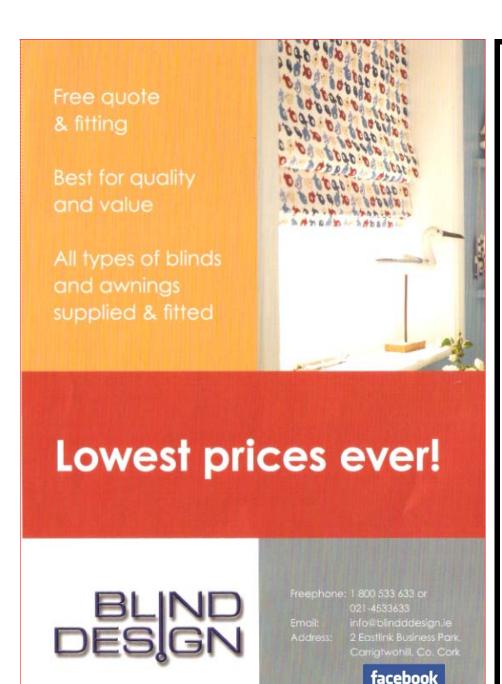
Carrigtwohill Community News

Issue 18
December 2011



Carrigtwohill - Senior Hurling County Champions 2011





Carrigtwohill
Community Council
extends best wishes
to everybody
for Christmas and the New Year

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.

Sept 25th 2011 Mary Aherne Barryscourt

Oct 12th 2011 Rose Buckley Blarney & Ballintubber

Oct 18th 2011 Netta Byrne Ryan Ahern Place

Oct 18th 2011 Anastasia Hayes Pearse Place

Nov 9th 2011 Elizabeth (Betty) Conroy Anngrove

Nov 14 2011 Mary Horgan Ballyregan

Nov. 25th 2011 Michael Cronin, Woodstock, Carrigtwohill,

Nov. 28th 2011 Maurice (Mossie) O'Shea Ballymore & Clooneen

Newsletter Distribution

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

If you did not get a copy delivered to your home or business, please telephone Annette at the Community Centre (mornings) on 021-4882265 or Dave on 087-6290574 (anytime) Email carrignews@eircom.net

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We wish our clients a very Merry Christmas and a Prosperous New Year

Carrigtwohill Community Council Elections

Please note Community Council elections will take place in 2012, and should you wish to re-elect your representative in your area or nominate other candidates or be nominated yourself you shall be in a position to do so next Spring.

A list of the present Community Council members will be published in our next newsletter giving you an opportunity to consider same.

Carrigtwohill Community Council is essentially a group of people uniting, organising, co-operating and implementing projects for the benefit of the Community. Carrigtwohill is a strong and vibrant community; our vision is to retain this unique character and community spirit.

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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	4621470

Midleton 4631478 Alcoholics Anonymous - 4500481 ACCORD - (Marriage Counselling) -

ACCORD - (Marriage Counselling) -

025-32249

CURA - (Pregnancy Counselling) -

022-21259 1850 609090

Samaritans (Local Call) - 1850 609090 Crisis Pregnancy helpline 021-4276676 (9 till 5pm)

Doctors

000018	
Dr. M. Barry	4883895
Dr. H. Doran	4883176
Dr. B. Jordan	4631234
Dr. P. Kennedy	4883162
Dr. G. McLoughlin	4883162
Dr. J. Thompson	4631234
ental Practice	4533864

Community Nurse:

Resource Centre 4883367



Wishing all our Customers a Merry Christmas and a Prosperous New Year



Roche's Garage



Phone: 021-4883112 Fax: 021-883365

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



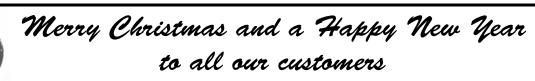
Car Repairs/Servicing and Sales of:



Petrol/Diesel
Car Gas/Bottled Gas
Paraffin Oil
Coal & Briquettes









Carrigtwohill Cabs



021-4883820



c2hillcabs@eircom.net

Christmas Eve 24th December 2010 Closed

Christmas Day 25th December Closed

St. Stephen's Day 26th December Closed



Open all other times - weather permitting



St. Mary's Parish Carrigtwohill

Happy New Year and Happy Christmas

Yes, in that order. The new year has already begun, i.e. the church year, the Liturgical Year begins on the 1st Sunday of Advent, 4 weeks before Christmas. As you read this insert it will probably be towards the end of advent, a few weeks into the new year.

Advent is a season of preparation, waiting, conversion and hope. In my experience, to achieve anything of value huge preparation is essential. How many hours are put into preparing a team for a championship game? How many hours are given preparing to put a show on stage?

If you believe something is worthwhile you will put in the effort to prepare yourself for it. For all Christians, preparing for the birth of Jesus at Christmas is truly worthwhile.

Gazing into the crib, traditionally on display not only in our churches and in our homes, but in shop windows and public places, focuses our attention on the mystery of God become man in poor humble circumstances to lift us up.

Like every baby, Jesus grew up and challenged many by his lifestyle.

He lived a radical message of love, mercy, trust in God the Father, forgiveness, and hope that continues to challenge and to give meaning to life for millions and millions.

Jesus said: "Love God and love one another". Easier said than done.

How will you respond to his challenge to you this Advent?

What practical examples of loving God and your neighbour can you do during this advent to prepare yourself, your family and your parish of Carrigtwohill to welcome the birth of the Infant Jesus this Christmas?

Next June 10th -17th the International Eucharistic Congress will be held in Dublin. It was last held here in 1932.

In preparation a bell has been taken around the country since 17th March to call us to prayer in preparation for the Eucharistic Congress.

The bell will arrive in Carrigtwohill on Friday 23rd December about 3.00 pm. It will remain overnight and leave the following day after 10.00 am Mass.

We will receive the bell and the accompanying 4 Icons at Barryscourt roundabout and process through the village to the church where various celebrations will take place.

I invite you all to join with us in our Christmas celebrations at the following times.

Friday 23rd Multicultural Mass at 6.00pm

Penitential Service 7.30p.m.

Holy Hour 9 p.m.

Saturday 24th Morning Prayer 9.30.am.

Mass 10.00am.

Confessions 10.30 - 11.30 am. Confessions 4.30 - 5.30 p.m. Confessions 7.00 - 8.00p.m.

Mass 8.00 p.m. Mass 12.00 Midnight

Christmas Day

Mass 8.30 Mass 10.30 Mass 12.30.

May the Joy and Peace of Christ live in your hearts and homes this Christmas and throughout 2012.

Fr. Anthony O'Brien, P.P.

New Post Primary School for Carrigtwohill

A new Community College is proposed for Carrigtwohill. A large crowd was in attendance at Scoil Mhuire Naofa on Monday 21st November last to hear a presentation from Co. Cork VEC. in relation to a proposed new second level school for the area.

Prospective parents and interested members of the community were among the crowd of over 120 people who heard Cork County VEC present a proposal to develop a Community College which would involve Co. Cork VEC sharing trusteeship with the Diocese of Cloyne.

The support of the community is vital to the campaign, therefore we urge parents who are interested in ensuring the development of a Community College in Carrigtwohill to complete an expression of interest form.

These forms can be downloaded from our website at:

www.newschoolcarrigtwohill.com

or completed online on www. cocorkvec.ie

Keep updated by following us on facebook and on our website.

Facebook: New School for Carrigtwohill

http://www.facebook.com/ newschoolcarrigtwohill

Millennium Park All Weather Facility

Bookings 087-9867596

Email: allweather@carrigtwohillcommunity.ie

O'Brien's Master Butchers

28 Main Street, Carrigtwohill

Tel: 021-4883069 obriens.butcher.delli@gmail.com

Orders now being taken for Christmas

Farm Fresh Free Range Turkey

Geese and Ducks

Green and Smoked Hams

Spiced Beef

Fresh Meats

Wishing all our customers and friends a very
Happy Christmas
and
Thank you for your custom in 2011

We would like to take this opportunity to congratulate our Senior Hurling team on winning the County Final and we wish them the best of luck for 2012.

You done us proud!

Carrigtwohill Community Council End of Year Report for 2011

The Community Council held ten monthly meetings since our last AGM. There was no meeting in August. Attendance at the meetings was very good – there was no fall off even during the ice and snow of last winter! The officers met 17 times during the year. Annette Lane as Hall Manager and Anna Marie Holten as Facilities co-ordinator of the All Weather Pitch attended these meetings. They reported to the committee on the activities in their areas and brought up any problems that needed to be dealt with.

The sub committees met as required. Their reports are below.

Report of Strategic Planning Group.

This group has been working over the last 12 to 18 months on producing a Community Development Plan which would serve the needs of a growing and diverse population. In September they presented their findings and recommendations in the form of a discussion document to a specially convened meeting of the Community Council. They made recommendations under the following headings: operating procedures:

financial issues, sub-committees, infrastructure, services and amenities.

They suggested that the Tidy Towns should become the focus of the development plan and that the Tidy Towns sub committee, which already does a significant amount of work to make the area as appealing as possible, should consider a more formal approach that the Community as a whole can take ownership of by setting an explicit target in relation to the Tidy Towns competition itself

The report was very well received by the meeting, particularly the Tidy Towns idea. Members were asked by the Chairperson to make submissions on the report and it was decided that one topic from the report would be discussed at the monthly meetings.

Padraic Dalton and his hardworking committee were thanked for their commitment and dedication.

Tidy Towns.

The Tidy Towns committee over the year continued their battle against litter and

dumping. They organised a very successful community wide clean up in the Spring. They have assisted with the setting up of residents' associations in several areas.

Buoyed up by the idea of the Tidy Towns being the focus of the Community Development plan and with a new committee in place for next year they are full of ideas and plans for the future. With this in mind they will be contacting residents' associations, local groups, schools, shops and businesses. Watch this space!

Community Care

Once again this committee supported families in their hour of need by providing refreshments after funerals. No charge is made for this service but donations up to a guideline of €2 are welcomed.

The committee also organise a Special Needs party every year in December. However, due to the bad weather the party had to be postponed and was rearranged for February. It was a great success and enjoyed by all the guests from Cope, CASA and the Autistic Society from both the Carrigtwohill and Midleton areas.

The Chairperson Pat Golden reported that the committee once again helped with the catering for the Barryscourt 5km Run-Walk which took place in July. Pat also thanked her fellow officers and Annette Lane and the Community Council and the sponsors who support the work of the committee.

Tuesday Club

The Tuesday Club which provides a social outlet for retired people and senior citizens is 5 years old this year and the members celebrated by going out for a meal.

They meet every Tuesday in the Community Centre at 10a.m. Their numbers are increasing. Eleanor Geraghty reported on the activities of the club which include – keepfit, talks on health and nutrition, outings and meals out.

This year the Transition year pupils are visiting with the group once a month and they will help out with the Coffee Morning which the Tuesday Club are organising in aid of the Church renovations in 2012.

The HSE gives a grant to the Club which

pays for speakers and other expenses.

Car Boot Sales

Once again the car boot sales have proved to be very popular and successful and they raise much needed income for the Community Centre.

Margaret Long thanked all the helpers. Income from the sales this year generated €13,230.

Environment

Mary O'Mahony and Oliver Sheehan had a very successful meeting with the newly appointed local area engineer Dave Clarke. They pointed out the many problems which need to be addressed in particular the traffic congestion on the main street particularly at school drop off and pick up times.

Lack of signs on Church Road, no traffic lights or yellow boxes at the T junction is a major hazard which needs to be addressed. The need for double yellow lines on one side of the main street to keep traffic flowing is another issue which needs to be dealt with.

Other concerns that were raised were the speed limits approaching the new railway bridges. A pedestrian crossing was also suggested on the Carrigane Road exiting Fota Rock Estate and also from the front gate of St. Mary's Church to the car park.

At last the Carrigane Road has been widened. A contractor has been appointed to finish the footpath and work will commence on this part of the project in January 2012.

Phase 2 of the amenity walk at Tullagreine was completed earlier in the year. Work on phase 3 has begun and it is hoped that it will be completed shortly. All in all the meeting was very positive and Mr. Clarke was very impressed with the work which has been done by the Community. He is very supportive and within current budget constraints is willing to help in any way he can.

Old Graveyard.

John Dennehy reported that the cutting of the grass and the control of weeds at the base of the headstones and walkways cost €900

The community service personel gave one weeks's work there spreading top soil where required during the year. This material was supplied and delivered free

(Continued on page 9)

(Continued from page 8) of charge from Lagan Quarries, Milebush.

The annual church gate collection amounted to €757.00

All Weather Pitch.

The pitch has been fully operational for over a year now and it is going from strength to strength. While the inclement weather at the end of last year affected bookings things picked up again in the Spring. User feedback is very positive. Football, Hurling and Tag Rugby are among the many sports being played on the pitch.

A new office was acquired during the year and this has been sited at the pitch. There are two fulltime workers employed at the facility, funded by Pobal plus a person on a FAS CE scheme.

Public Relations Committee

This committee was involved in promoting the activities of the Community Council and one of their main achievements was helping with the setting up of the Business Association. This Association is now up and running and its success can be seen in the wonderful display of hanging baskets on the buildings in the main street during the Summer. They continue to pursue their aims of improving the town for businesses and the Community Council continues to support them in any way it can.

The PR committee produced an information leaflet on Carrigtwohill and the Community Council. This was distributed to all the houses in the area with the Summer edition of the Carrigtwohill Community News. Copies are still available from the Community Centre.

The PR team was also responsible for the promotion of the Medieval Festival in the press and on radio.

Medieval Festival and Irish Country Fair.

Once again the festival was a great success. Months of hard work by the committee and others ensured that the event went off according to plan.

James Horgan, Chairperson thanked the committee for their time and dedication in ensuring that their areas ran smoothly. He also thanked the huge number of local volunteers who turned up to help out. All the participants were very happy to be part of the Medieval Festival and are looking forward to the next one!

The number of people visiting was above

expectations, coming from all over Ireland and the feedback has been very positive.

On behalf of the Medieval Festival Committee the Chairman thanked the O'Brien family and especially Terence O'Brien for the use of his lands and for putting up with the inconvience caused in the weeks leading up to the festival. Financially the festival was very successful and it has contributed to many of the Community Council projects over the years.

Hall Committee

John Buckley reported.

The Hall was very busy again this year. It is used by a wide variety of clubs and associations from the village and wider community.

It is used by young and old alike from the Tuesday Club to the Little Kickers. There are now 3 people on FAS schemes, 3 people on the TUS programme, 2 full time employees and 1 part time employee all involved in the Community Centre and associated projects.

John said that Annette Lane was the key person in keeping it all going. He thanked the staff for their hard work and dedication. While it was a very successful year the running costs are increasing all the time with much of the income going on light, heating, insurance and routine maintenance.

Newsletter

Dave Moore reported.

Issues have been published for Christmas 2010, Spring 2011, Summer 2011 and a further edition will be published for Christmas 2011. Most of the cost is covered by the advertising and it is heartening to note that our advertisers are still supportive even in the present very difficult economic climate. We would ask our readers to support our advertisers and to do business locally where possible. Everyone can contribute to the magazine. The chairperson thanked the Moore family for the valuable service provided by the Newsletter and the website and praised the high quality of both.

Local Authority Liaison Committee Trish O'Brien reported.

The Community Council made a formal submission to Cork County Council in relation to the Midleton Electoral Area Local Area Plan and the Carrigtwohill draft Masterplan. Copies of this are available if anyone would like to see them.

It was decided to hold a public meeting

on 14th March 2011 and invite all local county councillors and TDs as well as members of the public.

250 people attend this meeting. Many of those present were angry and frustrated at the existing deficiencies in infrastructure. Only 3 local public representatives were able to make the meeting apologies were received from the others.

Councillors Noel Collins, Barbara Murray and Michael Hegarty agreed to support a motion to amend the draft Local Area plan to take account of the concerns of the meeting.

The committee prepared a Notice of Motion for the meeting of Cork Co. Co. on 30th March. This motion was presented by our local area representatives and despite opposition from officials of Cork Co. Co. Council members voted that all of the amendments sought by Carrigtwohill Community Council should at least be published for the second round of public consultation in April/May.

Two meetings were held with planning officials from Cork Co. Council Planning Policy Unit on 6th May and 10th May. A further formal submission was made by the committee on 18th May – a copy of this is available also.

The Local Area Plan was formally adopted by Cork Co. Co. on 25th July and is now available at www.corkcoco.ie.

We are pleased to report that important amendments have been made to the Local Area Plan since it first went on display and considerable progress has been achieved in relation to infrastructural requirements and general principles governing development in the area. However, the population targets and density and amenity provision remain as major concerns.

The adoption of the Master Plan (governing development north of the railway line) has been postponed pending the outcome of a flood study which has been deemed necessary.

Further opportunities will be available for inputting into the proposed Master Plan once the flood study report is published., Trish thanked her fellow committee members and all who helped prepare for the public meeting and also our councillors who were surportive and effective.

Finally thanks to all who attended the public meeting in March. We hope we have helped your voices to be heard and that we have made some difference for a better future for all our residents.

Carrigtwohillunited.com Club Main Sponsor BALLYSEEDY Club Main Sponsor BALLYSEEDY

Promising Times for Carrigtwohill United AFC.

Although in existence since 1980, with a string of successes throughout the 80s and 90s, Carrigtwohill United AFC's recent history goes back to the year 2001 when the club restarted under new management.

Within two years, the senior team achieved promotion to first division of the Athletic Union League (AUL) league. This was followed by the setting up of a schoolboy section, including the 12 to 16 year old age groups and, in 2005, the registration of a second adult team in the AUL.

The club took on a new dimension with a move to the current grounds in Ballyadam, a mile north east of the village. These developments have seen the club reaching unprecedented membership with around 150 players active in the club's different teams. Such evolution brings its own challenges, for instance in terms of coaching staff and this month, four more of the club's coaches have obtained the FAI level one coaching qualification, specialising on the needs of underage players.

However, the key underpinnings of the club's new ambitions in 2011/2012 has been the arrival of a new Main Sponsor for the Club with Ballyseedy Home and Garden coming on board.

Ballyseedy, one of the country's largest lifestyle and garden centres has only recently set up a new store in Carrigtwohill and Nathan McDonnell, the Managing Director of the new location sees a meaningful integration in the local community as one of his priorities for the medium term

A keen sportsman himself, Nathan understands the important role which clubs such as Carrigtwohill AFC play in a community and he has offered the club very substantial sponsorship in the shape of both financial support and help with maintaining the playing surfaces in tip top condition.

The expert advice has paid off and even the club's youngest players have noticed that since September this year, "the grass many different players. grows greener in Ballyadam"!

The club's development is also evident in the opening of its first online shop where players and supporters can purchase all the necessary clothing and equipment, including the club's all important kit, adorned with the club's new logo and the new sponsors' branding (visit www.

(visit www. carrigtwohillunited.com/ shop to check it out).

Season so far:

Premier team – playing in the Premier A Division of the AUL League

Fresh from being promoted to the top AUL league, the premier team has been off to a flyer in 2011/2012, losing its first match away to Kanturk back in September only to win the next three, two at home and one away.

There was also a one all draw away at Castleview, but this string of good results means Carrig's premier team is top of the league at present with 5 games played, with Springfield second (but with 2 games in hand).

Not a bad start for a newly promoted team! The coaching staff, Liam O'Riordan and his assistants Dave Keohane and John O'Sullivan, have much to be proud of.

The club also registered two consecutive wins in the FAI Cup, the last one on November 6th, with an away win against Skibbereen (0-1), Alan Stapleton getting the only goal of the game.

To date, four players share the top scorer position with three goals each: Jordan O'Leary, Steve Davern, Mick Sullivan and Alan Stapleton. This shows the great depth of a team which can score through

B Team – playing in Division 3 of the



Jersey Presentation

At Ballyadam Park, on the occasion of the launch of the Soccer Academy, Nathan McDonnell, Managing Director of Ballyseedy Home and Garden, the club's new main sponsor presents the new club jersey to Barry McGrath, Carrigtwohill United AFC Chairman.

AUL league

The B team has got on to a good start as well, with its current 4th place in the league after 9 games. Two good wins and two draws have been achieved by the team, although this is matched with 5 losses. The team seems to have problems winning at its home grounds, something the coach Noel Gubbins and his assistants Declan Horgan and James Kavanagh will be trying to remedy as the season continues.

The team has registered its best performances in the President's cup, with two good wins against Los Zarcos and St John Boscs' B team.

Joe Mhondiwa and Darren Sylvester top the score sheet so far this season with 4 and 3 goals respectively.

Under 14's – playing in Division 4 of

the CSL league

This is the group of players who won all around them last year as Under 12's under the inspired leadership of Stephen Moore and Pat Doyle.

Promoted to the Under 14 league, the team has struggled to find last season form. As we approach the half way stage, it's still all to play for in this competitive league, with all teams taking points of each other.

Since the start of the season, the team has been able to rely on one of it's young stars, Liam Gosnell, who has netted a total of 7 goals in just 7 games: a tally worthy of any league!

Under 12's – playing in Division 3 of the CSL league

This group is in its first competitive season, being the first group to emerge from the recently created Soccer Academy at Carrigtwohill United AFC.

Under the leadership of Martin Jones and Andrew Long the team has settled well, occupying 4th place in their league with 2 wins and 2 losses and 1 game in hand. Top scorers for the team are Tommy Butler and Shane O'Hanlon, with 2 goals each.

Soccer Academy – players born between 2002 and 2005

The academy is consolidating its success of last year, with players arranged in two panels:

Under 10's with players born in 2002 and 2003 and Under 9's with the new comers into the academy, born in 2003, 2004 or 2005.

Each panel has a coaching staff of 3, to ensure that the FAI "two deep" rule is in





force at all times. The coaches have been very pleased with the players with strong attendance and high levels of discipline which allow for great training session and very entertaining small sided games. Friendly games are being organised to get the players used to playing together in preparation for the non-competitive "season" which will begin in February

next year for this age group.

Under-10 training on Saturdays in Ballyadam Park from 10.30am until 11.30am. Players born in 2002 and 2003.

Under-9 training on Saturdays in Ballyadam Park from 11 am until 12 noon. Players born in 2003, 2004 and 2005.

Murphy's Irish Stout Premier A						Murphy's Irish Stout	Leag	ue 3A	L						
	Pld	W	D	L	GF	GA	Pts		Pld	W	D	L	GF	GA	Pts
Carrigtwohill United	5	3	1	1	16	6	10	Knocknaheeny Celtic	7	5	2	0	31	14	17
Springfield A	3	2	1	0	12	3	7	Park United B	7	5	2	0	12	5	17
Bohemians	5	2	1	2	6	12	7	Carrigaline United	8	3	3	2	17	14	12
Leeds	4	2	0	2	11	6	6	Carrigtwohill United B	9	2	2	5	14	25	8
Pearse Celtic	3	2	0	1	5	1	6	St John Boscs B	7	2	1	4	17	18	7
Castleview	3	1	2	0	5	3	5	Cork Road Celtic	5	1	3	1	12	12	6
Kanturk	1	1	0	0	3	0	3	Glen Celtic B	5	2	0	3	8	10	6
Kilreen Celtic	3	1	0	2	6	6	3	Glounthaune	6	1	2	3	7	11	5
Blackstone Rovers	2	1	0	1	6	6	3	Dunbar Celtic B	6	1	1	4	6	15	4
Grattan United	7	0	1	6	6	33	1	Tables up to	& ir	ıcludi	ing Do	ecem	ber 2	nd	



Main Street Carrigtwohill. (Next to O'Brien's Butchers)

086-0606567

Here at Nutmeg we would like to thanks all our customers for their continued support with our recent opening.

We would like to wish everyone a Merry Christmas and a Happy New Year.

- We cater for christenings, birthdays, private house and corporate events
- Cakes for all occasions
- Hot food served all day

Open 8am to 4pm weekdays and 9am to 2pm Saturdays

See in store for our Christmas range and late opening hours in the build up to Christmas

Contact Craig and Eadaoin for further information on 086-0606567

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Beginners/Improvers/Lane Swimming Experienced Qualified Swim Ireland Teachers

> Commencing in New Year on Thursday 12th January 2012

Contact: Eleanor - 087 623 9811



Fashion

With Ann O'Driscoll



Get back your feel good factor:

So you will spend December rushing around thinking about everyone else – make time to focus on You. In reality most women have only about 3 or 4 outfits that they really enjoy wearing.

Why? Mainly because they believe that looking good costs money or they get into style ruts and make bad shopping choices.

When you open your wardrobe you should feel happy with everything you see and know that you will look good every day, not just on the 'good outfit' days.

Casual doesn't mean 'Can't be bothered'! Casual doesn't have to mean baggy old t-shirts over badly fitting trousers; you should still feel good about yourself in your dress down clothes.

Making your casual wear more stylish doesn't need to be expensive either; it just needs a bit of thought.

Your jeans should always be a good fit and flatter your shape. Wear a top with a bit of interest; it might just be in a fabulous colour or in a cut that looks great on you.

Even adding a key accessory can up the ante in your casual style stakes - a little bling-bling coming up to Christmas can do wonders.

A pair of leggings and jumper dress or tunic can look stylish and still be comfy at the same time.

Just make sure you get a good quality pair of leggings and that the tunic is an appropriate length and suits your shape.

Just a little effort will make all the difference to how you feel, even on the dress-down days.

Put on your feel good face:

Your face is the first thing people see when they greet you so you want to make sure it's looking its best. At this time of year your skin needs a lot of care and a little cosmetic help to get some brightness back into your complexion

- Skin adjuster to help keep redness caused by the cold wind at bay
- Foundation to give a balanced complexion and all over protection
- Concealer to help tone down dark circles and blemishes.

Bright Eyes:

Christmas parties, lunches etc can take its toll – your eyes may feel a bit dull so keep drinking plenty of water and invest in some eye drops.

For make-up, wear a lighter shadow and keep the darker shades for just a little definition as they will emphasise any tiredness around the eyes.

Colours with a bit of shimmer or in lighter shades applied in the centre of the lid will lift and brighten the eye.

Gorgeous Lips:

Dry lips pale out the complexion so keep them regularly moisturised and wear a fabulous colour lipstick to lift your spirits in these dark days

Wishing you all a Merry Christmas and a Happy New Year

Ann O'Dríscoll

Image & Fashion Consultant (087) 9232952 -



Castle View Estate

Entrance after the recent renovations by the Residents Association

Bloomsday Christmas Flower Arranging

Bloomsday are hosting a
Christmas Flower Arranging
evening on
Thursday 15th or Tuesday 20th
December at 7.30

All materials supplied
Refreshments provided
€40

Contact Bloomsday 021- 4287404

Carrigtwohill Community Centre

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

The main hall can seat up to 250 people and is also used for indoor soccer, badminton 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 information contact

Annette on 021-4882265 or 086-3225229.

We would love to hear from anyone with an idea for a new activity for the centre.

Castleview Residents Association

At the well attended AGM on May 30th 2011, the members identified a range of issues affecting them and life on the estate. These included, as a priority, estate entrance, footpaths, kerbs, pot holes and road subsidence, the greens at Castle Ave. and Castle Close.

Since then, the entrance has been landscaped on one side and it is intended to complete the work next year. Contact has been made with Cork County Council and temporary improvement has been made on pot holes.

The greens have been tidied and surrounding walls painted.

This work could not have been done without the massive support that the Committee received from residents. It would be invidious to name people but a huge thank you must be given to everyone who helped in any way.

Most importantly also was the overall positive response we received to the collection of subscriptions without which it would be impossible to have the entrance landscaped, greens cut and maintained, and for general support to the Association for it's work in promoting the estate in a positive way.

The members of the working committee are;-

Chairman: John Buckley, Secretary: Tom Carey, Treasurer: Jim Nolan, Kevin Creedon, Jim Fleming and Brendan Morrissey.

Other issues and concerns

- 1. Having the roads in the estate swept by the Road Sweeper.
- 2. Ambiguity over "Right of way" at road junctions
- 3. Dog and cat fouling on footpaths and gardens.
- 4. Insensitive parking of road vehicles close to road junctions and on footpaths
- 5. The condition of the wall at Castleview Green

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Carrigtwohill met Whitechurch in the Sciath na Scol F4 final. The game took place in Páirc Uí Rinn on Tuesday 22nd November. Whitechurch made a very quick start but Carrig rallied and an excellent Alan Warren point got Carrig on the scoreboard. Whitechurch extended their lead just before the halftime interval. This lead would have been greater but for some outstanding saves by goalkeeper Shane O'Hanlon. Despite intense pressure from our forwards the Whitechurch goalkeeper denied us on many occasions. Carrig came out strongly in the second half and a Dale Holland free and an Emmet O'Neill goal cut the deficit. However we were unlucky to fall further behind. Carrig, buoyed on by a very vocal support, made a late surge and quick goals by Aaron Walsh-Barry, Darragh McCann, who also scored a point, and Liam Gosnell reduced the deficit to only five points. Carrig's supporters roared their team on as the boys pushed forward searching for more scores but Whitechurch broke and scored a goal with the final passage of play leaving the final score Carrigtwohill 4-3 Whitechurch 5-8. The boys can be very proud of their performance, not only in the final but in the group stages, winning five of their six matches, and in all their training sessions. The boys took great inspiration from the Carrig Senior hurlers success this year as the dug deep and always gave great commitment. The football season is finished for another year and we are now looking forward to the hurling season beginning in March. We have al-

ready started our indoor hurling season. This will continue until March when the County Finals will be held in Na Piarsaigh Hall.

The school would like to thank Carrigtwohill GAA Club and the Parents Association for their help and financial support. On behalf of the teaching staff and pupils of Scoil Mhuire Naofa Buachaillí we sincerely congratulate the Carrigtwohill Senior County Hurling Championship winners.

We were very proud as the majority of the team are past pupils of the school. We will never forget the day that the Seán Óg Murphy Cup came into the school and the joy and celebration may inspire some of the present pupils to achieve similar success.

The boys and their parents would like to thank Mr. Ger Foley, Mr. Joe Nolan and Mr. Andrew Bowen for the great time and effort they devoted to training and matches over the past few months. Without the dedication of these teachers we would not have the honour of contesting the County Final and eventhough we were not the winners on the day, all came home happy. Also, congratulations to Mr. Val Quigley on the birth of his baby son, Liam.

Wishing all a Happy and Peaceful Christmas.

Free Parking at Railway Stations

As and from Wednesday, 1st December 2011 and right up to Monday, 2nd January 2012 inclusive – commuters will be able to park at Midleton, Carrigtwohill, Glounthaune and Little Island Stations – "**Free of Charge**".

Midleton Station has 280 car spaces, Carrigtwohill Station has 200 car spaces, Glounthaune Station has 40 car spaces and Little Island Station has 70 car spaces.

21 trains a day operate in each direction from Midleton to Cork (weekdays) and the journey time is only 23 minutes. 8 trains operate in each direction from Midleton to Cork on Sundays.

Users of the Commuter Rail Services over the Festive Season - should note there is a regular frequent bus service which operates to and from Kent Station, Cork (No. 5 city bus service) to Cork City Centre.

Volunteers Wanted

in the Carrigtwohill/Midleton area, to help organise a charity fundraiser in aid of Our Lady's Hospital For Sick Children, Crumlin.

If interested, please contact Oliver McSweeney on 086-3974752 or email eomcsweeney@gmail.

Newly Arrived By Jack O'Neill

My early memories of Carrigtwohill are a bit hazy. Throughout the 1970s we would leave our home in Togher and head east on our annual holiday to Ardmore. My father, who was a native of Caherlag, would tell us every year as we passed by the church in Glounthaune that it would one day become famous.

It took our young developing minds a few holidays before we eventually realised that it was his baptism in the church which would elevate it to its rightful fame.

Also every year, as our transport hurtled its way towards Cork's international border with Waterford, we made a customary stop for sweets and ice cream in either Fitzpatrick's shop or in Carrigtwohill.

My mid-teens and the desire to holiday with friends both arrived with the 1980s. These summers again saw us head east, but this time with a rolled up sleeping bag, an out stretched thumb and the promise of a place in a two man tent, a promise which usually turned out to have been made to seven or eight other fellow homeless campers.

Also at this time the desire for sweets and ice cream had been replaced by a desire for beer. On one particular trip, two of us hitchers were dropped off by a kind motorist in Carrigtwohill. Being so far away from home we believed we had nothing to lose by trying to secure an underage pint. Maybe this false sense of bravado gave us an air of conviction because we were successful in our mission. So much so that the elation which followed made me forget the name of the public house in question and could never be related to the aging process which can affect the memory.

These memories returned to me recently as I moved to Carrigtwohill in August having lived for the last four years on a farm in Ballinspittle. Three months is not long enough to understand the finer workings of any town, and way too short to of Ireland. Yet it is in many towns that they have been most great game.

stance, it is appealing to live in a place where time is visible on cially if it has experienced rapid urbanisation, and this can prothe landscape. This can be felt by the sight of old stone walls duce new personal pressures. This stage of social change can and fields, Barryscourt Castle, farm dwellings, old roads and often witness the unsettling of familiar ways, along with an unthe nearby rugged countryside. While some empty houses can certainty regarding the continuity of tradition and what the fulook unappealing, other derelict houses have a decadence ture holds. which can give them a particular beauty, like those on the road Or as put more poetically by Victor Turner, it is a time "when to Ballyadam and Lisgoold.

The Carrigtwohill of today has also undergone big changes since the fly by visits of my youth. A link road and bypass, a renewed train service and increased pharmaceutical, scientific and biotechnological corporations have all contributed to bringing for new housing estates.

However, this also carries the risk of Carrigtwohill becoming a satellite town and resulting in various communities existing alongside each other.

Some argue that this may already be the case.

A particularly striking change has also occurred in the demographics of the town. Ireland changed in many ways over the past fifteen years or so. One of the effects of such changes is reasons, do not want to be involved, and those that do may be that we now experience two-way immigration.

Indeed, my own wife is Palestinian, and along with our three year old son we are conscious that we, too, are part of this new makeup. These types of changes have occurred in many parts





claim a stake in the glory of Carrig's County success in that acutely felt because towns can develop the cultures of both city and town.

Yet some things are apparent and are long established. For in- A town can feel like it has become an in-between place, espe-

the past has lost its shape and the future has not yet formed."

Whether it happens slowly or quickly, it can be difficult to embrace change even though it is constant. At times of change, community can provide the link or bridge to others.

Without community, society becomes a series of fragmented ing the town closer to Cork City. This has made it more appeal- units. This goes against the deep social nature of humans, because in general, we do not live well when alone and isolated.

> Within the context of these changes Carrigtwohill's community seems to be strong. The town is populated with friendly people, has a very nice environment for children, a good selection of shops, food outlets and pubs for a town of its size, and a community centre that is constantly active.

> Perhaps most communities have people who, for a variety of involved at different levels.

> While something new is taking shape in Carrigtwohill may its community continue to stay strong.

> > Jack O'Neill

Niall McCarthy won the Boardwalk Bar and Grill Cork Sports Personality of the Month award for October.

Presented with his award at a lunch on Monday 14th November, Niall spoke warmly about his team mates and his passion for Carrigtwohill GAA in a terrific acceptance speech.

The judging panel was made up of local journalists and chaired by Pat McAuliffe of RTE Sunday Sport who described Niall as an "inspirational player.

" Niall's man of the match performance in the county final secured him the prize.

The function was attended by members of Niall's family, Brian Lordan and Mickey Da Fitzgerald from the senior hurling team, the senior hurling selectors and county board chairman Jerry O'Sullivan as well as friends and other club mates.



Back row, left to right - Ann O'Brien, Tom O'Brien, Brian Lordan, Maurice O'Donoghue, Michael Fitzgerald, Sean Barrett, Denis Walsh, Mary Kelleher, Niall Barrett, John Kelleher.

Front row - Neilus McCarthy, Joan McCarthy, Niall McCarthy, Margaret Greene, Conor McCarthy.



Kenneth Landers leads the singing of 'BLUE IS THE JERSEY' on stage at the reception in the field.



Community Centre Carrigtwohill

Tuesday 27th. December. 12.00pm - 3.30pm

Give the best present.

Give the Gift of Life.

Give Blood.

Water Wise

Don't leave the water running while you brush your theeth.

Have a shower instead of a bath.

Don't stay longer than five minutes in the shower!

Turn off the water while you shampoo your hair.

If you don't have a dual flush toilet put a "hippo" or a plastic bottle filled with water in the cistern to reduce the volume per flush.

If you are a gardener invest in a waterbutt and collect rainwater to water your plants.

Use a sponge and bucket and not a hose to wash your car.

In the Kitchen

When cooking use lids on your saucepans!

Cook one-pot meals.

Go high rise - cook several items on top of each other in a steamer.

Use the correct size saucepan for the ring.

Use as small a saucepan as possible. – it will use the least energy.

Cook in batches.

Invest in a pressure cooker.









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Wishing everyone a happy and safe Christmas and New Year



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Sean Casey in Maryville



Martha Crowley with grandchildren in West End



Niall McCarthy receives the 'MAN OF THE MATCH' award from the Evening Echo's Diarmuid O'Donovan



Section of the large crowd in the field to welcome the team home after the final



Ger Foley congratulating the team on their visit to the Boy's School



Visit to the Boys School

Ger Foley is pictured holding the cup during the visit of the team and management to the Boys School. Ger has made a huge contribution to Carrig GAA through his dedicated work with the hurling and football teams in the school;

14 of the 15 starting team in the county final were coached by Ger.

Other school staff include Dan Leo, School Principal, (extreme left), Andrew Bowen (next to Ger) and Noel Ryan Assistant Principal, is on the extreme right.

Carrigtwohill - Senior Coun



Back L-R: Jason Barrett, Brian Lordan, Colm Cronin, Marty McConville, Ronan Power, Robbie White, Denis O'C Liam O'Sullivan, Ronan Barrett, Pat O'Sullivan, Eoin O'Brien, Andrew Garde, Sean Forbes Middle Row: Padraig Hogan, Jay Horgan, Brian Hegarty, Sean O'Farrell, Matthew Foley, William McCarthy, Noel Shane Devlin.

Front Row: Seamus O'Farrell with mascots Leo Dennehy, Dara O'Farrell and Cillian Barry

On the first Sunday of October our wildest dreams came true. Rank outsiders at the beginning of the championship and underdogs in every game they played our senior hurlers defied all odds to lift the county championship for the first time in 93 years. On a day of high emotion and incredible tension Carrig produced their best performance of the season when it mattered most and were utterly deserving champions.

Brian Lordan and Mickey Da Fitzgerald, Carrig's joint captains on the day, lifted the Sean Óg Murphy Cup in front of a sea of Carrig supporters massed on the pitch. It was the beginning of a truly special evening in the village. Behind the Castlelyons Pipe band the team was paraded up the main street on an open top bus before being officially welcomed home on an improvised stage in our own grounds. Hundreds streamed through the gates and onto our floodlit pitch to greet their heroes. It was a glorious scene that none of us could have imagined.

For the players and their management team, led by James O'Connor, it was the end of an amazing journey. Just two years after surviving a relegation final Carrig had realised their potential in the most brilliant fashion. They overcame injuries to key players and, in the course of the championship, demonstrated the strength of their panel. Including the Munster semi final against Crusheen 22 different players appeared for Carrig in the championship – from minors Aaron Gosnell and Padraig Hogan to the 34 year old Seanie O'Farrell, the scorer of the winning point in the county final.

Though the summer ended in fireworks the flame burned on a long fuse. Carrig's failure to score in the second half against Ballinhassig in the opening round raised questions that weren't conclusively answered against Muskerry. Much the superior team Carrig allowed an eight point advantage to slip and were frantically defending a three point lead at the finish.

How far would they go? Cloyne's defeat of Glen Rovers appeared to open up Carrig's side of the draw but Carrig's record against Cloyne had been poor since our return to senior ranks and overcoming Cloyne in the quarter final was a psychological battle as much as anything else. When Carrig's slender half time lead was blown away in the early minutes of the second half, though, Carrig proved their mettle.

ty Hurling Champions 2011



onnor, Liam Barry, Aaron Gosnell, Killian McCarthy, Daniel O'Mahony, Sean Flannery, Michael O'Riordan,

Furlong, Shane Healy, Michael Fitzgerald, Tomás Hogan, Niall McCarthy, Colm O'Connell, Stephen Kidney,

Playing against the wind they utterly dominated for a 15 minute spell. Robert White stormed into the game at wing forward, Stephen Kidney set up Mickey Da for a pivotal goal after brilliant approach work and Carrig looked to be in the clear until a flukey goal gave Cloyne some late hope. Just like all of Carrig's games in the championship the outcome was in the balance with time up and just like all the other games Carrig had the mental steel to hold out.

Da. At the other end of the find the found of the find the find

Carrig's long history with Midleton generated a unique atmosphere around the semi final. Midleton were raging hot favourites but, for what it was worth, history was on Carrig's side: in the course of our long relationship Carrig's first team had met Midleton's first team 13 times in the championship and the score was 11-2 in Carrig's favour. Make that 12-2.

Only a goal separated the sides but Carrig's absolute will to win decided the outcome in the last ten minutes. There were many heroes on the day but Niall McCarthy's impact on the match was extraordinary: in a low scoring game he came up with five glorious points from play and set up the only goal of the game for Mickey

Da. At the other end of the field the backs were incredible, led by Noel Furlong at centre back.

In the county final everything clicked. Carrig's work rate and intensity put CIT on the back foot and created the platform for Carrig's best team performance in living memory. At full forward, Mickey Da produced arguably his greatest performance in a Carrig jersey: he scored four points from play, played the final pass for another four points and scored two frees, one of which he won himself. All over the field, though, Carrig players rose to the occasion. Liam O'Sullivan had yet another terrific game as did the irrepressible Colm O'Connell at wing back. Michael O'Riordan was very close to winning Man of the Match and Pat O'Sullivan was impenetrable yet again.

Carrig surrendered a two point advantage to go two points behind shortly after half time. The fight back, though, was led by Niall Mac who was a force of nature in the second half. His inspirational play lifted everyone and it was fitting that he should break up CIT's last attack in stoppage time.

What happened next will live forever in the memory.



Trish Casey winner of the "Best Dressed House" receives her prize of a hamper sponsored by Centra. L-R Simon Ahern (Centra), Paddy Vaughan, Trish Ahern (Centra), Niall Barrett, Trish Casey, Denis O'Mahony, Michael Creedon, Denis Walsh and Neilus Kidney



County final winning management committee:
Sean Barrett, James O'Connor, Tom O'Brien and
Maurice O'Donoghue.



Carrig GAA Connections from the early days. Seanie O'Farrell recently took the cup to his neighbour Mrs. Ansty Kelly. Mrs. Kelly is 95 years of age and has connections with Carrig GAA going back to the foundation of the Club. Both her Grandfathers, John Grey and Patrick Fouhy, were among the founding members, and a Granduncle, Jerh Fouhy, captained the 1909 intermediate hurling county winning team. Her Father Matt Fouhy and two Uncles, Ned and Jim Grey, played on the first Carrig team to win a senior hurling county back in 1918. Ned also won an All-Ireland senior hurling medal with Cork in 1919. Her brother, Mattie Fouhy, was one of our club's greatest hurling stars who won four All-Ireland senior hurling medals with Cork in the 1940s and 50s. as well as intermediate and junior hurling county titles with Carrig. Mrs Kelly is pictured with Seanie O'Farrell and her two sons Tony (left) and Pat.



County Cup at Ahern's Centra Store Carrigtwohill, Main Sporsor of Carrigtwohill GAA.

Brian Lordan and Mickey 'Da' together with members of the team, officers and team management, took the cup along to Aherns Centra, the club's main sponsor, and are pictured with owners Simon (between Brian and Mickey) and Trish Ahern. Also included is store manager Michael Creedon on the extreme left and Simon's mother, Mrs. Peggy Ahern. Peggy is the daughter of Jim Barry who trained the 1918 Carrigwohill county winning team and came on as a sub in the county final. Páirc Séamus De Barra is named in recognition of his outstanding service to the club as an administrator



Carrigtwohill **Tuesday Club**

Carrigtwohill Tuesday Club would like to wish all their friends, a very Happy Christmas and Healthy New Year.

Our club will have their Christmas Outing on Tuesday 13th. Dec.2011.

A meal is arranged at The Rising Tide Glounthane. The Club returns to usual activities in Jan. 2012.

Frank's **Takeaway**

Main Street, **Carrigtwohill**

Opening Hours

	Lunch Time	Evening	gs
Mon.	12.30 - 2.30.pm	Mon.	Closed
Tue.	12.30 - 2.30.pm	Tue.	5.30 - 10.30.pm
Wed.	12.30 - 2.30.pm	Wed.	5.30 - 10.30.pm
Thur.	12.30 - 2.30.pm	Thur.	5.30 - 10.30.pm
Fri.	12.30 - 2.30.pm	Fri.	5.30 - 10.30.pm
Sat.	12.30 - 2.30.pm	Sat.	5.30 - 10.30.pm
Sun.	Closed	Sun.	5.30 - 10.30.pm

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Look out for January special offers



Big Birthday Celebrations

Our Community Centre (in the heart of our village) celebrated its 60th Anniversary in style on October 30th 2011 last. Over 200 people gathered in our centre at 8pm and danced the night away until the small hours.

Music and dance by Pat Burke, Dick Cashman, Art Supple, local musicians Jerome and Daniel Murphy and Michael Cummins and friends brought us through the ages.

It has been 60 years since the first dance and opening of the centre and dancing was very popular in the Parish Centre during the 50's and 60's.

Light refreshments and bar facilities added to the evening while Cordelia of 'Party Decor' transformed our centre with beautiful drapes, colour and table arrangements.

Eddie O'Riordan took us on a history tour of the Centre and the Community Council while presentations were made to past Chairperson's.

A surprise presentation to Mr. John Healy for his endless and dedicated work in our Community was the highlight of the night.

Ollie Sheehan, our present chairperson of the Community Council and Jimmy McCarthy, former chairperson cut the birthday cake to celebrate the occasion. A great night was held by all and it is hoped such dances will fill our Centre again in the near future.

Ann O'Driscoll
P.R.O Carrigtwohill Community Council



Standing: Sean Murphy, Muintir na Tire; Annette Lane, Community Centre Manager; Jimmy O'Brien, Anthony Barry, John Buckley, Tim Healy; Ollie Sheehan Chairman Community Council;

Seated: Pat Golden, Mary Halpin, John Healy, Maura Healy, Donncha O'Dulaing, Mary Carey, Jim McCarthy



Ollie Sheehan and Jim McCarthy cutting the cake



John and Maura Healy with John Buckley, Vice President Community Council.



Peter and Maureen Hogan on the floor



Robbie Sheehan and Trish O'Brien enjoying the music



Organising Committee: Standing:- Mary O'Mahony, Geraldine Cashman, Margaret Long, Eddie O'Riordan. Seated:- Ann O'Driscoll, Pauline Murphy and Annette Lane.



GAA Club Lotto Winner

Club Treasurer Paddy Vaughan presents a cheque for €9,000 to GAA Club Lotto winner Liz Connery.



Ann Buckley wins car in GAA Draw

Congratulations to Ann Buckley who won first prize in the Cork GAA Clubs draw.

Ann was presented with the keys of a new car worth €25,000 at Paric Ui Rinn in the company of her husband John, her son John Junior and two of her grandchildren Leah and Shane. Ann and her family have been great supporters of the Cork Clubs Draw and the club lotto for many years.

As the ticket seller Junior also received a prize.

The presentation was hosted by Seamus Coughlan, the draw co-ordinator and was also attended by John Coleman, who sponsored the first prize.

The club was represented by Jack Walsh, the draw coordinator in Carrigtwohill and by Denis Walsh, the vicechairman.

Spread the word at home and abroad
Carrigtwohill Community News
is available on the web
Download it from
www.carrigtwohillcommunity.ie



Group pictured at a recent Tidy Towns project at Ryan Ahern Place.

48th Wedding Anniversary



Congratulations to Kathleen and Eddie O'Riordan, Main Street who recently celebrated their 48th wedding anniversary.



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Car Winner in GAA Draw



Richard Cull, Barryscourt Wins Car

Congratulations to Dick Cull who won first prize in the Cork GAA Clubs draw.

Dick was presented with the keys of a new car worth &25,000 at the local GAA grounds. The presentation was made by Pat Kelly, who sold the wining ticket.

Pictured are: Noel Deasy who provided the car, Ann Cull, Seamus Coughlan, Cork County Board Draw co-ordinator, Pat Kelly, Denis Walsh GAA Club Chairman, Richard Cull and Jack Walsh daw co-ordinator for the club.



Captain Darragh McCann receiving Sciath na Scol Trophy

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They make this Newsletter possible



Carrigane Road

Environment MattersWith Mary O'Mahony

Carrigane Road

Work will resume early in the New Year to finish off the footpaths and associated road works.

New Area Engineer

Myself and Oliver Sheehan met up with Mr Dave Clark. the new County Council area engineer recently.

We raised the following issues with him and showed him around:

- Parking difficulties on the main street.
- No stop sign on the junction of the Main Street and Church Lane.
- Speed limits on the bridge and the safety of walkers on same.
- Barryscourt Castle junction, where we suggested we might raise the area inside the barrier with a view to erecting a larger sign for the castle and also to landscape this area.
- Repair of section of road at the bus stop because passengers continually get wet while sitting in the shelter and the grit continuously blocks the grate which runs towards Costcutters.
- Pedestrian crossings on the main street and at the entrance to the Catholic Church.
- Extra bins for a number of locations in the village.
- One of the main concerns to be addressed is traffic congestion on our main street especially at school times.
- The Community centre car park has been marked recently to assist with the flow of traffic.

I wish Mr Clarke well in his new position. We look forward to his help and support in the future.

Stanton Welcomes Approval of Carrigtwohill Wastewater Upgrading

Cork East Fine Gael TD, David Stanton has welcomed the decision of Phil Hogan TD, Minister for the Environment, Community and Local Government to approve design proposals for Carrigtwohill's Sewerage Scheme. The proposals, submitted by Cork County Council, are for the upgrading and expansion of the wastewater treatment plant in Carrigtwohill which is part of the sewerage scheme.

"I am pleased that Cork County Council is to be given the go ahead to prepare contract documents for these wastewater improvements in Carrigtwohill. Once these documents are prepared, the Council will be in a position to seek tenders from interested parties to carry out the work. It is an important step in providing a more modern sewerage infrastructure for Carrigtwohill allowing the wastewater system to cater for current and future residential and commercial needs. "The works will form the first phase of the upgrading of the wastewater system to cater for a population of 45,000. I have been advised that the total contract for all phases of the works, which once completed will cater for 60,000 people. The Department of Environment, Community and Local Government has estimated that the total cost for all phases

"It should be noted also that the additional capacity of the wastewater treatment facilities should also contribute to further enterprise development in this area of East Cork by making Carrigtwohill and the surrounding areas even more attractive location for multinationals and other businesses. It should therefore, hopefully increase industry and employment in the area.

of the proposed works will be approximately €14 million", said Deputy

Stanton

"I understand that Cork County Council have already carried out advance works on Carrigtwohill wastewater scheme which involved the provision of foul and storm sewers and two pumping stations. I hope that the Council will be in a position to continue its work soon once the tendering process has been concluded.

Contact: David Stanton TD, Tel: 021 4632867, http://stanton.ie

East Cork Glenmary Basketball Club

The Season so far:

This year E.C. Glenmary again have men's and woman's teams partaking in the top levels of Cork County Basketball. Our men's team survives a relegation battle in Division 1 last year and have been looking to have a stronger second year in the division. The woman's team who had a strong season last year reaching two finals and finishing high in the league and are hoping to repeat the same trick this year.

Unfortunately the woman's team start to the season has been a struggle with three of last year starters missing and a number of injuries preventing the team from picking up any wins to date. The team has lost narrowly to Cobh, Skibbereen and Mallow. While losses to Ballincollig and Brunel (2) show the team still have work to do to challenge the current league leaders. Signs that a win isn't far away were seen in their most recent game on Friday the 25th of November when the team lost narrowly to Brunel (1), where some outstanding defence and well worked offensive moves saw them lose by the narrowest of margins 46-48.

The men's team began the season with their usual pre-season tournament. This year the tournament was held in a new format with all teams in a round robin group and the games played in shorter periods. The team won two of their games which gave them some confidence heading into season proper. In the league the men's team currently stand in mid-table with a 2-3 record. With two of their 3 games lost by narrow margins the team are confident of adding to their win column. Like the woman's team, the men played Dragon Crew on the 25th of November in what turned out to be a classic. E.C. Glenmary started slowly before strong 2nd and 3rd quarters brought the team into a winning position entering the 4th quarter. A comeback from the Dragon Crew brought the game into overtime. However the Glenmary's cooler heads and some good finishing gave them a one point winning margin on a score line of 69-68.

In other club news, the club recently held a Texas Hold em' poker night in Guilders Bar. Thank you to all the sponsors of the spot prizes and to Jim Cooney for allowing us to hold the event. Thanks also goes to those who partook and brought raffle tickets, your support is greatly appreciated as the money raised goes a long way in clubs like ours.

Another massive thank you must also go to Jim Cooney, Guilders Bar who recently agreed to sponsor the ladies team. The new gear has just arrived and it is hoped to launch the kit in the coming weeks. Hopefully we will see the results of same in our next report!

Finally on behalf of the club we would like to wish all supporter, sponsors and readers a very Happy Christmas and a prosperous New Year.

Enquiries to Martin at 021-4883482 or 087-6487405

Newsletter Production

All input for the Newsletter should be sent to:
The Editor, Dave Moore
at
carrignews@eircom,net
087-6290574

Advertising

Annette Lane 086-3225229/021-4882265

Thanks

Last year you kindly published my request for information re my later father's family: the Barrys of Fota, McAuliffes of Midleton, Mulhollands of CAR-RIGTWOHILL

Thanks to this I was soon in touch with your readers Jonathan Hayes and Susanne O'Donovan who have been unbelievably helpful.

I have tracked down birth, marriage and death records; census returns and, best of all, photos.

Go raibh míle maith agaibh! Damian Smyth San Francisco, California.

Green Corner

Save money and save the planet!

Replace all incandescent bulbs with CFLs which last ten times longer and use less electricity or better still use LED lights which are even more energy efficient.

Switch off lights when leaving a room.

Don't leave electronic equipment on standby as they are still using energy. Switch OFF.

Look for solar powered or wind up products such as radios and chargers.

Unplug your phone charger when it is not in use. Many chargers still use energy even if nothing is attached!

Give your old phone to charity such as the Jack and Jill Foundation for recycling.

Donate unwanted computers etc. to charities or community groups.

Use rechargeable batteries

Winter Tips

- Know how to turn off your water.
- Service your oil or gas boiler.
- Lag all pipes in attic
- Open attic door on a cold night
- Free advice join our Frost Club.

Dave Gibbons Heating and Plumbing 086-8393686

New Family Resource Centre.

Work has started on the demolition and renovation of the old Family Resource Centre in Carrigtwohill. It will be replaced on the existing site by a new purpose built building that will be opened next year.

The new building will replace the one opened in 1991 but has outlived its usefulness and required renovation to bring it up to modern day standards for the provision of family support and childcare services.

The decision to demolish the old building was taken with much regret as it had provided sterling service in the community as a base for family support services and programmes, community and adult education classes and until recently a base for the local Public Health Nurses.

The new facility will include provision for a community preschool and the estimated cost of the project is in the region of €400,000.

The Family Resource Centre was set up by the local Saint Vincent de Paul to provide practical and pragmatic supports to families.

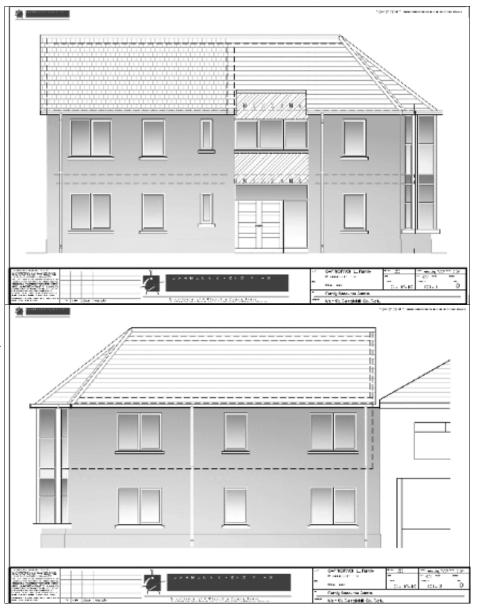
The supports and services developed by the Family Resource Centre include a "Parent and Toddler Group" "Breakfast Club", "After Schools" "Shared Reading" "Youth Café" and "Summer Camps".

The Family Resource Centre is also a centre for the provision of adult education On Tuesdays and Wednesdays it provides and training opportunities covering subjects such as Child Care, I.T. Health Care and English for Newcomers

It also has an education and preventative role in responding to emerging social needs. In this regard it has worked in a collaborative partnership with other local voluntary and community organisations to provide and support programmes "Peer Support", "Suicide Assist" "Drug and Alcohol Awareness" "Build on Your Skills" and "Art Integration Workshops"

The Family Resource Centre also has a major advocacy role in relation to Housing, Health, Education, Employment and Financial management and assistance, and where necessary will make referrals to other professional services.

The Family Resource Centre is open five days a week from 9am to 4pm.



office space for the Community Welfare Officer from 9:30 to 11:00am and for the FAS /Joint Project C.E Scheme Supervi-

It is also open daily for the Charity Shop and purchase of school uniforms.

Funding for the FRC comes from a blend of sources including the Society of Saint Vincent de Paul, HSE (South), POBAL, FAS, SECAD, Cork County VEC and Cork County Childcare Committee

The work of the Family Resource Centre would not be possible without the help and support it receives from the Society of Saint Vincent De Paul and through the invaluable resource of its many volunteers and those who help and support in our shop and with the organising and participation in fundraising events like Fashion Shows, Cookery demonstrations, catering at annual Point to Point etc.

SVP needs your second hand clothes.

The Society of Saint Vincent De Paul has 21 charity shops in the Cork Region. Sixteen of these are in the county and five in the City. These shops provide a necessary local service whilst also generating funds for the Society.

You may donate clothes directly to the shops or to the Society's collection bins at the "Bring Sites" in Cork City and County.

The Society would strongly urge you to donate clothes only to the SVP or other recognised charities.

Clothes donated to the Society are sorted and go directly to its network of shops.

The Society does not employ companies or agents who charge fees for the collection of clothes, or who collect clothes for resale through retail outlets else where in Europe.

Roma Walsh M.I.S.C.P.

Chartered Physiotherapist

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Main Street, Carrigtwohill Phone 4883707



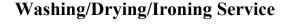
Curtain Cleaning



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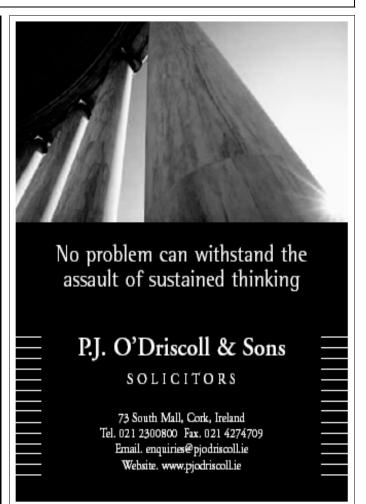


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Seasons greetings to all our customers and friends







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Carrigtwohill Senior Citizens Party and Dinner

in

Midleton Park Hotel

on

Sunday January 8th at 2.00pm

A gala evening assured with Pat Burke and Frank plus other surprises.



For All Older People

Age Action South, St. Luke's Home, Castle Road, Mahon, Cork.
Tel: 021-4536554 Email: ageactioncork@ageaction.ie
Website: www.ageaction.ie

New Local Phone Number for Care & Repair

Age Action has announced that due to the continued expansion of the Care & Repair programme in Cork there is a now a local phone number, 021-4536554, which older people can call to arrange to have jobs done around their homes free of charge.

Age Action's Care & Repair service uses a pool of trustworthy volunteer handypersons to carry out odd-jobs and DIY work for older people who find it difficult to do these jobs themselves. Some of the jobs that our volunteers can do include changing light bulbs, minor painting and decorating, hanging curtains, minor gardening, minor carpentry and installing smoke alarms. The service is free; clients only pay for the materials used.

For bigger jobs that are beyond the scope of the volunteers, Age Action maintains a register of reliable and honest tradespersons whose contact details can be provided. As well as all of the main trades such as plumbers, electricians, builders etc, they have details for people who service boilers, clean chimneys, clean gutters and many other useful services. Regular social visits to older people can also be arranged.

John O Mahony, Care & Repair Development Officer, says "I'm delighted that we now have a local Care & Repair phone number in Cork. This will make it quicker and easier for people to access our services and I would ask anybody who thinks that we might be able to help them around the house to contact me on 021-4536554. I would be happy to chat to people about how we can assist them."

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

Phone: 021-4536554

Whist Drives

Whist drives are held in the Community Centre on the first Saturday of every month starting in October and running through to May.

It is a great fun night that doesn't cost a lot to get out, have a chat, play cards and you never know who you might meet!

There are prizes and a raffle and the money raised from the nights goes to various charities.

Beginners welcome!
You are never too young or too old to start!
Hope to see you there.

The Star O' Bethlehem

The Star o' Bethlehem, was shining bright,

The Holy Child, was born that night,
The Shepherd's heard the Angels sing,
And went away to find the King.
Three wise men came from afar,
Guided by that shining star,
They found him in, a stable small,
The God Supreme, that's over all.
As he lay there in his bed of straw,
And all the sins of man foresaw
He saw that it was going to cost,
He saw himself upon the cross.
He saw his virgin mother there,
Offering up a silent prayer,
These are the facts we should not hide,
When we rejoice At Christmastide.

E.P.Buckley

Midleton Hillwalking Club

The Midleton Hillwalking club will launch a club promotion in Dec/Jan . With many people now seeking recreational past time and new hobbies, this is the perfect time to promote the club. The walk season commenced on Nov 1st and the membership is very encouraging to date.

The benefits of getting involved in a walking club can be very beneficial in promoting health, fitness and social aspects.

The club provides an extensive range of walks, from local scenic low level walks, trail walks and mountain/hill walks for the more adventurous. We can provide for all levels of fitness. Walks takes place on Saturday afternoons for low level walkers and Sundays for hillwalkers.

The club draws members from throughout the East Cork and City regions.

The club website is:www.midletonhillwalkers.com or ring 087-6464115 for details.

Our thanks to all contributors to this edition especially to our advertisers who make the whole thing possible.

Please support local business.



Tidy Towns Competition 2011 Adjudication Report

Centre: Carrigtwohill Ref: 363
County: Cork (South) Mark 213
Category: C Date: 26/06/2011

	Maximum	Mark	Mark
	Mark	Awarded	Awarded
		2010	2011
Overall Development Approach	50	0	32
The Built Environment	50	0	30
Landscaping	50	0	28
Wildlife and Natural Amenities	50	0	9
Litter Control	50	0	24
Waste Minimisation	20	0	6
Tidiness	30	0	14
Residential Areas	40	0	28
Roads, Streets and Back Areas	50	0	25
General Impression	10	0	7
Total Mark	400	0	213

Overall Development Approach:

Welcome back! You are most welcome to the Tidy Towns Competition 2011. Thank you for your detailed but concise submission. Thank you in particular for the useful photos and map. Next time, make the map a little bigger please but the one you supplied was fine for use. You have an active committee with good numbers' Well done on meeting so regularly and having so many ambitions.

The adjudicator suggests that you make up a plan - even a simple one- that sets out your key tasks, targets and resources required within a timeframe.

It will help. The County Council might be able to help you in this regard. In the meantime, well done on identifying some key concerns and for taking some of these on so soon.

The Built Environment:

Castlelake seems to be an ill-planned initiative. It is quite an attractive building though and the pond is nice. With luck it may be occupied.

The Garda Station needs a clean. St. Aloysius's College is lovely - very neat and tidy and has a Green Flag- already a great ally for your group.

The coffee shop and butchers were admired. Scoil Clochair Mhuire looks fantastic: really, really neat, roses, immaculate gates and another Green Flag!.

The community centre is well decorated and the frontage is clean. The row of shops opposite is really nice, all the way from Mops to Bloomsday, well done to all the owners and managers.

The shopping and business centre looks quiet and a little underused. Focus attention here so that it doesn't become neglected. Derelict sites and a couple of houses are an issue here but so too are they in many towns. You have already begun to tackle these.

Work with the County Council and owners where possible. The

Family Resource Centre is pretty and very much in use on day of visit. It does need a little cleaning, though.

The Credit Union looks great, very bright and clean. Watch out for a trip hazard at the side. Forrests is a lovely shop front. Glenmary Hall was in good order.

Landscaping:

The work in front of Aldi looks very good. Hanging baskets were being erected on day of visit. Well done to all of the businesses and householders. You have done a very, very nice job on the planters.

There was also great work at the name stone and at the front of the business park. The schools looked great. The work at the RC church was also admired. The Tullagreine landscaping is a work in progress but it will make a great entrance to the town.

Wildlife and Natural Amenities:

That's great that you are getting a biodiversity survey done already. Keep us updated. The cycle/footpath project is an excellent idea and Ireland needs more of this kind of thing.

In the meantime, see what habitat you can offer within the town, Have you room for a wildlife pond?

All sorts of other wildlife projects may be carried out-these may involve planting native species, identifying existant species, erecting bird/bat boxes. You are advised to work with the national school on this section of the competition.

You could also get advice from the local wildlife ranger, the County Council or from the Irish Wildlife Trust (www.iwt.ie).

Litter Control:

Litter is a problem for your town. However, the adjudicator was impressed by your approach to this. This seems systematic and forward-thinking.

Don't forget that you have two Green Schools (one at second-level) who will be invaluable allies in your campaign.

Waste Minimisation:

You are advised to read the Tidy Towns Handbook on how to proceed in this section of the competition. This is not about recycling but on the prevention of waste arising in the first instance.

Please do work with the schools on this. In truth, Green Schools are quite expert. You could also get advice from the County Council's environmental awareness officer.

Tidiness:

There are quite a few things to address within this category but none too serious.

For example a crash-barrier at the shopping centre is bent out of shape, a pump needs some TLC, weed control is poor on the east of the town, old property signs need to be taken away, gates of derelict houses could be painted and bushes trimmed back

More seriously, footpaths are in poor condition in a number of areas. Address this with the County Council forthwith.

As with other categories, tackling the above is easier with a plan.

Ask around other Tidy Towns groups for assistance perhaps.

Residential Areas:

Well done on your work on the derelict cottages but more work is needed soon.

(Continued on page 37)

(Continued from page 36)

Maryville was seen to be neat with nice colours.

A great effort has been made on main street by the householders here. There is really nice single-storey terrace on east of this street.

The adjudicator was very impressed with Patrick H. Pearse Place. There are very nicely painted kerbstones, very neat tree-planting - birch and cypress- and a nicely planted concrete planter.

The informal playground here is in very good condition.

Roads, Streets and Back Areas:

The old Cork Road looks really well. The eastern approach road is not so good with messy roadsides and flaking walls.

Category A

Both of the N25 roundabouts are in good order

Do note that on the more westerly roundabout, the sign for the castle is pointing the wrong way.

General Impression:

Category A

The adjudicator was most impressed with both the aspirations of the new committee, along with the evidence already on the ground. Co-operation will be key but you seem to have made a good start.

New communication technologies will help. Good luck with all your initiatives.

Tidy Towns Competition Results for Cork South

Category A	
Kilbrittain	281
Ballinadee	273
Carrigadrohid-Killardrish	240
Glanmire	237
Minane Bridge	227
Kilmacsimon Quay	201
Category B	
Rostellan	283
Innishannon	279
Grenagh	254
Ladysbridge	253
Ballycotton	245
Killeagh	244
Glounthaune	243
Clondrohid	240
Mogeely	240
Belgooly	234
Whitegate	198
Category C	
Blarney	247
Crosshaven	242
Carrigtwohill	213



Cork County Council Anti Litter Challenge 2011

Category 11				
Community	Week 1	Week 2	Week 3	Total
Dunmanway	92	92	92	276
Skibbereen	87	91	93	271
Castletownbere	89	89	89	267
Youghal	83	87	87	257
Newmarket	84	78	89	251
Fermoy	81	76	90	247
Category B1				
Community	Week 1	Week 2	Week 3	Total
Millstreet	90	89	90	269
Blarney	88	87	91	266
Bantry	88	88	86	262
Charleville	92	80	89	261
Bandon	87	82	86	255
Macroom	84	92	76	252
Kinsale	85	81	78	244
Ballincollig	84	88	61	233
Category B2				
Community	Week 1	Week 2	Week 3	Total
Kanturk	84	85	91	260
Passage West	80	82	90	252
Midleton	76	79	87	242
Crosshaven	85	80	73	238
Buttevant	87	78	72	237
Cobh	80	78	75	233
Mallow	68	79	85	232
Carrigaline	81	71	75	227
Clonakilty	78	78	67	223
Mitchelstown	65	70	87	222
Carrigtwohill	66	73	66	205

New Post Primary School for Carrigtwohill

On 27th June this year, the Minister for Education and Skills, Mr. Ruairi Quinn, announced that by 2017, the long awaited new post primary school to service the Carrigtwohill/Midleton area would be delivered.

During the Summer, we were very glad to learn that the Minister had requested the VEC to identify a suitable site for the school in the Carrigtwohill area.

Interest in the post primary school is intense, particularly among parents of primary school going boys who are extremely concerned about the lack of availability of places for their children in schools where traditionally places were assured.

Cork County Council identified the Cork-Midleton rail corridor as the major growth area for the county and its development plans provided for future population growth for the county to be along that corridor. The level of development in the Glanmire, Glounthaune, Carrigtwohill and Midleton areas is self evident. Unfortunately the lack of development of social facilities including schools to service the new population is equally self evident.

Parents have learned to their dismay that schools in Glanmire and Midleton which traditionally accepted their boys were at or nearly at capacity and that the children from Carrigtwohill were not entitled to any priority.

With Carrigtwohill set to develop into a town with a population of 12,000 people by 2020, the need for a secondary school to accommodate boys within the town is obvious and the announcement by the Minister in June, although welcome, is very late

Local TD's David Stanton and Sean Sherlock have been very supportive of the efforts made by Carrigtwohill Community and others towards the delivery of the school.

A large crowd attended a meeting held in Scoil Mhuire Naofa on 21st November. They were informed by Ms. Joan Russell, CEO of Cork County VEC that the VEC has completed its identification of potential sites in the Carrigtwohill area and they are now with the Department of Education and Skills for consideration.

The proposed school for the area will be designed to accommodate 1,000 pupils although it is likely that it will initially open its doors to first year pupils.

Ms. Russell explained that, the Department has not yet given the go-ahead for the school construction and that generally, there is a three year gap from announcement of go-ahead to final delivery.

The school will almost certainly be a co-ed school.

It is possible that if pressure for school places rises, the school may be allowed to open in temporary accommodation before the new building is available.

Proposed extensions to CBS and St. Colman's college in Midleton may ease the pressure for places in the meantime.

It was reassuring to hear that, despite those planned extensions, the Department is still of the view that a new school is required for the Carrigtwohill area.

Patron

Ms. Russell explained that while the VEC has been requested to identify a suitable site, the Department has yet to decide on the likely patron for the new school. When the school gets the go-ahead, the Department will seek expressions of interest from patrons and only then will that be determined.

Cork County VEC can offer two alternative patron models. One involves the VEC only as patron.

The other involves the VEC sharing trusteeship with the Diocese of Cloyne.

Discussions between the VEC and the Diocese have commenced and there is a strong interest in the development of a Community College under their joint trusteeship.

According to Ms. Russell, Co Cork VEC is a significant and very experienced provider of quality second-level education in the county, with direct responsibility for 21 post-primary schools and a co-trustee role in all 7 of the county's community schools.

The VEC also provides for adult, community and further education and oversees the County Cork School of Music.

Central to its core mission is the support of the expert services provided by Co. Cork VEC Head Office for all schools in its care in relation to buildings procurement, ICT, finance, grants and human resources; as well as access to quality training for boards of management and professional development for teachers and school leaders.

Ms Russell presented an overview of the model of community college envisaged for Carrigtwohill, which includes the provision of a broad curriculum and a range of policies under the stewardship of a board of management encompassing parents and nominees of both the VEC and the Diocese of Cloyne. She emphasised the value placed on an inclusive and caring environment in the community college model, where the voice of both student and parent is heard and where accountability and transparency are paramount.

It is possible that an Aonad Lán Gaeilge (separate Irish college) could be developed within the campus if the demand were there

Similarly a primary/post-primary campus might be possible.

Although the enrolment policy is a matter for each board of management, the VEC would support giving priority to children from within the catchment area.

On the following evening, 22nd November, representatives from

(Continued on page 39)

(Continued from page 38)

Educate Together hosted a meeting in the Community Centre. They outlined their desire to seek patronage of the proposed new school which they described as being proposed for the Carrigtwohill/Midleton area.

Educate Together is a school patron body whose board members are elected by Educate Together schools. They have been involved in managing primary schools since 1970.

According to the speakers, their ethos is based on values of equality, human rights and active citizenship.

The meeting had been advertised in the Irish Examiner in the preceding days and Educate Together invited parents of pupils in Educate Together primary schools in Midleton, Youghal, Carrigaline and Cork City to participate in the meeting with a view to setting up a group interested in promoting the provision of an Educate Together post primary school to service pupils from those schools and other parents who might be interested in setting up the first ever Educate Together post primary school in the country.

In response to questions from parents, they replied that there is no existing school either in Ireland or abroad upon which their model would be based. Their model is based upon the individualism of each child. It may involve integration of subjects and teaching classes across year groups.

The enrolment policy of Educate Together schools is generally based on the principle of first come - first served.

No preference is given to children from the local catchment area. Each school is responsible for setting its own enrolment criteria.

Representatives from the local community who attended the meeting expressed their disappointment that there had been no communication with local schools before the Educate Together meeting and that the speakers did not appear to appreciate the need for a post-primary school specifically to service the Carrigtwohill area.

The speakers indicated that they were not yet ready to engage with the local community and were seeking to form a group who would assist in promoting the provision of an Educate Together post primary school in the Carrigtwohill/Midleton area with access to all.

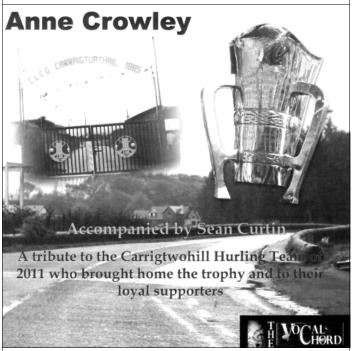
For further information about the VEC/ Community College model, contact www.cocorkvec.ie .

For further information on the Educate Together Model, contact secondlevel@educatetogether.ie

A committee of parents promoting the delivery of a co-ed post primary school has been set up with a view to keeping members of the community informed in relation to progress. Further information is available on:-

www.newschoolcarrigtwohill.com.

New CD Beautiful Carrig, Home of the Hurling



Following Carrigtwohill's historic senior hurling county success, a song has been composed to mark the occasion, entitled 'Beautiful Carrig, Home of the Hurling' written and sung by Anne Crowley, formerly Anne O'Riordan of Main Street. The song is now available on CD and all proceeds go to the New Marymount Hospice. Copies are available at Centra. A must for all Carrig supporters both at home and abroad.

DSCS Ltd.

Terrysland, Carrigtwohill

Donal 089-414780 Joan 089-4381212

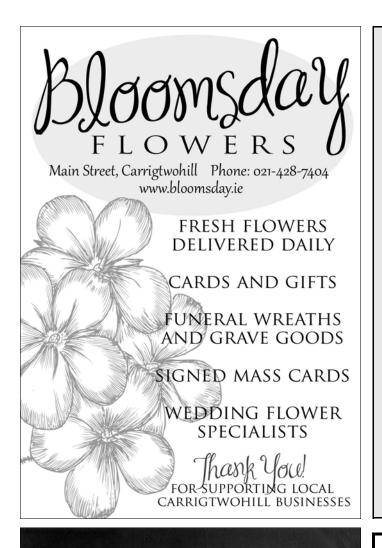
Prime Polish Coal 40kg - €17.00 Economy Coal 40kg - €13.00 Blocks - €4.50 per bag. 5 Bags - €20.00 Kindling - €3.50 per bag. 3 bags - €10.00 Turf - €5.00 per bag.

December Specials

- 2 Bags Prime Polish Coal, 1 bag singles, 2 bags of Blocks, 2 Bags kindling - €50.00
- 2 Bags Economy Coal, 3 Bales Briquettes, 2 bags of Blocks, 2 Bags kindling - €50.00

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Wishing all our customers a very Happy Christmas



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Seasons Greetings and a Prosperous New Year to all our customers and friends.

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Staying Well Tips for Older People during a cold spell Taking Care of Yourself:

- During very severe weather conditions, stay indoors if at all possible.
- Keep warm by wearing warm clothes. Loose layers allow for more efficient circulation particularly in the extremities.
- Use one room day and night if heating more than one room is not practical.
- Take nourishing hot food throughout the winter. Take frequent warm drinks. Use a flask to keep liquids hot without using up valuable energy
- Eating regularly helps keep energy levels up.
- Keep reasonable supplies of solid fuel indoors.
- Have regard to the safety of hot water bottles and electric blankets.
- Do not be afraid to press personal alarms to make contact even if it is only to talk to somebody.
- Keep as active as possible. (Even walking around your home can help)
- Wrap up warm if you need to go outside on cold days.
- Keep your home at the recommended temperature of 18 to 21°C (64 to 70°F). If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep.
- Remember Icy footpaths and roads can be very slippery and dangerous. Take
 extra care if you go out and wear boots or shoes with good grip on the soles.
 An old pair of socks pulled on over your shoes is very effective.
- Arrange to have some grit or Salt put on paths and driveways to lessen the
 risk of slipping. Bear in mind that black ice on footpaths or roads might not be
 clearly visible, and that compacted snow may turn to ice and become slippery.

Above all the message is to listen to any advice given by the emergency services.

Tips courtesy of Muintir na Tire/Community/Alert

Christmas 2011

Christmas is coming fast,
Winter winds are blowing a blast,
Night's long and dreary,
Awaiting something cheery.
Here Christmas fits in nicely,
And gives us all a break.
Welcome Santa and his deer,
Everywhere spreading good cheer,
Sparkling lights, carols,trees,
Exiles home from overseas.

Cards a few less every year, Departure of someone we hold dear, Reminding us life is short.

But sweet to enjoy as we travel forth.

Christmas lifts us all,

Helps us to walk tall.

Family re-unions again, once more,

When we remember days of yore,

Nothing is changed just a different date,

As the Birth of Christ we celebrate, In hope with joy and peace.

From our life all trouble release.

With friends and music, songs, and stories,

Dwelling lightly on Ireland's glories. And past games won we again recall As the bells ring out Happy Christmas to you all.

Maria Kelleher.

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Abbott Publishes First Corporate Citizenship Report for Ireland

Abbott, the global healthcare company which has a manufacturing facility in Carrigtwohill, Cork has published its first citizenship report for Ireland. The report highlights the company's commitment to its customers, employees, environment and communities throughout Ireland.

Through Croí an Óir, Abbott's employee volunteering programme, employees in Ireland volunteered 9,000 hours in their local communities and organised nearly 200 events to support community and charitable organisations in 2010.

In Carrigtwohill alone, Abbott employees raised over €33,000 and volunteered 663 hours for the benefit of local charities and the community.

"The contribution of Abbott to Ireland extends beyond our economic impact and our national citizenship programme is the formal framework which allows us to make a greater contribution to our communities and other stakeholders. As a prominent local employer, we partner with and support a wide range of organisations and activities to benefit our area," said Denis Broderick, Site Director, Abbott Cork.

Abbott has made a significant contribution to the community here in Cork.

Key highlights include:

Innovating for the Future: Advancing Science and Engineering:

- ► Abbott has partnered with St. Colman's Community College, Middleton, Cork, through the School Business Partnership to deliver business skills to secondary school students.
- ➤ Six Abbott employees have volunteered in the Junior Achievement programme this year to help Cork students gain a better understanding of the world of business

Supporting Community Organisations

► In Cork in 2010, Abbott supported 19 community organisations including St. Vincent de Paul and the Irish Cancer Society among others.

Safeguarding the Environment

Abbott's pharmaceutical manufacturing facility in Carrigtwohill Cork reduced the energy consumed by the operation and achieved Energy Management Syst em certification (EN 16001) by the National Standards Authority of Ireland (NSAI) in 2010.

Being a Great Place to Work

- Abbott's facility in Carrigtwohill Cork holds numerous employee fundraisers and events throughout the year, including National Day of Volunteering events, sponsored cycles, Daffodil Day and clothing collections.
- Abbott is working with Carrigtwohill Community Council to extend the walk and cycle track from the IDA Business Park to Fota Business Park.

Abbott is one of Ireland's largest multinational companies with 14 facilities in seven counties, including the facility in Carrigtwohill, Cork. The company, which employs nearly 4,000 people in Ireland, makes a significant contribution to the local and national economy from a social and economic perspective. "Corporate citizenship is a key tenet to sustaining Abbott's business across the globe and is embedded throughout our organisation, whereby we strive to be a trusted, local citizen of each market where we operate. Corporate citizenship is central to building a sustainable business and active citizenship is embedded in the values of our company. In Ireland, the very active citizenship of our employees is having a significant impact in communities here and abroad. We are proud of their achievements and commitments which are published in the first Abbott Ireland citizenship report," said Katherine Pickus, Divisional Vice President, Global Citizenship and Policy at Abbott.

Abbott Ireland has also won numerous awards for its contribution to the communities in which it operates and the environment, as well as being recognised as one of the country's leading employers. Abbott Ireland won the 2011 European Employee Volunteering Award which was presented to mark the European Year of Volunteering and was supported by the European Commission. Abbott won the Chamber's Ireland Good Neighbour Award in 2010 and its Outstanding Achievement in Corporate Social Responsibility Award in 2009.

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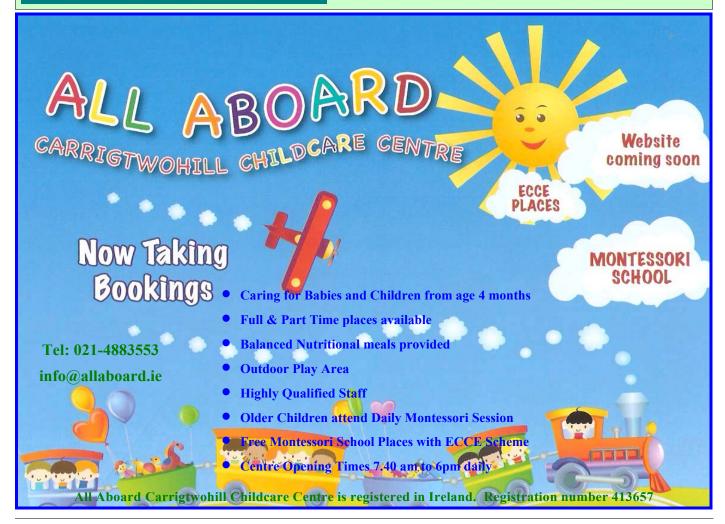
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		W. Day	Castle Lake ALDI
OWER		and Blue Diamond	Dennehy's Garage
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Happy Christmas to all our Customers

