

Carrigtwohill Community News

Issue 20

Summer 2012



Tidy Towns Projects

CARRIGTWOHILL CULTURAL STREET FESTIVAL

Sunday, 26th of August 2012
2pm to 6pm

Children's activities:

- Face painting
- Pony rides
- Family fun dog show and small farm animals
- Hook a duck
- Lucky dip
- Peg competition
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fun

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**We extend our deepest
sympathy to the families of the
following Carrigtwohill people
who passed away since our last
issue.**

May they rest in peace.

April 18th
Paul Donegan
West End, Carrigtwohill

April 26th
Elizabeth (Betty) Coleman
West End, Carrigtwohill

June 10th
Jimmy Fitzgibbon
London, Waterford and
Carrigtwohill

June 25th
Donal Harte
Carrighoun House, Carrigane



**Veteran Community Activists
John Healy and John Dennehy**

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and abroad*

*Carrigtwohill Community
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is available on the web*

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www.carrigtwohillcommunity.ie*

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Local Contacts

Parish Priest:

Fr. Anthony O'Brien, P.P.,

Parochial House, Carrigtwohill.

Tel - 4883236 or 087-6834193

Curate:

Fr. Gabriel Bourke

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 Centre

4882265

Resource Centre

4883122

Emergency

999

Gardai-

Carrigtwohill

4883222,

Cobh

4908530,

Midleton

4631478

Alcoholics Anonymous -

4500481

ACCORD - (Marriage Counselling) -

025-32249

CURA - (Pregnancy Counselling) -

022-21259

Samaritans (Local Call) -

1850 609090

Crisis Pregnancy helpline

021-4276676
(9 till 5pm)

Doctors

Dr. M. Barry

4883895

Dr. H. Doran

4883176

Dr. B. Jordan

4631234

Dr. P. Kennedy

4883162

Dr. G. McLoughlin

4883162

Dr. Sushil Ranga

4853831

Dr. M. Thompson

4883895

Dental Practice

4533864

Community Nurse :

Resource Centre

4883367

**Enquiries about this Newsletter to
Annette Lane
Carrigtwohill Community Centre
Main Street.
021-4882265**

Roche's Garage

Phone: 021-4883112 Fax: 021-883365

Christy Mobile: 086-2577697 Paddy Mobile: 087-2577697

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About Think Big

Think Big is a programme designed by O2 and Headstrong to enable young people to do projects in their community that make a difference to young peoples' mental health.

So what does this mean?

Well, we want to hear about any ideas for projects you might have that would make a difference to young people and their mental health. We'll be selecting projects that we think have the potential for a big impact and we will help and support you to make them happen.

So what's Mental Health?

Mental Health is all about looking after your head. It sums up how well we can manage the day-to-day challenges that we face and how we cope with stress. If we have good mental health we can deal better with the people we meet everyday and feel good about ourselves. Lots of things can make us feel stressed, fed up or confused about who we are. Having good mental health doesn't mean we'll never face tough times but does mean we know how to get through them.

What do I need?

If you're aged between 14 and 25 and you've got an idea for a project, you're on your way. If you think your idea can help other young people and promote positive mental health, then we'd like to hear from you. Your project will need to be based in the Republic of Ireland or if you're in Northern Ireland we can share it with our UK counterparts; Think Big UK, who manage the programme there.

Want to get involved?

Submit an idea and if your project gets the go ahead you'll enjoy.....

- Up to €300 cash
- A day's training
- An O2 mentor to help you
- Start-up pack, phone and €50 topup

<http://www.o2thinkbig.ie/>

Bán na Gréine Estate

The one bit of recurrent negative feedback that my fellow resident and friend Eileen Murphy and I get from the other residents of our estate is that we very rarely get a mention in the Carrigtwohill Newsletter.

So to put a wrong to right and to change all of that I am sitting down to type up a brief piece on our estate with input from Eileen as we had a very quick deadline to meet!

For those of you who may be new to Carrigtwohill and might not have heard of our estate, Bán na Gréine is neatly and conveniently tucked behind Maryville estate at the west end of the village. There are 44 houses in our estate with two decent size grass areas in front of the houses.

The majority of us have been living in the estate nearly 9 years so the estate is a new one not on the old maps of Carrigtwohill.

We were encouraged and assisted in the early days by Carrigtwohill Community Council to set up a Resident Association which we duly did. They also gave us the contact number for Tommy Murphy of T&N Landscaping who has cut and maintained our two grass areas from the start and has done a great job from the word go.

Over the years we have made improvements to our estate but this year with the help, advice and encouragement of Carrigtwohill Tidy Towns we have upped the ante. See photos of our estate which shows 2 snapshots of the pride we take and we aim to continue this great effort by all in the estate.

We wish to acknowledge the parents of

children in our estate who have taught and are teaching their children about picking up and disposing their litter properly after them. This has been a great success and it's a credit to all the children in our estate and their parents who are taking great pride in keeping our estate litter free.

We also wish to acknowledge and thank Michael Clancy of Fota Garden Centre who did the planting around the ESB box at the entrance to our estate and Michael Mackey of Mackey Stoneworks who we have to thank for our lovely rock name place.

Breda Hennessy,
Bán na Gréine Residents Association



Carrigtwohill Community Centre

Car Boot Sales

Sunday September 2nd

Sunday September 30th

Sunday October 28th

Contact: Margaret 086-3030196 or Annette 021-4882265

If you would like to help out at the car boot sales (just a few hours every two months) please contact Margaret or Annette

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1 lb Minced Steak

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1 lb Stewing Steak

1 Large Bacon Joint

3 Chicken Fillets

6 Steak Burgers

Community Radio

COMMRAD2012 is a new Organisation of people who are interested in setting up a Community Radio Station. We are currently submitting an Application to the BAI for a Licence to Broadcast.

The Licence application will take at least 3 months to process with the BAI. This licence will be for 30 days of broadcasting to a radius of 7 miles , effectively from Little Island to Middleton. We plan to broadcast over thirty Saturdays from issue of licence.

At the moment we have approx 25 members (and rising) of all ages and Nationalities from across the Broadcast area.

Even though we will be broadcasting from Carrigtwohill , we see the COMMUNITY we will be broadcasting to as the seven mile radius of the Station. For more info on the Community Radio ethos, please go to www.craol.ie

If you would like to be part of this venture , please email commrad2012@gmail.com or text 086-1915904.

Vandalism in the Village



Recently, in the early hours of the morning, one of the trees planted by the Tidy Towns Committee outside the new Resource Centre was vandalised. If you can help identify the vandals, please contact the Gardai or any Tidy Towns member.

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Carrigtwohill Flower and Garden Club

Open Garden Trail - June 2nd

Carrigtwohill Flower and Garden Club Charity Open Garden Trail held on June 2nd 2012 was a huge success and raised almost €10,000 for the two benefiting charities, Our Lady's Hospital for Sick Children in Crumlin and Marymount Hospice, Cork.

Our thanks to Ballyseedy Home and Garden Centre who very kindly sponsored teas and coffees and the use of their centre to start off the Trail.

The gardens on show to the public were:

- Barryscourt Castle sixteenth century style garden by kind permission of the OPW.
- Alice and Eamonn McSweeney's large family garden in Ballintubber.
- Mary Stack and Noel Hurley's cottage style garden in an urban setting at Rocklands.
- Josephine and Anthony Barry's very colourful garden at The Rock.
- Anne and Noel O'Keeffe's one acre herbaceous and rare plants garden also at The Rock .
- Helen and Tomas Aherne's family and kitchen garden on an elevated site at Garranes.
- Carmel and Wanfred Waterman's large garden including a secret woodland area at Ballinbrittig..

All the gardens are very beautiful and very different.

A special thank you to Carrig Print for sponsoring all the printing required for the day.

The club would like to thank the hundreds of people who braved the very wet weather conditions on the day to support the charities, and of course the gardeners who had to work very hard for months prior to the open day to have their gardens in tiptop shape for the trail.

Thanks to David Keane for the photographs
www.davidkeanephotography.com



Pictured at the start of the garden trail at Ballyseedy: Chairman Noel O'Keeffe of the Flower and Garden Club with Helen Aherne, Alice McSweeney, Councillor Tim Lombard Mayor of County Cork, Ollie Sheehan Chairman of Carrigtwohill Community Council, Valerie Cogan from Marymount Hospice and Friends of Marymount Pat Maher, Noreen Walsh and Rose Meade.



Kathleen O'Brien, Ann Murphy, Sheila Crowley and Pat Golden



Tomas Aherne, Joanne Aherne, Betty Williams, Julie McCarthy and Helen Aherne.



Anna Fitzgerald, John Fitzgerald, Helen Fitzgerald and Anthony Barry

Fota Rock Residents Association

The Fota Rock Residents Association would like to thank all who have contributed to our activities so far this year. We would particularly like to thank those who have helped by collecting the annual voluntary contribution and those who have participated with the monthly clean-ups.

As ever, the grass-cutting has been the main activity carried out by the association. Despite the difficulties caused by the wet weather, Tommy, Neilus and the rest of the team at T & N landscaping have done a great job. It has not been an easy task with soft ground conditions limiting the opportunities to work on the estate, but we would like to thank the lads for their professionalism and dedication. Also we hope to carry out more work on the planted areas in the autumn when the conditions are more suitable with the help of T & N.

Fundraising

As ever fundraising has been a lot of work this year. Many thanks to all who have contributed to the fund in such financially difficult times. Despite the hard work from the volunteers, we have a long way to go to meet our basic landscaping and clean-up costs.

The graph shown illustrates just how this years fundraising has lagged behind last year. If you have not paid please consider that your neighbours are having to cover the costs and I don't have to explain that we all benefit from having a well maintained estate.

We as an association take our responsibility very seriously and we owe it to the residents who have paid to spread the costs as evenly as possible.

It may mean that the contribution amount will have to increase in the future if we don't all contribute something.

If you would like to contribute please contact us at 087-2040646 or drop an envelope marked with your address to 30 Ash Road.

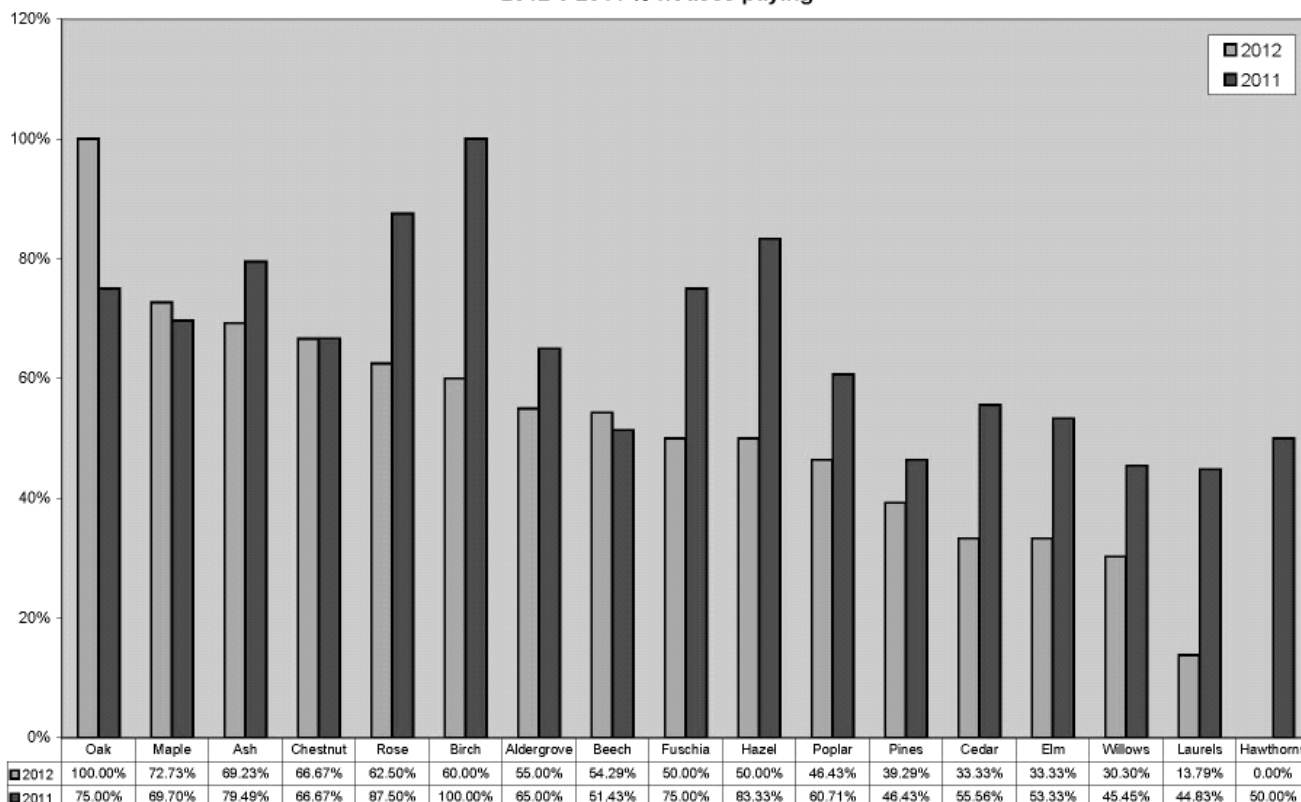
Road Safety

Finally the board of management is making slow but steady progress in improving the road safety and the replacement of the N25 timber fence with a concrete wall.

Communications have been established with the County Council and with the NRA and we have been getting widespread support from a number of local TD's and councillors. It is a slow process but at least as an association we are able to speak with greater weight and so far they seem to be listening.

Whether they act or not is another story but we will keep pushing to make Fota Rock a safe and secure home for all.

2012 v 2011 % houses paying



The Shedders at Carrigtwohill Community Shed have begun to reap the fruits of their labour!

Over the coming weeks, the shed plans to take on it's most ambitious and daunting project yet; the restoration of a vintage car. We are currently on the lookout, scouring the internet, local papers and even the odd field for a suitable project.

And that is where YOU come in! You (yes, you) are invited to help out by looking for an old vintage car or by helping in the restoration of the vehicle once it's rolled up at the shed. We know there is a huge level of expertise in and around the Carrig area, and we are hopeful that members of the public will read this article and decide to call in to offer some assistance. Even if you are new to mechanics, please drop in to see what's happening – if you fancy learning about cars, this is your chance... and it's free!

A Men's Shed is just a basic community shed that's open to everyone in the community. It's a place where lads work on projects that they plan themselves and enjoy banter and company for a couple of hours per week. The Carrigtwohill shed is always looking for new members, it's free to attend, and you don't need to commit to attending every week.

To give you an idea of the other distractions that take place in a shed read on: Potatoes, lettuce, onions, radishes; you name it, we grow it! Earlier this year, the gang built 3 raised vegetable beds and several slug proof window boxes for lettuce. After much care and attention by our green fingered head gardener the seedlings found their way to the dinner table.

Happily fed, the group turned their energies to the next major project, the revamp of the 2002 Yamaha Neos. Having sourced various parts the resident mechanic extraordinaire turned the key and fired up the beast. With the shed filling with smoke, we celebrated the rebirth of the bike.

With the final pieces of fairing on route the bike will be ready for resale in the coming weeks.



Now, smelling of radishes and 2 stroke, it was time to take to the high seas and pop over the foam to East Ferry for a pint to reflect on a successful few weeks. In the shed it's not about doing everything perfectly; it seems to be more about the craic fellas get from tinkering with a lawn mower engine or eating something they've planted themselves.

So, if you have an hour to spare and if you fancy rebuilding a vintage car, doing some hill walking, growing your own veggies, and drinking gallons of coffee, then we'd be delighted to see you at 7pm on Thursdays or 11am on Saturday mornings.

We are located in Castl lake on the site next to the Ard Carrig apartment complex.

If you would like any further information about what we do please ring Peter on 087-7545787.



Tuesday Club visit President Michel D. Higgins at the Áras



Eight members of the Carrigtwohill Tuesday Club were invited to meet President Michael D. Higgins on March 19th 2012 at Áras an Uachtaráin.

All members names were put in a hat and the lucky people drawn to meet with the President were: Maria Kelleher, Margaret Corcoran, Mary Aherne, Eleanor Geraghty, Sister Eucharía, Margaret Kidney, Dorothy Craven and Kathleen Colbert.

The other Tuesday Club members also travelled to Dublin but went on a shopping trip to Dundrum Shopping Centre. A great day was had by all. The Club will reopen in September and new members will be very welcome.

Carrigtwohill Cultural Street Festival Sunday August 26th

That time of year is drawing closer when the annual Carrigtwohill Festival takes place. This year the Festival is being held on the 26th of August and runs from roughly 2pm until 6pm.

While the last three years saw the hosting of the very successful Medieval Festival, Carrigtwohill's Community Council felt that the Medieval Festival was not just growing in success but that it was also growing in size. Therefore it has been decided to return the event to the traditional style. As a result, this year's Festival will be held in the village's Main Street and Community Hall.

Even though the Festival will be a smaller event there will still be a large number of activities on the day. Indeed a lot of attention has been put into the organising of family activities and entertainment, especially for children.

Face painting, hook a duck, lucky dip, gymnasium and TaeKwon-Do displays and the very popular pony rides are just some of the events lined up.

In addition, a number of the usual favourites will return including tug-o-war, army obstacle course, old time kitchen, vintage cars and steam engine, Irish dancing and pig on the spit.

The crowd-pleasing old time threshing and sheep shearing are also on the agenda. There will be a selection of live music by local musicians including Hell for Leather who will play in the main street from 6pm until 9pm.

Live music will also be provided by the local pubs late into the evening.

A new addition to this year's Festival will be cultural presentations on stalls by some of the various nationalities living in Carrigtwohill and its surrounding townlands. The Committee is very happy to have the opportunity to involve new residents to Carrigtwohill in the Festival. This will also be an opportunity for older established residents and relatively new residents to get to meet and know each other.

In spite of the wet weather that we have been experiencing these past few months the Committee is hopeful that the sun will shine on the day. All are welcome.

Cost of entry is five euro for adults, two euro for senior citizens and children are free.



GE Healthcare Announce \$10 million investment

GE Healthcare, on August 1st, announced a \$10 million investment in their manufacturing facility in Carrigtwohill.

The \$10 million will be invested in a new production suite that will see the site's manufacturing capacity increase by over 50% and the workforce increase from 450 to almost 500.

The announcement by GE Healthcare comes as the Carrigtwohill site prepares to celebrate 20 years in Cork.

East Cork Glenmary Basketball Club

It's the start of a new season and the club hopes to build on last seasons finish, where our ladies team retained their premier division status and our men narrowly lost out on the top four of Division 1 and the semi final of the championship.

While there was no silverware for the club, there was individual awards for the players at the club night which was held in Guilders Bar.

The most valuable player awards went to Kevin Lomasney and Aoife Bourke and our most improved player awards went to Clive Horgan and Lisa White.

The new season will tip off very shortly with our men's division 1 team taking part in their pre-season tournament which is a round robin series of games against the other teams in the division.

The ladies will start off their league campaign in September.

If anybody is interested in playing with us the ladies team training takes place at 7.00pm on Wednesday nights in Glenmary hall, our men's team follow them at 8.15pm to 9.30pm.

We also hope to run non-competitive games one night week which is yet to be confirmed.

Anyone looking for details of regarding the competitive training or non competitive training can contact Kevin Ginn at 087-6485405 or Brian Ginn at 087-9428628.

Money Advice and Budgeting Service MABS

The Money Advice and Budgeting Service (MABS) is the only free, confidential, independent and non-judgmental service for people in debt, or in danger of getting into debt, in Ireland.

Their Helpline (0761-072000) operates Monday to Friday from 9am to 8pm.

You can also send an email to helpline@mabs.ie if you have any questions. They are a national service with over 60 offices nationwide. For details of your nearest office, visit the [Contact MABS](#) area of their website.

The Citizens Information Board have statutory responsibility for MABS.

MABS is funded and supported by the Citizens Information Board (www.citizensinformationboard.ie).

MABS works with clients by supporting them in drawing up realistic budgets and maximising their incomes. MABS also supports clients in dealing with their debts according to their budgets. MABS does not give "financial advice" – they do not advise clients on investments or on specific financial products.

MABS also does not give out money.

Carrigtwohill 5K Walk\Race July 2012

On Wednesday the 18th of July the third Carrigtwohill 5K walk\race took place in the shadows of Barryscourt Castle in which three local charities (Carrigtwohill Community Care, Meals On Wheels and C.A.S.A.) will benefit from the race proceeds.

We were blessed with a wonderful evening where over 90 walkers and 790 runners participated.

The race was won by James McCarthy, the first lady home was Anne-Marie Holland.

The 1st local man and woman to finished was Kieran Mulcahy and Michelle Nolan.

The race committee would like to thank everybody who participated and helped in making this a wonderful occasion.

The entertainment was provided by two locals Miah Bourke on sound and Terms and Conditions (Music).

Race Sponsors

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The O'Brien Family, Barryscourt

Paddocks Holiday Village

PepsiCO

R & S Foods

Stryker

Tony Barry (O'Flynn's Butcher, Sundays Well)

Whelan Meats



Carrigtwohill Community Games

Munster Finals

Ever since last March, our Girls U13 Rounders, Girls U14 Skittles and Girls U12 Skittles teams have been training hard each week. All the girls were extremely committed to their training and were looking forward to their big day at the Munster finals.

The Munster Finals of all team games take place on the second Saturday in July each year; the games were held at the University of Limerick again this year. It was an early start for all concerned. Even at this early hour the girls were already enjoying themselves and were quite relaxed. Spirits were high, yet we could take nothing for granted as we had very little opposition at County level. To be heading for the Munster finals with 3 teams was an achievement in itself.

The weather as we all know was atrocious early in July and we were advised that our rounders pitch might be unplayable. We had all been praying that it would be dry on the day, and yes our prayers were answered. We arrived at the Sports Arena of the University 10.30am and made our way to sign in our Rounders team. By this time the grounds were, buzzing as the many teams assembled for their respective activity, from tag rugby, soccer, hurling, football, badminton, Olympic handball, just to name a few; and of course Rounders and Skittles.

Rounders

Our girls were pitted against Ardfert of Kerry in the first semi-final. This was a terrific games with the teams evenly matched. Our girls were brilliant and stayed very focused and pulled away in the fourth innings to come through to the final on a score of 10 – 5. The girls had a quick snack and were back on the field of play to take on the other semi-final winners, namely St. Senans of Limerick. This was also a great contest and could have gone either way. There were only 3 point between us and the Gold Medals at the final whistle. The girls were gracious in defeat and wished Limerick all the best at the National finals. Well done to team and their coaches, Chris Foley, Carmel Bourke and Eddie Murphy.



Carrigtwohill Girls U-13 Rounders - Munster Silver Medal Winners 2012

Front row: Sarah Crowley, Grace Willcock, Susan Higgins, Katie Ryan, Lorraine Keegan, Sarah Hoare.

Back row: Ciara O’Gorman, Latisha Morriarty, Úna Murphy, Kate Bourke, Sarah Flynn, Lisa O’Hanlon

Skittles

Meanwhile, back near the Sports Arena our Skittles teams were in competition with our brave U12 team who had to travel with just 3 members of the panel to take on the might of Ballingarry of Tipperary who were All Ireland Champions last year. The Tipperary team were outstanding and despite our best efforts, Tipperary won on a comprehensive score.

Our Girls U14 team took on Clare, this was a much tighter game but again we were outscored in the final game. Well done to all you did us proud.

Our Rounders team went to the presentation area where with great fanfare and applause they were presented with their well-deserved Silver Medals.

All the girls then availed of the facilities at the magnificent 50m swimming pool and had a “Whale” of a time while the elder lemons tucked into our picnic.

National Finals

The 3rd & 4th weekend of the National finals will take place in Athlone on the weekend of August 17th & August 24th.

On weekend 2 of the National Finals we have Heather Fane representing Carrigtwohill and Cork in swimming. Heather will be competing in the Girls U8 Freestyle. We wish her the very best of luck.



Heather Fane



Carrigtwohill Girls U-14 Skittles Team

Nicole Horgan, Rebecca Crawford, Ines Figielus, Hanna Vahi, Ailish O’Donovan.



Carrigtwohill Girls U-12 Skittles Team

Rachel O’Gorman, Megan Leahy, Grace Cotter.

If you have an interest in competing in any Community Games activity next year and are aged U8 to U16 and you live in the parish, you can contact any of the under mentioned for more details: -

Anna Fitzgerald	4883484
Jimmy O’Reilly	4883487
Catherine Ryan	4883472



Carrigtwohill GAA Club

Pairc Seamus de Barra

www.carrigtwohillgaa.com



John Treacy C.E.O. of the Sports Council pictured with Officers and members during his visit to Pairc Seamus de Barra.



Niall McCarthy and Mickey Da Fitzgerald with John Treacy



Tony O'Flynn Vice-Chairman making a presentation to retiring Boys National School Principal Dan Leo. Also in picture is Peter Hogan Club Secretary.

Senior Hurling - Recent Results

July 29th	Challenge	Carrigtwohill 2-24	Fourmile water 3-11
July 22nd	League	Carrigtwohill 1-8	Erin's Own 0-10
July 15th	League	Carrigtwohill 1-9	Ballymartle 0-12
July 5th	League	Carrigtwohill 1-10	Cloyne 3-9
June 30th	League	Carrigtwohill 1-11	Sarsfields 2-13
June 17th	Challenge	Carrigtwohill 1-19	Ballingarry 0-20
June 13th	Challenge	Carrigtwohill 3-16	Lismore 1-14
June 10th	Challenge	Carrigtwohill 2-23	Tallow 3-15
May 26th	Championship	Carrigtwohill 0-17	Coursey Rovers 0-13



Carrigtwohill County Under 14 Hurling Champions



Following a comprehensive win against Aghada in the semi-final in Carrigaline, our Under-14 hurlers faced Eire Óg in the county final in Pairc Ui Rinn on July 1st.

Carrig started well with a point from Conor Keegan. The half forward line of Jamie Long, Oliver Baverstock and Sean O'Sullivan were well on top but we failed to score out of 9 attempts, all going wide.

Shortly after the 12 minute mark Oliver Baverstock hit the back of the net and that settled us.

Dara Crotty and Brendan Twomey from the middle of the pairc covered the length and breath of the field with Crotty getting another point on the board after 15 minutes.

That was followed by another goal from Baverstock and that really put us in the driving seat.

Eire Óg came at us then and got 3 unanswered points. Our half back line Conor O'Mahony, Shane Ryan and Cormac Horgan were hurling out of there skins and delivering good ball to our full forward line and we got another point from Keegan and one from the skillfull Liam Gosnell.

Just before half time Keegan rattled the Eire Óg net again so we were well in control up to then.

The second half started with Eire Óg getting a point followed straight away by a goal and the pressure was back on the Carrig lads.

Ronan Donnelly between the posts pulled off a great save and grabbed some good ball out of the air. Our full back line Ryan Conroy, Gearóid O'Leary and Conor Harte saw a lot of ball but cleared their lines very well with loads of bottle and heart.

We stood up to this challenge well like we did all year showing that we could come out of any game on top.

More points from Keegan (2), Baverstock and a free from Crotty meant we were nearly there. Shane Ryan hurling excellently at centre back landed a good ball to Gosnell who



Oliver Baverstock receives the cup from Jim Forbes

once again hit the net. Eire Óg got another but with just ten minutes left Daragh McCann landed a point and with the pass of the day to Twomey we had another point.

It was Carrig's day and no one was going to stop us. That was the way we trained and played all year another. The Under 14 county was coming home.

We also used five subs: Ross McGrath, Philip Dorgan, Kevin Coady and Graham Moriarty who played a big part getting us to this county final. Tom O'Brien and Killian Carty Blake did not get on but played very well for us during the year and not forgetting our number 1 all year Billy Manning who was on holidays.

All the hard work has paid off now and what a bunch of lads they are they gave everything a 100 percent all year.

From The GAA Archives – 60 Years Ago.

Carrig Shock Glen Rovers in the Senior Hurling Championship.

After beating Carrig in the 1951 championship the Glen had lost the county final to Sars but they were still a team which sparkled with stars; six of them would win an All-Ireland with Cork that year.

On **Sunday May 25th, 1952** at the Athletic Grounds 6,000 people witnessed one of the most famous victories in Carrig's history.

"Played in brilliant sunshine both teams served up hurling of a high order" reported the Examiner, "but on the run of play the winners deserved a greater margin than a single point at the final whistle (0-12 to 2-5). The Glen were fighting an uphill battle all of the time, their main weakness being at midfield where the youthful Joe Twomey and Val Dorgan were out of their depth (against Sean Twomey and Paddy Hartnett). Add to this the blotting out of Christy Ring by Willie John Daly and the story of Carrigtwohill's victory is told."

After the events of a year before Carrig had no hesitation in detailing Willie John Daly to police Ring again. "I don't care who you are as a forward" says Willie John "You can stop a forward from scoring. If you stand hip to hip with your man and run with him and pull with him you can stop him." And so it was. During the first half Ring was forced out to centre field for a spell in search of possession, but returned to the forty when that ploy failed.

Carrig deserved to lead by more than two points at half time, 0-4 to 0-2, and the vulnerability of their position was amplified when the Glen took a two point lead early in the second half.

Then the match took another twist. "the wirey Daly deserves more than casual mention" continued the Examiner. "having played superbly with Mattie Fouhy and Dan Fenton in the half back line in the first half he took on the role of attacker early in the second half when the Blackpool men were two points ahead.

"His moving to left half forward signalled an all out effort by Carrigtwohill and Daly set a headline by sending over five copy-book points, four of them from play. The East Cork men forged into a four point lead (Val Deasy added his third point) and seemed set for a comfortable win when a last minute goal for the Glen put a different complexion on the score line"

"The Glen made one tactical mistake," continued the Examiner, "and it was in persistently trying for goals when points were available. This was particularly so in the first half when the Glen defence seemed capable of dealing with most of what the Carrig attack could offer. Nor did the Glen forwards show the smoothness which is normally their style. Minor Johnny Clifford found the going too much and was out-classed by Fenton while Donie O'Donovan, though he scored a fine goal, showed little of his fine ability. The winners forwards, of whom Paddy O'Neill and Val Deasy were best, also showed room for improvement."

Deasy's form was so good in 1952 that he won a Thomond Tournament medal with Cork as a sub, having played in the semi-final.

"But by disposing of Glen Rovers," the Examiner went on, "Carrigtwohill had negotiated one of the most difficult hurdles in their path to the final. On yesterday's form they will be very hard to beat."

Carrig: Tom Nagle, Charlie Seward, Eamon Cummins, Willie Cummins, Mattie Fouhy, Willie John Daly, Dan Fenton, Sean Twomey, Paddy Hartnett, Paddy O'Neill, Val Deasy (c), Willie Moore, Derry Foley, Jimmy O'Brien, Jack Seward.

Glen Rovers: Liam O'Tuama, T. Logue, John Lyons, Vincie Twomey, Josie Hartnett, Seanie O'Brien, C. O'Flaherty, Joe Twomey, Val Dorgan, Johnny Clifford, Christy Ring, Donie O'Donovan, D. Twomey, E. Ryan, Joe Lynham

From: "A History of Gaelic Games in Carrigtwohill" www.carrigtwohillgaa.com

Non Exam Minor Hurling League Final

Carrigtwohill 3-13 Carrig na bhFear 1-12

This was a great win for our lads where we had to dig out a victory against a Carrig na bhFear team who had a numbers of players back who were missing from our meeting two weeks previously.

Played in very heavy under foot conditions in Carrig na bhFear an early goal as a result of an error by their goalkeeper got us off to the perfect start.

They replied soon after with a goal which gave Brendan McCarthy no chance. The remainder of the half was fought at real championship pace. We got a couple of stand out points from Darren O Driscoll, Shane Murphy (2) from centre back and a clinical goal from Christopher Keegan.

We led at half time 2-08 to 1-09.

On the turnover Christopher was to goal for a second time and throughout the game he was a constant threat to the Carrig na bhFear backs. Eoin O'Mahony worked really hard when moved to wing forward and in defence Jay Horgan, Shane Murphy and Ronan Higgins defended resolutely. Darren O Driscoll kept the score board ticking over with his frees. Carrig na bhFear created a clear cut goal scoring chance near the end but was dealt brilliantly by Brendan McCarthy.

A well deserved victory for our lads who have shown huge commitment throughout the 6 weeks of the competition epitomised by Cathal O Sullivan and Austin Creagh who both just returned from holidays to play the final.

Conor McCarthy accepted a set of T-shirts on behalf of the team.

Conor was unable to play on the night as a result of a virus.

Brendan McCarthy, Ronan Higgins, Oliver Cooney, Frank Keirns, Shane Murphy, Jay Horgan, Cathal O'Sullivan, Dylan Scriven, Darren O'Driscoll, Sean Rohan, Eoin O'Mahony, Christopher Keegan.

Subs: Ciaran Gosnell, Brian Cashman, Austin Creagh, Luke Kelly



Master Cyril McSweeney of Carrigtwohill TaeKwon-Do Academy visits World Headquarters in Boston

Mr Kim invited me to the world head quarters in Boston so that I could see first hand how his very successful school operates. I was met at Logan Airport by Mr David Hourigan from Switzerland who was there to work with me for the 4 days. I was a guest of Mr Kim in his family home where we sat and talked of our plans for the future of the school here in Ireland .

All fundamental aspects of the school and its system were discussed in frank and open discussions. We had dinner and talked some more about the future of Europe and what we could do to help other schools who would like to achieve the same as what we had .

There is an impressive aura about the school which hits you as soon as you are met by the admirable Mr. Smith, one of the most senior instructors in the school. The School has 3 dojangs, all used extensively throughout the day and evening .Classes start at 10 .00 am and end at 9.00 pm .

I watched some of the morning classes and met students and instructors .From then, I was involved in the classes from 5 30 which encompassed full range sparring techniques and at 6.30, which was the designated time for forms classes for all levels. Full range sparring classes began at 7.30. This is an exciting new type of class which aims to prepare the student for a real-life confrontation.

An all level class was running from 8 to 9 for forms. I took a lunch break and was a guest of Mr Smith and Mr K M Hwang at a students bar and restaurant, owned by Angus O Leary, a fellow Irishman. His Irish bar is a must visit for anyone going to the School.

On Saturday morning, an early morning was the order of the day as it became clear that a new schedule for our school should be drawn up, with the purpose of increasing the number of classes over a seven day period to facilitate everybodys needs in what is a busy world. The mass availability of classes in Boston prompted me to add ten more classes to our ever expanding schedule.

One of the things which struck me most about the school was how seamlessly people from all walks of life blended into school life. Doctors, bankers, graduates, shop owners all have found a place within the school.

I have been training for 33 years and I have trained with many masters and instructors .I have to say that Mr Kim has the perfect balance .

He operates a very successful school and he has very well trained and hard working instructors who work long and hard days .The students are at a very high level and some whom I met train as many as 6 days a week.

Some of the senior people in terms of age not grade trained 3 classes in one day .

Mr Kim's extensive knowledge has come from being personally trained by Gen Choi himself at his home and from the years of teaching in USA Korea, Singapore, China, Canada and soon Europe.

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Mr. Dan Leo retires after 26 years service as Principal of Carrigtwohill Boys National School



Dan Leo pictured with his colleagues



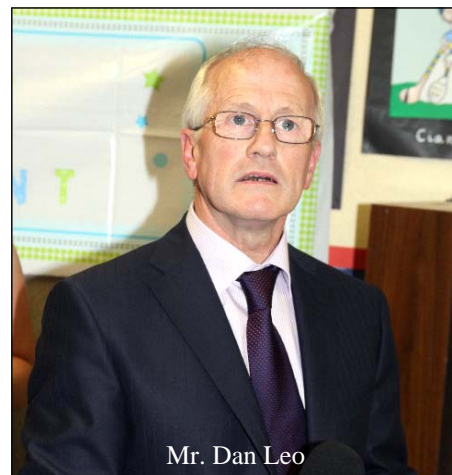
Mary O'Connor, Dan Leo and Joan Scully



Mary O'Connor, Dan Leo, Ger Foley and Brenda Roche
Dan was presented with a signed Carrigtwohill jersey



Fr. Gabriel, Tom Carey, Fr. Anthony O'Brien, John Dennehy, Monsgr. Reidy



Mr. Dan Leo



Carrigtwohill Confirmations 2012

Photos: Paul Flynn





Carrigtwohill First Holy Communions 2012

Photos: Paul Flynn



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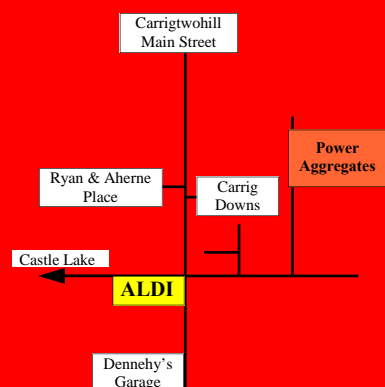
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Summer Time in Ireland

Summer time in Ireland ,
The blue hills call me back
To where once I was young and free,
And see the home that's still
so dear to me.
The meadows green as ever
Sprinkled with buttercups and clovers,
Shadowed by the whitethorn
all a aglow,
As the river runs sparkling down be-
low.
I hear the corncrake now and then
Calling in the glen.
As we toil the whole long day,
'Neath azure summer skies making
hay.
Then at evening time we meet,
All the neighbours come to greet,
At the crossroad round the corner
from the mill
Where the peace overall is in my
memory still.

Maria Kelleher. July 2012

Little FIGHTERS

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ANGIE BENHAFFAF with EDELO'CONNELL

'Little Fighters One Year On' is an update of the original book about Hassan and Hussein Benhaffaf written by their mother Angie and is now available in the shops.

Angie continues the story of the two boys who were fitted their prosthetic limbs and are preparing for their first steps.



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Fri.	12.30 - 2.30.pm	Fri. 5.30 - 10.30.pm
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Fr. Anthony O'Brien visiting Josephine and Anthony Barry at the their garden at the Rock.



Ollie Sheehan, Chairman Carrigtwohill Community Council with Cork County Mayor Tim Lombard on the Garden Trail

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Husqvarna Centre Donates Lawnmower to Tidy Towns

The Husqvarna Centre from Fota Retail Park kindly donated a lawn mower to Carrigtwohill Tidy Towns Committee.

Picture shows John McCann, Chairman of the Tidy Towns Committee receiving accepting the lawn-mower from Dave Walsh of the Husqvarna Centre.



Carrigtwohill All Weather Facility Rates and Opening Times 2012

Pitch Size	Duration	Single Booking	10 Week Booking	20 Week Booking	Juvenile Rate	Off Peak (9.30am to 5.30pm)
Quarter Pitch	1 hour	€50	€45	€42.50	€30	€30
Half Pitch	1 hour	N/A	€75	€67.50	€67.50	€60
	2 hours	N/A	€120	€104	€104	€95
Full Pitch	1 hour	€150	€135	€127.50	€90	€120
	2 hours	€200	€180	€150	€120	€160

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For further enquires and bookings please contact:

Colin Santry BSc

087 986 7596

allweather@carrigtwohillcommunity.ie

www.facebook.com/carrigtwohillawf



Castleview Residents Association

Cleanup

A clean up was held in May. A group of about 20 residents helped clean the left hand side of the entrance, the back of the Eircom building and some of the kerbing in the estate. The walls and the road poles were also brightened up with a lick of paint; this will assist us with our effort in the Village Tidy Towns project. Thanks to everyone who came out on the night.

Entrance

A plan to improve the left hand side of the estate was agreed for the left hand side of the estate. The results of which can now be seen. Committee members also met with Eircom in a bid to improve the area around the exchange and solve some of the anti social behaviour around it. Eircom agreed to erect security fencing around the building. This has now been completed and hopefully will resolve some of the problems.

Garden Competition

The Garden Competition is returning this year and the judging will take place in August. Giving everyone plenty of time to get their gardens ready!!

Subscriptions

A big thank you to all who have paid their subscriptions, be it the full instalment or the 1st instalment. For anybody who has not paid the subscription and missed any of the committee members who called, please feel free to contact any of us.

Trees

It was decided that as part of the work plan to improve the estate, that trees be purchased to improve its appearance. The first of these have been planted on Castleview Green.

Potholes

Following a number of representations by residents to some of the committee members with regard to the potholes in the estates, the committee contacted the Senior Executive Engineer for the Area to seek some solution.

We are glad to say that the potholes were repaired somewhat!!

Other Issues

- Some of the other issues raised by the residents are being dealt with, please bear with us as we continue to work on these matters.
- It is hoped to wash and paint the rest of the walls in the green areas in the estate in the coming months.

Barbeque

At recent committee meetings that have been held it has been discussed about how to re-ignite the social aspect of the residents association.

With this in mind the committee held a very successful barbeque on Castle Avenue Green on the 21st of July, 2012.



Skateboard Park.

Planning application lodged for proposed new facility at the Well Lane.

Cork County Council in association with Carrigtwohill Community Council applied for planning permission in July to construct a skateboard park in the Well Lane next to the all-weather facility.

This development, subject to grant and planning approval, is a huge coup for the Community Council as it will be the first of its kind in East Cork.

With no such park in Glanmire, Cobh, Middleton or Youghal this will attract many visitors to the area and will have a very positive social and economic benefit to the area just as the all-weather facility has enhanced our community.

The Community Council has endeavoured to provide such a facility for some time now and we see the Well Lane as the ideal location for children and adults to experience physical activity in a safe environment.

This is an example of how communities working together can be more successful than those that do nothing or leave it to others.

Sonia Le Bled who is a member of the Community Council and who raised the issue of a skate board park early last year after her son had asked her to push for it.

In May her son Justin, who is aged 11, wrote a letter to the person in charge of delivering such a project and the official was so impressed with this letter that we believe that this is what finally swung the decision our way.

We have a long road to travel before we see a skateboard park in our village but with everything going our way we could have one within 18 months.

'Working together we can do more.'
Get involved in your community;
you're the one that will benefit.

*Oliver Sheehan,
Chairman,
Carrigtwohill Community Council*

Our thanks to all contributors to this edition of Carrigtwohill Community News.

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In the Garden

with Michael Clancy,
Fota Garden Centre



Memory of summers past never tends to serve us too well. Somehow the sun seemed to have shined longer and less rain fell. There is no argument about this year. We've had the lowest temperatures on record, the most rainfall and the least sunshine.

At this point, I'm looking to an improvement in the autumn. It's been difficult to look at the garden lately with any enthusiasm. Very little has been done in the best of gardens to keep even the weeds at bay. We have all had difficulties in getting grass cut due to the persistent rain.

Many plants have benefited from the inclement conditions, Hydrangeas are having a great year, they are flowering earlier than normal and the quality of their flowers and leaves are terrific.

Annabel is one of my favourite Hydrangeas, with their creamy white blooms. Unlike other varieties of Hydrangeas, it is possible to cut Annabel all the way to the ground on an annual basis, doing this to other varieties would result in removing the blooms for the following year.

Many gardeners have not bothered with annuals this year, as an alternative consider using herbaceous. This group covers a very large variety of plant material that will repeat and develop over the years in the garden.



Hosta

Hostas are in this group of plants, even though this is a great year for the cultivation of Hosta, it is also a great year for slugs and snails. If you can keep these pests under control then I would highly recommend planting Hosta. There are many new varieties that appear on the market every year, keep an eye on the garden centre for some new arrivals.

Always remember slug pellets with your purchase of Hosta.



Watsonia Borbinica Ivory Towers

Watsonia were very popular in the borders of older gardens. Sometimes they are confused with crocosmia. There are many interesting varieties, ranging from reds to apricot and whites. They will thrive in full sun in good free draining soil. With the cold winters of recent times, natural thinning out occurs. Otherwise, it is necessary to dig up the clumps and divide.

Libertia has been around for many years however their popularity has increased with the introduction of the dark leaf varieties in recent years. A clump can look great in any border, it may be necessary to clean out dead material from time to time. The leaves are rigid and sword like, the flowers are small and generally white. Scabiosa is a great value plant. The worst aspect of this plant is the unfortunate name. Don't prejudge, in the right position, Scabiosa will continue to bloom through out most of the summer. They are available in pinks, purples and whites. Mildew is a problem this group of plants can suffer from. Mildew will appear in wet and dry summers alike. Try to keep Scabiosa clean and well fed, this will prevent mildew from taking hold. Dead heading is important in keeping them clean.

Penstemon is always very popular,

blooming from June to October in some cases. Colour choices go from white to purples to reds. The blooms vary from tiny to huge but growing conditions are the same across the varieties. Free draining soil with full sun. A good rich soil is best for good blooming.

Cut back plants in October to make room for new growth in the spring.



Helenium Crathes Castle

Helenium is a beautiful plant which looks like it belongs in a sunny meadow. The colours range from yellows to reds. The centre of the flower is pushed forward and the petals follow along behind. Helenium is not as popular as some of the other herbaceous plants which I've mentioned, but it is worth serious consideration for the sunny borders.

Geraniums are one of the most popular garden plants. The herbaceous Geranium is available in all kinds of colours and types.

Some of the new varieties on the market are Black Beauty and Rozanne. These tend to be more striking than some of the older varieties. Full sun is required and a good free draining soil.

Finally, Heuchera are another favourite of mine. Many people have avoided Heuchera in recent times because of Vine Weevil.

When growing Heuchera, try to do so in the open ground as oppose to pot, Vine Weevil can gain easier in pots.

The varieties range from Marmalade, to Midnight Rose to Jade Gloss. Each have distinctive properties of their own.

They will survive well in shade and will remain in full leaf through out the winter.

If you would like to view these plants for yourself, come in to the garden centre, behind East Cork Crane or call us on 087-2379525.

Sangart Appoints Project Team For New Carrigtwohill Manufacturing Facility

Monday, July 23rd, 2012. Sangart Inc., the San Diego-based biopharmaceutical company, has appointed Jacobs Engineering to perform the engineering, procurement and construction management for its new manufacturing facility at the IDA Industrial Estate, Carrigtwohill, Co Cork.

The project is expected to create up to 125 jobs during construction, with employment for up to 200 people once the facility is fully completed.

Cork-based DPS Engineering has been selected to perform the commissioning and qualification work for the new facility. The integrated project team will consist of Jacobs Engineering, DPS Engineering and engineers and process experts from Sangart's headquarters in San Diego, California.

Sangart has also engaged the services of Franklin & Andrews to support the project team as cost and contract advisors.

Engineering, procurement and construction management work began on Sangart's 10,300 sq. m. (approximately 110,000 sq. ft.) facility earlier this month and Dr. Walter Matzmorr, Vice-President, Operations Ireland, Sangart, expects to submit the planning application in September.

"This is an exciting milestone for all of us involved in the Cork project. We are delighted to confirm that we have appointed the project engineering team for our new manufacturing facility. Work on the project is progressing well and we expect to be in a position to lodge our planning application with Cork County Council in the second half of September", said Dr. Matzmorr.

Founded in San Diego in 1998, Sangart is a global biopharmaceutical company dedicated to developing and commercialising ischemic rescue therapies. Sangart's product platform is based on the MP4 molecule, a gas-delivery platform designed to help patients in crisis with medical conditions that cause ischemia (oxygen deprivation of tissues) and organ dysfunction such as hemorrhagic shock and sickle cell disease.

Sangart expects to break ground on-site in Carrigtwohill towards the end of Q1 2013, with the facility due to be mechanically complete by Q2 2014. Start up and product validation is targeted for 2015.

Sangart Ireland will serve as the company's European headquarters and the European sales and manufacturing base for its MP4OX and MP4CO therapies for haemorrhagic shock and Sickle Cell Disease.



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All volunteers are Garda vetted and carry official Age Action identification cards. To arrange to have a job done for you, simply call 021-4536554 and we will arrange to have local volunteers contact you.

Age Action is Ireland's leading charity for older people. We believe that Ireland should be the best place in which to grow older. We work to fight discrimination, promote positive ageing and improve policies and services for all older people.

**Phone:
021-4536554**

Carrigtwohill Aiming for Gold

Carrigtwohill Tidy Towns is going from strength to strength since the very successful Public Meeting held on March 20th, 2012 and the proposals contained in the Year 1 plan have been implemented in the main.

Residents Association are working to keep their areas litter free and well maintained with regular grass cutting and painting.

The main street is looking very colourful with the hanging baskets and trees. The village itself is brushed regularly with members of the Tidy Towns Committee giving up their Sunday mornings to do this work. This is the quietest time with the least amount of traffic passing and few cars on the street. Additional volunteers are always welcome to help even if only for one Sunday. Work begins at 7am and volunteers are invited to come along at any stage, even a half hour would be of great help. All you need is a brush.

The Committee has also established a number of sub groups to take responsibility for the different jobs of work, for example painting, litter collection and grass cutting.

The Committee would like to take this opportunity to thank everyone that has volunteered and to invite anyone who would like to participate to contact any one of the Tidy Towns Members, or check out www.carrigtwohillcommunity.ie or telephone 086 8819339.

Barbeque

A BBQ was held on June 3rd in the Elm Tree Garden Centre. A sum of €3,548 was raised for the Tidy Towns Committee. Much thanks to the Elm Tree for their support in sponsoring this event and also our thanks to all the businesses and individuals who sponsored prizes for the raffle. There was a full house and a very enjoyable evening was had even though the event had to be taken indoors because of the weather.

The Committee are now considering arranging an "end of season event" to show the appreciation of the Committee to the large number of volunteers who helped with the Tidy Towns work since the Public Meeting in March. It is hoped that this function could also be used as a way of recruiting further volunteers to join the Tidy Towns Committee.

Derelict Houses on Church Road



Approval has been received from the owners of the three cottages on Church Road for the funding to cover the cost of the erection of a hoarding around the 3 cottages in church road in line with the requirements of the County Council. Work has already started on this project and this will be finished to a high standard to bring the street back in line with how it used to look in the past.

Derelict Garage on Main Street

Approval for access to the derelict garage in the village has been received and plans are being developed for the development of this area with trees and wall climbing plants. Offers of sponsorship for this project would be very much welcomed.

Hanging Baskets

All the flower baskets are now in full bloom. The cost that the baskets includes watering and servicing serviced over the summer and this is being done on a thrice weekly basis with regular deadheading of the flowers.

Trees

The locations of some of the trees has been looked at and it has been decided to relocate a number of them to the derelict garage as part of the regeneration programme for the site. In this area it is considered that they will provide a serene and tranquil grove, enhance the streetscape and improve the quality of life for residents in the village.

Painting Report

A large number of painting projects which were included in the Tidy Towns Plan for Year 1 have now been completed.

Litter Pick Up report

In an effort to try and control and damage which littering does to the village, a Plan has been drawn up and is arranged as follows:

Sunday Morning	Brushing and Litter Pick up of the village from Carrigane X to Tara Court at 7am.
Monday Night:	A Mens Group do a Litter Pick of the village
Wednesday evening	Ladies Group, Parents of Children taking programmes in the Hall work from 6.30pm. Aherne & Ryan Terrace residents clear from the Terrace to Killa-cloyne Bridge
Wed/Friday Morning	Slip roads on bypass are managed on a weekly basis
Friday night:	A Group meet at the hall at 7.00pm to clean the Village of litter

Other volunteers do regular litter pick ups in their own areas and this support is very welcome. The Tidy towns Committee would welcome any support with the Litter Picking Programme and if you are interested in participating, please call to the Community Centre Manager any time - Tel. 021 4882265.

Dog Fouling

In an effort to eliminate the problem of dog fouling, the Committee has decided to install dispensers providing biodegradable bags for dog owners to dispose of any dog fouling on the streets and roads. These bags can be disposed of in rubbish bins

(Continued on page 35)

(Continued from page 34)

and will degrade to organic matter in a short time in landfill. Bags will be positioned strategically and available free to dog owners. Full details of the arrangements are outlined separately in the Newsletter by Mary O'Mahony, Environment Officer with the Community Council.

Cork County Council Litter Challenge

The Annual Inter Village Litter Challenge commenced on Monday 21 May. Some improvement has been achieved over previous years which is welcome. The final results will be announced in September.

Dennehy's Park at Tullagreine:

Advice on the planting of the vacant spots in the shrub bed was sought and this has now been planted up with shrubs and some bedding to provide colour. This project was undertaken by Fota Garden Centre.

Residents Association

Aherne/Ryan Terrace set a wonderful example to the other housing estates with their work in the Terrace and following their success Residents Associations have been set up in a number of the estates and they are now playing a central role in the work of Tidy Towns. Their contribution to the development of their own areas has been splendid and has impacted hugely on the appearance of the village. The estates have experienced a whole new regeneration and renewal, all brought about by the residents themselves.

Probation Service

The Tidy Towns Committee is indebted to the input of the Probation Service participants. They have undertaken a number of projects in the village including grass cutting and maintenance at the Barryscourt Roundabout and more recently painting of the derelict garage on the main street. The Committee is very

Contact Tidy Towns Committee

John McCann, Chairman
Phone: 087-7749052
e-mail: jmc.prm@gmail.com

Eileen Stoap, Secretary
Phone: 086-8337684
Email: ebcstoap@gmail.com

Carrigtwohill Community News
carrignews@eircom.net

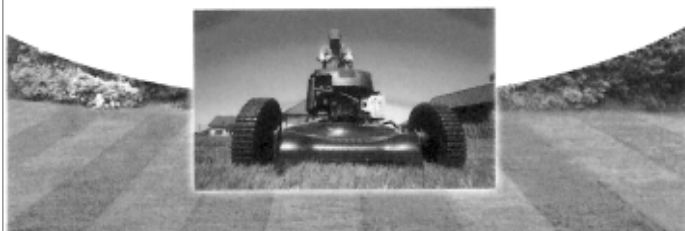


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Being stylish is not about how much you spend

There seems to be no end to the demands on our hard-earned money; in the meantime the online and print press are bombarding us with tantalising images of the latest fashions and 'must-haves'. What is a girl to do?

In recent years, mixing lower-end price tags with quality pieces has pretty much become a trend in itself. Fashion can dictate styles but it also responds to universal moods. Economic belt-tightening (pardon the expression) means that we have to become more resourceful. This can actually be more fun, and more importantly, it forces us to take a step back and think more carefully about the clothing we buy: do we really need it, does it really suit us and will we get much wear out of it?

This has always been my approach: creating a successful wardrobe for your personality, your lifestyle and your budget. Your wardrobe 'portfolio' should have styles and fabrics that work with your body shape, colours that flatter you and the overall looks should reflect your personality. You should be able to combine pieces easily and enjoy wearing each garment you own.



Betty Barclay



THE Dress: wear it casually or dress it up all year round for an investment which will last you season after season



Betty Barclay

THE Jacket: a jacket will take you anywhere; Wear it over pants, or a dress to create a different look



CC



East

Spots never go out of fashion

Looking good isn't a luxury, it is something we all deserve and can achieve without having to spend a fortune. For many people, clothes shopping and dressing well and appropriately, for your age and/or the occasion, can be a chore because you simply don't know what suits you.

You will have a few pieces you enjoy wearing and feel good in, but because you don't necessarily understand why you look good in those pieces, you can't easily replicate it. You have to understand what styles work for your figure and for your personality (as well as your budget and lifestyle of course) and do some research to find out the best places to shop for them.



Kaliko



Phase Eight

For a special event, whatever the season, whatever the year, Whether 2010 or 2020 lace will Never let you down.

The great thing about the current mood in fashion is that it is all about your personal style, and even if the universal mood changes when economies bounce back, it should still be about your personal style.

(Continued on page 37)

(Continued from page 36)

You will never go wrong with some good quality, well-fitting classic pieces such as navy, pewter, grey and do we dare say - black - pants/skirts; some plain top too will see you through many years: a good white (your white!) shirt; a few plain well-fitting tops in your colours; a couple of dresses - in the right shape for you, will see you through for months on end, with just a few accessories to create newness.

You've heard it before... but it might be worth being reminded



Women who wear a little make-up earn more than women who wear none.

In difficult economic times, women buy more make-up than at any other time in their lives.

News from Scoil Mhuire Naofa

Boys National School

New Principal Appointed

Scoil Mhuire Naofa welcomes Ms. Anne Marie Moylan as our new school Principal for the 2012-13 school year replacing the retiring Mr Dan Leo.

Ms Moylan, originally a Galway native, takes on her first Principal role after spending over 20 years in teaching practice in a variety of schools in Dublin and Waterford.

Her family is steeped in the Education profession and two of her sisters are school principals in her home County .

Her most recent posting was at a Garranbane NS, Abbeyside, Waterford where she has taught fifth and sixth classes in recent years .

Anne Marie has particular interests in music and drama, the Irish language, special needs children and teacher support.

Anne Marie's appointment was confirmed in July and she has hit the ground running, meeting outgoing principal, Mr Leo, available staff members, Board of management, parents and others in order to familiarise herself as much as possible with her new surroundings and environment.

She is greatly looking forward to meeting all pupils of Scoil Mhuire Naofa and their parents when she takes over the reins in September.



Carrigtwohill Ladies Football Club
make a presentation of €1,500.00
to the Carrigtwohill GAA Club Development Fund

Carrigtwohill Community News Distribution

This Newsletter is distributed free by volunteers to all homes and businesses in the community.

If you did not get a copy delivered to your home or business, please let us know by telephoning Annette at the Community Centre (mornings) on 021-4882265 or Dave on 087-6290574 (anytime)

Email carrignews@eircom.net.

We are always looking for volunteers to ease the load of our existing distributors.

If you can help with the distribution, please make contact as above.

Environment Matters

By Mary O'Mahony

Dog Fouling

Dog fouling has become a serious problem and is more importantly a health and safety risk. Having researched the solution to the problem over a number of months and with the assistance of Dr. Mary Stack, Environmental Awareness and Research unit of Cork County Council, I am satisfied that a simple answer has been found, Dispensers.

Dispensers have now been purchased. They have been put up around the most popular walking routes providing pet waste bags that can be used by dog owners.

Unlike traditional plastic bags these bags are oxo-biodegradable and allow you to protect the environment for years to come, unlike bags on a roll, these bags dispense one at a time. The design allows to provide superior hand protection they can then be dropped in the nearest waste bin or taken home and disposed of with your own waste and sent out to landfills.



grab it



turn it



toss it



RESPONSIBLE DOG OWNERS:

- Always carry a bag to clear up
- Bag it and bin it
- Never let your dog out alone
- Train your dog in obedience
- Have a dog licence
- Identify your dog - get it chipped
- Don't spread disease - have your dog wormed



It's the Law!

Under Section 22 of the Litter Pollution Act 1997 it is an offence to fail to clean up if a dog in your charge fouls in any of the following public places:

- Public roads and footpaths
- Schools/sports grounds
- Beaches
- Gardens and property attached to a person's house
- Green Spaces
- Walkways and amenity areas

If your dog fouls in these places – clean it up and dispose of it in a hygienic manner.

If you fail to do so you may be issued with a €150.00 “on the spot” fines or prosecution proceedings, maximum fine €3,000.00



What can happen?

Failure to clean up after your dog can result in humans, particularly children, becoming infected by a dog parasite that can cause blindness. The parasite is a worm called *Toxocara canis* that passes its eggs in the dogs' stools.

What is *Toxocara canis*?

Toxocara is a roundworm which infects dogs in Ireland. It is rare for a dog, especially a young pup, not to be troubled by worms at some stage. Even in dogs that are regularly wormed can still carry some of these worms. The worm lives in the dog's intestine and its eggs are passed in the dog's stools.

What is Toxocariasis?

Toxocariasis is an infection which humans can pick up as a result of coming into contact with the eggs contained in the dog's stools.

Although usually a mild infection in humans, Toxocariasis can have potentially serious health effects such as blindness. This is rare BUT it can and does happen.

How might someone catch it?

The *Toxocara* eggs have to be ingested (i.e. taken into the mouth and swallowed) before someone can catch the infection.

This could happen if a person handles soil, sand or any other material that is contaminated with dog stools and subsequently has direct contact with the mouth before hand-washing.

Gardens, play areas and public parks are likely sites for contamination with dog stools. Children's sandboxes frequently offer attractive sites for dogs to “relieve themselves”.

Who is at risk?

Young people, especially toddlers, are at most risk. They commonly handle soil and dirty objects. They are more likely to put their hands to their mouths, lick fingers, suck thumbs and eat without prior hand-washing.





New Gymnastics Training Centre Coming to Carrigtwohill

Unit 5, Carrigtwohill Industrial Estate

The Cork Acro Gymnastics Club is delighted to announce the opening of their brand new Full Time Training Centre in Carrigtwohill.

The new Gymnastics Centre will be located at Unit 5, Carrigtwohill Industrial Estate.

The gymnastics club has been in existence for the past 30 years and head coaches Neil and Clare Sheehan are very excited about this new venture for the club.

The club currently has classes for girls and boys in Togher, Cork on Tuesdays and Fridays and in Scoil Bhríde, Middleton on Mondays and Thursdays.

We will be building on these with the new facility.

The Cork Acro Gymnastics Club, incorporating East Cork Gymnastics Club, has a strong history of producing regional, national and international champions.

Since the foundation of the club, members have travelled from all over Munster to train with us.

Last May, 21 gymnasts from our Senior Class travelled to Wales to compete in the West Street Open Championships. The standard of the competition was very high, however 19 medals returned to Cork with us!

Our classes contain a variety of gymnastics skills from general gymnastics to acrobatics and tumbling skills.

We are very lucky to have fun loving, energetic and qualified coaches for all our classes.

Coaches Michelle Sheehan, Aisling Griffin, Graham Coleman and Stephanie Coleman will continue to provide fun filled classes for all ages.

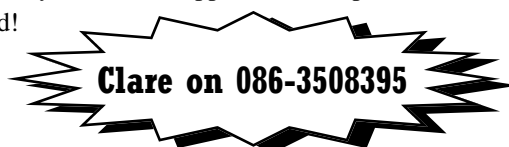
Classes will begin in the new venue in Carrigtwohill in September. These classes will be open to both boys and girls. The club has always enjoyed great successes from its male members and is intending to hold 'Boys Only' classes September.

The following classes will be available in Carrigtwohill:

- ****New Class** Tumble Tots (3-4 year olds)**
- **Beginners Introduction to Gymnastics (5+ years)**
- **Intermediate Level Gymnastics**
- **Teen Gym (Basic gymnastics and fitness)**
- **Advanced Gymnastics Classes**
- **Senior Squad Training Sessions**

For more information on the above classes or any other queries regarding this fantastic gymnastics facility contact Clare 086 3508395 or check us out on Facebook 'Cork Acro Gymnastics Club'. We are now taking bookings for the new term.

Book early to avoid disappointment as places in classes are limited!



Cork Association for Autism

Fashion Show

Friday 24th August at 7.30pm

Ballyseedy Home and Garden Centre

MC'd by Gerald Keane and Lisa Murphy

*Corks finest retailers, Fran and Jane, Meadows and Byrne, Savilles, Dress Closet, Daisy Blue Vintage and Independent Designers will be on show
'Lockdown Models' - Plenty of food and wine - Live music
Best dressed lady and best dressed man's prize - Free gifts - Raffles*

Tickets €50 available on our Facebook page, at participating retailers and at our Cook Street office with discounts available when you buy 2 or more!! If you are looking for a great night out - please contact us in the office on 021-4271808 or Louise on 086-4163816 for Linkedln special offer deals!!

All proceeds from the event will go to helping fund the Cork Association for Autism's front line services in supporting adults with Autistic Spectrum Disorder in Cork



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ABCKiro Lise Pedersen, D.C. is returning soon to Carrigtwohill/Cork and will be available for appointments in September.

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Family Resource Centre

A major piece of work undertaken by the Family Resource Centre during the winter and early spring was the reconstruction of its original unit at the eastern end of Main Street.

This work was deemed necessary as the older building had outlived its usefulness. It had become unsuitable as a location for the provision of services in the context of the changing social needs of modern Irish society and the requirements of prevailing legislation in relation to the provision of child care services and building standards.

The original building which had been opened in 1991 had given sterling service to the local community as it was used as a base for a "Parent & Toddler" Group, Breakfast Club, After Schools Club, Shared Reading Club and for a time as a location for the Public Health Nurses who have now relocated.

It also served as a venue for a range of adult education courses and activities including FETAC courses in Childcare, Healthcare, Computers, ESOL Learners, Personal Development, Community Integration, Children's Art and related programmes.

The decision to rebuild the former premises was taken by the management committee of the FRC on the basis of a strategic review undertaken by an outside and independent consultant. He recommended the urgent necessity for additional space to bring the building up to contemporary standards in order to make its services more efficient and effective.

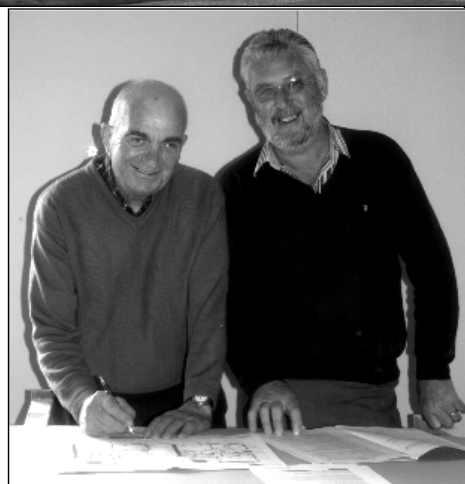
With the new building it will now be possible to centralise most of the above

services and provide new ones including a Community Pre-School. It will also provide better staff accommodation and facilities.

The new building has cost €400,000 of which €204,000 has been raised by the FRC own efforts over the past few years. It has also received grant aid from Cork County Council Community Fund, SE-CAD, National Lottery Funding (HSE South) and from the Society of St Vincent de Paul in the form of loans.

The Management and Staff of the Family Resource sincerely acknowledge that without the generous support from the local community funding the new building would have been extremely difficult and challenging. The FRC is not part of any Government programme towards family support.

An important element in fundraising is through the proceeds of "Vincent's" charity shop on the Main Street. This shop will remain in location and will continue to provide SVP services to the community.



John Dennehy, Family Resource Centre with builder Mick Daly from Midleton.

Open Days

The Family Resource Centre will hold open days as follows:

Friday 24th August from 6pm to 8pm

Sunday 26th August from 2pm to 4pm.

All are welcome to come and view the new facilities.

Carrigtwohill Tidy Towns Clean up schedule

Sunday Morning:	Brushing and Litter Pick up of the village from Carrigane X to Tara Court at 7am.	Wednesday evening:	Aherne & Ryan Terrace residents clear from the Terrace to Killacloyne Bridge
Monday Night:	A Mens Group do a Litter Pick of the village	Wed/Friday morning:	Slip roads on bypass are managed on a weekly basis
Wednesday evening:	Ladies Group, Parents of Children taking programmes in the Hall work from 6.30pm.	Friday night:	A Group meet at the hall at 7.00pm to clean the Village of litter

Volunteers always welcome

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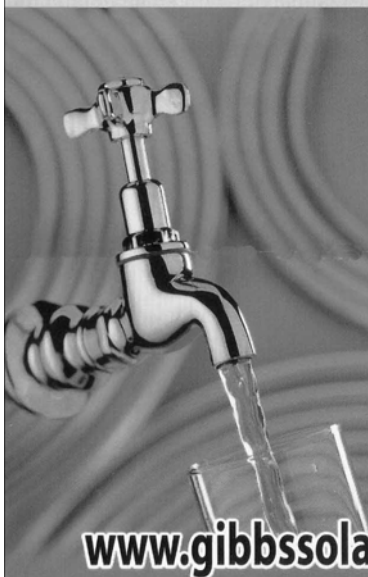
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Carmel Ryan wins Gold at the European Road Bowling Championships in Italy.



The Irish Ladies Team:- Aisling White, Carmel Ryan, Geraldine Daly, Catriona Kidney, Louise Collins

With a gold medal haul that exceeded expectations, Irish bowlers celebrated a marvellous weekend at the 14th European Championships hosted in Pesaro, Italy. On Sunday May 27th, the final day of the championships, David Murphy in senior men, Carmel Ryan, senior women, Cian Shorten, boys U18 and Meghan Collins girls U18 won their respective categories and the performances of their team mates ensured that the Irish finished top in the team awards as well.

Carmel Ryan, thanks in the main to a 300 metre plus ninth throw, carded a magnificent 1796 metres for her ten shots and easily won the senior women's gold. The Dutch champion, Silke Tulk was left trailing almost 200 behind while Dervla Toal-Mallon claimed the bronze.

Catriona Kidney (Carrigtwohill) in fifth, Geraldine Daly, 8th, Kelly Mallon 9th and Louise Collins 19th were good enough to give Bol Chumann the gold in the team awards.

Catriona Kidney wins Bronze in the Dutch Moors event

Silke Tulk, NKB, the favourite, won the senior women category by over twenty metres from Marina Kloster FKV while Catriona Kidney, an established performer at these championships, garnered bronze for the Irish.

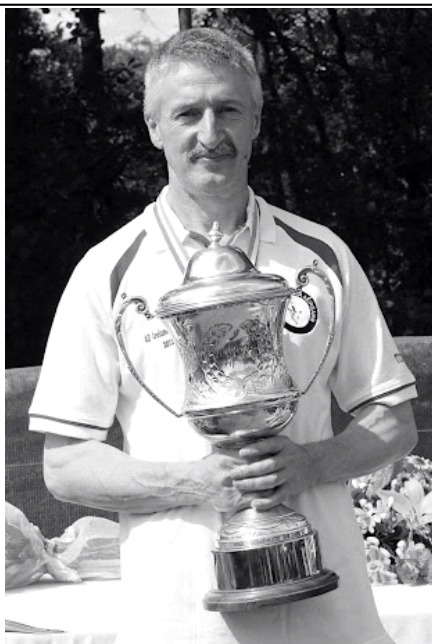
Kelly Mallon was fourth, Dervla Toal-Mallon tenth and Geraldine Daly and Louise Collins played well enough to give Ireland a bronze in the team category.

Tony Carey wins the Gold in the All Ireland Road Bowling Veterans Championship

Carrigtwohill's Tony Carey was the sole Cork winner at the All Ireland Road Bowling Championships held at Derrinassafa, Dunmanway over the weekend of July 7th and 8th.

It was hard earned and deserved win in a very closely contested score against Ulster man, Oliver Gribben.

The result was in the balance right through but Tony Carey held out to ensure a last shot victory.



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