

# FREE MUSKERRY NEWS incorporating North City News

August 2012

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Vol 10, Issue 9

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The September edition of The Muskerry News, incorporating The North City News, will be published on Friday September 7th and closing date for submissions is Friday August 31st.

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Ellen and Holly Hoare, and Aveen Barry, at the 100th birthday of their great grandmother, Blackpool lady Margaret Bermingham.  
*pic Mike English*



Michael Twomey and Frank Duggan on stage for their last ever performance of Cha and Miah in The Cha and Miah Farewell Show at the Everyman Palace Theatre.  
*pic Darragh Kane*



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Fancy a cocktail? Get down to the Castle Hotel and try the new bar 'Kieran's Cocktails.' Mojito's, Cosmopolitan's, Piña Colada's and more. The cocktail bar is open every Friday night until closing time.

## Enrolments being taken for September

Blarney Community Pre School are now taking enrolments for September 2012. Limited spaces are available for both morning and afternoon sessions, and ECCE spaces are also available. To find out more contact Sheila or Apife at 086 1929789.



## 'Never such devoted Sisters'

Eileen, Marie and Teresa Kenneally, and Francis, Mary and Liz Horgan enjoying a rest on their recent walk with Blarney Walking group at the Forest Walk near Mitchelstown.

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An eye catching message from God outside the Missionaries of The Sacred Heart on the Western Road.

## Short Story Award

Danielle McLaughlin from Donoughmore pictured with Sunday Independent columnist Eoghan Harris as she received the winners prize for her entry of the Trevor/Bowen Short Story Award 2012.



Husband and wife, Gerry and Eileen Keady, who have retired from the teaching staff at Cloghroe National School, photographed with INTO President, Anne Fay, at function at Lee Valley Golf Club in honour of thirteen members of the Coachford Branch INTO who have retired this year.  
*pic Mike English*



Donoughmore Macra have had a relatively quiet month. Officers for the coming year were elected at the club's AGM which was held at the end of June, and are as follows: Chairperson: Edel Buckley, Assistant: John Buckley, Secretary: Elaine O'Connell, Assistant: Barry O'Regan,

Treasurer: Alan Twomey, Assistant: William Buckley, PRO's: Eithne Healy, Seán Wallace, Sports and Social: Meig Collins, Emily O'Donovan, Young Farmers: Diarmuid O'Connell.

Members attended events held by neighbouring clubs during the month, including NaddStock and Know Your Neighbour BBQ's held by Berrings, Terelton and Aghinagh. The club also got involved in Donoughmore Carnival. On the Thursday night, the club's bench was unveiled alongside the fabulous new Amenity Walk in Stuake. Donoughmore Macra organised a tag rugby competition on the Sunday evening which was a great success, with six teams taking part.



Brian O'Regan, Kevin Doyle and Gavin Barry of Treacys Bar Ballincollig pictured at the Royseven concert at Reardens recently.  
*pic Donagh Glavin*

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Margaret Bermingham, Blackpool, seated second from left, celebrating her 100th Birthday at the Ambassador Hotel, surrounded by her grandchildren and great grandchildren.  
*pic Mike English*



Kieran and Eileen Lynch from Ballincollig pictured at the Royseven concert at Reardens in association with Corona Light.  
*pic Donagh Glavin*  
[www.donaghglavin.com](http://www.donaghglavin.com)

Kay Dennehy of Blarney Blog went to Garrycloyne Graveyard today and found all this rubbish at the gate. As she quite rightly said, "Shame on whoever did this, they have no respect for people living or deceased."



Congratulations to Quish's SuperValu Ballincollig who won the 'Best Dairy' award at this years Checkout Best in Fresh Awards.



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- Burglaries are up nearly 10% on last year
- 85% of burglaries take place while you are IN your home
- Cork is the most targeted area in Munster
- Burglars have taken €700 million from homes LIKE YOURS in the last ten years.  
(Irish Examiner October 6th 2010)

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Millstreet teenager Joanne O'Riordan and her brother Steven have had funding refused for their forthcoming documentary 'No Limbs No Limits' Joanne said, "Steven and I are disappointed to announce that the funding application for my documentary No Limbs No Limits has been declined. We will now look at other ways to raise the money to complete what has been started! Any ideas send them our way and stay tuned for more news. As we say, very disappointing news"



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Munster rugby coach, Rob Penny, on a visit to Curraheen Park, presents the trophy to Brid Lehan, Grenagh, following Parchments Mal's win in the Curraheen Park S1-S2 330 Final on Saturday night. Included are Michael Lehan, John O'Regan, Tom Delaney, Mort Cronin, Kevin Cummins, Frank O'Meara, Commercial Manager and Brian Collins, Racing Manager. *pic Mike English*

### 61st Annual Devotions at Lee Road Shrine

On Wednesday, 15th August next, the Feast of the Assumption, the Annual Devotions will take place at the Lee Road Shrine. The general public will assemble near Our Lady's Hospital Gate before 6.30pm and march in procession to the Shrine reciting the 14 Mysteries of the Rosary on the way. Succeeding groups will follow at short intervals. When all have arrived at the Shrine, the fifteenth Mystery will be recited by the entire congregation. For those unable to walk in procession to the Shrine, there will be accommodation available on the south bank of the Lee opposite the shrine.

The Lee Road will be closed to vehicular traffic from the Wellington Bridge to the Shrine from 6.30pm. However, it may be approached by car from the western side up to 7pm. A service of buses will convey people back to the city after the Devotions. Gifts of plants and flowers for the decoration of the Altar and the Shrine will be gratefully received on Wednesday morning at the Shrine.

Mass will be celebrated at the Shrine at 7.30pm by Bishop John Buckley, Bishop of Cork & Ross. Fr. John Fitzgerald MSC PP, Sacred Heart, Western Road, will preach a special sermon at the Shrine.

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## Sew Impressed

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Photographed at a function in their honour at Lee Valley Golf Club are thirteen members of the Coachford Branch INTO who have retired this year. Included are Mary Buckley (Coachford NS), Gerry Dineen (Dripsey NS), Ann Linehan (Berrings NS), Declan Murphy, Grace O'Donovan (Ovens NS), Padraig O'Conaill (Cloghroe NS), Siobhan O'Connell, Anne O'Hanlon (Scoil Naomh Lachtin, Donoughmore), Nancy O'Donovan (Dripsey), Joan O'Riordan (Farran), Eileen and Gerry Keady (Cloghroe NS). Also included are Anne Fay, President INTO, Emma Dineen, Chairperson, and Committee members of the Coachford Branch. Noreen O'Riordan (Coachford NS) is absent from photo. *pic Mike English*

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## Waterloo Football Club Fundraiser Cycle



**Sunday 12th August, 2012**

Start 12noon from Waterloo Inn -  
Bweeng - Derry Muphy's - Whitechurch -

### Glanmire Woman wants to spice up your life!

Tantalise your taste buds at the 'Taste of India' fundraiser at the Bollywood Lounge, Indian restaurant, Mount Oval, on Wednesday August 15th with proceeds going to The Hope Foundation.

'Taste of India' promises diners a gastronomic journey through India, where they can enjoy a choice of starters and mains including rice, naan bread and a glass of wine all for just 25! There will also be a chance to win some great raffle prizes on the night. The event is being organised by Glanmire woman, Catherine Revins, who is fundraising in aid of HOPE. Catherine said, "It is a great honour to be part of The Hope Foundation fundraising team in the knowledge that the children's daily lives benefit directly from our efforts".

Set up in 1999 to raise funds for one girl's home, today The Hope Foundation funds over 60 projects in education, healthcare, shelter, vocational training, child protection and drugs rehabilitation and is currently reaching out to over 18,000 children.

Bookings can be made by contacting Catherine Revins on 087 6450827. [www.hopefoundation.ie](http://www.hopefoundation.ie).



### Please join the Mercy University Hospital Foundation 2012 Recycling Campaign and help save lives in Cork!

The Mercy University Foundation has partnered with Kildarson Ltd., to raise much needed funds in aid of Mercy Hospital Cork

Local volunteer Denis O'Donovan collects print cartridges and items for recycling on behalf of the hospital throughout the county to raise funds for life saving equipment at The Mercy Hospital.

**If you can help and would like to sign up to the recycling campaign contact Denis O'Donovan on 087 2690776 or by email to [djodpc@gmail.com](mailto:djodpc@gmail.com)**

McDonald's Restaurant is due to open in Ballincollig in January of next year. The fast food premises is to be located on Old Fort Road, on the overflow car park and waste ground near the Aldi store at Ballincollig's East End. The development will consist of a single storey drive-thru restaurant, 70 car parking spaces, three disabled spaces, six parked order spaces and a set down area.

It will also include bicycle parking and outdoor seating



Blarney GAA are the inaugural winners of the Cork GAA Communications Award powered by Compu B in association with Silversprings Moran Hotel. Photo shows Bob Ryan, Chairman Cork County Board presenting the iPad, courtesy of Compu B Ltd. to club PRO,

Michael O'Mahony. Also included are members of Blarney GAA Executive, Michael O'Shea (Chairman), Michael O'Leary, John Quirke and Ger Casey, Dan Kelleher (Ulster Bank), Eoin Daly, General Manager Silversprings Moran Hotel, Ger Lane and Tracey Kennedy (Vice Chairman and PRO) respectively of Cork County Board. **Picture: Mike English.**

## ACR HERITAGE

The Heritage Committee of Aghabullogue Coachford Rylane Community Council is pleased to announce two events to coincide with National Heritage Week 2012.

Coachford Heritage Treasure Hunt on 18th August 2012 (in conjunction with the Coachford Autumn Festival). Explore the History and Heritage of Coachford Village within walking distance while having fun doing so! Commences 4.30pm sharp and ends 6.30pm. Meeting Point - Outside Entrance to Coachford GAA Community Centre. Free Admission.

"Doves and Crosses" on 25th August 2012 (by kind permission of Margaret Barry and the McSwiney Family). A trip to the Dovecote at Cronody, followed by a visit to Shandy Hall, Dripsey and former residence of Dr. Cross. Speakers for the afternoon: Anthony Greene and Joan Hinchion. Own transport required for this event. Bring walking gear and boots. Commences 2pm sharp and ends 4pm. Meeting Point - Car Park of St Patrick's R.C. Church, Coachford at 1.45pm. Free Admission. Everyone welcome.

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The Tennis Village, or the Sports Village as it's now called, is up and running again. It's bigger, better and offering a wide range of facilities to answer the fun and sporting needs of all age groups.



The Sports Village

### Indoor Tennis

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### Exercise

Check out our website for a list of exercise classes that we offer including Bokwa, the newest dance sensation to hit the floor boards this year. Our instructors have been trained in the UK and guarantee a great work-out that's effective and loads of fun.



### Winter Club Training

Many clubs are now planning their winter training programme. Our two indoor soccer pitches along with a 1,200 sq metre indoor training arena offers you the flexibility and space to plan your team winter training programme without having to worry about weather conditions. To find out more, or book your training slot, talk with Pat at 021 6010522.



### Membership

The biggest attraction over the past few weeks has been membership. As part of our membership deal, we include the use of the tennis courts, indoor and out-door, and our new gym along with a range of reductions on other facilities for the very competitive price of €175 per year: €100 for 6 months. Family membership for the year is €350 for 12 months. Ask at reception for further information or take a look online at [www.sportsvillagecork.com](http://www.sportsvillagecork.com)



### Summer Camps

We are currently taking enrolments for our popular Summer Camps, availability still for weeks of July 23rd, July 30th Aug. 6th and Aug 20th. For bookings call 021 6010521.



### Childcare

Our new childcare facility is currently enrolling Children between the ages of 1.5 years and 5 years of age. With free sessional childcare available for children over 3 years and 2 months under the terms of the Early Childhood Care and Education Scheme (ECCE). Enquire about subsidies available for those on certain social welfare payment for children aged between 1.5 and three years of age. For any questions you might have please contact Ursula on 021 4308819. Excellent value.



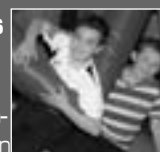
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# Times Past...

*with Brian Gabriel, Blarney and District Historical Society*

## The Name of St. Ann's Hydro was Known Far and Wide

**S**houragh meets, at right angles, the River Martin to flow onward to join the Lee near Leemount-Carrigrohane. The two mile stretch between Tower and Blarney is an area adorned with woods which add charm to the western approach of world famous Blarney Castle. On a sloping hillock in the centre of the valley stand the remains of what once was the most famous institution of hydropathy in this part of the world. It was here, over a century ago, that Dr. Richard Barter built a bath that revolutionised the skill of hydropathy (medical treatment by internal and external use of water). An early form of hydropathy was practiced by the Romans died with the Roman Empire and its health giving effects were obscured by the rise of chemistry in the 10th and 11th centuries. But the system was revived in Europe by a Silesian farmer named Vincent Priessnitz of Grafenberg who first tried it out on his farm animals with astounding success.

Long before the name of Grafenberg became associated with Turkish baths, William Penn, founder of the State of Pennsylvania in 1682, learned in his dealings with the Indians that they were aware of the medicinal use of water. Not alone did he see Indian women wash new-born babies in running streams of water, but he also recorded having seen an Indian Chief in the backwoods cured of fever by water treatment peculiar to that tribe. But in this country, the name most closely associated with medicinal baths is that of Dr. Barter who was at one time called the "mad doctor" when he was perfecting his bath at St. Ann's Hill, near Blarney.

Richard Barter was born in Cooldaniel, near Macroom, in the year 1802. The death of his father, which occurred when Richard was a boy, deprived him of his fatherly love and guidance and young Barter grew up with erratic ideas. In his youth he took part in the Whiteboy agitation and, unlike his class of the time, was involved in midnight raids and marching through the country-side. When the time came for him to decide upon a profession he chose medicine and he qualified at the London College of Physicians. Sir Philip Crampton of the college, appreciative of the distinction Dr. Barter won in his examinations, said to him: "You are very young to commence practice; if you should meet an awkward case it might mar your future prospects, therefore I advise you to travel for a year or two."

The young doctor was not in apposition to follow this kindly advice. He was obliged, through circumstances, to go into practice at once. Soon afterwards he was appointed to the dispensary at Inniscarra. There is no dispensary in Inniscarra now, the nearest one being "Dripsey" which is situated six miles from Dripsey at Vicarstown. Through the dispensary at Inniscarra, he built up a splendid private practice among all classes of people. At one stage of his early career, he was endowed with a life annuity of £50 by an old lady who admired his skill at medicine. About that time certain facts which came under his observance induced him to give close attention to hydrotherapeutics. The first was the case of a woman who was brought to him in advanced and fatal stages of cholera. Puzzled by the colour and softness of her skin, the doctor asked the man who brought her along in a cart what she had been doing since she left home? The man replied that she drank water all the way. The woman was removed to hospital where the treatment forbade water and she died. After that Barter treated cholera cases with a new method that contained much drinking water. The success of his new method led him to believe that he had made a discovery in the treatment of the dreaded disease; but despite trips to Dublin and Edinburgh to propound his new discovery, Dr. Barter received little support anywhere. Soon after the cholera epidemic of 1832, Dr. Barter resigned his post at Inniscarra for a new residence near Mallow, where he married a Miss Newman. The marriage must have brought him considerable wealth; because in 1836 he was back in Inniscarra, this time at St. Ann's Hill where he established himself as a landowner and medical man. For a time agriculture claimed him as much as his profession, in fact he showed an eagerness for more land and continued to expand his property at St. Ann's Hill. Incidentally he was instrumental in founding the Agriculture Society and acted as its Secretary for some years. By 1842 a Captain Claridge delivered a number of lectures through-out Ireland on the subject of Hydropathy. One of his lectures in Cork was attended by Dr. Barter who immediately became impressed by this form of treatment. He became aware that the configuration of St. Ann's was ideally suited as a location for a hydro. The southerly aspect of his residence surrounded by comparatively lofty hills to break the force of the wind from any quarter accounted for a salubrious temperature in all seasons of the year. He also understood the place had former connections with faith-healing due to the presence of St. Ann's Well, from which

the hill got its name. The original name of the town-land was Kilnamucky and historians hold that the well in the town-land was not St. Ann's but St. Santan's, the latter being a disciple of St. Finbarr and one of the company at Loch Irce (Gougane Barra?). P. W. Joyce in "Irish Names of Places" states that the St. Ann(e)'s found in Irish place-names are a corruption of Santan.

Originality and independence of mind were expressed in the first vapour bath set up at St. Ann's by Dr. Barter. It was nothing more than a box in which the patient was subjected to vapour heat up to the neck only; the head being outside the box. Subsequently he made a bath after the Russian model that allowed the patient to endure 15 degrees of heat more than in the first bath. When the news of the venture got abroad, St. Ann's Hill was called a 'vapour establishment' by the enemies of vapour baths. A further improvement on the bath announced by Dr. Barter earned him the name of the "Mad Doctor." But a more serious enemy to the early success of Dr. Barter was the Great Famine of 1846-47 which decimated the population and ruined half the gentry, the class of people who, at that time, went in for baths. After the famine he made a fresh start. In 1856 he invited a much-travelled author named David Urquhart to St. Ann's to supervise the erection of a Turkish bath on the lines of the baths Urquhart had seen in the East and had written about in his book. The bath of be-hive shape proved to be a failure because the atmosphere in it was saturated with vapour which the patient inhaled. Barter felt he could correct the failure, so he set about constructing another bath in which he eliminated some of the faults of the earlier one. The result was still far from satisfactory; but Dr. Barter was not to be dissuaded from his ambition, so he sent his nephew, Mr. Richard Barter, to Rome to study plans and details of the Roman thermal and hot air baths. A bath built according to the Roman design was a considerable improvement on the one built by Urquhart in so far as it eliminated vapour, but it proved faulty in the sense that it was heated by means flues underneath the floor which caused burns to patients whose protective footwear (clogs) slipped off while walking across the floor. Barter conceived the idea of putting flues around the walls, thus eliminating floor heat and established himself as the maker of the most successful Turkish bath. Some have gone so far as to credit Barter as the inventor.

St. Ann's Hill Hydro grew in reputation and stature. In 1857 twenty new rooms were added and other enlargements followed from time to time until the place assumed the appearance of a self-contained village. Men such as Sir John Fife, M.D., Sir Erasmus Wilson M.D. Dr. Witt, Dr. Scudamore, Captain Abdy and others having examined and investigated the treatment at St. Ann's, published their views on the merits of the hot air bath. Later the writings of some of the foremost medical men in England on the subject of the powers and efficacy of the bath spread the fame of St. Ann's Hill to Germany, France, America and elsewhere. An exceptional honour was bestowed on Dr. Barter at a public meeting held at St. Ann's Hill on April 22nd 1862 when a large sum of money, publicly subscribed, was presented to him for the purpose of establishing a bath in London. The recipient asked that £200 of the sum subscribed be devoted to a Cork project. By that time St. Ann's Hill had become world famous. People of wealth and position came there to convalesce. To cater for the patients or visitors, the natural amenities of the district, including fishing, hunting and rough shooting were improved; billiards, lawn tennis and musical evenings were introduced and lawns for tennis and croquet were laid out. In fact, the first nine-hole golf course in Co. Cork was at St. Ann's. The Hydro and its 200 acre farm was the largest single centre of employment outside the City of Cork for several years. Dr. Barter was one of the most popular and respected men in Ireland. Yet at the height of his glory, he did not overlook the less fortunate; he built a special bath at St. Ann's for the poor of the neighbourhood. Dr. Barter died in October 1870, at the age of 68 years, leaving behind him a monument to his life's labours for humanity. He was succeeded at St. Ann's by a German Named D. Sack. In 1887 the Cork and Muskerry railway was opened to Blarney. One of the stops was at St. Ann's. It is said that Winston Churchill paid a brief visit to St. Ann's accompanied by senior Naval Officers in 1912. But alas the fame of St. Ann's did not last and in recent generations, its story has been one of deterioration and disuse. It is now derelict. But the lipping leaves of tall trees in the romantic surroundings of St. Ann's tell a story that adds a page of glory to the ancient and historic valley of the Shouragh.

*With grateful acknowledgment to the unknown author of the above article which was dated 1965 and sent to me anonymously.*

## What can Blarney Toastmasters do for you?

Find the answer at their open night on Tues 11th Sept at 7.45pm or phone 087 2529555 / 087 8418169 / 087 8196985

Whether you are a professional, student, parent, jobseeker or retired, Toastmasters is the best way to build great communication skills. You will learn how to organize and present both your ideas and yourself effectively. Toastmasters will give you the skills and confidence you need to express yourself in any situation. You will learn to enjoy speaking in public.

Blarney Toastmasters meet at Blarney Woollen Mills Hotel on the 2nd and 4th Tuesday of each month at 7.45 pm and all are very welcome. Here's what Blarney Toastmasters has done for a sample of our members:

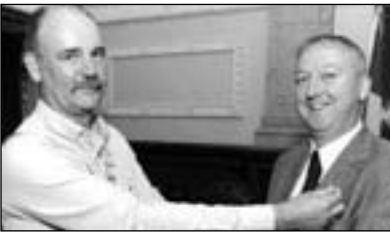
"If you had asked me to speak in front of anyone three years ago, I would have felt ill at the thought of it. Now I can do it at the drop of a hat, and actually enjoy the experience."

"Toastmasters is the best way to learn to present to an audience. My experience with toastmasters has served me well in interviews, in work presentations and in major meetings. Now my voice is heard."

"I find I get great positive feedback and support from fellow toastmasters - It is a great way to spend an evening."

"My only regret is that I didn't join earlier in life."

[www.blarneytoastmasters.net](http://www.blarneytoastmasters.net)



The incoming President Kenneth Kling presenting his pin of office to incoming secretary Blarney man Simon Stokes at Cork Lion Club's AGM held in the council chamber in the City Hall, Cork.

pic Billy macGill

## Extend Your Lashes

For those of you who love long, curly, silky, eyelashes that open up your eyes and make them 'sparkle' it is now possible! You too can have a longer, fuller and darker lash line that is incredibly natural looking and more than you could ever achieve with the best mascara on the market. Eyelash extensions produce thicker, longer lashes which gives a bold, modern and provocative look while also adding an extra shine to your smile.... They also make eyes look youthful, sensual and alluring. Eyelash extensions are one of the new 'on trend' beauty enhancement treatments available today and are the hot new rage of Hollywood and beyond. You don't have to be a celebrity to wear them and the new extensions will enhance your eyes so much that you will become lash obsessed, in fact 'ExtendYourLashes' obsessed!...

Janet O'Regan has been tanning Cork and County with her mobile spray tanning service since 2009. Last year she realized that there was more of a need in Cork for a specialist in solely eyelash extension application. After extensive training (accredited by the Guild of Beauty Professionals) she opened her first lash studio upstairs in Suburbia Beauty Salon Wilton in January and has since opened another studio in Bridin's Hair Studio, Grenagh.

'Eyelash Extensions give a clean, fresh appearance, they 'open up' the eyes and you wake up every day looking and feeling amazing.' says Janet 'they are also fantastic for holidays and there is no reason to worry about going swimming or walking in the rain, perfect for special occasions as well as for everyday wear'.

Eyelash Extensions are single strands of synthetic silk eyelashes that are curved to replicate a natural eyelash. They are applied to individual eyelashes, one lash at a time, for a natural, elegant and luscious look. Bookings are strictly by appointment only Janet O'Regan, 0876395595 • [www.extendyourlashescork.com](http://www.extendyourlashescork.com) • [www.mobilespraytancork.com](http://www.mobilespraytancork.com)

Now open in Bridin's Hair Studio, Grenagh  
Commercial Centre, Grenagh

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**087 6395595**

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w: [www.extendyourlashescork.com](http://www.extendyourlashescork.com)



Thanks to Blarney Tidy Towns and Adam and the crew at Blarney Castle, Blarney now has a beautiful looking roundabout, a fitting entrance to our lovely village. This could not have happened without Blarney Tidy Towns, Blarney Castle, Denis Murphy and his crew from the Cork Foyer Project and the many volunteers who responded to calls for help.



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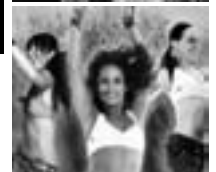
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## DUMP PROMISES FUN FOR ALL THE FAMILY!

**How would you like to have an adventurous day out on top of a landfill in Cork City? Well, by 2018 it could be a very real possibility.**

Cork City Council plans to reclaim the former city landfill on the Kinsale Road and turn it into the country's largest adventure, leisure and recreation park. Apparently, it will be one of the largest reclamation projects the country has ever seen.

According to the Irish Examiner, the parks events and attractions will include a caravan and motor home rest park for visiting tourists, an all-weather site capable of hosting concerts, ice rinks, circuses, and equestrian events, indoor and outdoor adventure play areas, including zip wires, climbing walls, luge tracks, and zorbing (those big human sized hamster balls), an extreme sports trail and cross-country course, a network of cycle and walking trails, wildlife trails and viewing platforms over wetland areas, urban farming and/or allotments, an area to highlight the use of renewable energies.

They hope to have the walking trails and cycling paths open to the public before the end of next year as the development of the site will be phased out over the next few years.

## Little Miracles Childcare

Enrolments are now being taken for all age groups.

Places are limited. Call today!

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*Bookings now being taken for September*

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**Email:** info@littlemiracles.ie  
 Visit us online at [www.littlemiracles.ie](http://www.littlemiracles.ie)

## Walk this way...

Blarney Village Walking Group meets every Thursday night at Blarney GAA Hall at 7.30pm to walk Blarney Sli na Slainte. No fee is involved, and all adults are welcome. This is suitable for beginners. Be sure and wear comfortable shoes with ankle support and bring rain gear just in case. For further information contact Marion Lyons on 087 1229055.



Paul Brierly's work on restoring Camden Fort Meagher, Crosshaven earned him and his team the July Cork Person of the Month. Pictured at the award presentation were Manus O'Callaghan, Awards Organiser; Pat Lemasney, Southern; Paul Brierly, July Person of the Month; Gary Heslin, Camden Volunteer; Vincent O'Donovan, Nominator. *pic Tony O'Connell Photography*



James O'Connor from Dublin Hill, winner of premium match tickets and a signed Irish rugby ball, receiving his prize from Fiona Taylor of Bayer Consumer Care and Pharmacist Suchinder Sidhu of Sam McAuley Pharmacy, Blackpool Shopping Centre, Cork. *pic Billy macGill*

## Blarney Photography Club



Autumn meetings resume on Thursday September 6th at Scoil Mhuire gan Smal, Blarney

For further information email [blameyphotographyclub@hotmail.com](mailto:blameyphotographyclub@hotmail.com) or attend on the night

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Call to our Donoughmore branch Thur evening: 7.30pm - 9pm • Sat: 10am - 12 noon.



Ambassador Hotel Northside and District Sports Awards winner for July 2012 was Cian Shorten, Road Bowling and Winner of a Medal in Italy.  
*pic Gerard Bonus*



**Collins Pump Services**



**C & W Windows**



**Young Idols**

### Small businesses in the area are being afforded the opportunity to showcase their business at AIB Blackpool.

The Small Business showcase places the focus on one local business each week to the thousands of people who use the branch on a weekly basis. The following Small Businesses have showcased at the branch over the last few months.

#### Kemi Folami 'Young Idols'

Young idols' is located in Shandon street, Cork and offers its clientele a multitude of fashion accessories for children of all ages from communion dresses to childrens suits and all childrenswear in addition to providing an alteration service for outfits purchased.

#### Collins Pump Services

Collins Pumps and Plumbing Services in Ballyvolane is a longstanding progressive company with a solid track record. In business since 1986 they are now one of the major pump companies in the Munster region. They deal with all sectors from domestic, agricultural to industrial pumping systems for all types of applications. Martin Collins was

delighted with the opportunity to showcase his business.

#### C&W Windows

C&W Windows are an established company in the Munster region since the 1980s. They are involved in the provision of and installation of windows.

Branch Manager, Fred Stone said, "AIB Blackpool are delighted to support local Small Businesses. The Bank feels that SME's are crucial to Ireland's recovery and we are actively supporting our SME clients by allowing them to display their products and services."

## Blarney Beauty Summer Courses for Girls (12-16)

Blarney Beauty are offering a fun summer experience for girls who are beginning to experiment with nails, skincare, make-up and their hair and who would like to learn how the professionals do it. The course offers a little theory and loads of practical work and fun. The week long course will concentrate on a different aspect of grooming each day.

**Now enrolling - To find out more please contact  
Eileen on 085 1184643**



### Lost your get up and go?

In addition to the courses for younger girls, Blarney Beauty Courses is also offering free advice and confidence boosting tips for any person who has been out of work for a while and who needs a boost in relation to their confidence and advice on skincare / make up etc.

If this is you and you would like to find out more call into  
Unit 2, Blarney Auto Centre (Hoare's Garage),  
phone 085 - 1184643 or email eileenmulcahy@eircom.net.



## Senator Colm Burke

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# Nosh raised dosh for worthy local charities



John MacNamara, proprietor, and Philip Verling, manager, Nosh+Coffee, Ballincollig, each present cheques for €960 to Kerry MacMahon, community fund-raising manager, Irish Guide Dogs for the Blind and Ger Mackey and Marie, Friends of Marymount. The money was raised at the recent Kopi Luwak coffee charity days, which took place in Nosh+Coffee on Friday and Saturday, June 1st and 2nd. Included is Jim O'Leary, manager Ballincollig Shopping Centre. Kopi Luwak, or civet coffee, is one of the world's most expensive and low-production varieties of coffee. It is made from the beans of coffee berries which have been eaten by the Asian Palm Civet (*Paradoxurus hermaphroditus*) and other related civets, then passed through its digestive tract. A civet eats the berries for their fleshy pulp. In its stomach, proteolytic enzymes seep into the beans, making shorter peptides and more free amino acids. Passing through a civet's intestines the beans are then defecated, keeping their shape. After gathering, thorough washing, sun drying, light roasting and brewing, these beans yield an aromatic coffee with much less bitterness. This coffee is widely noted as the most expensive coffee in the world with prices reaching €200 per pound. (Picture: Tom Doherty)

## 'A Summer's Evening On The Quad' ends on a high note

### ...and 'Ringo' is his name!



8-year-old Adele Murphy, far right, from Ballincollig, scooped 1st prize with the name 'Ringo' in the Name The Donut Man competition run by Marshall's Mini Donuts based at The Regional Park, Ballincollig. Pictured at the prize-giving are Adele's mom Jean, sister Eloise (1), brother Mark (5) and grandmother Joan McCabe; Deputy Mayor of County Cork, Cllr Derry Carty, and Anne Marshall, owner of Marshall's Mini Donuts. (Picture: Tom Doherty)

UCC's recent 'A Summer's Evening On The Quad' open-air charity concert was a resounding success.

The seventh annual event featured The Celtic Tenors under the musical direction of David Munro, backed by The Band of An Garda Síochána and special guest, local actress and

soprano Linda Kenny. All funds raised were donated to Down Syndrome Cork. The event was organised by UCC General Services' Security & Community Policing, Barrack Street, with sponsorship generously provided by BAM Contractors, Heineken Ireland and media sponsorship by the Evening Echo.



Katherine O'Riordan, Ballincollig with her friends Helen Maher, Dublin and Lillian Casey, Bishopstown, at 'A Summer's Evening On The Quad'. (Picture: Tom Doherty)

## ACT OF GOD ALLOWS TRAFFIC TO FLOW IN BALLINCOLLIG

Mother nature and the recent storms that wreaked havoc on much of Cork County has benefited Ballincollig and its traffic congestion. The traffic lights that were affected by a lightning strike have remained off much to the delight of traders and customers and residence of Ballincollig.

A local representative did voice his concerns at a recent Cork County Council meeting and a review of the traffic light system is to take place but unfortunately this is taking too long.

The Ballincollig Business Association (BBA) has long felt that the lights at the entrances to Harrington Street, the East Gate and at the Link Road junction are the fundamental cause of the regular Ballincollig grid-lock.

Commenting on the recent 'switch off', Ballincollig Shopping Centre manager, Jim O'Leary said, "Traffic congestion has been a constant nuisance to business owners, customers and road users for the past number of months, with tail-backs up past the Station Road junction and delays of 10 to 20 minutes not being uncommon. However, the positive effects of the recent switch off have been instantaneous, with free-flowing traffic throughout the day, even during peak times when we normally experience higher volumes of traffic."

The BBA is hoping that Cork County Council will take inspiration from mother nature's intervention and leave the traffic lights off.



Mary Lynch, Bishopstown and her daughter Maria Lingard, Ballincollig, at 'A Summer's Evening On The Quad'. (Picture: Tom Doherty)

## Best of luck in the Olympics Olive!

A special sculpture depicting Coachford Olympian Olive Loughnane, who is currently at the London 2012 games, has been unveiled in the Village. The sculpture, designed and constructed by Hannes Oliver of O'Donovan Engineering has been erected in the centre of Coachford.

Doug Lucey, PRO of the Community Council said, "The village is looking great with all the tricolours, bunting and banners celebrating our link to the Olympics thorough Olive's involvement and the sculpture is a superb addition. It is hugely impressive and locals and visitors are all admiring it. To have O'Donovan Engineering on board with this project was excellent for us. Deirdre O'Donovan of O'Donovan Engineering said, "We were delighted to get involved in this project. Like everyone in the community we were anxious to celebrate the Olympics and to honour Olive's participation in the games. The sculpture is not what we normally do but all the lads here got very much involved in creating it and it was a novel distraction from the usual work of designing and manufacturing Agricultural and Industrial products!"

Olive Loughnane will take part in the 20km walk on Saturday August 11th, starting at 5pm. Best of Luck Olive!



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Following the great success of last years event the Blarney Brass and Reed Band will be hosting its second band festival on Sunday September 2nd. The festival will be run in Conjunction with the Blarney Community Councils fun day and will take place in the grounds of Scoil Mhuire Gan Smal Secondary School and Blarney Woollen Mills. Between 12.30pm and 5pm Blarney will be filled with the sound of music as Brass and Concert bands from all around the county play back to back recitals. The Army Band of the 1st Southern Brigade will kick off proceedings. At 5.30pm the bands will join together for a massed bands recital to launch the popular 'Duck Derby', which is one of the highlights of the fun day.

The band festival is being run with the kind assistance of the Cork County Council Arts Department and it is planned to make it an annual event. Local businesses in Blarney are also putting their weight behind this event with sponsorship having been secured from Blarney Castle Estate, The Blarney Castle Hotel, Blarney Woollen Mills and Blarney Credit Union. The event is suitable for young and old alike with music to suit all tastes.



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<i>Breast chicken pieces cooked with mild spices over charcoal oven</i>	
<b>Murg Makhani</b> .....	€14.95
<i>Marinated chicken off the bone, first barbecued in tandoor and then cooked in tomatoes, butter, cream and topped with fine nuts.</i>	
<b>Chicken Vindaloo (Hot or Med)</b> .....	€14.95
<i>Boneless chicken cooked with potatoes in a hot sauce.</i>	
<b>Baltie Chicken</b> .....	€14.95
<i>Diced chicken cured in fresh spices and gently tossed on Baltie.</i>	
<b>Korma</b> .....	€14.95
<i>Chicken or lamb, mildly spiced with touch of seasoning, onions, cream, yoghurt and nuts.</i>	
<b>Lamb Karahi</b> .....	€14.95
<i>Diced lamb in curry sauce, delicately flavoured with herbs, spices and cooked in a special Indian souk.</i>	
<b>Chicken Khata-Meetha</b> .....	€14.95
<i>Chicken in sweet &amp; sour sauce with onion and green peppers.</i>	
<b>Prawn Jal Frezi (Hot or Med)</b> .....	€14.95
<i>Prawns cooked with onion, capsicum, tomatoes and fresh ginger.</i>	
<b>Vegetable Baltie</b> .....	€12.95
<i>Seasonal vegetables with touch of spices and herbs.</i>	
<b>Shahi Vegetables Korma</b> .....	€12.95
<i>Fresh vegetables with touch of yoghurt, cream, herbs and nuts in a mild sauce.</i>	

**ALL ABOVE MAIN COURSES SERVED WITH PILAU RICE OR NAN BREAD.**



**BLARNEY**  
CHAMBER OF COMMERCE

## Blarney Person of The Month Award 2012



www.blarneycommunity.net

### The July Blarney Person of the Month is Patsy Crowley

The July Person of the Month is Patsy Crowley who was nominated for all he has done for cycling for Blarney. Patsy started cycling in the 1960's with Blarney Athletic and Cycling Club. In that time it was all cycling on grass and the famous sports meetings were Blarney, Donoughmore, Fermoy and Cork City sports. Patsy also rode in the RAS, the Tour of Ireland, on the Cork team with his late brother Donal. In the 1980's Patsy trained many underage road and grass champions, RAS stage winners, junior tour winners



and also many underage, junior and senior cyclists who represented their country at home and abroad. Patsy also came up with the idea to hold a three day cycling event at Easter in

Blarney Village for senior and underage groups. This was the best three day event held in Ireland up until the late 1990's which attracted around 500 riders of all ages, bringing great business and excitement to the village. Patsy was also instrumental in bringing the great Sean Kelly and Stephen Roche to Blarney, and this year Sean Kelly returned to Blarney once again for the Donal Crowley Sportif. Patsy is still cycling today and giving his advice to young cyclists. Keep on cycling Patsy!

Patsy's name now goes forward with June winner Tim Crowley, May winner; Mary O'Mahony, Waterloo; April winner and Blarney Tidy Towns Chairman Tom MacGrath; March winner Dylan Linehan, for his sporting achievements; Denis

O'Donovan, for his unstinting charitable work; and Champion Greyhound Trainer Johnny Linehan our January winner, to the overall award of Blarney Person of The Year Award which will be announced at a ceremony in January 2013.



Denis O'Donovan



Tom MacGrath



Mary O'Mahony



Dylan Linehan



Johnny Linehan



Tim Crowley

### DO YOU KNOW SOMEONE WHO DESERVES A BLARNEY PERSON OF THE MONTH AWARD? THEN LET US KNOW...

The awards aim is to recognise achievement, leadership and altruism so that others may be inspired to follow. You can nominate anyone who's contribution has singled them out as deserving of recognition, be it in community, sport, business, arts, family or indeed from any sector or activity in our community.

Send your nomination with the name of your nominee and the reason you wish to nominate them (along with your name, address and contact details) to Blarney Person of The Month Awards, The Muskerry News, Church View, Blarney or by email to muskerrynews@eircom.net

# Sun comes out for annual Ballincollig Vintage and Classic Car Show



## Fancy being Cork's biggest loser?

Blamey weight loss challenge takes place tonight, August 9th, and every Thursday night at Blamey Woollen Mills Hotel at 7.30pm. They will help you learn about good nutrition and how



to control your weight for life. With group support and one to one coaching this small, friendly group is achieving amazing results. To find out more, or to join, go to the Woollen Mills Hotel tonight at 7.30pm or call Jennifer on 086 125 5877.



John O'Leary (President) and George Leach (Captain) Ballincollig Vintage and Classic Car Club making presentations to Sinead Kennedy, RTE's Big Money Show, who made a guest appearance at the Club's Annual Show.

John O'Leary, President, presents the award for the Most Supportive Club to Deirdre Healy, Hon. Sec. Blarney Vintage Club at the conclusion of the Ballincollig Vintage and Classic Car Club's Annual Show. *all pics Mike English*

**BLARNEY** Community Council

# FAMILY FUN DAY

**SUN • SEPT 2nd** (12 noon - 6.00pm)

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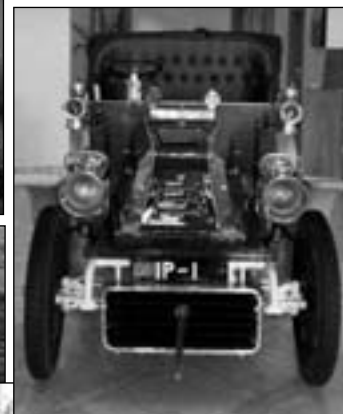
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## Vintage cars delight crowds at Blarney Vintage and Classic Car show

*pics courtesy Kay Dennehy*



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## Courtbrack Harvest Festival promises fun for all the family

After a long absence, Courtbrack Harvest Festival is being revived this year, and will take place from Friday 31st August to Sunday 2nd September. Organised and run by Courtbrack Community Association in conjunction with Courtbrack Vintage Society, it promises to be a weekend full of entertainment and fun for all the family.

The Harvest Queen contest is also being revived this year, and the contestants are Nicola Murphy, representing Courtbrack Vintage Society, Norma Hurley, representing Grenagh Camogie and Football Clubs, and Aisling O'Connell, representing Courtbrack Community Association. Please support the contestants by buying raffle tickets over the coming weeks.

The festival kicks off on Friday, 31st August with a 'Come Dine

With Us' experience in Courtbrack Community Centre.

On Saturday night, 1st September, there will be a Barbeque with live music and dancing at Browne's Bar, Newcastle, where the Harvest Queen will also be crowned.

Sunday 2nd September also promises to be a fantastic day with Courtbrack Vintage Society hosting its annual Old Time Threshing and Vintage Display at Courtbrack Community Centre. There will also be Kids Sports, Tug of War and other activities at this fun family day out.

**We look forward to seeing many of you over the Festival weekend. For more information contact Karen on 087 6328337 and find us on Facebook (Courtbrack Harvest Festival or Courtbrack Vintage Society) for more updates.**



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**O'Learys Centra**  
Tower

**Centra**  
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Heavy and prolonged rain throughout last Friday night and early Saturday morning caused floods throughout Blarney and surrounding areas, including the grounds at Blarney Castle which seemed to have been temporarily turned into a lake!

### Tower connection to London Olympics

Cork Therapy Centre, Tower, are really enjoying the London Olympics as they have provided physiotherapy for the last ten year to the following athletes:

Ciaran O Lionaird 1500m Runner.

Rob Heffernan 20K and 50k race walk

Marian Heffernan 4 by 400 relay

Olive Loughnane 20K Race Walk

### On Sunday August 12th Griffins Garden Centre are celebrating the first anniversary of the opening of their Inspirational Gardens; The Agharinagh Inspirational Gardens.

To Celebrate the first Anniversary, Griffins have a great day of fun music and prizes. And it's all free.

From 2pm there will live music, tours of the gardens, puppet show, food tasting and, as usual, loads of prizes to be won. And don't worry about the weather as this will all be held under cover.

On the Saturday August 25th another free event will be held, Cork's first ever annual Bulb Day for kids! Granny Griffin would like to invite all children to start planting. So each child can come to griffins to plant a pot of bulbs and flowers to take home and grow. There will be loads of activities and fun so make sure you bring a camera to catch the special moment on paper.



Ivan Rumley and his wife Sandie

Described as a unique working farm experience, Rumley's Open Farm in Liberty Hill, Waterfall is certainly that and much more.

Carefully curated and designed by Ivan Rumley and his wife Sandie, Rumley's Open Farm is certainly worth a visit and is the perfect place to visit for a family day out.

What's even better is that it's only five minutes from Cork City and its central location off the main thoroughfare is ideal for visitors from both the city and the West Cork region.

Ivan had been operating the business as farm shop selling his own Angus dry aged beef and free range chickens, when he decided to take a step further by expanding the farm into an open farm on his picturesque 20 acre site which he only recently opened.

"I've always had a passion for exotic animals and decided to combine this with the farm experience and create a fun and educational open farm and so far the response has been very positive from people who have visited the farm," said Ivan.

"What I offer to customers is a traceable food journey as well that is unique in that we are producing the food on site and selling it as well. It's a case of 'from farm to fork' and our full time butcher here in the shop can advise customers on the Angus dry aged beef we sell."

While you can browse in Ivan's Farm Shop for the best in local fresh food produce and vegetables you can also sample their beef, home made chicken goujons and home baked breads, cakes and desserts at their City View Farm Café after a stroll around the

impressive farm.

The open farm centres around a 2km walkway where you can explore the wide range of exotic animals and birds. From Snow Owls to Lemurs you will be amazed and entertained at the variety of species on show and Ivan keeps them in their correct environment. Children will be entertained with the antics of the Raccoons and enthralled by the two South American Alpacas, Water Buffalo and the Zebu cattle, the only two in the country.

Ivan also has over 20 breeds of parrots and also has a rabbit village as well as a large collection of birds in the Aviaries. Rare animals on the farm also include the pygmy goats, micro pigs and you can get the chance to be driven around the farm on their own tractor and carriage.

With the inclement Irish weather experienced this summer, Ivan has also provided for the rain and he has built a large indoor play area in a converted barn where children can play pool and there is a designated party and picnic area. There is also an outdoor play area, Zip Wire, Crazy Golf and a Go-Kart Track so the children will be highly entertained.

School Tours, Children's Parties and Group visits can also be accommodated with special packages available. It is certainly the ultimate family day out with something for everyone regardless of the weather.

Rumley's Open Farm is open seven days a week, Monday to Saturday from 11am to 6pm and from Sunday from 12pm to 6pm and is located off the N71 Road to Bandon. Car Parking is available and they offer Family Day Passes as well as vouchers to visit their Open Farm.

See [www.rumleysfarm.ie](http://www.rumleysfarm.ie) for more information or ring 021-4885122 / 087-6564695 / 086-2613262 and check their Facebook page for more information.



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The magnificent Harbour side decking is now open and was a wonderful place to be last weekend when The Queen Elizabeth sailed past Camden. Volunteers who had once again given up their weekend stayed late to allow our visitors enjoy what must be the most exquisite viewing area in Cork Harbour.



Rescue Camden is a committee formed to help with the 'Major Clean Up' of Fort Camden, Crosshaven.

The aim of this group is to get Camden Fort to a position where it's facilities could be used for the betterment of the community and beyond. They have worked tirelessly developing the project and have made incredible progress on a number of fronts.

Their aim is to clean, restore and develop this magnificent Fortress to its former glory thus creating a tourism and heritage centre which will not only become a huge attraction, locally, nationally and globally but will also create sustainable

**Camden Fort Meagher  
is now open every  
Saturday and Sunday  
from 12noon to 5pm  
until Sunday September 16th.**

*Come and enjoy the views, the history, the fabulous tea shop and support the success story that is Rescue Camden.*

employment.

Whilst the last few years have proved what a fantastic and popular amenity Fort Camden is it is imperative now that the Fort remains open, to visitors the world over. With this in mind they would

ask you for your support.

Volunteer's are needed, and you can pledge your time or expertise, or donate, materials, equipment or help them fundraise.

*Kilcully Decking is proud to be associated with Rescue Camden.*

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## Crafty people needed in Inniscarra

### Inniscarra Agricultural Show, Old Time Threshing and Vintage Rally takes place on Sunday August 26th.

They are organising a Craft exhibition at the show and are calling on all Craftspeople to exhibit their wares and a Pets Corner which will be bigger and more interesting with rare and unusual animals.

If you would like to enter your pet, or exhibit and sell your craft then please contact Anne O'Mahony on 4873801 after 6pm or anytime Saturday /Sunday, or the office at 7332211 not later than 1pm.

## Footballers get on their bikes

Waterloo Football Club is holding a fundraiser cycle on Sunday 12th August with a BBQ afterwards at The Waterloo Inn. Sponsorcards are available at the Waterloo Inn and everyone is welcome to cycle, the more the merrier!



Blarney Brass and Reed Band put forward George O'Sullivan who sang 'When I'm 64' when they performed at The Killarney Summer Festival on Main Street at the start of August. He really got the crowd going with his fabulous rendition. *pic courtesy Anne Gabriel*

## Eventful year for Tower ICA

The last year has been a very eventful one for Tower guild with plenty of activities. This mid-Cork guild has 46 members with an average attendance of 31 at each meeting and meets twice a month.

**Social activity is very important for the ladies in Tower guild.**

On May 11th members had their annual fund raising ceili and everybody helped with homebaking, sandwich making and the catering. The Summer outing took place on 28th May starting with tea and scones in Ballyvourney, then on to Kenmare for a cruise of the bay on which everybody enjoyed spectacular views of Dilish Island, Mc Gillicuddy Reeks and Carrantuohill. Lunch as at Con's restaurant in the town and members took the scenic route back to Killarney where they stopped for shopping and sightseeing and then back to Mills Inn, Ballyvourney for a delicious four course dinner. All agreed that it was a most enjoyable day. The Christmas dinner as at the Castle Hotel, Blarney followed by a very enjoyable Irish night with music, song, dance and storytelling.

In September members Marie Tobin and Monica Ryan went on a day trip to Dublin for the "Go For Life" 10th anniversary celebrations and had a most enjoyable day. Seven members of Tower guild went to the Cork Federation Gala night in the Silversprings in October.

On 29th March the guild hosted St Sinan's Friendly Society Party. It was a most enjoyable night and members worked hard baking, making sandwiches, setting up tables and entertaining guests.

Tower I.C.A. have a long history of fundraising for several charities. The guild took a stall at the fundraising day for Cork St Vincent De Paul in the City Hall on September 24th. Thanks to Betty Crowley's son Patrick for putting a van and driver at the members disposal and also thanks to Tony Barron for all his help in transporting everything to the City Hall. Both the central fund for Cork St Vincent De Paul and the local branch of the charity benefited from the Tower members efforts on the day.

Tower I.C.A. also donated to Cork Federation Charity Mna Feasa and in September eight members walked in the ladies mini-marathon for the Penny Dinners charity. They collected 1,385 euro in sponsorship.

During the year the guild have had many informative talks and demonstrations. These included a talk on jewellery making, a talk from the Red Cross on basic first aid, a talk entitled "Growing older feeling younger" and an introduction to creative dance. In January some members started a six week course in aqua aerobics supplemented by the "Go for Life" grant.

Tower guild have taken part in many varied competitions. Seven guild members won prizes for their entries at the Threshing Day in Ballyanley in August. The Pitch and Putt team did the guild proud during the year. In September the team represented Cork Federation in the All-Ireland finals held at An Grianan and came third in the competition.

Marion Murphy was also very successful in her sugar craft competitions. A guild took part in the federation Table Quiz in Whitechurch and also in Ballinlough. The guild was sorry to record the deaths of two former members during the year, Mary Coleman, a former President, Press Officer and committee member and Carrie Desmond who was a valued member at guild level.

In May 31 members visited An Grianan and had a wonderful week. Some members played Pitch and Putt, others relaxed by walking along the beach while one member did a half-day jewellery course. Also included in the itinerary was a tour of the Cooley Peninsula, Carlingford Lough and St Brigid's Shrine. There was also a visit to The Titanic Experience in Belfast, shopping in Drogheda, a visit to the Japanese Gardens in Kildare and Shopping at Kildare outlet. The guild are very grateful to their bus driver, Martin who entertained them with his lovely singing voice.

The guild have a memory book brought up to date by Monica Ryan who spent many hours on the task.

Fr Coakley celebrated Mass in Tower Hall for present and deceased members. At the guild's A.G.M. the outgoing officer were thanked for all their work and education throughout the year. Incoming officers for the following year will be Mary O'Connor; President, Sheila Holland; Secretary, and Margaret Burke; Treasurer.

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## The Farm, Grenagh, opens its doors

The Farm, Grenagh, a fabulous addition to the area, was officially opened by the lovely Joanne O'Riordan last week. The Farm is a truly wonderful day out for young and old. You can experience their working milking parlour, pet and feed the horses, pigs and other animals, buy some farm fresh eggs or enjoy a fresh meal in their restaurant. Children will love their play areas also. To find The Farm, take the turn off the Mallow Road after the Waterloo exit and follow the signs, or you can contact them on 462 9816.



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## All roads lead to Inniscarra for annual Agricultural/Horticultural Show

**The Annual Inniscarra Agricultural/Horticultural Show, Old Time Steam Threshing and Vintage Rally will once again take place again at Inniscarra Community Centre, Ballyanly, near Berrings and Cloghroe on Sunday 26th August with a starting time of 1pm.**

Firstly outdoors in the sheep ring there five classes available which will also feature a a qualifer for an All-Ireland Scotch Ram Class which will be held at Bantry Show on Sunday 2nd September. In the Sheep section also there is a class for Best Goat.

In attendance this year will be members of the popular Ballincollig farmers market who will be displaying and selling pottoes, vegetables, flowers, home baking and organic food and many more items.

Moving indoors to the hall there are twelve classes in the Horticultural section which always proves popular with vegetable enthusiasts. This leads onto the Flower section where again there are seven classes for all budding florists and gardeners. Next up is the food area, where in the Cake section eight classes appear and in the Jam section there is seven classes here also.

Moving onto the Arts and Crafts section there are eleven classes for adults to compete in. The Juvenile section has proved to be very popular over the last four years. In the Preschool Children six classes are on offer, and progressing to the Primary Schools there is a great variety of fifteen classes available for entry. The Secondary Schools has seven classes for exhibitors.

The Amateur Photography Section has four classes; best picture of an animal, bird or Insect. Most amusing photo, best picture of nature and best vintage photo.

At 5pm prizes will be presented to best dressed lady, most appropriately dressed lady, most appropriately dressed gent, glamorous mother and child, best dressed toddler.

The annual baby show takes place indoors commencing at 3pm. Here there are three classes; under 8 months, under 18 months and under 24 months.

In the community field the Vintage section has many attractions mainly being vintage cars from Rolls Royce to Morris Minors, to vintage tractors ranging from Leyland Nuffield, Massey Ferguson, Ford to David Brown which have lovingly restored and kept by their loyal owners. Also on display are old farm vintage machinery water pumps and a large selection of old machinery seats.

Michael Looney from the vintage section reported that there were over 120 entries in the Vintage Rally section.

Local Cloghroe man Pat Joe Looney has restored a very old milk separator and butter churn and will demonstrate the art of butter making. Jerome O'Callaghan from Mathey cuts the oats with his Old Reaper and Binder. Dan Crowley of Inniscarra grows and nurtures the Oats locally until harvest time in August. While watching both men and women who are feeding the thresher machine, piking the sheaves and bagging the oats, why not avail of the free loose porter and orange being handed out to show visitors. Late in the evening the grain and oaten straw goes on sale to the general public.

Immensely popular is the Pet Dog Show, a non-pedigree show with eleven classes incorporating Gain Dog All-Ireland championship for any variety of toy or miniature Dog, handled by a child under 15 years, and also a large dog - any breed handled by a teenager or adult. The two winners go forward to the final at Clonaslee Show Co. Laois on Sunday 9th September 2012, so all dog owners get your doggie ready bring it along for all to see and enter some of the classes on offer on the day.

Inniscarra Show has many trade stands and refreshments are provided on the grounds. In the entertainment section there is a large bouncing castle and large slide sumi suits, along many funs games for children. Berrings Macra Na Feirme the local club in Inniscarra are are running fun competitions in the community field. The show will feature a pets corner displaying a selection of many and rare animals which will be of interest to everybody both young and old.

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## The Weight of the World

It used to be that carrying a heavy academic load meant a series of difficult classes. But if your child is like many, he or she is carrying a heavy load of books! Common sense tells us that a heavy load, unevenly distributed, day after day, can stress a still-growing spine.

Consider these safety suggestions:

1. Make sure the backpack is sturdy and appropriately sized.
2. Select backpacks with waist straps.
3. The maximum weight of loaded backpacks should not exceed 15% of the child's



body weight.

4. Use both shoulder straps. Carrying the backpack on one shoulder may look "cool" but can lead to spinal imbalance.

5. Consult our practice for regular chiropractic checkups. We're experts at detecting and reducing spinal problems in children.

Have you noticed changes in your children's personalities—increased irritability, inquisitiveness, hostility? Or have you seen these issues in yourself?

Consider the amount of time you and your family spend ingesting media output: television, radio and printed materials. And why not try a radical concept that's gaining popularity: go media-free for a month.

It's now an established fact that TV watching leads

to poor dietary habits, inactivity (and all the resulting health effects), and a host of behaviour (its, including a greater likelihood of teenage viewers starting to smoke? Yet even the other forms of media can cause stress and anxiety.

Your kids will tell you they're bored at first, but boredom passes quickly and usually turns into creativity. Soon you'll find your family taking hikes, playing games and even engaging in conversation.



If you happen to manufacture and market drugs, you obviously want as many "sick" people as possible.

If you sell medication to artificially alleviate the symptoms of poor digestion, you give it a name (how about acid reflux disease?) and hire a well-known celebrity (who doesn't use the drug) to tout its benefits. Or change the "rules" about what constitutes high blood pressure, and then sell drugs to people who now fall into that category. As long as you sell more drugs, shareholders are happy.

Many fall victim to the marketing trap set by these huge corporations. Think about it. Their profits come from selling drugs, not curing disease.



Symptoms are merely signs something in your body isn't working correctly. What controls how your body works? Your nervous system, of course, which is the true focus of chiropractic care. If you know someone who has been "sold" sickness, encourage them to find out about safe, natural and side-effect-free chiropractic care.

## Busy start to new season for Muskerry Rugby Club

On Saturday July 28th Muskerry RFC was the setting for the inaugural 'Thady Quill Iron Man'. The event was open to sports clubs from across the Muskerry region and consisted of five individual events and one team event; 25K cycle, 5k run, beer keg lift, tyre drag, 100 metre sprint and team tractor pull. The event was a great success and it is hoped that it will become an annual feature in the club's calendar.

### 'Sponsor a Slab' fund raising campaign launched

Muskerry Rugby Club has launching a fundraising campaign to finance the completion of its clubhouse. Although we currently boast fully fitted dressing rooms, a shop and equipment store at ground floor level, the first floor section of the clubhouse remains to be fitted out. It is proposed that the first floor area will house a gym, meeting room, kitchenette and social area. It is envisaged that the completed project will allow us to offer gym facilities for members; meeting facilities, the ability to offer visiting teams post-match refreshments, and a focal point for youth members should they wish to avail of what will become a multi-functional facility. It is hoped that the completed project will help generate a revenue stream by way of rental income for use of the facilities, help us to attract new players and ensure we retain our burgeoning pool of young talent.

To finance the first stage of this project we are appealing to our members, friends,



associates, and parents of our underage players to contribute 50 towards our 'Sponsor a Slab' campaign.

### Adult and U19 pre season training has commenced

Pre season training for adult and U19 teams commenced on July 31st and continues every Tuesday and Thursday at 7.30 pm. New players welcome!



For more information contact Pat Dennehy on 087 2394552



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## GIRLS JUST WANNA HAVE FUN WEEKEND

The annual Girls Just Wanna Have Fun weekend in aid of Action Breast Cancer, a programme of the Irish Cancer Society, takes place at the Celtic Ross Hotel in West Cork from 12th – 14th October 2012. Now in its fifth year, the weekend in one of the most picturesque settings of West Cork, offers girls of all ages the perfect escape away from everything. A time to chill out and unwind with lots of fun, relaxation and pampering, and at the same time fundraise for a charity close to many people's hearts.

Helen Wycherley Owner of the Celtic Ross Hotel explained "The weekend is the perfect time to get the girls together - sisters, daughters, mothers, mothers in law, best friends, school friends - and have a fantastic weekend while spending quality fun time together.



There are so many different activities to take advantage of from tarot readings to salsa & dirty dancing, soothing facials to relaxing walks along the beautiful scenic coastline."

The main event on the Saturday afternoon is a 'Flaunt Your Assets' Fashion Workshop hosted by Dee Kelly Morgan Style Advisor from the Mahon Point Shopping Centre. Eight lucky women will receive a style transformation by Dee together with a hair makeover by Pam Morrissey from Sobe Brown and

makeup by Lancôme. The women will strut their stuff on the 'Flaunt Your Assets' catwalk during the event. There will also be market stalls on display that the women can browse and shop at their leisure.

On the more serious side of things, the weekend, which takes place during Action Breast Cancer Awareness Month, raises money for the free services that Action Breast Cancer, a programme of the Irish Cancer Society, offer to women with concerns about breast cancer, those who have developed breast cancer and also breast cancer research. After four years this annual Girls Just Wanna Have Fun Weekend has raised nearly 22,000 for Action Breast Cancer. The Girls Just Wanna Have Fun Weekend in aid of Action Breast Cancer is still just 185 per person sharing including two nights B&B, Champagne Banquet on the Saturday night, a Mini Facial or Mini Massage in the Holistic Suite and includes all the extra activities during the weekend. For further information visit [www.celticrosshotel.com](http://www.celticrosshotel.com)

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When the temperatures rise, along with hemlines and shirt sleeves, there's no place for wobbly bits to hide! The Irish Summer hasn't exactly been sizzling so far but we live in hope and with holidays on the horizon, there is still time to shift those pesky pounds with some top tips from Motivation Weight Management clinics.

After previously failing in every attempt he made to lose weight, Paul Leggett from Ashbourne in County Meath shed 8 stone with Motivation and has since kept it off for over 2 years. He believed so strongly in the programme that he changed his career to run his own clinic! He set up in Ashbourne and hasn't looked back since. Similarly Wendy Lynch from Johnstown in Navan changed career to run her own clinic having lost 4 stone with Motivation. In addition to the Navan clinic, Wendy also runs a clinic in Kells.

By 2015, the World Health Organisation forecasts that approximately 2.3 billion adults worldwide will be overweight. 40% of the Irish population is overweight, with 23% classed as obese according to a lifestyle study by Slán and approximately 2,500 premature deaths and 6% of total healthcare costs are attributable annually to obesity in Ireland.

Motivation Weight Management is best known for its outstanding success in helping thousands of Irish people to reach and maintain their ideal weight long-term. Motivation's success is founded on the company's unique approach to weight management, which focuses not just on what people eat, but why. This groundbreaking concept was pioneered by world-renowned French-Canadian bariatrician Dr. Maurice Larocque, who developed the revolutionary "Mental Weight" concept, to help people achieve and maintain their ideal weight by identifying and tackling the root cause of their eating habits and behaviours. "Seeing the joy on my clients' faces when they lose and maintain their weight loss gives me huge satisfaction, especially in those cases when, like myself, they failed on so many previous occasions", said Paul Leggett.

According to Motivation Weight Management, 70% of eating is for emotional reasons. An individual person's habits, motivation, stress symptoms, emotions and mental self-image all make up their 'Mental Weight'. Through the Motivation programme, including the completion of a computerised questionnaire at the initial programme consultation, people can identify and reduce their Mental Weight so that it matches their desired weight. This empowers the person to maintain long-term weight management goals. "I love it when I see a client realise that our approach is different and even more importantly that it works. When someone feels they've tried everything without succeeding that gives amazing hope", said Wendy Lynch.

### Top Tips to 'Think Thin'

#### 1. Think Positive

According to Motivation, restructuring negative thoughts can have a positive effect on weight loss. Be respectful of yourself, avoiding critical behaviour and thoughts. Talk to yourself with dignity, ignoring the negative internal dialogue that can lead to weight-loss discouragement. Instead, replace negative self-talk with positive thoughts. By cultivating a positive mental attitude towards your health, weight and looks, you can achieve some amazing results just by believing that you can. Adopting an "I can" attitude will motivate you to greater things. Believing you can change your look by losing weight brings it about for you because "what you believe you can achieve."

#### 2. Think of your waist not the waste

Don't feel guilty about not eating everything on your plate. Although most children are brought up learning not to waste food, Motivation says it is better to dump extra food into the bin instead of

## Summertime and the slimming is easy!

into your body. If throwing food away is not economical for you, reduce recipe amounts so appropriate portions can be served.

#### 3. Think fun without Food

Although many activities often are coupled with food, a movie can be just as entertaining without popcorn. When you combine a certain pastime over and over with eating, you eventually stop listening to hunger or fullness cues and just eat on autopilot whenever you engage in that activity. The brain works with association. As soon as you turn on the TV a message will go to your brain to take out the goodies. Change this behaviour by altering your routine. Always eat at the table instead of in front of the TV. Instead of meeting friends for dinner, arrange a walk or a game of tennis.

#### 4. Think – it's fine to decline

Remind yourself it is OK to say no when offered

food. No matter who is offering it, your mother, your best friend or even your boss, it is fine to decline. Saying no can be difficult but if you are afraid of offending and offered a second helping, accept it, but choose seconds of vegetables or fruit instead of the main course. Remember if they are a true friend they will respect your wishes to shed excess weight. Tell them in advance that you are finally doing something for yourself, something that you have always wanted.

#### 5. Think less stress

Reducing stress improves mental function and also helps reduce the craving for food. Reduce stress by reading, meditating, yoga, doing deep-breathing exercises or playing with children. Because overeating sometimes is a coping mechanism for stress, reducing it can be effective against weight loss.

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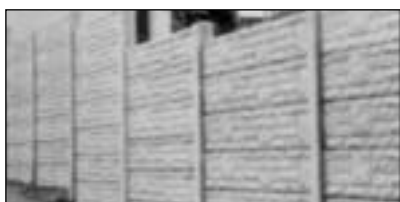
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Blarney walking group relaxing during a recent walk.



Organisers Joleen and Denis Cronin and fellow redheads practice carrot tossing at the launch of the 3rd Annual Red Head Convention in Crosshaven. This years Red Head Convention takes place on Saturday August 18th, in aid of the Irish Cancer Society. There will be a feast of festivities for all foxy folk including with the first ever Irish Ginger Chef Cook-Off where the chefs have to prepare a meal with only red ingredients. The festival started as a joke in the siblings family pub and succeeded to becoming a festival of extraordinary uniqueness. Last years foxy frenzy saw 500 natural redheads descend upon the town, it is expect that this years festival will be even more successful. For those unlucky enough not to be Ginger and Gorgeous the day will be action packed for all the family to enjoy.

*pic Darragh Kane*



## Murphy calls for review of local bank closures

**Fine Gael Cork North Central Deputy, Dara Murphy, has written to AIB and Permanent TSB following an announcement by both banks that they are to close their Mayfield branch, calling for the decision to be reviewed.**

"Last week, both AIB and PTSB announced branch closures in Mayfield, which is one of the largest suburbs on the northside of Cork city, within 48 hours of each other. While it is unrealistic to think that banks can communicate with each other in advance of such far-reaching announcements, the fact remains that neither Ulster Bank nor Bank of Ireland have a presence in Mayfield and now AIB and PTSB are set to cease operations in the town. "If both of these decisions go ahead, we will arrive at a point where the people of Mayfield will be left without a bank, which is completely unacceptable.

"I have written to both AIB and PTSB informing them of the current situation and calling on both to reconsider their plans for closure. It may be the case that the decision of one of the banks to close its Mayfield branch was a marginal one, which could easily be reversed. From speaking to people on the ground there is definitely a feeling that if either bank was to remain in the area there would be significant goodwill towards that bank.

"If, on the other hand, these decisions are found to be irreversible, an opportunity would exist for either Ulster Bank or Bank of Ireland to open in the area. Despite the fact that much banking is now done online, people still like to go into their branch at certain times. The fact that both AIB and PTSB's main competitor in Mayfield are shutting up shop make little or no sense and I am calling on both banks to look again their plans and to reconsider this decision."

Fitzgerald's Vienna Woods Hotel, Glanmire and District Sports, Business and Community Awards recipients for July 2012 are the wonderful volunteers at Glanmire Village and Sallybrook Tidy Towns.

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# Sports Round Up...

## Castle Hotel lift Square Leagues trophy after 45 year wait!



The 45th annual Blarney Utd 7 a side Square Leagues came to an historic end on a sun kissed Friday evening in front of a packed village green. Three finals were contested on the night, Tower won the U17 Conor Nagle memorial cup and Tower also won the over 35 Niall Ryan memorial trophy. History was made when Johnnys Bar (Castle Hotel) finally landed 'The Holy Grail'. For the first time in the history of the competition, Managers Con O'Riordan and Finbarr Hogan could not hide their delight as goals from Alan Weldon and a fine Mark Cremin goal helped them defeat defending Champions Brannigans. Raymond O Leary won player of the tournament. It was a fitting end to a fantastic soccer festival and we look forward to next years 7's.

*Pics courtesy Noel Kelleher*

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### Cul Camp 2012 a Great Success!

Cul Camp 2012 was held in Blarney GAA From the 2nd to the 6th of July. Over 180 children registered for the camp this year, aged 5 to 13 from Blarney, Rathpeacon and Kerry Pike. With the guidance of our coaches, the groups practiced their hurling and football skills each day, and in every corner of the field there was drills, games and matches going on. In addition to hurling and football, handball and rounders were also played, and we'd especially like to thank Mallow handball club for their handball coaching. We're told they found a few natural handballers - Rachel O'L and Rachel O'D in particular being mentioned! - and it was great to see the children playing these lesser known GAA sports.

We were joined on Friday by ex-Cork hurler Jerry O' Connor and later in the day by Cork footballer Ciaran Sheehan. Ciaran spoke to the children on the importance of a good diet and went through his training programme. He then spent some time signing autographs and getting pictures with his young fans, and he was also a big hit with the female coaches and helpers!

Thanks to all who helped organise a great week, and especially our underage members who acted as assistant coaches. They helped with goalposts, helped tidy up after each day, and most importantly looked after the children, and it was great to see our young players helping out in the coaching of the youngest members of our club! We got great feed back from the children, and are already looking forward to next years camp. In the meantime, Club na nÓg will be back in a few weeks for the u5 to u10 panels, and the U11 to U13s are all involved in games throughout the year. Check out the photo gallery under the multimedia section above for more Cul Camp pics.

### Blarney introduce Club Beag

Blarney GAA has introduced a new, fun "Club Beag", for anybody



who would like to introduce their child to the club before they join the Club na nÓg group at under 5. Club Beag (for kids born in 2008 or later along with their parents) gets together on the second Saturday of each month at 11.30am to play some games followed by a party. It is a great way for both children and parents to spend some time in the club and meet some friends and future team-mates!

If you are interested, please feel free to come along. Niall Hayes is taking the sessions along with Eamonn Kennedy and Gerard Forrest, and Niall can be contacted at 086 3968675 if you would like any more info.

### U13 Championship Quarter Final this Saturday!

Blarney/Rathpeacon take on Ballygiblin in the Quarter-Final of the RebelOg Premier 2 Hurling Championship this Saturday the 11th of August. The lads qualified for the Quarter Final after a great victory over Carrigtwohill in the previous round - best of luck to the team on Saturday - An Bhlarna Abu!

## Summer Camps 2012 at Ballyhass Lakes



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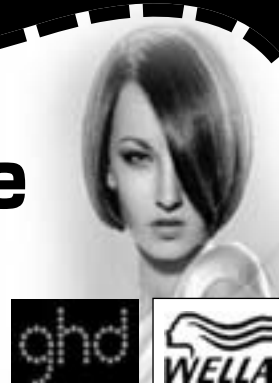
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## Conor Nagle remembered at Blarney Square Leagues



*A great time was enjoyed by all in the village square, Blarney, last month for the 2012 Square League 7's finals. The competition, now in its 45th year, attracts teams to a seven a side tournament played over a three week period. This year's competitions included an U17 Cup commemorating Blarney United player Conor Nagle who sadly passed away last year. Pictured are the winning team, Tower Tropics, being presented with the Nagle Cup by Conor's mum Tracy Nagle.*



Darragh Kelly and Peter Worth go for the ball



Eric Tobin being tracked by Conor Forde



Tower Celtic



James Reynolds wins the ball ahead of Aaron O'Raw



Gavin Kilgor with the award for Goal of the Tournament



Manager of Tournament Damian Coffey



Lorcan being watched by ref Gerry Hurley



Captain Crunches Cereal Killers



Jack Murphy shoots for goal watched by Dylan Lenihan



Player of the tournament Alan Devereux



Players Player John O'Donovan



Knocka Celtic



Shaun O'Brien and Jamie Higgins fight for the ball in front of the spectators



UnAthletic Bilbao



Man of the Match Final Aaron O'Raw



Goalkeeper of the tournament Tomas



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Students and Instructors from UTI Blarney Taekwon Do Club recently spent a very enjoyable weekend at the annual UTI Training camp in Eindhoven Holland. Chief Instructor for the weekend was Grandmaster Karel Van Orsouw 9th degree and president of United Taekwon Do International.

Blarney Taekwon do train every Monday and Wednesday from 8pm - 9pm in Scoil Mhuire Gan Smal, Blarney. Pay as you go system, no monthly fees and all from 6 years up are welcome.

John Deasy, President Muskerry Golf Club, presents his prize for Ladies to Bernie O'Riordan, Cloghroe. Included is Dolores O'Sullivan, Lady Captain.  
**Picture: Mike English.**



Ballincollig AC are delighted to announce that they are holding a 5k race in the Regional Park, Ballincollig on the 26th August 2012. The race is held in association with SpoirFest 2012. Race entry is 8 and is open to athletes of all abilities aged 16yrs+. There will prizes for 1st, 2nd and 3rd in the Men's and Women's categories. There will also be a number of spot prizes. Refreshments will be available at the finish line. For further race details go to the club website [www.ballincolligathleticclub.com](http://www.ballincolligathleticclub.com) On-line registration is available at [www.corksports.ie/index.cfm/page/regionalpark5krun](http://www.corksports.ie/index.cfm/page/regionalpark5krun) Athletics Ireland Permitted 5k Run



Nicola Dennehy, Carrigadrohid and (St. Vals Ladies Gaelic Football Club), representing the captain of the Cork Under 14 All Ireland winning team, photographed with her mother, Colette and sister Laura at the July Rebel Og Awards function at Rochestown Park Hotel. **Picture: Mike English**



The Blarney U8 camogie team, winners of the Mary O'Neill blitz in Buttravert for the second year

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# Monthly M toring...

## New Peugeot 208 Awarded Auto Express Best Supermini 2012

**The Peugeot 208 has won Best Supermini in its Class at the prestigious Auto Express New Car Awards 2012.**

Editor-in-Chief of Auto Express, Steve Fowler, said of the 208, "Peugeot is back on top of the small car class. The 208 has got it all: style, quality, space and kit, while it's good to drive and super-efficient, too."

Des Cannon, Sales and Marketing Director at Peugeot Ireland, said, "This is a great month for Peugeot. In the first month that the new 208 goes on sale in Ireland, we are especially pleased to receive this key award. The Auto Express Best Supermini award is the 208's first international accolade. We are confident it is the first of many awards to come."

Deliveries of the new Peugeot 208 to the Dealer Network in Ireland started in early July.

The 208 is a stylish three- and five-door hatchback, available in three trim levels, starting from 14,495 and with a wide range of petrol and diesel engines. All engines offered in Ireland fall into



Band A road tax.

The 208 is modern and stylish, lighter, smaller on the outside and larger inside than its predecessor Peugeot 207. It is characterised by having a small steering wheel and an innovative design.

At the same award-ceremony in London, the Peugeot RCZ Sports Coupé won the Best Coupé in its Class, for the third year in a row. The RCZ Sports Coupé is a stylish two-door characterised by its double-bubble roofline and aluminium roof arches. Available with petrol or diesel engine choices, the RCZ was crowned Continental Irish Performance Car of the Year 2011, on launch in Ireland.

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(Mention favour) Take Dear Heart  
of Jesus and place it within your  
own broken heart where your  
father sees it. Then in his merciful  
eyes, it will become your favour  
not mine. Amen. Say this prayer  
for three days, promise publication  
and favour will be granted. Never  
known to fail (PC)

Novena to the Sacred Heart. Dear  
Heart of Jesus, in the past I have  
asked for many favours. This time  
I ask you this very special one.  
(Mention favour) Take Dear Heart  
of Jesus and place it within your  
own broken heart where your  
father sees it. Then in his merciful  
eyes, it will become your favour  
not mine. Amen. Say this prayer  
for three days, promise publication  
and favour will be granted. Never  
known to fail (RM)

Novena to the Sacred Heart. Dear  
Heart of Jesus, in the past I have  
asked for many favours. This time  
I ask you this very special one.  
(Mention favour) Take Dear Heart  
of Jesus and place it within your  
own broken heart where your  
father sees it. Then in his merciful  
eyes, it will become your favour  
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Novena to the Sacred Heart. Dear  
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and favour will be granted. Never  
known to fail (CO)

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