

April 2009

Carrigtwohill Community News


Medieval Festival
& Irish Country Fair

18th & 19th July 2009
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CASTLE
CARRIGTWOHILL,
CO. CORK


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EVENING APPOINTMENTS AVAILABLE

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Email: carrignews@eircom.net

Cover Picture

Pictured at the launch of the BAM Gable/Castle Lake sponsorship of the Medieval Festival at Barryscourt Castle were: Sharon Bunce, Harald Kelly and Anne O'Driscoll

Car Boot Sales Community Centre

Sunday April 19th

Sunday May 17th

Car Boot Sale Fundraiser s

Car boot sales have become very popular in the last few years as they are a great source of income for the community.

So far this year we have ran two, one in February & one in March.

Both were a great success.

It would be impossible to run these without the help of Community Council members and also the local people who are very generous in giving their precious time, especially on Sundays.

Fundraising for the playground was the start of getting the car boot sales up and running and it was worth it all when you see the kids now having such fun.

The income from these sales is essential for the everyday running of the Community Centre and at the moment we are fundraising for an all weather pitch.

I would like to thank the traders who keep coming back year after year and also the customer whom we rely on very much.

If anybody out there would like to help in any way or to give a couple of hours of their time, I would be very grateful.

Contact Margaret on 086-3030196.

You don't have to be a member of Community Council. Don't be shy!

Margaret Long
Chairperson Car Boot Sale Committee

Community Cleanup

April 25th

1030-1230

Contact 087-8509213.

Local Contacts

Parish Priest:

Monsignor Denis Reidy, P.P.,
Parochial House, Carrigtwohill.

Tel - 4883236 or 086-2513577

Curates :

Rev. Denis O' Hanlon 4883867

Convent :

Poor Servants of the mother of God
4883237

Schools:

Scoil Clochair Mhuire (Girls N.S.) -
4883293

Scoil Mhuire (Boys N.S.) 4883271

St. Aloysius College 4883341

Community Hall 4882265

Resource Centre 4883122

Emergency 999

Gardai-

Carrigtwohill 4883222,

Cobh 4908530,

Midleton 4631478

A.A. - 4500481

ACCORD - (Marriage Counselling) -
025-32249

CURA - (Pregnancy Counselling) -
022-21259

Samaritians (Local Call) - 1850 609090

Crisis Pregnancy helpline 021-4276676
(9 till 5pm)

Doctors

Dr. M. Barry 4882895

Dr. H. Doran 4883176

Dr. B. Jordan 4631234

Dr. P. Kennedy 4883162

Dr. G. McLoughlin 4883162

Dr. J. Thompson 4631234

Dentist

Dental Practice 4533864

Community Nurse :

Resource Centre 4883367

Community Welfare Officer

The Community Welfare Officer will
be in Carrigtwohill at the Family Re-
source Centre each Wednesday from
9.30 to 11.30 am.

Community Centre



The Community Centre is run by the Community Council and is available to every-
one for a wide range of activities.

The main hall can seat up to 250 people and is also used for indoor soccer, badmin-
ton etc.

The Tullagreine room can seat up to 80 people while the Mulvany and Fota Rooms
can each seat up to 30 people. A fully equipped kitchen is available with all rooms.

For bookings or further information contact Annette on 4882265 or 086-3225229.

FASHION SHOW



FROM

'VINCENTS'



**WEDNESDAY
15TH APRIL 2009**

8.00 PM

**COMMUNITY
CENTRE**

Tickets €5.00 from Vincents



Carrigtwohill United AFC

Slatty Park



Top of the League & in St. Michael's Cup Final

Our adult team play in the Cork AUL Div 1B, managed by Martin Jones and assisted by Paul Nolan.

The Captain is Sean Madden.

This team are having a great season and at present are top of their league with 6 games to play.

They also have a chance to retain the St. Michael's Cup on April 11th in Turner's Cross, where they'll contest the final for the second year running.

They have also recently being named Cork AUL Team of the Month for their excellent results in February.

	March 25th	P	W	D	L	F	A	Pts
1	Carrigtwohill	12	6	5	1	28	13	23
2	Watergrasshill	13	7	2	4	26	13	23
3	Ballintotis	16	6	5	5	30	32	23
4	Leaside	11	6	3	2	18	11	21
5	Mayfield Utd	12	5	4	3	25	16	19
6	Greenwood	9	5	3	1	17	11	18
7	Springfield	12	4	1	7	16	28	13
8	Blackstone Rvrs	8	2	2	4	14	16	8
9	St. John Boscós	11	1	4	6	15	23	7
10	Hibernians	14	1	3	10	13	39	6

Schoolboys

U-15's are playing in the Cork Schoolboys League Div 3, managed by John O'Sullivan, assisted by Kieth Saunders and captained by Jamie Buttimer.

The U-15 team is on course to finish mid-table after playing 8 games, with 3 remaining.

After a good start, winning 4 out of their first 5 game, things have changed since Christmas. With the defence leaving in too many goals, (30 goals in the last 6 games) the team is going to continue to struggle.

U-14's are playing in the Cork Schoolboys League Div 4, managed by Pat Doyle, assisted by Stephen Moore & Bernard Sheehana and captained by Alan Sheehan.

The U-14 team is on also course to finish mid-table after playing 9 games, with 5 remaining.

With a small squad to choose from, this team will be content to finish in the upper half of the league table.

The **U-11** squad are training every Sunday in Slatty Park at 11.30am, with some friendly matches every month, in preparation for their entry into competition in August 2009. All interested players, born in 1998/99 are welcome to training on Sundays in Slatty Park at 11.30am. Contact Steve 087-2793081 for more info.

Ballyadam Pitch

The new grounds when complete will have two playing pitches,

two training pitches with lighting and a club house that will incorporate four dressing rooms, showers and other clubrooms. Off road parking will also be available, around the clubhouse.

We feel we are putting in place an infrastructure that will benefit future generations of soccer players in our area.

Pictures of the development work completed to date and further details can be view on our club website:

www.carrigtwohillunited.com.

Development Fundraising

These works to Ballyadam have cost the club a considerable sum of money, which we have raised over the past number of years through the great work done by our club committee and the generosity of our many benefactors and sponsors.

To off-set these costs and complete the development the club are actively fundraising through holding a Confined Draw and also selling Pitch side signage on the main pitch of the new grounds.

Tickets for the draw and more information on the Pitch side signage are available from committee members.



Confined Draw

The club will hold a confined draw at their AGM in late May to fundraise for the development work at Ballyadam.

First prize will be €1000 cash, with a total of prize pool of €1750. Only 300 tickets will be sold, at €20 each.

Tickets on sale now, available from committee members. Please support our club development.

Training

Adult training:

Tuesdays & Thursdays in Slatty Park at 7.30pm .

Schoolboys U-14/U-15's training

Wednesdays in Slatty Park at 6.30pm.

Schoolboys U-11's training

Sundays in Slatty Park at 11.30am.

More details available at www.carrigtwohillunited.com

Club Committee

Chairman	Barry McGrath
Vice-Chairman	Brian Nolan
Secretary	Stephen Moore
Treasurer	Aidan Long
PRO	Liam Bunce
Schoolboy's Secretary	John O'Sullivan

Members:

Pat Doyle, Martin Jones, Paul Nolan, Micheal O'Keeffe, Davy Barry, Barry O'Sullivan,

Carrigtwohill United Div. 1B Team

AUL Team of the Month for February



Back L/R-: Darren Sylvester, Stephen Dinneen, Alan Walsh, Ian O'Dounghue, Stephen Kidney, Sean Madden(Capt), Nielus Murphy, Cormac Carroll, John Coleman, Martin Jones(Manager), Brendan Cronin.

Front L/R - Rob O'Donoghue, Paul Nolan (A/Manager), Noel Furlong, Cian McSweeney, Derek Healy, Derrick Nolan, Davy Barry, Leonard Healy.

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SUMMER SCHEME 2009

Junior/Senior 13th – 17th July

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th
Monkey Maze Teddy Bears Picnic in the Woods	Cinema Activity Day (inc arts & crafts) Bouncing Castle	Fota Wild Life Park	Home Day Cooking, Crafts, Sports etc.

1st & 2nd Class 13th – 17th July

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th
Donkey Sanctuary Little Rascals Funworld	Activity Day (inc art & crafts) Bouncing Castle.	Fota Gardens Cinema Midleton	Day Trip to Trabolgan

Friday Family Day at Beach & Fancy Dress Party in Community Centre 7.30pm to 9.30pm

3rd & 4th Class 20th – 24th July

Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23rd
Blackrock Castle Observatory Cinema Mahon	Fota Gardens Cobh Swimming Pool	Day Trip to Trabolgan	Road Show Home Activity

5th & 6th Class 20th – 24th July

Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23rd
Glen Sports Camp Cinema Blackpool	Kinsale Outdoor Activity Centre	Naval Base Cobh Swimming Pool	Road Show Home Activity

Friday Family Beach Party (Sports/Food/Fun Day)

<p>Price:</p> <p>€45 Euro per Child.</p> <p>€40 euro each additional Child.</p>	<p>Registration will take place on 23rd April at 7.30pm, in Family Resource Centre.</p>
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Teen Scheme 2009

Week One- 1st, 2nd and 3rd of July

Wed 1 st	Thurs 2 nd	Fri 3 rd
The Glen Resource Centre. Blackpool Cinema	Garretstown. Surfing Club	Beach activity day.

Week Two- 8th, 9th and 10th of July

Wed 8 th	Thurs 9 th	Fri 10 th
The Glen Resource Centre. Blackpool Cinema	B.B.Q On the beach and beach activities	Dunmore East

€50 per child per week

The Tuesday Club

The Tuesday club meets every Tuesday morning from 10.00 am to 12.00am in the Community Centre. It is open to all senior citizens, male and female.

Well Being Programme

Since our last report we had a six weeks programme on Well Being which was conducted by the a lady from the Health Board.

It was a great success and we learned a lot from it.

National School Visits

Presently we have ten members visiting the Girls National School, five doing shared reading and five teaching knitting with 2nd and 3rd classes. This enables the girls to interact with older people.

Exercising at the Gym

We have six members using the gym at the GAA Complex on Saturday mornings. Our thanks to the GAA for the sue of the facilities and thanks to Ronan for tutoring us.

In May we are looking forward t our overnight stay at the Woodlands Hotel in Adare and our shopping spree in Limerick City.

Also on the cards is a flower demonstration by Ann Cooney and a trip to Griffins Garden Centre.

Trains to run by end of June

Iarnrod Eireann has confirmed that trains will run to Carrigtwohill and Midleton by the end of June.

According to a spokesman, all 14km of track is now in place while new signalling and telecom works are in progress. Apparently this involves laying approximately 100km of cable along the trackside.

Work on the stations at both Carrigtwohill and Midleton is almost complete and work on both car parks will finish shortly.

The last major infrastructure project, the bridge on Lower Glanmire Road will be completed over Easter while reinforcement works on the other bridges along the route will continue for a while yet.

Fota House Plant & Garden Fair 19th April 2009

On Sunday, 19th April 2009, Fota House and Gardens will host its inaugural "Fota House Plant and Garden Fair"

It is expected that forty or fifty specialist nurseries will attend and provide an opportunity for visitors to purchase unusual and special plants, including rare Trees, Shrubs, Alpine, Herbaceous and Water Plants etc. at reasonable prices.

Retailers providing Garden Furniture, Pots, Sculptures, Ornaments, Tools and Machinery will also be invited to attend, thus enabling the people to buy everything they need for their Gardens.

The Fair will run from 11.00 am to 4.00 pm and catering facilities will be available in Fota House throughout the day.

There will also be an opportunity for those attending to walk around the beautiful Gardens and Arboretum at Fota and to visit the newly renovated Fota House and see the recently hung collection of pictures which represents the third most significant public collection of Irish art in the State.

For all those with an interest in Gardening, this is an event not to be missed.

Volunteers from the Friends of Marymount Hospice will assist with the running of the Fair and fifty per cent of the profits of the day will be donated to this very worthy charity.

Admission €7 - Parking Free

News from Scoil Clochair Mhuire



Spring is in the air!

Little shoots are eagerly awaited in all classrooms at the moment and dare anyone step on the Junior Infants daffodil bed! Hopefully there will be many happy little gardeners about the place again this year.



The theme for the 4Home Superstore gardening competition is "Fruit & Vegetables" so if there are any avid gardeners around who have simple 'tried & tested' tips for growing fruit and vegetables in their own gardens - the budding new gardeners would be delighted to hear about them. Rang 4 are designing the garden and seedlings are being tended with care. The competition will be judged in May/June so we should have a very presentable garden by then.

Scoil Clochair Mhuire Calendar for School Year 2008/09

Easter Holidays	Closing 12 noon April 3rd
3rd Term	Re-opening April 20th
Public Holidays	May 4th June 1st
Summer Holidays	12 noon June 26th.

Sciath na Scol Football & Camogie



We were very proud of our Sciath na Scol football team this year, reaching the final of their Roinn. As well as displaying football skills - the team looked very well in their new gear which was sponsored by Fota Resort, GE Healthcare and Millipore.

The sponsorship by the Companies from the wider community is invaluable to schools in the current climate and we would one again like to thank all the groups involved for their thoughtfulness and kindness.

We intend to put the gear to good use and we are now participating in the camogie section of Sciath na Scol.



Millipore Presentation



GE Healthcare Presentation

Back to School again....

Each Tuesday, we look forward to our friends from Carrigtwohill Active Aged Group coming to the school to share their knowledge and skills with us.



Presently their help is given to Rang 2 & 3 in knitting class and the Junior Infants enjoy stories being read to them by their new friends.



Meeting new people and seeing how what is learned in school is remembered and used by others encourages our pupils and we hope that the past pupils are having fun as well!

The school corridors have been transformed by various art and project displays by all classes in the school and. Visitors have been very impressed by the budding artists in our midst.

The New School Year 2009/10....

Due to the budget in October we will lose one of our posts for Language Support but we are only a few pupils short of creating a new classroom post.

The list of new Junior Infants for September 2009 is almost complete.

If there is anybody who has moved to Carrigtwohill and will be in need of school places for the next school year 2009/10, please make contact with the school secretary.

Registration forms for new pupils will be sent out shortly.

Computers from Millipore....



Having access to broadband in all classrooms, we were delighted to accept eight refurbished computers from Millipore to update our equipment.

We were also presented with a data projector and are in receipt of technical backup when needed.



Fota Resort presentation of sponsorship for Sciath na Scol

Community Cleanup Day

April 25th

10.30 to 12.30

**Call to the community
centre for gloves and bags**



The Confidence Issue

It's all about confidence : when you look good you feel good, when you feel good, you feel capable of almost anything. We all lack confidence at times, but some of us know that there are ways to help boost our self-esteem and to feel more assured in ourselves.....



Dress to enhance your mood

Your overall image, including clothes, style, hairstyle and makeup, has a huge effect on how you feel and on how others see you. If you look in the mirror and feel dull and uninspired then that is what you will project to family, friends and colleagues, so it's time to rethink your wardrobe and your look!

Think Colour :-

Depending on your personality, you may welcome lots of bold shades or you may prefer to use colour more discreetly. The key is finding the colours that suit you best and those that really give you 'oomph'. Great mood enhancing colours are red and pink so make sure you have at least a couple of items in your wardrobe in your best shades. Greens and yellows are uplifting too. We will see lots of bright shades around in 2009 so be sure to find the best colours for you and you'll feel on top of the world!



Marks & Spencer



Monsoon

Think Style :- Style isn't just wearing great clothes it's about wearing clothes that look great on you. When you understand your body shape and your style personality, you will avoid those wrong purchases. Once you know what suits you, you can put together outfits with aplomb – and more economically – so you feel confident knowing that you always look good in what you wear.



Principles

Be Wardrobe Wise.....

Women have an average of 14 unused items in their wardrobe per year:

The shops have been thrusting discounts at us from all sides, but how many of those items do you really want or need? Isn't that "bargain" little dress a lot like the one already hanging in your wardrobe?

You desperately want to update your wardrobe for Spring/Summer but right now there isn't much of a 'you' budget. There is no better time to get some professional style advice to learn how to shop wisely and rework some past pieces.

Weed Your Wardrobe.....

We all love buying a new outfit but there is something satisfying about finding a new way to wear something old.

You would be amazed at the new outfits you can put together when you know how.

- Take out that long skirt/dress and change the length to the knee or just below a new look has been created so simply. Short is here this season, but should you prefer to cover those legs without looking 10 years older, put a mesh skirt underneath to lengthen your look, this will keep you in fashion.
- Change a coat or top by using a belt should you be lucky enough to have a waist to keep you- updated.



Handy Hints.....

- sizes will vary depending on where you shop and the cut of the Garment.
- a comfortable fit and look is one which is not too tight
- you should be able to fit a finger underneath a waistband
- there should be no pulling around the bust on jackets or tops

NEWSFLASH

If you thought El Cetera boutique had left us for good - think again. Check out Garrie's new shop in The Square, Coach House Lane, Main Street, Middleton (Just behind The Grannary Food Store) with some fabulous new Spring/Summer collections. Good luck with it Garrie and no doubt you will be seeing a lot of us Carrigtwohill ladies.

Ann O'Driscoll

Image & Fashion Consultant

Phone No : (087) 9232952

Carrigtwohill Camogie Club



Main Sponsor 2009

With thanks to our main sponsor O'Brien's Butcher, Main Street, Carrigtwohill.



We are delighted to forward our congratulations and best wishes to the following players who have been successful in qualifying for Cork trials or at time of print going forward to Cork trials:

Rachel Sheehan who qualified for the U14 Cork Team.
Amy Horgan, Holly Breheny and Robin Jenkinson-Butler who represented U13 Cork team.
Shauna Dorgan who participated in trials for Cork U13 team
Good luck to Tara O'Connor and Eve Corry for the U16 Cork Trials and Holly Breheny in the U14 Cork team.

Good luck to Ciara Dixey, Shauna Dorgan, Ciara Rohan, Naomi Cashman currently going for Cork trials

During the summer last year, over 40 children from the club, in conjunction with the Juvenile GAA club took part in the annual Cúl Camp.

Everybody had a great week of fun and activities - despite the inclement weather.

We hope this years camp will be just as enjoyable.

History/success in the club to date

Since the re-establishment of the Carrigtwohill Camogie Club in 2007, the Club has gone from strength to strength. The club now have over 100 members who enjoy playing in Underage teams of U6, U8, U10, U12, U14, U16.

If you would like to join the club or help out in any way, please don't hesitate in contacting any of the committee below. New members are most welcome.

Officers for 2009

Chairman:	Linda Cashman	085-1394049	lindacashman@topmail.ie
Secretary/Runai:	Vincent Cashman	086-2397476	
Treasurer:	Phil Sheehan	086-3499102	jjphilsheehan@eircom.net
Asst Treasurer	Karen Horgan	087-7413338	karenhorgan70@hotmail.com
Registrar:	Esme Stanier	086-8969448	famstanier@eircom.net
PRO:	Caroline Dixey	086-3991504	caroline_dixey@iolfree.ie
East Cork/ County Board:	Val Cotter		
Delegate:	Vincent Cashman, Mike Boland		



Action Girls !

Left to right: Robyn Jenkinson Butler, Amy Horgan and Holly Breheny

Our website is currently being updated, please check for upcoming fixtures and match reports.

www.carrigtwohillgaa.com/camogie



Enjoying the Summer Camp !

Left to right: Laura Hinchcliffe, Sarah Warren, Ciara Flynn, Robyn Jenkinson Butler, Amy Horgan, Shauna Dorgan, Eva Horgan, Ciara Dixey, with Cork Senior Hurler Cathal Naughton

Carrigtwohill Ladies Football AGM took place Monday 26th of January.

Officers for the Coming Year:

Chairperson	Anthony Barry
Vice Chairperson	Ger Barry
Secretary	Mary Roche Barry
Vice Secretary	Christine Garde
Treasurer	Olivia Buttimer
PRO	Aoife McCarthy
Assistant PRO & Children's Officer	Catherine Garde

Arthur O' Leary stepped down as chairperson for the coming year. In his report for 2008 he thanked all who contributed to the Club over the past year especially Christine Garde, secretary, who does untold work behind the scenes. He also thanked the managers and trainers of all the teams and the players who worn the blue and gold. Special thanks too to the GAA for the use of their facilities and their continued support.

2008 Season Overview

Notably there were some successes on the pitch:

The U12 team guided by Mary Roche Barry won the East Cork Final beating Aghada.

The U13 team qualified for the County Feile Blitz which will be played later this year.

The Junior Team won the 12 a side County League under the guidance of Ger Barry and Denis O Mahony. This was more than deserved as the juniors had unlucky year being narrowly beaten in the East Cork Final and the semi final of the County Championship.

Congratulations too to Rachel Sheehan who made the U14 County Panel in 2008 and who also played in the mini sevens in Croke Park on all Ireland final day.

2009 So far...

To date 2009 has been very busy for the Ladies footballers! Leagues for all levels and age groups started in March.

The Junior Ladies are competing in two leagues this year at Junior C and 12-a-side.

The Juniors began their campaign on Saturday the 14th of March with a home game against Fermoy. The 12-a-side team also began their season on Sunday the 15th of March against Mournabbey.



Carrigtwohill Junior Team - County League 12 a side Champions 2008



Denis O Mahony, Aoife McCarthy, Emma White, Aisling O'Mahony, Aoibheann O'Mahony. All members of the Carrigtwohill Junior Team and all related!

The Under 12's and Under 14's both had their first matches against Glanmire and the Under 16's first match was against Lisgoold.

On Friday night, 20th February, the U12 & U14 girls were presented with their medals for winning the East Cork Championship against Watergrasshill and East Cork league against Aghada respectively. Presentations were made by All-Stars Angela Walsh and Brid Stack from the three-in-a-row All-Ireland winning Cork Senior Ladies Football Team.

It was great to see our girls holding the All-Ireland trophy and hopefully it won't be long before one of our own will be bringing this cup back to Carrigtwohill as part of a victorious Cork team.

A special presentation was also made on the night to Arthur O'Leary to recognise the amount of work he has undertaken on

behalf of to the club during his time as Chairman over the years.

The Camogie and Juvenile club hosted the function jointly and everybody had a very enjoyable evening.

Special thanks to all who helped out in planning the evening and on the night.

On Saturday, the 7th of March the Junior Ladies Footballers were presented with their County Medals for winning the 12-a-side league.

Christine Guard was also presented with a gift from the club to thank her for her efforts and hard work behind the scenes. Without Christine there wouldn't be a clean jersey for the Ladies Team!

A great night was had by all, and we look forward to further medal presentations in the future.

Weekly Newsletter

The ladies football club has this year launched a weekly newsletter which is issued every Thursday. To date, this has been a great success informing parents/players of upcoming fixtures, match reports and we even have a weekly Health Tip courtesy of Mary Roche-Barry!

If you are interested in receiving this newsletter please send an e-mail to carriktwohill.ladies.football@gmail.com and we will add you to our mailing list.

Website

The Ladies Football Club are also eagerly anticipating the re-launch of the club website www.carriktwohillgaa.com. The website will have a full section dedicated to Ladies Football, so all fixtures, results, events will be easily accessible to all the public.

Upcoming Events

At the end of April a Fashion Show in Fota Sheraton, will be held to help raise money for the Ladies Football Club. Models will be home-grown and will include some of our GAA super-stars! Exact date is yet to be confirmed. Tickets are available from club members.

Cork Marathon

Just to show the Ladies Football give a little bit back to Society, some of our fine footballers will be taking part in the Cork Marathon on the 1st of June. Our girls will be running on behalf of 'The Irish Cancer Foundation'.

If you are interested in sponsoring, please contact Mary Roche-Barry or Kay Furlong on 086-2415095 and 086-1695125. Alternatively, if you meet any of our members in a pub or on the street please feel free to dig deep and we will all collect money on behalf of our runners.

On the 19th, 20th and 21st of June, the young girls of our club will be doing their own bit of fundraising for the club. They will all be busy in Tesco, helping families pack their groceries.

Church Gate Collection

Lastly on the 27th and 28th of June, the Church Gate Collection will be held on our behalf.

Best of Luck

Best of luck to all of our U10 footballers who will be making their communions this year, and to our U12's who will make their confirmations.



The 12-a-side winning team at the club dinner dance with team mentors Ger Barry, Donal Harnedy and Denis O'Mahony.



U12s and U14s pictured with Angela Walsh and Brid Stack (both Cork Senior team members) and the All-Ireland Trophy. Also included is Mary Barry.

New Members

If you know anyone who would be interested in playing or you are interested yourself, whether you/they have played or not before, come and try it out. Its not just about football, it is also about getting fit, having fun & meeting new people!!!!

A new initiative this year is a "mammys team" so if you are a mum and want to get fit come along and meet like-minded individuals.

If you are new to the area come along, you will be more than welcome.

Training

Training continues every Saturday morning at 11am and Wednesday evenings. If you are interested please email us on www.carriktwohill.ladies.football@gmail.com or phone us on 086-1709005.

A Special Thanks...

To Bam Construction Castl lake who have been very generous in supporting us this year.

Thanks to them, the footballers will be very stylish with lovely new jerseys.

C.L.G. Carrig Tuathail Roinn na nÓg

Carrigtwohill Juvenile GAA Club

Sponsors: Fé 14: Cost Cutters Fé 16: Carrigtwohill Pharmacy



Carrigtwohill Under 16 County Football Champions 2008

Team Back Row L to R: Kieran Baverstock, Cian Rohan, Jamie Donovan, Patrick Dean, Daniel O'Mahony, Orry O'Donoghue, William McCarthy, Kyle O'Shea, Jason Leahy, Aaron Gosnell, Cian Buckley, Shane Carry,

Front Row L to R: Aidan Barrett, Jamie Buttimer, Pádraig Hogan, Mateusz Beczek, Colum Cronin, Kevin Murphy, Seanie Casey, Robert Manley, Patrick Ahearn, Richie Forde, Tomás Creagh.

Also missing on the day but played in semi final and previous matches Shane Keating.

Saturday Morning/Wednesday Evening Coaching sessions

These sessions play a vital role in the development of the basic skills that our younger members learn and mature on.

These young players are the club's future and we would appeal to parents to get involved in these sessions.

Your help is most welcome.

Website: <http://www.carrigtwohillgaa.com/juveniles.html>

Fé 16 Premier County Football Champions

On the 1st of November the Fé 16 footballers made history in becoming the first football team to win a county championship for Carrigtwohill. In the final they beat a fancy Clonakilty side on a score line of 2-14 to 0-7

Fé 16 Football Panel:

Shane Carry, Shane Keating, Cian Buckley, Cian Rohan, Pádraig Hogan, Colm Cronin (Capt), Orry O'Donoghue, Daniel O'Mahony, Patrick Deane, Aaron Gosnell, Kyle O'Shea, Kevin Murphy, William McCarthy, Kieran Baverstock, Jason Leahy, Aidan Barrett, Jamie O'Donovan, Patrick Ahearn, Robert Manely, Richard Forde, Mateusz Beczek, Jamie Buttimer, Tomás Creagh, Seán Casey

Path to the Championship:

East Cork Q/Final:	Carrigtwohill 4-11	0-04 Glanmire
East Cork S/Final	Carrigtwohill 4-01	1-04 Glenville
East Cork Final	Carrigtwohill 3-11	0-05 Midleton
Cork Co. Q/Final	Carrigtwohill 3-09	1-06 Donoughmore
Cork Co. S/Final	Carrigtwohill 1-13	1-05 Nemo Rangers
Cork County Final	Carrigtwohill 2-14	0-07 Clonakilty

Fé 16 East Cork Hurling League Champions

Fé 16 Hurling Team were crowned East Cork League Champions after a cracking final against Midleton,

Fé 16 Hurling Panel:

Shane Keating, Cian Buckley, Cian Rohan, Pádraig Hogan, Colm Cronin, Orry O'Donoghue, Daniel O'Mahony, Aaron Gosnell, Kyle O'Shea, Kevin Murphy (Capt), William McCarthy, Kieran Baverstock, Jason Leahy, Aidan Barrett, Jamie O'Donovan, Patrick Ahearn, Robert Manely, Richard Forde, Jamie Buttimer, Tomás Creagh, Seán Casey, Jay Horgan, Alan Goggin, Jack Barden, Daryl Carroll.

Fé 11 East Cork Football Champions

The Fé 11 footballers won the East Cork Football Final against Kiltla Óg on a score line of 3-4 to 1-2

Community Games Long Puck.

Stephen O'Flynn came third in the All Ireland Community Games long puck final.

Carrigtwohill Street and Parish Leagues

We have completed another successful Con O'Mahony Hurling street league and the Parish Football street league where we had 120 young fellows from Fé 6 to Fé12 displaying their skills for the last 4 weeks.

Coaching

Sunday Mornings - Wednesday Evenings
All welcome especially parents

Carrigtwohill Juvenile G.A.A Club New Years Draw 2009.

	Prize	Sponsor	Winner
1st	€250.00	Novartis, Ringaskiddy	Karren O'Mely
2nd	10 bags of coal.	Southern Fuel & Farm Supplies	Marry Barry
3rd	€100.00 Voucher.	Centra Supermarket	Willie Fitzgerald
4th	2 Comp. Green Fees	Fota Golf Club	Michele Murphy
5th	€100.00 Voucher.	Carrigtwohill Pharmacy	Anna Murphy
6th	2 Bottles of Spirits.	Road Maintenance Svcs.	Mick Hennessy
7th	€50.00	Supporter of the Club	Tara Nagle
8th	Lunch for 2.	Fota Sheraton Hotel	Donna Daly
9th	2 Bottles of Spirits.	Whelan Quarries Ltd.	M Carroll
10th	€60.00	General Electronic Alarms	Ned O'Leary
11th	2 Bottles of Spirits.	Healy Bros	Ray O'Brien
12th	A Family Day Pass	Fota Wildlife Park	John Ahern
13th	2 Bottles of Spirits.	John A Woods	Denis Walsh
14th	2 Rounds of Golf	Waterrock Golf Course	Willie Keating
15th	€25.00	Robbie Sheehan Plant Hire	Pat Ferriter
16th	€25 Petrol Voucher	Roches Garage	Mary Barry
17th	€25.00	Yougetitback.com	Valerie Crowley
18th	Lunch Voucher	Waterrock House	L Roche
19th	€25.00	Johnson & Perrott Ltd.	Billy Manning
20th	Leg of Lamb	O'Briens	Morgan O'Regan
21st	€50.00 Voucher	The Island Gate	B Morrison
22nd	€25.00	Supporter of the Club	Angela Feehely
23rd	€50.00 Voucher.	Court Cleaners	Con O'Mahony
24th	€25.00 Meat Voucher	Costcutter	Bryan Cotter
25th	Bottle of Spirits.	Co-Operative Animal Health	Angela Feehely
26th	Lunch for two.	Elm Tree	Dylan Roche
27th	Bottle of Spirits.	John Barrett Plant Hire	Derek Cronin
28th	Bottle of Spirits	Dennehys Garage	Estefanla Lloracha
29th	Bottle of Spirits	President's Prize	Tim O'Connor Snr
30th	Bottle of Spirits	Castle Lounge	Terry Goggin
31st	Bottle of Spirits	Cousin's Home	Denis Walsh
32nd	Bottle of Spirits	Gaelic Bar.	P Scott
33rd	Bottle of Spirits	Guilder's Bar.	Mary Murphy
34th	Bottle of Spirits	Spratt's Bar.	Gillian Madden
35th	Bottle of Spirits	NutriBio	Paul Kierans
36th	Light Lunch for two.	Fota House	Stacia Hayes
37th	€25.00	KE Consulting Group	Liam Spriggs

Congratulations to all the winners and a big thank you to our sponsors and those who supported us by buying tickets.

All Weather Sports Facility

Contracts to be signed this month

The community council identified the need for increased and enhanced sports facilities at its property on the millenium field in the well lane.

After a long and painstaking process contracts will be signed this month with work to begin immediately on site.

We expect the €580,000 project to be completed and available for use from mid-August this year.

The overall size of the pitch will be 95m x 55m with six light columns, each 15m high and a 5m high fence all round. The main pitches will each be 55m x 24m.

This facility will be available to use for sports such as hurling, football, soccer, camogie, ladies football, ruby etc. It is hoped to have nights where individual estates can have their own soccer matches.

The sports and social section of local companies would be welcome to hire the facilities along with any groups or organisations who require the most modern and best facilities in Cork.

The playing surface is the first of its kind in Ireland. It will be F.I.F.A. approved and we look forward to a busy autumn and winter of exercise and keeping fit.

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Community Cleanup April 25th

Meet at the Community Centre at 1030

Carrigtwohill Community Council

Minutes of the Ordinary Meeting of Carrigtwohill Community Council Held on 3rd March 2009 in the Mulvany Room of the Community Centre.

Present: Anthony Barry as chairperson, Officers and members as per the attendance book.

The minutes of the previous meeting of 3rd February were read, adopted and signed off.

Hall

Work is required in the Ladies Toilet facility and a decision is still pending on a POBAL grant for refurbishment but a decision is not expected before June.

Successful events held recently include a party held by the African Community and a Feis. Forthcoming events include a race fundraiser on March 8th next in the afternoon, for St Aloysius College. The youth café is continuing successfully.

A fire extinguisher was reported damaged recently in the hall and this has been replaced.

Tuesday Club

Ten members visited the Girls National school to help with shared reading and knitting. Congratulations were given to those members involved and reports back from the school children were highly complimentary. On Saturday mornings the group have access to the GAA gym facility and there is a trip planned to Adare in May. A question was raised about the Cork care and repair service, as advertised in the parish newsletter. A brochure is available with the phone number and a list of local contacts will be available through the service.

It was suggested that an article from Age Action be obtained for the newsletter.

Community Care

The Committee hosted one funeral during the month; at which they catered for approximately forty people.

A pleasant day was had in Garryvoe for the volunteers recently.

Newsletter

The next edition of the newsletter is due for distribution on 2nd April. It was agreed that the committee need help with the securing of advertising, invoicing and collection of payments. Any volunteers would be appreciated.

Environment

A letter has been received from Bus Eireann after discussion with them and the local Gardai about the bus stop outside the community hall being moved. There are some issues involved with the relocation of this bus stop and it was agreed to discuss again with the relevant authorities from a Health and Safety perspective. Tara Court lights have at last been repaired by the County Council.

Kevin Clifford from Cork County Council Midleton has asked to meet about emergency provision in the village.

Car Boot Sale

The sale that took place on 22nd February was a great success. There were 53 traders in total including some new ones. Fliers were handed out and posters were displayed on the day adver-

tising the next car boot sale on March 22nd. It was agreed to hold a planning meeting in the community hall on 11th March next. The continued presence of the bouncy castle and prices charged by same were questioned.

Tidy Towns

The Committee are hoping to do a major parish clean up in early April. It was noted that the recycling centre is now charging €3 entry for cars even if the items being brought can be disposed of FOC. It was agreed that this factor has contributed to the noticeable increase in dumped rubbish around the village. Roses have been planted in the village. A car has again ploughed straight through the Barryscourt roundabout causing an amount of damage. Cones placed near Tullagreine have noticeably reduced littering in that area.

Local Area Development

A meeting has been held to discuss the traffic study and it was agreed to make submissions. There is mention of closing the slip road from Cork direction to the village at Barryscourt end. The Amgen interchange is still proposed, but with no way off except the new side road to Midleton. There appears to be nothing in the report to alleviate traffic congestion and parking in Carrigtwohill. There is a proposal for new roads to the North of the village. The Community Council is trying to obtain consent to display said plan in the village and to publish in the newsletter. Funding issues for the County Council make many of the proposals contained in the plan irrelevant in the short to medium term. Many issues could be easily resolved with yellow lines and traffic lights.

Planning has been lodged for the Carrigane footpaths.

All Weather Pitch

The Committee continue with issues relating to the funding. The building project is expected to take between 12 and 16 weeks, and the committee feel it is essential that the facility is ready to open before the beginning of September.

Medieval

A main sponsor has been secured – Bam Gable have made a very generous donation to the Festival fund and they have also offered the support of their marketing people, Zebedee.

The Bord Failte grant has also been approved. Bookings are coming in from stall holders and SECAD are providing help with this. A press release for the Examiner is to be prepared by Zebedee marketing. Further support from Cork CC and Heritage Council will provide further impetus.

A planning meeting is to be held on 18th March.

AOB

GAA Ladies Football/Camogie Clubs Social.

To be held on 7th March in Midleton Park tickets are available.

Votes of Sympathy

Sympathy was extended to the families of those who died recently in the community.

This concluded the business of the meeting and the next meeting will be held on 7th April at 8.30pm.

What lies ahead for Carrigtwohill?

Cork County Council is currently undertaking a number of Studies and Plans which will have a major impact on the future development of Carrigtwohill.

The Plans in question are;

- Master Plan for the Water Rock area
- Master Plan for the Carrigtwohill area
- Middleton and Carrigtwohill Traffic and Transportation Study

Masterplans

The Carrigtwohill Special Local Area Plan and the Middleton Special Local Area Plan both published in 2005 provided for a specific Master Plan to be prepared before development could take place north of the railway line in Carrigtwohill or in and around the Water Rock area.

It was anticipated that landowners and developers in the area would work together to prepare the plans.

This has not happened and Cork County Council has now undertaken the task of preparing both Plans.

Carrigtwohill Community Council has made submissions to Cork County Council on numerous occasions seeking that sufficient land be reserved for schools, graveyard, recreational and amenity facilities.

The extent of lands reserved for these facilities as well as their actual location and accessibility will be of vital importance to the success of Carrigtwohill as a community in the long term.

Once prepared, the Masterplans will be put on public display for observation.

However anybody with any interest in the plans should now make a written submission to the Planning Policy Unit, Cork County Council, County Hall, Cork outlining any issues they believe should be addressed.

Traffic and Transportation Study

The Carrigtwohill Traffic and Transportation Study has been awaited for a considerable period.

Carrigtwohill Community Council has made numerous submissions to Cork County Council about the need to deal with the traffic congestion in the Carrigtwohill area.

We have stressed that it is essential that this report includes proposals to deal with the traffic congestion issues which currently exist and that the focus is not entirely on providing for new developments.

Further information will be published in this Newsletter as it becomes available.

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Medieval Festival

& Irish Country Fair





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18th & 19th July 2009



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Camelot Comes to Carrigtwohill

Castlelake helps Carrigtwohill build on its past for its future

News that Castlelake development has come on board as the main sponsor for the Carrigtwohill Medieval Festival & Country Fair was welcomed as a huge boost for the event by festival committee chairperson, Ann O'Driscoll last week.

"In celebrating our past, we are building for our future," said Ann, "The Castlelake developers, BAM Gable, really appreciate the importance of this exciting new event for the whole community and have come up trumps when we needed them."

Jousters and falconers, threshing and tractors, archers and dancers plus army displays; these are just some of the features that will be in the line-up of grand and glorious activities and exhibits on hand at the Medieval Festival & Country Fair on 18th and 19th July next.

Set in the magical surroundings of Barryscourt Castle, this exhilarating new festival is supported by Fáilte Ireland and is set to become Munster's top contemporary Festival, promising extraordinary entertainment for all the family.

"With great commitment, the local community has built on their past for their future," noted Castlelake representatives, Tadhg O'Brien and Tom Galvin, "Incorporating culture and craic, the festival will also present an exclusive insight into medieval life.

Highlighting the charter, given by Henry III in 1234 to Sir David de Barra and his heirs, Carrigtwohill can now rightly boast the Oldest Fair Day in Ireland!"

The festival expects over 15,000 visitors over the two days and will feature many aspects of country life from the past to the present day.

In the grounds of Barryscourt Castle, in gaily coloured tents of an old medieval village, knights in shining armor and fair maiden's will re-enact life from a bygone age with medieval story telling, archery competitions and free flying falconry,



Tadhg O'Brien and Tom Galvin of BAM Gable and members of the Medieval Festival Committee at the sponsorship launch at Barryscourt Castle.

Other artisan crafts on display at the Fair will include spinning the wool, old time threshing, pottery making and the baking of bastible in an old style kitchen.

To the west of the castle, the main arena will offer ongoing entertainment. Alongside terrier and lurcher racing, clay pigeon shooting, fly casting and sheep shearing displays; the beauty of the bardic art of jousting will be re-enacted with mounted knights in combat. Back to the future, steam engines, vintage cars, tractors and old machinery, the army band and Irish dancers will all add to the festive ambience.

Away from the battlefields, fun for all the family will be found with alpaca's, puppeteers, pony rides, face painters, bouncing slides, bouncing castles, clowns, street entertainers and fun sports.

Hilarious competitions include; *Hook a Duck*, *Milk Daisy the Cow*, *Sheaf Throwing* and *The Bucking Bull Competition*.

The Market Place brings the ultimate ingredient to the festival with a wonderful array of both indoor and outdoor stalls, featuring local artesian foods and crafts, including cookery demonstrations, tastings and pigs on the spit.

This will be a truly memorable day out for the whole family and a unique experience not to be missed!

For information on stalls and participation at the event please contact:

*Ann O'Driscoll
Tel. 086-3365589
annodriscollcmb@eircom.net*

www.carrigfest.com

July 18th & 19th 2009

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The Circus at Fota Retail & Business Park

Letters to the Editor

Volunteering

Dear Editor,

Barack Obama started as a community activist, will you follow in his footsteps.....

Much of the social interaction which once allowed our community to knit together was lost during the Celtic tiger period as the fabric of our society changed. Without a structure for community bonding we are in danger of becoming a nation of strangers to one another. Volunteering, charity work and even spontaneous helping are all strongly predicated by civic engagement. Where people belong to formal and informal social networking, it is more likely that they find the time to give to good causes. Research suggests that civic engagement helps make us more healthy, wealthy and wise.

The numbers of people willing to work for free are continuously increasing. The benefit of volunteering is that one can meet positive like-minded people, increase self esteem, develop new skills and gain from new experience. By participating in community work, one has the advantage of compiling a complete work history, thus improving opportunities for future employment.

The enormous social and cultural changes that have taken place in Carrigtwohill over the last 10 years have had a profound effect on our community. The challenges that these changes present can overwhelm us or we can see them as opportunities.

The Carrigtwohill Community Council Web Site provides information on the full range of services being provided by the Community Council and other community and voluntary organisations. See www.carrigtwohillcommunity.ie.

At present, Carrigtwohill Community Council are actively looking for volunteers to work with projects such as Tidy Towns, fund raising functions such as Car Boot Sales and volunteers who might be interested in taking an active part in the compilation and publication of the Community Newsletter

The Community Council is also in the throes of organising a Medieval Festival which is proposed to take place in July 2009 and are seeking volunteers to assist with the project. People with management skills, finance, marketing or PR experience to assist with these and other projects would be more than welcome as volunteers.

People with an interest in volunteering should contact Ollie Sheehan at 087 8509213.

Yours sincerely,

Oliver Sheehan

Dear Editor,

As a blow-in to Carrigtwohill, I live in one of the new large housing estates. These estates are currently very well maintained by the developers but what will happen when they are handed over the care of Cork County Council?

I was alarmed recently to see press reports of a reply to a question raised by a Midleton based Councillor that stated that there was no money available to cut the grass on a roundabout.

Does that suggest the Council have no funds for grass cutting? Will we have meadows in all our lovely new housing estates? Will thistle and dock choke all the lovely shrubberies and flower beds?


Or will the residents of these estates get together and form residents associations to keep their surroundings in good shape? Experience both locally and elsewhere suggests that even if the Council have money for estate maintenance, it will only cut grass at best two or three times a year.

Perhaps the Community Council could facilitate the setting up of residents associations in each of our new housing estates? Maybe the Community Council could co-ordinate one contractor to do all the grass cutting?

Whatever happens, its an issue that should be addressed before the grass gets out of control.

Congratulations to the Tidy Towns committee on their excellent work in the public areas.

Name and Address with Editor



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Newsletter Distribution

The Community Council would like to say thanks to the following volunteers who distribute your newsletter.

Rocklands: Tony O'Floinn, Martin Corry
Castle Close/Avenue: Eileen Deane
Castle Road: Aileen & Liam Bunce, Tony Buckley
Fota Rock: Lorraine McCarthy, Suzanne Armstrong
Bog Road: Marianne O'Riordan, Pádraig de Búrca
Carrigane: Anne O'Mahony
Woodstock: Anne Cotter
Garrahanes: Sharon Bernard
Springhill: Wanny Waterman
Killacloyne: Mary & Sheamus Fenton
Castle Lake: Netta Browne
Cúl Árd: Shane Lynch and Bernie Condron
Carrig Downs: Joan O'Flynn
West End, Bán na Gréine: Cora Rohan
Maryville: Paddy Cowman
Ryan & Aherne Place: Kathleen Barry
Tara Court: Margaret Kidney
Pearse Place: John McCann
Station Road, Cluain Cairn: Pat Cooney, Caroline O'Sullivan
Ballyrichardbeg, Heamont: Margaret Long
Gortagusta, Ballyadam: Dermot and Marian Cashman
Waterrock: Sheila Boland, Pádraig Dalton
Annesgrove: Joan Scully
Terrysland: Anne O'Driscoll
Ballyvodock: Sharon McGrath, Robbie Sheehan
Ahanesk, Baneshane: James Horgan
Ballintubber East: Helen Greene
Castle Rock: Karen Horgan
Ballintubber West: Pat Golden, Jon Hinchliffe
Barryscourt: Sharon Bunce, Trish O'Brien
Main Street: Margaret Seanson
East Link Business Park: Annette Lane
Ballyrichardmore: Mary O'Mahony
Ballinabointra, Milebush: Anthony Barry
Clooneen, Tibbotstown: Geraldine Cashman
Fahydorgan: **Esme**

Apologies to anyone we have missed.

If you want to help, please contact Annette Lane at the Community Centre on 4882265.

Barryscourt Castle

Opening Hours

June - September:	Daily 10.00 - 18.00.
Average Length of Visit:	1 Hour
Last admission:	45 minutes before closing.
Admission charges:	Free of charge

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Admission Rates

Standard Prices

Adults	€13.50
Children (U16), Students, Seniors and Disabled	€9.00
Toddlers up to 2 years of age	FREE
Family Ticket [2 adults + up to 4 children]	€56.00
Wildlife Tour Train [one-way]	€1.00
Wildlife Tour Train [round-trip]	€2.00

Group Prices [for parties of 20 people or more]

Adults	€11.50
School-children (Primary & Secondary), Students, Seniors and Disabled	€7.50
Toddlers up to 2 years of age	FREE

Car Park Charges

Private Vehicles	€3.00	Tour Coaches	FREE
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CMP Dairy - Carrigtwohill Community Games

Community Games activities are up and running for the 2009 season.

Indoor Soccer was the first activity we were involved in this year. The teams had been training hard for the competition throughout the winter months under the watchful eye of Christopher Horgan. The County Finals took place at St. Anthony's Hall, Ballinlough on Saturday 7th March. Our U13 & U15 Boys teams were drawn against Glanmire. Each of these games were very evenly matched. All the boys played brilliantly with some fine individual displays. But at the final whistle Glanmire were ahead and now go on to the Munster Finals in Limerick.

U13 Boys Panel:

Darragh Behan, Brendan McCarthy, Shane Walsh, Stephen O'Flynn, Paul Barden, Paul O'Hanlon, Luke Kelly, Ciarán Gosnell

U15 Boys Panel

Shane Murphy, Garry Moriarty, Dylan Scriven, Maciek Beczek, James Ahern, Austin Creagh, Eoghan O'Mahony, Dean Twohig

Chess U12 Mixed.

Carrigtwohill hosted the County Finals of the Chess this year on Saturday 28th February.

Our U12 team had been busy practising their skills and emerged Gold Medal winners and went forward to represent us at the Munster Finals at the University of Limerick on Saturday 28th March.

Here they were pitted against the Kerry U12 team who have been champions for the past 2 years. Despite the best efforts of our team, Kerry went out winners and earned themselves a place at the National Finals, to be held in Athlone in May.

Well done to all concerned.

Team as follows:

Tom Willcock, Ryan O'Shea, Ben O'Leary, Aaron Burke, James Doyle, Tom O'Brien, Aaron Pender.

Art Competition

The local Art competition was run off with the help of both primary schools. There was a huge entry this year with very high standards in each age group, so much so that we had to award extra prizes.

We wish to thank Cork Artist, Mary O'Shea for her assistance in judging the competition for us again this year.

Thanks to all the children who entered and congratulations to the medal winners.

They were as follows: -

Girls:

U8: 1st Moreen Komden. 2nd Saoirse Deane
3rd Leah Buckley
Sharing 4th Place. Taylor Keohane; Niahm Twohig & Wendy Abanun.

U10 1st Shannon Browne. 2nd Susan Higgins.
Joint 3rd: Hannah Conroy & Kate Bourke.
Sharing 4th Place. Ciara O'Gorman; Chloe Barry & Louise Horgan.

U12 1st Amy Stainer. 2nd Carol O'Donoghue.
Sharing 3rd Place: Claire Doran, Mella Weber & May Weber.
Sharing 4th Place: Ciara Fitzgerald; Olivia Roche & Aisling Murphy.

U14 1st Maeve Sheehan 2nd Cliona Williams.
Sharing 3rd Place: Rachel O'Donoghue, Faye Cooney & Caoimhe Flynn.
Sharing 4th Place: Sarah Grimes; Naomi Cashman; Natalie Barry.

U16 1st Misia Szreder.

Boys:

U8 1st Kevin Liu. 2nd Darcy Browne
Sharing 3rd Place: Gary Yeriskin; Kevin O'Mahoney & Resty Makinano.
Sharing 4th Place: David Ike; Tymon Zurawski & James Byrne Mellis.

U10 1st Shane Devine. 2nd Gary O'Brien.
Joint 3rd Jack Scully; Tobi Fawole.
Sharing 4th Place: John Lane; Kevin Cody & Ryan O'Donovan.

U12 1st Aidan Bourke.
2nd Ronan Donnolly.
Joint 3rd Henry Conroy & Cillian Carty Blake.
Joint 4th John Hyde & Dylan McCann.

U14 1st Daniel Hyde.
2nd Wei Liu.
Joint 3rd Michael Deasy & Joseph Ronayne.
Joint 4th Timmy Quilligan & Corey Aherne.

Congratulations to all. Those who qualified (1st & 2nd Place) went forward to the County finals in Mitchelstown on Saturday 4th April.
Best of luck everyone.

Community Games Activities

There are approximately 30 activities in the Community Games calendar each year.

Individual Events:

Art	Model Making	Cycling
Gymnastics	Judo	Swimming
Athletics		

Team Events:

Badminton	Basketball	Camogie
Chess	Choir	Draughts
Gaelic Football	Handball	Hardcourt Tennis
Hockey	Hurling	Olympic Handball
Pitch & Putt	Rounders	Rugby(mini)
Rugby (Tag)	Skittles	Soccer – Outdoor
Soccer – Indoor	Table Tennis	Variety
Volleyball	Quiz	Cross Country
Mixed Distance Relay		Project

Culture Corner

Set Dancing/Traditional Dance
Modern Group Dancing
Group Singing
Group Music/Drama/Comedy Sketch

If you have an interest in competing any of the above activities and are aged U8 to U16 and living in the parish contact any of the following for more details: -

Catherine Ryan	Anna Fitzgerald	Jimmy O'Reilly
4883472	4883484	4883487

Dates for your diary:

Local Athletics: Friday 15th May.

County Athletics: Saturday 13th June
at CIT track.

Church Gate Collection: 2nd & 3rd May 2009

Here's hoping for a successful 2009 season.

Happy Easter Everyone

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Ladies Football Presentation



Anthony Barry (on right) making a presentation to the outgoing Chairman of Carrigtwohill Ladies Football Club Arthur O'Leary



Tree Planting
Catherine Mille and Jan Derveaux

Tidy Towns Parish Cleanup

Saturday April 25th from 10:30 am - 12:30

Bags and gloves provided at Community Hall. If you wish to cleanup your own area contact Oliver on: 087 8509213.

Take pride in your parish and make it a fun morning with friends and family.

All Welcome!

Millipore Ireland BV take over maintenance of landscaping at both Tullagreine Roundabouts.



Fota House and Gardens

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	Summer	Winter
Dates	1st April - 30th Sept	1st Oct - 31st March
Monday-Saturday	10am - 5.00pm	11am - 4.00pm
Sunday & Bank Holidays	11am - 5.00pm	11am - 4.00pm
Last Admissions to House	4.30pm	3.30pm

Admissions

Adults	€5.50
Senior Citizens/Students	€4.50
Children	€2.20
Families (2 adults and 3 children)	€12.50
Group Rates (groups of 15 and over)	€4.50

Local Authority Liaison

By Mary O' Mahony

Carrigane Road

Good news for Carrigane road residents. Work is due to commence shortly on the much needed widening of the road and new footpaths. The summer is on the way and hopefully good weather and we are all hoping for good progress.

Roads

The state of our roads after all the rain and ghastly weather has left our roads in terrible condition. However with funds dramatically cut it looks like very little can be done this year outside of keeping the potholes at bay.

Street lighting

It is very disappointing that we had another dark winter on the western side of the village from Tullagreine. However Mr Paul Collins who has replaced Noreen O' Mahony in public lighting at county hall has informed me that we are top of the list even though the building boom seems a distant memory. There is a hefty backlog of lighting to be caught up with and hopefully we won't have much longer to wait. Tara Court had a very dark winter, but thankfully funds were made available and now it is completely lit up.

Bus Shelters

Mr Martin Grace has recently surveyed our area in relation to erecting much needed bus shelters and is satisfied to go ahead with them at a future date. However like everything else at the moment due to the economic circumstances he has said that it will be more likely early next year. I know it is not a good situation for people to be waiting in the wind and rain and I have asked him not to waste time in going ahead with the job.

Traffic and Transportation study

The Traffic and Transportation study is now complete and is being studied at the moment. Development around the village has been put on hold and we look forward to progress in the near future.

Litter

Litter is an ongoing dilemma in our community and surrounding areas. Anyone who witnesses littering should please contact the litter warden at 021-4276891.

Tree Planting at the Well Lane



GE Healthcare staff who spent a day planting trees at the Well Lane.

L to R: Paul Nolan, Tom McDonagh, Caroline Pille, Jan Derveaux and Vincent Cashman from Community Council

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Back In Pain.

As the evenings lengthen and the spring buds emerge, many of us start doing some essential DIY or getting the garden back in shape. Unfortunately, especially as we get older, many of us feel it more – especially in our backs. This month's article focuses on back pain; what causes it and what we can do to prevent it.

What causes it?

Most cases of back pain are due to 'soft tissue injury'. This refers to some upset in the muscles, ligaments or small joints around the back. Lifting something heavy or a twisting injury may cause this, but in many cases there is no obvious cause. 80-90% episodes of back pain will settle within 8 weeks. Unfortunately people who experience an episode of back pain like this may experience other episodes in the future – however this doesn't mean that there is something serious wrong with your back.

Local heat, massage and use of simple painkillers such as paracetamol will help. Stronger over the counter medicines such as neurofen are also helpful, but these shouldn't be taken long term and need to be avoided if you have a history of tummy problems or are taking any medicines for blood pressure or your heart. It's important to keep as active as your pain allows. You are likely to recover more quickly and are less likely to develop chronic back pain if you keep active rather than rest a lot. Sleep in the most naturally comfortable position on whatever is the most comfortable surface – there is no evidence that a firm mattress or sleeping on the floor will benefit your recovery.

Less commonly people will experience nerve pain in their back. Like soft tissue pain, this usually presents as pain that is worsened by movement (even coughing) and eased by rest. However it is also associated with pins and needles. *Sciatica* is a condition where something (e.g. an inflamed muscle) presses on the main nerve going down your leg, giving pins and needles in the back of your leg. A '*slipped disc*' is another cause of nerve pain. (A disc does not actually 'slip'. What happens is that part of the inner softer part of the disc bulges out through a weakness in the outer harder part of the disc.) The prolapsed part of the disc can press on a nerve nearby. In many cases nerve pain will settle itself, however nerve pain should be seen by your GP for initial diagnosis.

As we get older *osteoarthritis* (sometimes called 'wear and tear') becomes more common. This presents as back pain, which comes on at the end of the day. Rest usually eases it. Because it's a long-term condition, its best to 'invest' in your back by following a regular exercise program to strengthen the muscles and ligaments of your back

Recently, we are hearing more about *osteoporosis*. However,

this usually doesn't cause pain until it is established. Osteoporosis is a condition where the bones become thinner and can break more easily. As we get older this happens to our bones naturally. As we are living longer, more people are being diagnosed with this condition. It is especially associated with the menopause; as our ovaries shut down the protective benefit of the female hormone oestrogen fades away. However men can get osteoporosis too – especially if they have been taking certain medicines e.g. steroids.

When should I see a doctor?

Obviously if you are taking any regularly prescribed medicines or have a history of serious illnesses you should let your GP check you out. Similarly any back pain that isn't settling should be assessed by your doctor, mainly to ensure that there is no serious underlying cause. Symptoms that need urgent assessment include feelings of pins and needles around the tops of your legs and groin ('saddle' area), difficulty passing water, bowel incontinence, weight loss or fever. You should also see your doctor if your first episode of back pain happens when you less than 20 or over 55. .

In most cases a back X-ray will not help in the treatment. This is because X-rays show up our bones, not the discs or soft tissues surrounding the back, which is frequently where the trouble lies.

What can I do to prevent back pain?

Keep fit! Exercise strengthens the muscles of the back, neck and stomach. This makes injury less likely. It also makes the back more flexible, increasing its range of motion and endurance. It relaxes the back and can reduce pain. Exercise is free and has no negative side-effect. Start small and build up slowly. If you have any medical condition especially if you have a history of back injury, you should check with your doctor first. Physiotherapists are very helpful in assessing your back and advising you on the types of exercises suitable for you.

Stop smoking! Smoking increases your risk for osteoporosis and disc problems

Loose weight! This will reduce the stress on your back and other joints (especially ankles and knees)

Pay attention to posture! Stand up tall & proud.

Be careful lifting! Avoid bending your back, rather bend at your knees when lifting, tying shoes etc. Pay attention to your surroundings e.g. the floor is dry and clean, and that the area is well lit.

Further information

The Back Book is a reliable source of information. It is written by a team consisting of a GP, orthopaedic surgeon, physiotherapist, osteopath, and psychologist and provides comprehensive advice. Roland, M.O et al. (2002) *The back book*. London: The Stationary Office.

Dr. Martina Kelly, Woodstock

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Carrigtwohill Youth Café
“Our Gaff”
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EVERY Tuesday and Friday
Volunteers needed

The Carrigtwohill Youth Café which is named ‘Our Gaff’ opened on the 15th February 2008 in the Carrigtwohill Community Centre. It is open to all young people in the Carrigtwohill area aged 13 years and over.

Our Gaff is open on Friday nights from 8 - 10 o’ clock and it is supervised by local volunteers. There are on average 30 young people using the youth café which is a safe fun environment for young people in which to socialise and engage in constructive activities that will enhance their social skills.

It is a smoke, drug and alcohol free environment. The youth café provides young people with a space to “hang out” and has the following facilities: pool table, table tennis, soccer, flat screen T.V. with sky and cookery facilities.

Every Monday evening the youth café youth committee meet up from 7-9pm in the youth café. The youth committee are responsible for ensuring that the tasks involved in the day-to-day management of the youth café are carried out on behalf of the café members. They meet and work as part of a team in close co-operation with the adult leaders. The committee members are planning a summer trip to Delphi outdoor pursuits centre and hope to raise money through a sponsored walk from Killarney to Kenmare.

Following from the success of the Friday evenings we have now introduced a new additional Youth Café night, on Tuesday evenings from 7 to 9 o’ clock. This will be aimed at older teenagers 15-18 years of age. Currently there is a small group of girls attending but all new members are welcome. The group has just started music workshops and hope to do Hip –Hop dancing in the near future.

For Our Gaff to be an ongoing success it will require volunteers over the age of 18, if you would like to volunteer your time please contact Denise Cahalane on 086-9677538 or call to Family Resource Centre, Carrigtwohill.

Every Monday evening from 5pm-7pm a group of aspiring film- makers meet up and are currently editing their film which they hope to submit to the Cork Youth International Festival in May. If any young person is interested in film making, please contact Denise

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Margo Mulcahy of BAM Gable, Castllake presents a cheque to Anthony Barry Chairman of the Ladies Football Club. Also in picture Olivia Buttimer and Ger Barry

Parish Cleanup
April 25th

Psychological Benefits of Exercise

A regular exercise routine benefits us on a psychological level. Read on to know about the psychological benefits of exercise.

An example is Mark always felt lethargic at work. Despite being a good performer, he never felt enthusiastic about things. There were days when he sunk into deep depression.

And then, there came a moment when he even lost his self-confidence. Mark's hectic lifestyle did nothing for his mental and physical well-being.



ates a sense of happiness reducing the feeling of depression.

It has been observed that people who exercise daily are capable of tackling difficult situations in a positive manner as compared to people who don't exercise. Positive energy helps in clarity of thought.

A Sense of Alertness

Mark is not the only person to lead such a life. There are millions like him who do not include an exercise routine in their daily schedule. Maintaining an exercise program in one's daily life should be the topmost priority especially for working professionals. Any form of exercise will always have a positive effect on our body and mind. Apart from benefiting us physically, a regular exercise routine also has many psychological benefits. However, not many are aware about all these wonderful benefits. On this note, read about the psychological benefits of exercise that will shed light on the importance of exercise.

Psychological Benefits of Exercise:

Increased Confidence in Self

Exercise helps one to look good and feel beautiful from within. A healthy and fit body also means a happy frame of mind leading to mental well-being. This further makes a person confident about his/her abilities. This confidence is reflected in professional and personal relationships. When a person feels good, the confidence level will always be soaring sky high!

Positive Energy in Mind and Body

Any exercise activity such as cardiovascular exercise or aerobics helps to reduce stress, apart from burning fats. After an exercise session, positive energy flows throughout the body. A person tends to feel more refreshed, due to a greater flow of blood to the brain. This also releases endorphins which gener-

ates a sense of happiness reducing the feeling of depression. It has been observed that people who exercise daily are capable of tackling difficult situations in a positive manner as compared to people who don't exercise. Positive energy helps in clarity of thought.

All the lethargy and/or moody behaviour is driven away with regular exercise. The mind tends to stay alert, thus enhancing a better level of concentration and memory. With an improved flow of blood, oxygen and necessary nutrients to the brain, a person feels positive and alert even in the most difficult situations. An active and healthy body also induces a good night's sleep, as a person tends to fall asleep naturally.

Reduces Stress and Fatigue

Working professionals these days often tend to feel bogged down at work. There are times when a person feels extremely fatigued without really exerting the body, physically. Frustrations due to work issues and family pressure leads to more disappointment. However, people who exercise regularly are better equipped to tackle such problems. Daily problems seem minor and a person used to any form of exercise does not really feel stressed about trivial issues. Exercise reduces frustration levels and makes a person feel good from within.

These were some of the most important psychological benefits of exercise. So, let's stop being a couch potato and make a vow to exercise daily.

One step in the right direction will benefit in the long run. So, don your exercise gear to discover a new positive: You!

Mary O'Brien

Equestrian Award for St. Aloysius Girl



Evelyn Healy of Waterrock and St. Aloysius College, individual winner of the Inter Schools equestrian events at Ballyrafter with Tony Lee Principal and Margo Hartnett Vice Principal.

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Carrigtwohill GAA Club

Pairc Seamus de Barra

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Carrig GAA in Dubai

On the 19th January 2009 a group of 27 players and supporters representing Carrigtwohill GAA club left the club grounds on route to Dubai to take part in the Annual Dubai Sevens which are organised by the Dubai Celts GAA Club in Dubai.

Carrig entered 4 teams in the competition - 2 teams in both codes.

6 teams took part in the hurling section made up of Carrig A and B, Dubai Celts A and B, Civil Services Dublin and a team from Abu Dhabi.

This was a very successful outing for the club as we carried home the title in A Hurling beating Dubai Celts in the Cup Final 4.7 - 1.1. We also qualified for the plate final where we won beating Dubai Celts B 5.1 - 0.6.

In the football section of the competition Carrig again entered two teams and again qualified for the finals in cup and plate sections. 10 teams took part in the football competition. In the final Carrig defeated Dubai Celts A 6.7 - 1.3 but unfortunately lost to the same opposition in the plate final 1.3 - 0.2

In total Carrig played 6 hurling games winning 5 and played 10 football winning 8.

To round off a very successful competition, Carrig players took home the player of the tournament in both hurling and football with Seanie Farrell taking the hurling crown and Denis O'Connor taking the football honours.

Annual Social

On the 7th of March last we had our club Social in the Midleton Park Hotel. This was a joint venture with the Camogie Club the Juvenile Club and the Ladies Football section.

221 people attended the social at which medals were presented to the various victorious teams from the different sections of the club.

Highlight of the night was the presentation of the Club man of the year award which went to the popular Christy Santry. The band on the night provided great entertainment. The floor was full all night with many a weak back and hamstring were tested to the full.



Conor Counihan, Cork Football Manager presents an award to Brendan Horgan Captain of the Minor Football Team. Included is Paddy Vaughan (on left), Club Treasurer and Niall Barrett Chairman (on right).



Christy Santry - Clubman of the Year

L to R: Niall Barrett Club Chairman, Christy Santry, Simon Ahern, Ahern Centra and Paddy Vaughan Club Treasurer.

Cork County Senior Hurling Championship
Saturday May 2nd
Pairc Ui Caoimh

Carrigtwohill v Blackrock

(Also on: Blarney v Na Piarsaigh.)

GAA Club Officers

President	Willie John Daly
Chairman	Niall Barrett
Vice Chairman	TBC
Secretary	Pat Foley
Treasurer	Paddy Vaughan
Assistant Treasurer	James Roche
P.R.O	Tony O Flynn
Cultural Officer	Peter Hogan
Fixtures Secretary	Peter Hogan
Insurance Officer	John O'Brien
Registrars	Jim O'Rourke and Jim McCarthy
County Board Delegate	TBC
East Cork Board Delegate	Michael Rohan, James Roche, Peter Hogan and Tim O'Connor

Committee:

Charlie Walsh, Neilus Kidney, Denis Walsh, James Horgan, Michael Fitzgerald, John Flannery, Peter Hogan, JJ Barry, James Roche, Sean Buckley, Maurice O'Donoghue, Jimmy McCarthy, Niall Forbes, John O'Mahony, Michael Rohan, Donie Collins, Tim O'Connor, Brian Murphy, Eddie O'Riordan and Niall Kidney.

Hurling

Senior

Manager	Denis Walsh
Selectors	Maurice O'Donoghue, Eoin O'Mahony and Tomas O'Brien

Junior A

Manager	Niall Forbes
Selectors	Paul Forde, Finbarr Rohan and Pat O'Connor

Junior B

Manager	JJ Barry
Selectors	Billy Landers and Brian Murphy

Under-21

Manager	Sean Barrett
Selectors	Michael Barry and Sean Barry

Minor

Manager	Michael Fitzgerald
Selectors	Noel Gubbins, Brian Murphy, JJ Barry and Noel Kidney

Football

Junior A

Manager	Ned Barden
Selectors	John Horgan and Jim O'Connor

Junior B

Manager	Tim O'Connor
Selectors	Dave Carroll and Niall Barrett

Under-21

Manager	Junior Buckley
Selectors	Paul Keegan, Patrick Sullivan, John Ronan Jimmy McCarthy

Minor

Manager	Dominic Cronin
Selectors	Dave Carroll and Tadgh Donovan



Selectors of the history making Carrigtwohill U-16 Football County Championship winning team.

L to R: Tadgh O'Donovan, Tomás Aherne, Ger Barry and Dave Carroll.



Selectors of the Carrigtwohill Minor A Football League Winning Team.

L to R: Dominic Cronin, Niall Barrett and Mattie Foley



Enjoying the Annual Social in the Middleton Park were Ger Horgan, Phil O'Connor, Sheila Boland and Tim O'Connor

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Ladies Glenmary Basketball Team Win County Championship

In a very close and exciting match at the Neptune Stadium in Cork, the ladies of Glenmary Basket ball Club overcame Mallow by just two points, 42 to 40 to win the 2009 County Chamoionship.

The team coach was Colman Walsh and team members were:

Rosie Coffee, Aoife Burke, Sheila Buckley, Linda Clinch, Louise Lane, Niamh Pearson, Lyndsey Horgan, Maura Fitzgerald, Jamie Reddy, Kate McDonnell, Trisha Bamber, Miriam Buckley, Joan Buckley, Louise Hedderman.
The MVP was Miriam Buckley

Carrigtwohill Community News

All input for inclusion

in the next issue to

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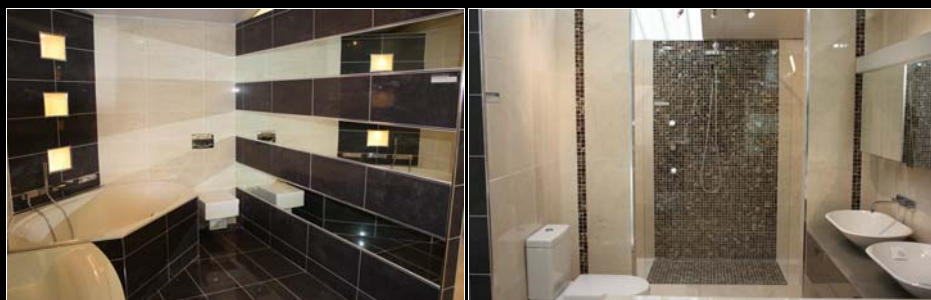


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- Repair your credit rating with mainstream banks and lenders
- Enjoy the comfort of the additional cash in your pocket each month!!!!



Call today, make an appointment and relieve the stress of your finances !!!!!

Tel: Christy Santry

087-6364555

Office : 22 An Rodán, Cúl Ard, Carrigtwohill, Co Cork

Warning: You may have to pay charges if you pay off a fixed-rate loan early.
This new loan may take longer to pay off than your previous loans . This means you may pay more than if you paid over a shorter term.
The cost of your money repayments may increase – If you do not keep up your repayments you may lose your home

Christy Santry is regulated by the Financial Regulator as a Mortgage Intermediary