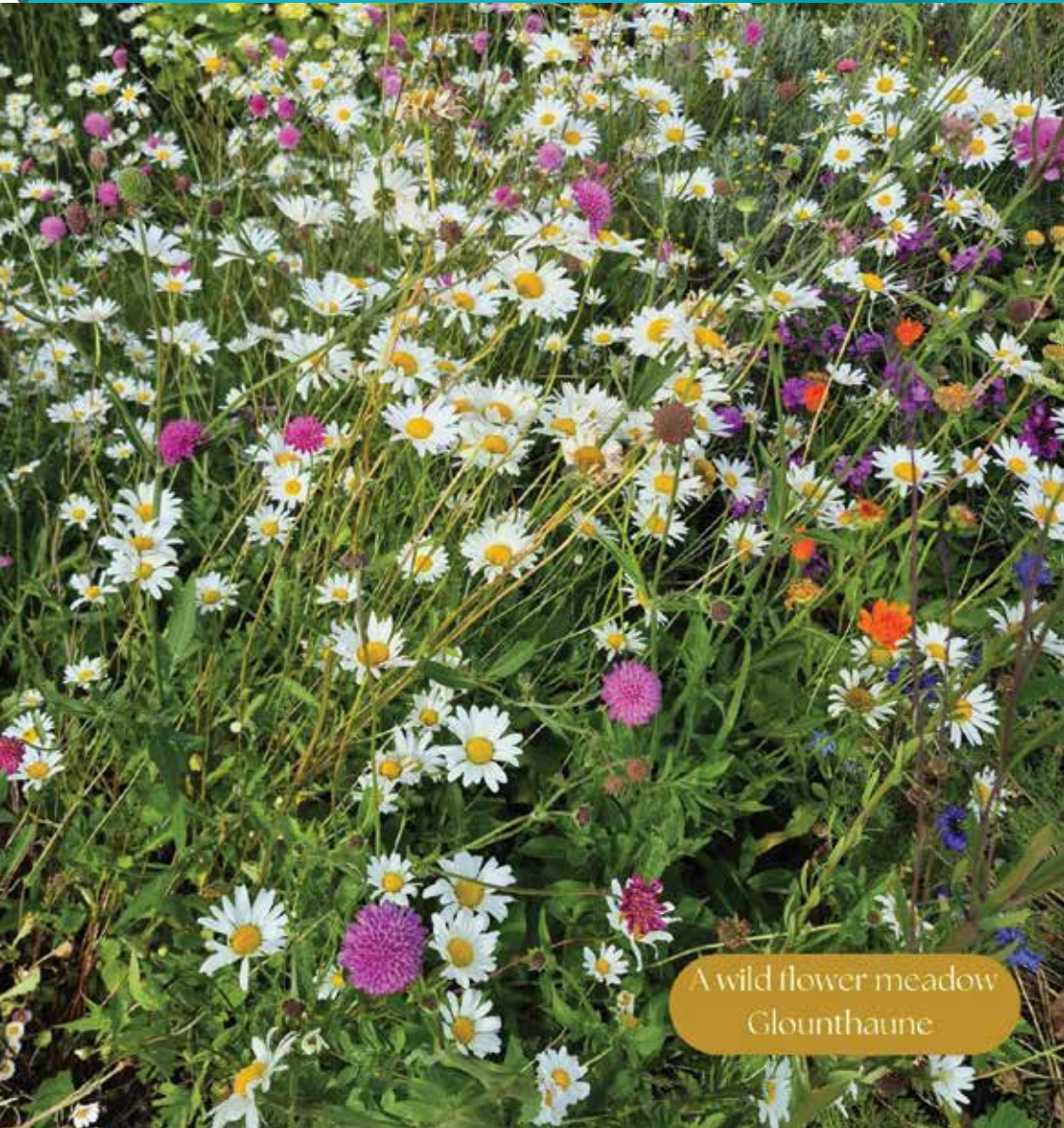


Glounthaune COMMUNITY NEWS

July/Aug
2026



A wild flower meadow
Glounthaune

GLOUNTHAUNE COMMUNITY ASSOCIATION

www.glounthaune.ie

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COMMUNITY CENTRE ACTIVITIES

Classes available in *July & August*

Welcome to our Community Centre — a warm and welcoming space.

Contact numbers (9 - 1 pm) T: 021 451 0470 Office Mobile: 087 446 2135

Email: thegcacork@gmail.com Web: glounthaune.ie



Monday

- 10.30 am Active Retirement Fitness Class. Jill McNamara 086 8138807
2.30 pm Parkinson's Group: Tai Chi Exercise Class: Jackie 087 204 7169

Tuesday

- 10.30 am Kidlit Creators: Creative writing for kids Summer Camp. kidlitcreators@hotmail.com
4.00 pm Guitar Lessons with Alastair 089 966 1321 alastairsdouglass@gmail.com

Wednesday

- 12.30 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 4353288 (every 2nd Week)
8.00 pm East Cork Community First Responders: 086 239 3676 Monthly Meeting

Thursday

- 10.30 am Tai Chi, Chair Qigong & Contemplative Meditation Anne Marie Maguire
www.taichiqigonghaven.ie

Friday

- 10.30 am Active Retirement Fitness Class. Jill McNamara 086 813 8807
11.30 am Craft & Chat Group meetup. All Welcome. 086 813 4131 Tara

KidLit Creators
Ages 7-12
creative writing for kids!
SUMMER CAMP
10am-2pm
Monday July 6th to Friday July 10th
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€110, concessions for siblings
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Love making up characters, worlds, or crazy adventures?
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kidlitcreators@hotmail.com

Summer Camp!

Glounthaune Community Centre

July 2026



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Parties & Events



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www.bouncebox.ie

WELCOME MESSAGE



Village Flowers

Dan Leo, Editor
Glounthaune Community News
newsgca2024@gmail.com

Hello to all our readers, and a warm welcome to the July / August 2026 edition of the Glounthaune Community News.

Our Irish Summer is here! The days are growing longer and hopefully warmer, we hope the summer brings opportunities to slow down, rest, and enjoy all that our community has to offer. This is the perfect time to connect with friends and neighbours, and appreciate all the natural beauty around us here in Glounthaune.

NEWSLETTER CONTRIBUTIONS WELCOME



GLOUNTHAUNE COMMUNITY NEWS

We are always excited to welcome new voices to our newsletter. Whether you're a seasoned writer or just want to share information/photographs. Please get in touch with us! Please email your submission, please keep your article to 500 words.

Email: newsgca2024@gmail.com

Next Submission Date: 21st August 2026



NEWSLETTER CONTRIBUTIONS WELCOME

GLOUNTHAUNE COMMUNITY CENTRE

Classes • Events • Community Groups

- ★ For Kids - Fun and engaging classes for all ages
- ★ For Adults - Learn new skills, meet new friends, stay active
- ★ Community Events - Celebrations, workshops & activities

Classes Available

- Bridge Club • Irish Dance
- Keep Fit • Kids Ballet
- Kids Acting • Music Class
- Painting • Sewing
- Toddler Class • Yoga Adults
- Yoga Kids • Zumba

Community GROUPS to join

- Active Retired • Craft Group
- East Cork X² Responders
- Gaviga Bhoie • Glounthaune Men's Shed
- Glounthaune Tidy Towns • Meats on Wheels
- Parkinson's Group • Prayer Groups

021 451 0470

info@glounthaune.ie

www.glounthaune.ie

OPEN DAY

Saturday 29th August

11 - 2pm

Come along and meet our wonderful
teachers and community groups!
Everyone Welcome



IT'S ROSES ALL THE WAY: GARDENING TIPS

Contributed by Hester Forde

Every garden should have a rose for colour and most of all scent. There are roses to suit every situation in your garden. Best to plant in the autumn in good rich soil. Add well-rotted manure to the planting hole. Being an organic gardener I use Uncle Toms Tonic for general wellbeing of my roses. A sprinkle of Bio Char in the autumn at the base also helps. Use any of the rose feeds in between flowering times. Among my favourite roses is **Rosa De Rescht**, a Portland Damask rose introduced in 1945. It is a highly fragrant bearing very bright double magenta flowers and repeats flowering. **Rosa Darcey Bussell**, a deep crimson pink taking on a tinge of mauve with a light – medium fruity scent is another winner for the garden. Don't forget to deadhead your roses to prolong flowering and enjoy their beauty.



Rosa De Rescht



Rosa Darcey Bussell

COMMUNITY GROUPS

Glounthaune Active Retired

The group continue to meet twice a week in the community centre for exercise with Conrad. Please note that membership is at capacity, a waiting list is available. They enjoyed a summer outing to Lismore recently. They wish to thank Garda Noel for providing the Garda Bus, mile buiochas!

Parkinson's Ireland Cork Branch

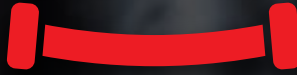
The Glounthaune group together with other members enjoyed an information day at the Sacred Heart, Western Road on the 12th June. Speakers included CUH Parkinson's Nurse, L O'Tuama, ALONE Support Co-ordinator Sonya O'Mahony and Fran Gaiera a PHD student at Parkinson's Research UCC.

Craft & Chat Group Glounthaune

The group meet on a Friday at the community centre, members crochet, knit or simply chat! They are busy making items for the Wildlife Rescue Cork.

Glounthaune Meals on Wheels:

Meals on Wheels continues to serve the community with a fantastic group of volunteers. Volunteers help to prepare food in the kitchen and drivers deliver meals to residents.



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Cllr. Sheila O'Callaghan



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

 086 1940762

 Cllr. Sheila O'Callaghan

 sheila.ocallaghan@cllr.corkcoco.ie



ART COMES TO HARPER'S ISLAND



A project driven by Cork County Council has brightened up the entrance to Harper's Island with a magnificent mural covering the bridge to the wetland reserve. Created by Peter Martin, a local Artist and schoolteacher, the mural features birds, insects and plants to be found on Harper's Island.

It is worthy of a special visit – look for the Bee Orchid – and then see if you can spot the real thing on your walk around – helpful hint: there is a marker post beside a cluster of them.

Ailbe Ryan – Chairman of Glounthaune Tidy Towns said: “this is a magnificent uplift for Glounthaune and the entrance to Harper's Island. We are delighted to support the Wetlands Initiative whenever we can, and the support organisations involved with CoCoCo.”

Driven by a team from Cork County Council comprising Sharon Casey (Environment, CoCoCo) together with Ian McDonagh and Katherine O’Riordan from the Arts Office supported by Tom Gittings and Jim Wilson from Bird Watch (Cork) Ireland, the team had a hard task of selecting the finished artwork together with a team of three independent local selectors from 17 entries, some international no less! And it was delivered in time we think for this years Tidy Towns judgement day!



Harper's Island Wetlands
Summer Opening Times
Open 7am - 9pm



Comhairle Contae Chorcaí
Cork County Council

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TIDY TOWNS NEWS

Contributed by Garry Tomlins



Judgement Day Awaits!

You will probably have noted a plethora of litter pickers, clippers, brushers, planters and weeders working at feverish pace getting ready for this year's Tidy Towns competition and judgement day is upon us!

We don't know the day or the time!

We call upon everybody in Glounthaune to be vigilant of ANY litter you spot and if you feel able pick-it and bin-it or otherwise call it in to any of the Tidy Towns crew. Current black spots are the Ashbourne walkway, the playground in Craig's field, the picnic tables and sensory garden and the bus stops.

Last year we just scraped a Gold Medal with a small margin in points and litter was one area where we are down.



One evening's litter picked by Conor O'Brien from Craig's Field Be Vigilant!

School Supports Glounthaune Anti-Litter Drive "Litter Free Is the Way To Bee"

This year's poster competition was magnificently supported by the pupils and staff of Glounthaune National School with over 300 entries from all classes.

The **overall winner was Romae Kerins 5th Class** with the slogan **"Litter Free is the way to Bee"**. Congratulations and a small token of appreciation from the Tidy Towns was awarded on the 19th of June!

Billy Hogan and Tom Barrett from 4th class close runners up.

Junior winner was Jules Aherne from first class with **Ava Brown (seniors) and Fiadh Burns (1st)** as runners up.

A full-size poster has been commissioned of the winning entry and will be erected shortly. We should additionally acknowledge the repeated litter picking foraging undertaken by the 6th class this year!

Well done guys and gals of Glounthaune National School.





Lineup for Upstart Festival 2026 has arrived.

Adore

Maicin

Jean Pack & The Slay Babies

Serial Mom

Trainwreck

+1 more band to be announced



For more information see www.upstartfestival.ie

Tickets on Eventbrite: Upstart Festival 19th of September, 2026.

Be quick... €20 early bird special. €25/€30 thereafter.

This is an even for all aged 16+ (15's accompanied by an adult).

Volunteers needed.

Upstart Festival is organised and run entirely by Friends and neighbours, from Glounthaune and surrounding areas. We are currently looking for community volunteers who would like to help out and make our festival happen. We try to make it a relatively easy day for our steward so typically you'd be asked to do a 2 hour shift at the festival. It's a great opportunity to get involved with a great event and perhaps to meet some new

For info on Tickets, date, line-up, ect find us here:

www.upstartfestival.com

Instagram: @upstartfestivalcork

Facebook: upstartfestivalcork



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Tech Corner

Broadband: Are You Getting What You're Paying For?

Contributed by Liam Wall

Your broadband plan says 500 Mbps. Your laptop in the back bedroom is getting 18. Before you call your provider, the problem is probably inside your own house.

What the Numbers Mean

Broadband speed is measured in **Megabits per second, Mbps**. File sizes on your computer are shown in Megabytes, MB. There are 8 bits in a byte, so a 100 Mbps connection moves data at around 12.5 MB per second. Divide your Mbps by 8 to get your real download speed.

In practical terms: Netflix needs around 8 Mbps for HD and 25 Mbps for 4K. A video call on Zoom or Teams needs 10 to 15 Mbps. If several people are streaming and on calls at the same time, those demands stack. For most Irish households, 100 Mbps is a comfortable target for everyday use.

How to Test Your Speed

A proper test has two steps and takes five minutes.

First, connect your laptop directly to your router with an Ethernet cable, the type with a plastic clip on each end. Turn Wi-Fi off on the laptop (Windows: Settings - Network; Mac: System Settings - Wi-Fi). Then go to speedtest.net, fast.com, or simply type "speed test" into Google and click Run Speed Test. Run it three times and note the average. This is what your provider is actually delivering to your home. If that number is well below your plan, call your provider. But in most cases, the wired result is close to what you're paying for.

Second, unplug the cable, turn Wi-Fi back on, and run the test again from the same spot. Then repeat it in the rooms you use most: the kitchen, the bedroom, the home office. Note where the number drops. The gap between your wired result and your worst Wi-Fi result is the problem you need to fix.

Why Wi-Fi Slows Down

Wi-Fi is a radio signal. It weakens with distance and gets blocked by walls and floors. A solid concrete or block wall, common in Irish houses, can cut Wi-Fi speed by half. The router sitting in the hall rarely delivers full signal to the back bedroom upstairs. Your router also shares its frequency with neighbouring networks, cordless phones, baby monitors, and microwave ovens. In a housing estate, your signal may be competing with a dozen others on the same channel. Only one device can transmit at a time, so when several devices are active simultaneously, they queue, and speed drops.

What You Can Do

- Move the router to a central location, off the floor, away from the kitchen.
- Use the 5 GHz band on your router for nearby devices. It's faster than the older 2.4 GHz, though it doesn't travel as far.
- Replace the router. ISP-supplied routers are often budget hardware. A €60 to €100 replacement frequently makes a noticeable difference.
- Add a mesh system such as Eero or Google Nest WiFi if you have a large house or thick walls. Multiple units share the signal across the house. Expect to pay €150 to €300.
- Try a powerline adapter for one difficult room. It carries the broadband signal through your home's electrical wiring. Around €40 to €80, and it works well for a single stubborn spot like a home office.

Test the wired connection first. In most cases the broadband itself is fine. The problem is the journey from the router to your device.

Have a tech question or topic you'd like covered? Email: newsgca2024@gmail.com

Esther Wall Yoga Glounthaune



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Next of Kin – A Popular Myth

'Next of Kin' simply means someone who you would like contacted in an emergency. Being a 'Next of Kin' provides no legal standing whatsoever.

The 'Next of kin' does not have any legal authority or responsibility to make decisions or give consent on behalf of a person, unless they have been legally appointed to do so under a registered Enduring Power of Attorney.

A person who is a relative or friend, can make a valuable contribution by providing relevant information in respect of a person at a time when that person, either temporarily or otherwise, is not able to provide it for themselves. Close relatives or friends can give information to ensure the person's past will and preferences, and their beliefs and values are known, which will help to determine what the person would decide for themselves in a particular situation if they were able to do so.

Under the Assisted Decision-Making (Capacity) Act 2015 a person can legally appoint a person they choose to help them make decisions, or to make decisions with them when they need assistance, or to make decisions on their behalf in the future when they are no longer able to do this. This person may be a relative or friend. A relative or friend may also be appointed by the Court as a person's Decision-Making Representative. A person who is appointed to make decisions on a person's behalf must adhere to the Guiding Principles of the ADM (Capacity) Act 2015 and base the decision on the known will, preferences, beliefs and values of the person who appointed them.

To give a familiar person authority to make decisions should serve to protect and safeguard a person's own interests. It also gives that person significant responsibility, and it is therefore important that a person giving this authority has discussed with the person being appointed their wishes, preferences, values and what they would like that person to decide for them in the future should it become necessary.

The Information & Support Service of Sage Advocacy can assist you if you have any queries. Call 01 536 7330.



POETRY CORNER

Clashavodig

Gable ends lean, as if tired men.
Weathered, hollowed, overgrown, ribs of stone.
Holding their breath as tide creeps in,
soft tongued, lapping gently what's left.

Light drapes gold on Lough Mahon,
melting into the rock-covered shore.
Here hands once split limestone clean, white-
knuckled, sure and steady.

They filled the holds of sailing ships,
unseen ballast, bound for foreign tides. Its
weight steadied vessels
to worlds beyond, while the quarrymen's feet
stay rooted here.

Making port at last,
their burden tipped on new world quays. Clashavodig's stone rose up again –
in Boston's pillars,
New York's halls,
streets and walls.

The sun dips low. For half a breath, the village stands as it once did –
chimney's smoking, fishing nets drying voices calling.
Echoes, mere shadows,
as darkness, time and tide roll in.

Robert John McDonald

Thank you
To our local poet Robert
for sharing his poetry.



Little Island features extensive bedrock composed of Lower Carboniferous limestone known as the Little Island Formation. Historically, local quarries extracted thousands of tons of this fossil-rich crinoidal limestone annually, which was widely used to construct prominent public buildings such as Cork's City Hall.

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ROAD SAFETY SURVEY

Help us improve road
safety in our area!



Glounthaune Community Association would like to invite residents to complete a survey, so that local traffic concerns on the L3004 junction (locally called Church junction) can be accurately documented and shared with the Gardai and Cork County Council.

Please scan the QR Code to complete the survey

To request a paper or online survey please email GCA Office at

gcacork@gmail.com or text 087 446 2135

Most Beautiful Garden Results

Mr Conor O'Brien of Tidy Towns is pleased to announce the winner and runner up of the 'Most Beautiful Garden' competition held in May 2026.



Winner
of the most beautiful garden is:
John & Gbnait O'Flynn

Runner up
Liam & Esther Wall

RECIPE CORNER -SUMMER FRUIT ROULADE

Contributed by Ally Hayes

As I write this in the scorching weather although it is very hot it is so nice to have the sun and those summery vibes. This is an ideal recipe for a summer party dessert or to serve at a BBQ. It feels fresh and summery and looks very impressive even tho' it is quite easy to make. The dream of every hostess really. It is also so nice to use summer berries, local if you can find them in shops or at the Farmer's Market. The main thing about this recipe is to stick to the timings quite carefully as it will make the meringue easy to roll up. Also, don't be tempted to over fill it as the cream will squish out when you roll up your roulade. To avoid this, keep a small margin of maybe 5cm around all sides. Our son is a chef, and he has a tip for rolling roulade. Your roulade will be a rectangle so place it in front of you ready to roll with the long side facing you so your roulade will end up long and thin, and not too fat, as it would if you rolled from the short side. Take a sharp pairing knife and score quite bravely but NOT all the way through, several centimetres in from your edge. This will give you a 'purchase' to be able to start the rolling process with a good tight edge, which should with any luck ensure a nice swirl when the roulade is cut and served later on. Cooks treats is to trim both ends before transferring onto a long serving plate, or a metal tray covered with silver foil, and enjoy these little end pieces oneself with a nice cup of tea!! Once you have made this roulade you will go back to it time and time again.



Scan here for recipe

New Table Donated to the Community Centre



thank you

A new addition to the community centre garden. A very kind donation for the volunteers of the 'Meals on Wheels' kitchen and community groups to rest and have a chat & cuppa!

NEW! Contact Number for Glounthaune Community Centre Office



CONTACT US

Mobile 087 446 2135 (9 - 1 pm)

After hours, please leave a voice message. Thank You

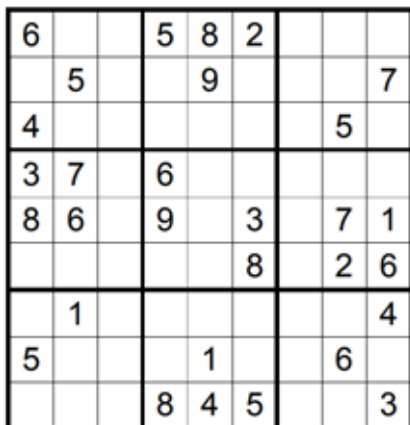
JUST FOR FUN

Wordsearch: No 15 Words Associated With Summer



Summer
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Picnic
Barbecue
Camping
Festival
Sailing
Icecream
Sunflower
Seaside
Swimming
Heatwave
Wildlife
Garden
Strawberries
Tourism
August
July

Sudoku Puzzle: NO 15



The Glounthaune 1% Club

Arithmetic Challenge

Using the digits 1, 2, 3, 4, 5, 6, 7, 8, and 9 exactly once each.

Insert mathematical symbols (+ -) to make the answer equal to 100.

Rules:

- Digits must remain in order: 1 2 3 4 5 6 7 8 9
- Only + and - are used between numbers
- You may combine adjacent digits to form larger numbers (e.g., 12, 345, 78).
- Each digit must be used exactly once.

How many solutions can you find?

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 Uí Dhubhghail 021 435 3708 GCC

Indoor Bowls

Hazel Foley 087 220 1483 EO

Probus

Richard Guinee 086 063 8933

Seanoiri

Peggy Dunne 087 778 6357

Children's Groups/Clubs

Erin's Own email: cork@lgfa.ie

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

Catholic:

Sacred Heart Church Glounthaune

Parish Office: 021 435 3366 10am-12 Mon-Fri
office@glounthauneparish.ie

Mass: Mon-Wed 10am Sun 11am

Working Holydays: 12 noon

St Joseph's, Little Island

Mass: Thu-Fri 10am Sat 6pm Vigil Mass

St Mary's, Knockraha

Mass: Sun 9am

Working Holydays: 10am

Baptist Church

Robert Ellis 083 346 7869

Sun 10am 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 always 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

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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.](#)
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