venue for a wide range of community activities and gatherings.

Taken together, these activities show just how well used the community centre is. From morning classes to evening gatherings, the building is rarely quiet for long. It remains a place where neighbours meet, friendships are formed and community initiatives begin.

At its heart, the centre reflects the spirit of Glounthaune itself — built on volunteer effort, local involvement and a shared commitment to community life.

FRAZZLED MAMMY ART - FRAMEWORKS

Contributed by Maeve O'Keeffe



As a member of the artists-facilitators' panel in Cork County Council Arts, I am occasionally asked to organise art workshops. I was recently asked to facilitate a project called 'Frameworks'. This is a classroom-based education programme where four schools in County Cork become temporary custodians of the county art collection, and engage in a programme facilitated by a professional artist.

Up to five artworks can be loaned from the Cork County Civic Collection for the academic year. This enables young people to gain knowledge and produce artwork with an

artist, using the collection as a springboard for creativity.

I began the first workshop in CBS Midleton where I brought the 5th class boys to look at and discuss the five loaned artworks. We studied Paul Connell's Untitled Drawing of the artist looking pensively at a heart-shape sprouting branches, each branch holding various items. In class, the boys then drew their own version of Paul's artwork, depicting themselves and their cherished objects on the heart trees.

On week two we looked at Doug Du Bois's staged photo of Russell Heights housing estate presenting children interacting with each other, in play and potential conflict. I showed the boys how to draw various poses and movement which they incorporated in their own version of a street scene.

Based on the drama and possible storylines from the Russell Heights photo, we studied comic book drawing to create our own stories. We looked at plot and character creation, fixing on an alien invasion theme. This resulted in lots of spaceships, explosions, and devious plots to take over the world!

The Frameworks project is well worthwhile and more information can be obtained from Cork County Council Arts.

If you're interested in art classes, follow me on Facebook at facebook.com/frazzledmammy, visit my website at frazzledmammy.com/art-classes, or contact me at 087 6684021 for more information.



DANCING MAGNOLIAS

Contributed by Hester Forde

April is the prime time to see Magnolias in bloom and if you get a chance visit Mount Congreve in Waterford where groves of Magnolia Campbellii will be in bloom. A lovely tree of it also blooms in the grounds of the Ashbourne near the train station. For the smaller garden a very beautiful magnolia is one called Daphne and, in my opinion, the best yellow form. It is ideal for the small garden with an upright habit The flowers are deep yellow, cup shaped and borne on the bare branches. The foliage is long, ovoid and olive green, with buff coloured down on the underside. It colours very well in the autumn adding to its attraction. Flowering beneath you can have snowdrops early season and Hellebores which take you from February to April.



A SHORT SELECTION OF FAMILIAR IRISH-LANGUAGE PHRASES

Greetings & Good Wishes

- Dia duit - Hello
- Dia is Muire duit - Traditional reply to 'Dia duit'
- Lá Fhéile Pádraig sona duit / daoibh - Happy St Patrick's Day (to you / to you all)
- Céad míle fáilte - A hundred thousand welcomes
- Fáilte romhat / romhaibh - You are very welcome (singular / plural)

Toasts & Social Phrases

- Sláinte! - Cheers / Good health
- Sláinte agus táinte - Health and wealth
- Go maire tú - Long life to you
- Go maire sibh - Plural form of 'long life to you'

Blessings & Traditional Sayings

- Go n-éirí an bóthar leat - May the road rise to meet you
- Go raibh an ghaoth go brách ag do dhroim - May the wind be always at your back
- Go mbeannaí Dia duit - God bless you
- Go raibh maith agat - Thank you
- Mile buíochas - A thousand thanks

Everyday Expressions

- Tá sé go breá - It's fine / grand
- Tá áthas orm - I'm happy
- Le do thoil - Please
- Gabh mo leithscéal - Excuse me / sorry
- Nil aon dabht - No doubt
- Tá tuirse orm - I am tired

THE QUIET BEAUTY AROUND US



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Tech Corner

Deep Fake Scams - what to watch out for!

Contributed by Liam Wall
 email: wall16cc+techcorner@gmail.com

Introduction

In a previous Tech Corner article we described some of the ways members of the public can be deceived or scammed by fake advertisements or convincing sounding phone calls, text messages or emails from what appear to be reputable businesses or government agencies. Unfortunately, these scam attempts have become more sophisticated in the last 18 months. Now with the growing use of Artificial Intelligence, criminals are employing AI-powered deception, so called Deep Fake Scams, to gain consumers trust and to convince you to hand over your information such as passwords, PIN codes or other details.

Fake Ads

One of the fastest-growing scams in Ireland starts with a social media ad.

You scroll past a video showing a well-known public figure explaining a clever investment opportunity. The accent is right. The face moves naturally. The audio is clear. There's even a newspaper-style article backing it up with testimonials and comments from "Irish users". It feels like targeted advertising - it may be a familiar presenter endorsing a platform, or a "news interview" or a video testimonial from a supposed local customer.

Except none of it exists. Fraudsters now generate entire campaigns using AI. The result? The scam doesn't feel like spam.

"I got a call from the bank"

The second evolution is voice cloning.

If criminals can obtain even a short recording — a voicemail greeting, a social media clip, or sometimes just a few spoken words during a phone call — modern AI can generate a convincing imitation.

That enables a particularly effective attack:

1. You receive a legitimate-looking text about suspicious activity.
2. A "bank agent" calls moments later.
3. They sound calm, professional and reassuring.
4. They warn you not to share codes with anyone else.
5. Then they ask you to read out the code to "cancel the fraud".

Victims often say afterwards:

“I know the rules — but it sounded genuine.”

Because the scam is no longer about information.

It’s about emotion — urgency, relief, and authority.

Why this works so well

Traditional scams relied on mistakes - greed, distraction, or confusion.

AI scams rely on **trust shortcuts** in the human brain:

- familiar face - must be legitimate
- local accent - must be local
- professional tone - must be official
- urgency - must act quickly

Technology has essentially automated social engineering.

The criminal no longer needs persuasion skills. The software handles that.

The new rule of thumb

We used to say:

“Don’t trust emails or text message.”

Now the safer rule is:

“Don’t trust appearance, voice or video — verify the source”.

Hang up and call the official number yourself.

Type the bank website manually.

Ignore investment ads, no matter how polished they look.

Keep your money safe by spotting red flags that reveal when scammers are at work. They may pose as bank employees or other trusted institutions and try to:

- Claim your account or money is at risk
- Request an urgent payment from you or pressure you to take immediate action
- Invite you to click on links or to install software
- Ask you to share personal details, like your card number, password, or CVC

Fighting back against the scammers

Encouragingly, the balance is not entirely in the criminals’ favour. Banks now use AI to monitor behaviour rather than just passwords, spotting unusual payments or suspicious patterns before money leaves an account. Social media platforms are increasingly able to detect deepfake ads, cloned profiles and coordinated scam campaigns automatically, removing them far faster than manual reports ever could.

Governments and regulators are tightening rules on financial advertising, identity checks and platform responsibility, while fraud investigators now share intelligence across borders in near real time. In a twist, the same technology enabling these scams is also helping to stop them — AI watching for AI. The battleground is shifting, and while caution remains essential, protection for ordinary users is steadily improving.

SHORT STORY - IT'S ENOUGH TO CRY

Contributed by Tom Connolly

We sincerely apologise to readers and to author Tom Connolly for the omission of the final few paragraphs of his short story in the previous issue of Glounthaune Community News. This editorial oversight may have caused disappointment by leaving readers without the story's conclusion. The ending is now attached to this apology and is also available to read on Glounthaune.ie.

Synopsis of story:

A woman returns to an old Irish street where her grandfather once owned a butcher's shop. Inside a nearby restaurant, a man notices her distress and listens as she tells her story. Her grandfather was poor, misjudged as unintelligent, and lost his parents young, scattering the family. Through ingenuity and hard work, starting with a single cow, he built a successful butcher's business. All five of his children later emigrated, leaving him behind. After his wife's long illness and death, none of them could return home. Soon after, he sold everything and vanished without trace. The family never truly searched for him, each absorbed in their own lives. Now, generations later, the woman returns seeking connection and understanding. She reflects on a family bound by love that was never fully expressed.



Tom Connolly Author

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.

I AM RUBBISH AT MEDITATING

Contributed by Joanna O’Dowd - Sewing Tutor at Glounthaune Community Centre

Let’s be honest. I am absolutely, spectacularly rubbish at meditating. I’ve tried all the classics. The cushions. The closed eyes. The calm breathing. And within about 30 seconds my brain goes rogue.

It starts a full committee meeting:

- Did I reply to that message?
- Why is my toe touching my other toe like that?
- I should definitely reorganise the fabric stash. Immediately.
- Am I breathing correctly or have I forgotten how lungs work?

At this point I’m no longer relaxed - I’m just stressed about breathing. Stillness, in the traditional sense, does not land well in my body.

My mind doesn’t want silence.

It wants somewhere to go.

Preferably with snacks and mild chaos.

The Quiet That Happens When My Hands Are Busy

Enter: sewing.

Not as some big spiritual awakening, more like a quiet, practical solution to my overcaffeinated brain.

When I sew, something shifts.

My hands are busy.

My thoughts stop shouting.

Time does that funny stretchy thing where it disappears, then gently reappears asking if I’d like a cup of tea.

I’m focused on seams and grainlines and whether I’ve cut this piece upside down (again).

I’m here. Fully here.

And that’s when it clicked: ***This is my meditation.***

Mindfulness, But Make It Practical

We’re often sold a very specific image of mindfulness:

Soft lighting. Silence. Cross-legged serenity. A face that says I have never shouted at my sewing machine.

But mindfulness can also look like:

- pins in your mouth (don't tell the dentist)
- unpicking the same seam three times
- mild swearing followed by forgiveness
- the hum of the machine doing its very soothing thing

Mindfulness, for me, is choosing presence through making. It's my nervous system finally unclenching because my brain has a job and my hands are in charge.

A Spring Invitation

Spring has this way of waking things up. New light. New energy. A fresh appetite for learning something, even if you're terrible at it at first.

This is your permission slip to try a hobby not because it's productive or impressive, but because it makes your brain go quiet in a good way.

Maybe it's sewing. Maybe it's something else entirely. You don't need to be good at it.

You don't need to monetise it. You just need to enjoy being absorbed.

If you're craving a bit of calm through making - my classes are exactly that.

No perfection. No rushing. No "you should know this already."

Just wobble-friendly sewing, curious beginners, and a room full of people figuring it out together.

Love, Joanna

Joanna



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

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



Cllr. Anthony
BARRY

 086 074 0394
 anthonybarry2014@gmail.com

Erins Own GAA, LGFA & Camogie Club

Halftime Mini-Games

Glounthaune



U13 Boys & Girls

Well done to the U13 boys who played at half-time in the Cork hurling game in Pairc Ui Chaoimh, and to the camogie team who played a friendly in Musgrave Park recently

Intercounty Players

Well done to Megan & Niamh (left), Josh (right), Gemma, Aimee and Robbie who all represented Cork in their respective age groups so far this year!



Open Day 2026

Massive thank you to everyone who came to the club's open day in February and to all the volunteers who helped make it possible!

Rebels Bounty 2026
Support Erin's Own!

€500,000 IN PRIZES

- 12 Monthly Draws
- €30,000 1st Prize Each Month
- €300,000 Christmas Jackpot

Buy Online
 # Contact Erin's Own Rebel Bounty Committee Members
 # Closing Date: March 31st

ALL FUNDS RAISED FROM TICKET SALES GO TOWARDS THE DEVELOPMENT OF ERIN'S OWN GAA, LGFA & CAMOGIE CLUB.

Support the Club You Love — Every Ticket Counts

ErinsOwnGAA.ie | Erins Own GAA Club Cork



Support our Club lotto and Rebel Bounty!



JOIN OUR CLUB LOTTO TODAY!

Be in with a chance to win big while supporting your local GAA club!
Support Your Club, Support Your Community. Win Great Prizes!

KNOW YOUR RIGHTS: HOW TO REVIEW YOUR TAX FOR PAYE TAXPAYERS

Parents You can check your income and the tax you paid in previous years and whether you paid the correct amount.

You can check:

- How much you were paid by your employer or pension provider and how much was deducted from your pay.
- Whether you paid too much or too little income tax and USC.
- Whether you are due a refund or whether you owe tax, taking into account all your income tax credits and liabilities.

How can I check my tax deductions and my pay for the year?

To see what your employer or pension provider paid you and what they deducted in tax, you can get an Employment Detail Summary through Revenue's myAccount service.

Your Employment Detail Summary shows the pay, income tax, Pay Related Social Insurance (PRSI) and Universal Social Charge (USC) deducted by your employer and paid to Revenue over the year. It also records your Local Property Tax (LPT) deductions if you choose to have LPT deducted from your pay. Before 2019, this information was provided on a form called a P60.

To view your Employment Detail Summary:

1. Sign in to myAccount
2. Go to the 'PAYE Services' section
3. Click on 'Review your tax 2020-2023'
4. Select the specific year folder from the 'Tax year' dropdown list
5. Click 'View' to view the Employment Detail Summary

You can also save or print this document and use it in the same way as the Form P60, for example, as proof of income.

How can I check if I am due a tax refund or if I owe tax?

Your Preliminary End of Year Statement shows whether you have paid the correct amount of income tax and USC for the year. This is based on your income and deductions as reported by your employer or pension provider.

To view your Preliminary End of Year Statement:

1. Sign in to myAccount
2. Go to the 'PAYE Services' section
3. Click 'Review your tax for the previous 4 years'
4. Select the specific year folder from the 'Tax year' dropdown list
5. Click 'Request' in the Statement of Liability section
6. Your Preliminary End of Year Statement will be shown on the next page.

The statement for a year is usually available from mid-January of the following year. So you should be able to access your 2024 statement in mid-January 2025.

The Preliminary End of Year Statement may show that you have paid too much tax or too little.

If it shows an overpayment, you can claim a refund by making a tax return. Refunds are paid by cheque or by bank transfer if you provide your bank account details.

The Preliminary End of Year Statement only takes into account the information on Revenue's records. If the statement shows

an underpayment, you need to get a final statement of income tax due taking into account any credits or reliefs you may be entitled to. This is called a Statement of Liability.

How do I get a final Statement of Liability?

The Statement of Liability is a final review of your tax liability for a tax year. It was previously known as the P21-End of Year Statement.

You must complete an income tax return to request your Statement of Liability.

By completing an income tax return you can:

- Change existing tax credits or declared income
- Declare additional income, for example rental income or income from casual work
- Claim additional credits or reliefs, for example medical expenses

You can use your Statement of Liability in the same way as the P21, for example, as proof of income.

How do I get a Statement of Liability?

You must complete an income tax return to get a Statement of Liability. This applies even if there are no changes needed to your record and you have no additional tax credits to claim or additional income to declare. There is a short video on revenue.ie which shows you how to request a Statement of Liability and complete an Income Tax Return.

Your Statement of Liability will normally be available within 5 working days from the date you make a request. It will be available under 'My Documents' in your myAccount. To view it:

1. Sign in to myAccount
2. Click on 'My Documents' at the top of the myAccount home page

3. Select the specific year folder from the 'Summary' screen

4. Click 'View PDF' to view the Statement of Liability.

Is there a time limit for when I can request my Statement of Liability for a particular tax year?

You can get your Statement of Liability for the last 4 years (you can only claim a refund of overpaid tax for the last 4 years). From January 2026, you can request a Statement of Liability for the years 2022, 2023, 2024 and 2025.

If I owe tax, how do I pay it?

There are various reasons why you may have underpaid tax.

If your Statement of Liability shows that you owe tax of less than €6,000, you have the option to:

- Pay all or part of it through myAccount
- Pay all or the remaining part of it by having your tax credits reduced for up to 4 years.

If the amount you owe is over €6,000, you can pay the amount through myAccount or contact Revenue to discuss repayment options.

How does an underpayment arise?

There are a number of reasons why you may have underpaid tax, for example:

- Your employer or pension provider may not have used the most up-to-date Revenue Payroll Notification (RPN). This may have resulted in incorrect tax credits or standard rate cut-off point being applied to your income.
- There may have been a deduction or removal of a tax credit. As a result of this, additional tax due may not have been fully collected during the tax year.

- There may have been a change in your pay frequency. For example, a change from being paid weekly to fortnightly.
- There may have been a change in your employment during the year. This could have resulted in you receiving more than 52 weeks tax credits or rate band against your income.
- The death of a spouse or partner, separation or divorce was not advised to Revenue. This would mean an adjustment to your tax credits or rate band was required.
- Your Illness Benefit payment(s) may not have been fully taxed during the tax year or you may have received pension or benefit payments from the Department of Social Protection (DSP) which resulted in DSP income not accounted for during the tax year or an increase in payments from the DSP which were not fully taxed during the tax year.

What if I am not registered for my Account?

You can get a paper version of your **Statement of Liability** if you complete a paper Form 12 or Form 12S (a simplified version for routine tax returns) and return to your local tax office.

Unless you are exempt from using Revenue's online services, you must register with myAccount to access your **Employment Detail Summary** and **Preliminary End of Year Statement**.

If you have been granted an exemption, you can access your documents as follows:

- **Employment Detail Summary:** Contact your local tax office by phone or in writing and request your Employment Detail Summary. A printout will be posted to your home address.
- **Preliminary End of Year Statement:** Your Preliminary End of Year Statement will

not be available to you as a printout. You can contact your local tax office who can advise you of your position (for example, a tax overpayment or underpayment) over the phone.

How do I qualify for an exemption from using Revenue's online services?

You may qualify for an exemption if you do not have the capacity to make returns and payments online.

Revenue may grant you an exemption if:

- Your internet access is insufficient or
- You cannot file online because of age or a mental or physical disability

If you want to apply for an exemption, you write to your local tax office to state why you are unable to file online. You should write 'Exclusion request' on the envelope.

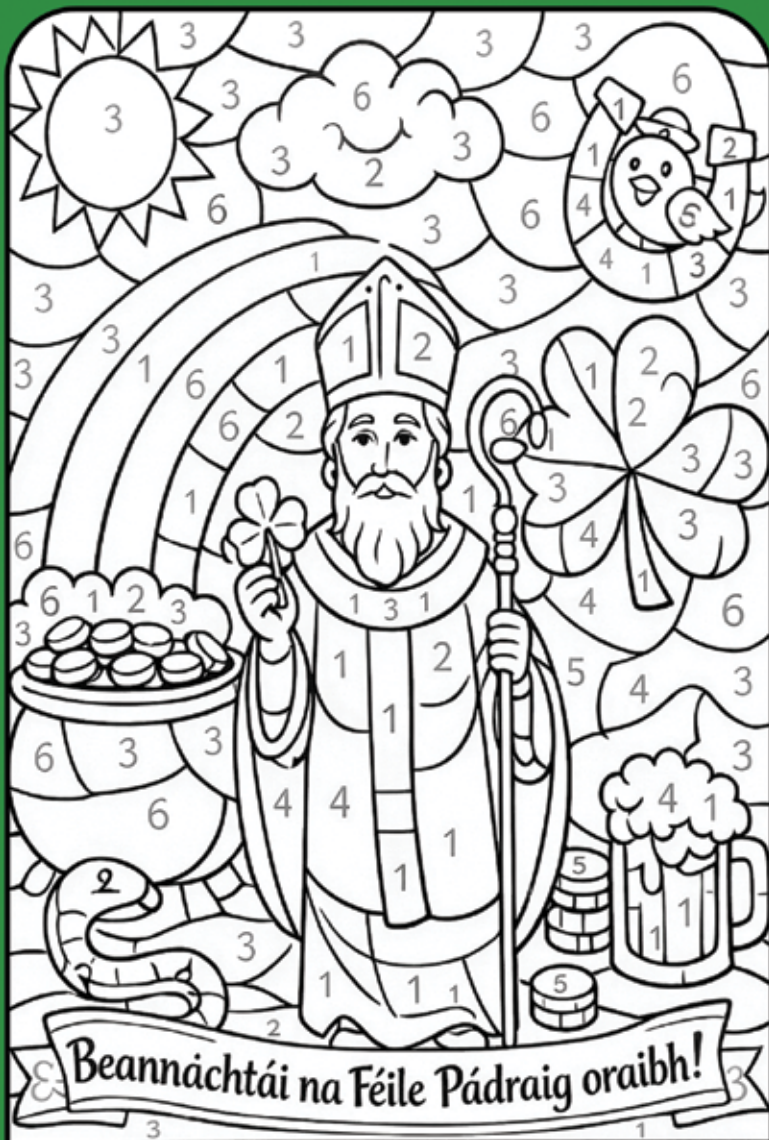
If Revenue refuses this request, you can appeal the decision. To do this, you must complete a Notice of Appeal form and send it to the Tax Appeals Commission (TAC).

Our telephone lines are monitored from 9-5 Monday to Friday in North & East Cork where we have centres in Fermoy, Mallow, Cobh, and Youghal.

We are also open to drop in callers and take face-to-face appointments in Fermoy, Mallow and Youghal.

Full details of opening times for these centres and for CICs nationally are up on our website.

JUST FOR FUN



- 1 = Green 2 = Light Green 3 = Yellow
- 4 = Orange 5 = Brown
- 6 = Blue 6 = Blue

GLOUNTHAUNE COMMUNITY ASSOCIATION



Community News & Upcoming Events

12th March, 6.30pm

Glounthaune Community Centre

Sarah Rohu
Watercolour Artist

Spring Nature & botanical
watercolour workshop
for 1 evening

Beginners &
Improvers welcome

To book: www.sarahrohu.ie



30th March - 2nd April

Glounthaune Community Centre

EASTER CAMP 11 AM - 2 PM



€65, concessions for siblings

creative writing for kids!

World building, character creation, adventure
inventing...through games and play!

Write & make your own book!

Fun, interactive creativity!
Screen-free socialising!

Email: kidlitcreators@hotmail.com

Friday 20th March: 10.30am

Glounthaune Community Centre



Daffodil day

COFFEE MORNING



Friday 20th March: 10.30am

GLOUNTHAUNE COMMUNITY CENTRE

SUPPORT

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

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

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

Date: Saturday 11th April, 11am



Parkinson's Ireland, Cork Branch

Sponsored Walk in Glounthaune,
please support us! For more information
please call Jackie 087 204 7169

JUST FOR FUN

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

- | | | | |
|---------|---------|-------------|---------------------|
| WALKING | CYCLING | PARKS | TRAILS |
| GARDENS | PATHS | BIRDS | TREES |
| BENCHES | PICNIC | SIGHTSEEING | FRESHAIR |
| MEETUPS | NATURE | EXPLORING | COMMUNITY ADVERTURE |

Sudoku Puzzle: NO 13

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

The Glounthaune 1% Club

Which letter replaces the question mark?

B C E H L Q ?

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

Martin Bowen 086 417 6345 Ladies
Club: Catherine Cogan 086 257 7972

80th Cork Scouts

Little Island, Co Cork
80thcork@gmail.com

Leeside United

Little Island, Co Cork
www.leesideunited.ie

Church Groups

Sacred Heart Church Glounthaune

Parish Office Open 10 am-12 - Mon-Fri
Contact Details: 021 435 3366
Email: 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
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

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

Yoga & Birth Preparation

Esther Wall 087 236 1759
E:info@estherwallyoga.com

Glounthaune Community Centre:

Tel 021 451 0470

Email: thegcacork@gmail.com

Website: www.glounthaune.ie

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

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

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

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

The Glounthaune 1% Club

What makes this number unique?

8,549,176,320?

Answer: It has each number, zero through nine, listed in alphabetical order