



### In this issue

ALL V St Mary's	1
Cheltenham Gold Cup	2
General News	3
Under Age News	4
Fred's Internationals	5
News from afar	6
Members News	7
Team Match Reports	8
Concession Scheme	10
Summer Camp	10
Golf News	10

# The Cork Constitution

**BARRY'S  
TEA**

**Ulster Bank**  
Help for what matters

March 2012 Volume 2, Issue 6

## Cork Constitution F.C. V St Mary's College R.F.C.

### Templehill Saturday 31<sup>st</sup> March 2012 14:30

On Saturday Constitution play **St Mary's College RFC** in Temple Hill in the Ulster Bank AIL League. We extend a warm welcome to their President, **John Gilsenan**, his committee, players and supporters.

The first meeting between the clubs in January resulted in a 21-8 victory for **St Mary's College** at Templeville Road. With three games to go in this season's competition, **St Mary's College** are contesting for the title with **Clontarf**, they both stand on 54 points, significantly **Clontarf** have a better points difference, 149 compared to 96.

**Constitution** are currently in fourth position, eleven points behind the top two, and five points behind **Young Munster** who play **Lansdowne** in Dublin. **Clontarf** are home to **Garryowen** today, so all this afternoon's results will be eagerly awaited by all sides to see what can be achieved in the final matches.

Last week **Constitution** recorded a fine 19-9 win over **Shannon** at Coonagh, scoring three tries, but missing out on a vital bonus point. Meanwhile **St Mary's College** had a big win over **Blackrock College** to record their 12th win from 15 games, identical to **Clontarf** who defeated **Young Munster** in Limerick.

Our Junior 1 XV have reached the Munster Junior Cup Final after recent wins over **Kilfeacle** and **Garryowen**. Last week they won a thrilling semi final at Dooradoyle, and will now play Skibbereen in the final at Musgrave Park on **Sunday 15th April**. Best wishes to Peter O'Sullivan and his squad as they seek the club's 18th MJC title. Meanwhile the J1's play Bruff tomorrow at Temple Hill in the quarter final of the Munster Seconds League. Kick-off 2.30pm

The Junior 2 XV lost in the J2 Cup quarter final against Waterpark at Ballinakill after a good campaign, while the Under 21 XV also went out at the play-off stage after finishing third in their section of the South Western Conference.

We wish to thank **Barry's Tea** for today's Match Sponsorship and for their continued support for the Club, and wish **Tony Barry** and his colleagues an enjoyable day.

## Pre Match AIL Lunch V St Mary's R.F.C.

We are now accepting bookings (by email and telephone) for the pre-match lunch before the **St Mary's AIL clash on Saturday, 31<sup>st</sup> March** at Templehill.

The cost of this lunch is €20 per person (no starter) and this fee includes your entrance to the match. Tables can be booked in advance and are a great way to entertain friends or business clients. Please email [corkcon@eircom.net](mailto:corkcon@eircom.net) or ring Fiona Burke on 021- 4291960 or contact John O'Mahony if you would like to make a reservation or require more details.

## Restricted Access To Grounds

Patrons will be aware that the Clubhouse Building project has commenced. Only limited car park space will be available and on match days there will be **no** parking within the grounds, as the building compound area will be railed off. The office and shop will be accessible and the bar will continue to operate.



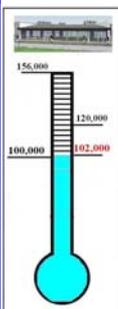
## U 17 Semi Final V Kinsale

The **Constitution U 17 Team** will play **Kinsale** in the semi final of the **South Munster Under 19 Development Cup** on Saturday in Templehill at 16.30. Your support would be greatly appreciated.

## Match Day Parking

Please note until further notice there is **No Parking** in Templehill on Match Days. We request that match patrons respect our neighbours by not parking on the double yellow lines outside local housing estates as this causes a traffic hazard.

## Fund Raising smashes the ton



Cork Constitution has made very substantial progress in funding the new development. Between our own resources and generous funding from the Department of Transport, Tourism and Sport the fund raising required to complete the development is €156,000.

Fantastic progress has been made on the fundraising front with **€102,000** pledged to date.

Details of our Tax Back scheme are outlined on page 2

## Tax Back

We all like to receive money back from the “**Tax Man**”. By using the tax breaks under the **Tax Back** scheme all approved donations to the Club will increase the gross amount received by the Club.

Cork Constitution F.C. can claim tax back on your donation at **no cost to you!** The Club can claim tax back at a rate of up to 70% from the Revenue Commissioners on donations towards the cost of the clubhouse by individuals who pay PAYE.

### How does it work ?

This example is based on the Club receiving from a tax payer , paying tax at the higher rate of 41% , a cheque for €590 or a standing order of €59 per month for ten months commencing in March 2012

EXAMPLE:	Monthly	Annual
PAYE tax payer contributes €59 per month	€59	€590
<b>Club receive tax back at 41%</b>	<b>€41</b>	<b>€410</b>
<b>Total received by club</b>	<b>€100</b>	<b>€1,000</b>

€59 per month is worth €1,000 per annum to the Club. If standing orders are continued until September 2013 it would be worth €2,000 to the Club over the 2 years.

Standing order forms are available in the clubhouse and standing orders can also be completed **on line**.

### What do you have to do?

All you need to do is sign a short form in order for us to claim back the tax. If the tax relief is not claimed by Cork Constitution F.C. it **stays** with the taxman and is **lost forever**. All we need is your help to fill out the short form to make sure we can claim this tax back and put it to work building for the next generation.

### Self-employed

EXAMPLE:	Annual
Self-employed tax payer contributes €1,000 Club receives	€1,000
<b>Tax relief @ 41%</b>	<b>€410</b>
<b>Net cost to contributor</b>	<b>€590</b>

**Contributions can be made by installments i.e. 4 X €250 however all contributions must be received in 2012**

A self-employed tax payer can pay the contribution to the Club gross and receive a tax write-off for this contribution in their tax return.

### Can companies benefit from tax relief?

If you are a company, treat your contribution as a normal business expense, deductible at the appropriate rate of corporation tax.

### Receipts

Receipts will be issued for all donations.

### For further details contact

**Brian Humphries, Ian O’Leary Finian O’Driscoll , Jack O’Sullivan, Stephen Murphy, Pat Twomey , Don O’Riordan Noel Walsh, Pat O’Keeffe, Peter Good, Kevin Fielding**

**Match reports and the Ezine can be downloaded from the Cork Constitution website**

**WWW.corkcon.ie**

## The Cheltenham Gold Cup A day at the races the “Con” way

It has , at this stage , assumed legendary status and goes from strength to strength , I talk of course about our annual Cheltenham Race day which was held as usual in the wonderful Rochestown Park Hotel on Friday 16<sup>Th</sup> March.



On arrival our guests were treated to a Cork Gin and Tonic reception which set the tone for the rest of the day. Lunch followed with the aptly named choice of Beef or Salmon served with a medley of vegetables . which was appreciated by all.

Lunch was followed by a full race card and punters splendidly fortified with fine chosen wines could have been out there in the Cotswolds such was the atmosphere generated by the wildly excited and cheering patrons.



All of this in the comfortable surroundings of Rochestown Park Hotel is as good as it gets. Each race was preceded by an assessment of each horse with tips from our own racing expert Tom Busted and this year he proved that he does indeed know a thing or two about horses.



Best dressed lady Caroline McGarry was resplendent in a green ensemble in keeping with the national holiday while Greg Barrett cut a dash in a off white jacket when landing the best dressed gent accolade.

Unfortunately for Alex Ryan who had dressed for the occasion in green , white and gold Jockey’s silks , the Judges decided as he neglected to bring a jockeys helmet that his attire was outside of regulations and he was disqualified from the competition.

Special thanks to Rochestown Park Hotel who along with being our main club sponsor also gives us huge support and most favourable terms in the running of the Cheltenham day.

Now in its tenth year the Cork Constitution Cheltenham Race day has become an important fundraising occasion for the club and President Brian Humphries suitably thanked all our guests for their continuing support while attempting to slag off members of the hard working organising committee.



Commenting on the day Event Chairman **Frank O’Connor** stated “It is really gratifying to report in these difficult times that many business people and supporters consider our event to be worth attending. We know that all these valued friends feel that they are getting good value for their guests.

In return we would like to assure our supporters how much we appreciate their continuing attendance and let them know that their contribution is put to good use in providing facilities for the many hundreds of young people who we are lucky enough to have as members. To all , businesses and individuals we say a simple and sincere Thank You”.

Here’s looking forward to another Cheltenham day next year when Frank , Noel , Cullie , Leonard and gang will once again be under starters orders to get the race day under way



# Cork Constitution F.C.

## Juvenile Rugby

Dear Parents,  
There will be no training on Easter Saturday April 7<sup>th</sup> and we have listed the dates below for the remainder of the season. You will receive notification if there is a match instead of training as normal.

The season will be finishing up on Saturday May 19<sup>th</sup> when we will be organising a tournament for each age group from U7s to U12s. Starting at 2:30 and finishing up in plenty of time to watch the Heineken Cup Final in the bar at 5:00. There will be a 7-a-side rugby tournament for the U13s, U14s, U15s & U17s after the Heineken Cup Final. Full details of this event will be handed out closer to the date.

- Saturday April 7<sup>th</sup> No Rugby
- Saturday April 14<sup>th</sup> Training
- Saturday April 21<sup>st</sup> Training
- Saturday April 28<sup>th</sup> Training
- Saturday May 5<sup>th</sup> No Rugby
- Saturday May 12<sup>th</sup> No Rugby
- Saturday May 19<sup>th</sup> End of Season Blitz Day.



## Clubhouse Progress Report

MMD Construction has made significant progress on the construction of our new clubhouse, The juvenile dressing rooms and the administration offices have been demolished, the foundations and floor poured and the block work started.



Pictured at the recent contract signing were :-

Back Jack, O'Sullivan Niall Fitzgerald of Horganlynch, Michael Lucey of Michael Lucey & Assoc., Kevin Fennessy of MMD

Front Peter Heffernan of Wilson Architecture, Brian Humphries, Tomas O'Donovan of MMD and Michael Daly.

We hope to keep disruptions to a minimum during the construction stage and we would also request members to obey all construction notices and avoid entering construction areas.

We hope to have regular progress reports in the monthly newsletters.



## Serge Blanco

### Man of the Match

The winner of the Serge Blanco Cork Constitution Man of the Match for the Ulster Bank AIL match V **Dolphin** was

### James Ryan



Serge Blanco was arguably one of the best French full backs in the modern game of Rugby. In 1992, he transferred his number 15 and his name to this exclusive range of clothing for men and children. Serge Blanco Ire 59 St Patrick Street, Cork You can also buy on line at [www.sergeblanco.ie](http://www.sergeblanco.ie)

Serge Blanco are pleased to announce that as the season is changing, they have also brightened their look. Their **new Spring/Summer** collection has arrived in store with a choice of styles, colours and designs for everyone.

**Come and see the transformation - you won't be disappointed.**

This award is kindly sponsored by John Mannix, Serge Blanco Ire

## Declan Kidney presents player of the tournament award to Sam McManagan



At the recent Joe Kidney Cup tournament held at Presentation College grounds in Wilton Ireland manager **Declan Kidney** presented the player of the tournament to Cork Constitution's **Sam McManagan**.

## Cork Constitution FC Shop



The shop stocks Cork Con Club Jerseys, Shorts, Socks, Hoodies, etc supplied by O'Neill's Sportswear and 4ORM.

Club Members can avail of 10% discount when purchasing with Membership Card.



## Guess the Score

The winner of the Eco Restaurant €50 Voucher for Guess the Score V **Dolphin** was

### Michael O'Gorman

Located in the heart of Douglas, Eco is one of Corks most popular restaurants. Since opening in 1996 Eco has become famous for its great food and friendly staff. Eco features an exciting menu of new food ideas from around the world, all prepared with the finest local ingredients.

This award is kindly sponsored by **Dave Halpin**,

## Italian Night

The Under 13 Coaches organized a successful Italian Fare in the Club house on Friday last, the 23rd of March. It was held for the parents and coaches prior to going on tour and the theme was Italian with Gary O'Donovan and Stephen Dwyer in particular of O'Donovan Wines and Classic Wines putting in a huge effort to ensure the success of the night, ably assisted by the 13's coaches and in particular Paul O'Callaghan and Mick Moloney.

The theme being all Italian and Gary and Stephen had a special selection of wines from the Italian Regions and in particular from Tuscany, the destination for the 13's tour. They also enticed Isabella from On the Pigs Back, Bernard from Cuthbert's, Mick from the Alternative Pizza Company and Cahill's Butcher to bring along a selection of products from their respective businesses.



The evening started with tasting of the different wines, cheeses, pates, meats and breads followed by a selection of pizza and sausage.

The main part of the tasting went on for over two hours as the crowd listened to Italian music that Brian McManagan had put together for the night...something for all tastes, like the wines.

There was a draw and all the contributors provided product for the evening, including Kevin Clarke who provided a hamper of Italian Products (in particular olive oil from Luca) and Don Broderick providing product from Heineken.



John O'Mahony assisted with getting the 13's a framed club jersey signed by the club internationals involved in the Italy game this season Ronan, Donncha and Peter and Fergus and Mark O'Connor donated two sofa sacs and all three items were auctioned by Tony O'Connor (who should to stick to the day job as he will never make a living as an auctioneer).

If you wish to see the frame jersey and its worth a look, you will find it in **Longboats** and we thank Billy for his generous contribution, as we do the Hooleys and Brian McManagan for the additional items purchased in the auction.



Once the official part of the evening was finished attendees made their way to the bar where some continued drinking the wine they had purchased in the Hall and other purchase fare from behind the bar, but by that stage of the evening everyone was ready for good chat and light hearted fun.

Finally, tours like this cannot happen without the support of the parents, who have been amazing, not only this year but down through the years. The boys in this group have been going on trips for three years and it's through the support of the parents this tour has come about.



The tour committees are extremely grateful for the parents support, enthusiasm and encouragement. It's always been a pleasure; Friday last was an extension of that for all involved.

Words Tony O'Connor Photo's Brian McManagan

## Smart Italian

An Italian walks into a bank in New York City and asks for the loan officer. He tells the loan officer that he is going to Italy on business for two weeks and needs to borrow \$10,000.

The bank officer tells him that the bank will need some form of security for the loan, so the Italian hands over the keys to a new Ferrari. The car is parked on the street in front of the bank.

The Italian produces the title and everything checks out. The loan officer agrees to accept the car as collateral for the loan.

The bank's president and its officers all enjoy a good laugh at the Italian for using a \$500,000 Ferrari as collateral against a \$10,000 loan.

An employee of the bank then drives the Ferrari into the bank's underground garage and parks it there.

Two weeks later, the Italian returns, repays the \$10,000 and the interest, which comes to \$25.36.

The loan officer says, "Sir, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled.

While you were away, we checked you out and found that you are a multimillionaire. What puzzles us is, why would you bother to borrow \$10,000?"

The Italian replies: "Where else in New York City can I park my Ferrari for two weeks for only \$25.36 and expect it to be there when I return?"

## Fred's Internationals I – 15

Fred Casey is famous for his tours and over the years has developed contacts in every rugby country in Europe. The first overseas tour was to Wales in 1972 and under his leadership the Conettes have toured England, Wales, France, Greece and Italy. It is a great credit to both Fred and his coaches that the Conettes are such great ambassadors for Cork Con and the City of Cork when they are abroad.

Fred has overseen many great players since 1972 and we asked him in the build up to the Italian Tour to give us his international team... considering we are no longer living in the 15 man selection we were able to select 22 players who have come through Fred and have represented Ireland at full international or A/Wolfhounds, although we bring in a couple of under 21 in the second row.

In putting a front row together we were left with the dilemma of having to pick a front row from Paul Wallace, James O'Riordan, Frankie Sheahan, Philip Soden and Steve Archer

Fred has coached some great front rows and in particular Paul Wallace who with his two brothers David and Richard came through Fred before moving to Limerick. With the advent of the rolling front rows Fred felt he would be safe with the five.

Interestingly all the front row bar Paul have won All Ireland League with Con, with Philip captaining the 99 team, with Frankie hooker on that team and James and Philip were involved in 91. Steven was involved on the double team in 2010 and got his first Wolfhounds Cap this year.

In the second row we have a couple of the new younger breed of Cork Cons, who have won AIL and All Ireland Cup in 2010 in Billy Holland and Brian Hayes. Both have assist Fred in recent years and in particular Billy who regularly turns up for Fred at camps and Wednesday afternoons.

When we came to the back row, legends young and old jumped off the page, although Anthony and Christy might still claim the young spot. The back three in the scrum is filled with talent and is made up of Anthony O'Leary, Christy Cantillon, David Corkery, David Wallace and Peter O'Mahony.

Anthony and Christy played with Fred before he took to the road but there were many famous times to follow for both and who will ever forget Christy try against the All Blacks...Fred proudly states how he liked to play the flowing game and maybe the time in Con with Fred gave Christy that awareness to be on the shoulder to secure the ball for the only try in the famous victory.

David travelled on two of Fred's trips to France and Wales with Paul Wallace and Darragh O'Mahony and recalls the trips with fond memories, special times growing up.

Wally moved to Limerick just before he was 12 and didn't tour with Fred but remembers playing with his present day Munster counter parts and speaking with him recently recalls the lads bringing an old picture to Munster training and he was surprised to see so many faces from his days in Con that were now involved with the Munster Team.

Peter, now involved with the Irish team after getting his first cap this year recalled two overseas trips with Fred to Wales and France and remembers them as his first great rugby experience.

In 1990 the I.R.F.U. invited Cork Constitution to represent Ireland in the U 11 and 12 European Championship at Roche-La- Moliere, near St Etienne in France. Teams from 16 nations attended and Cork Constitution won both Championships a wonderful tribute to the youngsters and coaches involved. It should be acknowledged that Fred was the first coach to bring a European Trophy back to Munster.

The U 12 team featured a young Peter Stringer and Ronan O'Gara, who captained the team, Fred always claimed that he saw the potential of both the first time he played them together and that he never had a doubt that they would play together for Ireland and who would have thought they would collectively go on to play for Ireland over 200 times, with Ronan becoming the most capped Irish player this season.

Fred also has trained another half back pair in David O'Mahony, who got his cap against Italy and Ralph Keyes the leading point's scorer in the 1991 World Cup. With the rolling subs in half backs these days Freds team is always going to be in safe hands no matter what.

When we moved into the centre we find we have versatility in we have two players who can play 11 12, 13, 14, in John Kelly and Luke Fitzgerald. John spoke last year at Fred's Hall of Fame and recounted stories of the happy times all the players had with Fred during their underage in Con. Luke on the other hand moved back to Dublin like Wally just before his group toured with Fred but he still makes Fred's international team and remembers his times in Temple Hill with good memories.

Our wingers are made up of the third Wallace brother Richard who has that lightening pace Fred likes to talk about and is supported by Darragh O'Mahony who played with the other Wallace brother in Con Paul.

Fred has been saying he likes to move the ball and now we can see why and in doing so save the best wine for last and Fred's full back and without competition, although 15 on his back, first on the team sheet Kenny Murphy, the only man who Fred remembers being home sick on tour, although speaking with Kenny recently he has a different recollection. In two years time Kenny's son Johnny will join Fred's ranks to continue the Murphy legacy.

All in all, an amazing selection and all have come through the coaching and guidance of Fred Casey, one wonders who from his present batch will be added to his international selection in years to come. Well Done Fred.

This season we introduced a new concept where we catch up people who have been associated with Cork Constitution in the past and who are now living far from our shores. To date we have had contributions from New Zealand Dubai England and Texas.

Canada is featured in this edition of The Cork Constitution as we bring you news of **Johnny Moloney** a native of Poulmucka Co Tipperary. Johnny, was an abrasive yet skilful second row who won Munster Junior Cup , AIB cup and ALL League medals with Cork Constitution.

Johnny now lives in Edmonton Canada with his wife Helen. A connoisseur of **Barry's Tea** Johnny has gained notoriety in Facebook for his unrelenting pleadings for visitors to Canada to bring out some Barry's Tea for him.



### To all my friends in Cork Constitution F.C.

One of the hardest decisions I ever had to make was to think about leaving Cork Con. It was a place that I grew to love, met great friends, met great club members and had top class coaches that made training sessions always competitive and fun. However I had come to a stage where I felt that I wasn't in contention for a starting 1st team place and I needed more game time and starts so reluctantly I joined Dave O'Brien at Highfield to take on a new challenge.

My first year In Highfield was very difficult as a long list of injuries , despite the intensive care provided by Landy Hill, meant I lost most of my pre-season fitness and I spent a few months catching up and unfortunately Highfield were relegated that season.

I have made some good and bad decisions in my life but going back to play hurling in the summer of 2010 was the worst of all time. In a challenge game against Bride Rovers I torn a cruciate. That put a huge dent in my pre-season plans for Highfield especially after they named me Captain for the coming season which I was honoured to accept but captaining the team from the sideline was not the way I wanted to do it.

When I tore my cruciate I had started a new job on the Mahon Hospital with Suir Engineering but it was a temporary contract and I knew that if I took the operation that I would loose my job and so it happened, and from July 2010 I was unemployed. I decided to start looking abroad for work and Afghanistan was an option but believe me the very last option. I emailed a few rugby clubs in Canada telling them who I was and what I did and I got a huge response. St Albert RFC offered to pay for flights and set me up with accommodation and a job. Since I had nothing to loose and it wasn't going to cost me anything I jumped at the chance even though I was due to get married to Helen that summer.

On May 5th 2011 I landed in Edmonton, Alberta , a guy by the name of Ger Kiernan, a former Greystones prop, collected me and brought me back to his house until my accommodation was ready. I had been in contact with Ger for a couple of months previously and found him to be a very sincere and genuine man and knew joining his club was a good idea. I flew in early Friday morning and our first match was on

the Saturday. Not thinking I would be starting and after having a few beers with Ger and his lovely wife Helen he informed me that in fact I was starting at No 8.

Our first game was against the Strathcona Druids, who before coming over were vying for my services as well, and they made sure they gave me a good welcome and tried to drill home the fact that I should have joined them instead of St Albert. The game kicked off at ridiculous pace and not realising that we are at altitude (2000ft) my lungs began to burn, for the rest of the 1st half all I was trying to do was catch my 2nd wind. We ended up losing the game pretty badly (53-7).

We won every other game until the end of the season putting up some big scores on teams and reached the final of the Alberta Cup and Edmonton city Cup where we met the Calgary Hornets .

They had a big physical pack and good back-line to boot. From the 1st kick of the ball we were always chasing that game, they over powered us and bullied us upfront and their back-line did some serious damage. We were beaten 34-7 a bad finish for a good season, thought we deserved more but such is the way the game goes, you don't always get what you want.



Looking back over the season I was pretty happy with my decision to join St. Albert, their a good bunch of guys with a great attitude to the game and very welcoming to new players.

Work-wise, Everything is going great, I'm working for an Irish guy who actually grew up only 4 miles from my home place and has been living over here about 30 years. We met at an Irish club one Sunday morning, Tipp were playing Waterford in Munster Hurling final and we got talking and he asked me to call me when I got back from getting married and so I did and I'm with him 8 months now. Working as an electrician is very different to home and I can only compare it to driving at the opposite side of the road. My certification is not recognised over here so I had to go back and take the electrical exam for here and I'm now waiting for the results. There is plenty of work here for those that want to work but it is hard to find an employer that will pay you the going rate as our qualifications back home don't carry here.

I am now back in pre-season mode again and looking forward to the upcoming season. We have got a lot of prospective imports coming in, one of them Colum Murphy, a former Con player, and we are expecting to be in or around the final again this year.



I am also looking forward to the summer ahead as the weather here is fantastic and this country is built for outdoor activity with the Rockies only 4 hrs drive away.

I'll be home in July and I hope to catch up with a few of my old buddies from Con and see my family. I hope everyone in Con are keeping well .

Regards

**Johnny Moloney Edmonton, Alberta.**

## Members News

This newsletter is for and about the members of Cork Constitution and as a service for members we are introducing a new facility where members can inform the Club of their own news be it business or social.

### Don O’Riordan establishes Bluebird Care in Cork City



Don O’Riordan, the Club’s membership chairman has recently commenced a new business specialising in Home Care , bringing The Bluebird Care franchise to Cork City.

Following extensive research he has set up with his wife Sally, Bluebird Care (Cork), a private Home Care provider.

Bluebird Care prides itself on being a professional, modern service delivering high-quality advanced care in the home for people of all ages and with very diverse needs, thereby offering a realistic alternative to residential care.

Bluebird Care is now a national provider of Home Care with 18 offices nationwide. Our reputation for dependability combined with a straightforward attitude to care has seen the company grow very quickly with our customer’s receiving the service they want and expect. The company firmly believes in the ethos of “good old fashioned service”.

Our highly trained staff are committed to delivering a quality service and with this support people are able to continue to live independent and healthier lives in the comfort of their own homes and surroundings among their family and friends.

We offer support visits starting from as little as 15 minutes pop in visits right up to 24 hour live-in care when a higher level of assistance and care is required. We are also able to offer short term care, for example when family members are on holiday or require respite or following a hospital discharge when a period of convalescence is required.

Income tax relief is available to our customers or their relatives at their top rate of tax, subject to conditions. This means that you could receive tax relief of up to 41% of the cost of our service. It is also possible to claim this relief as part of your tax credits, thereby receiving the benefit as part of your weekly or monthly salary.

“The strong message which Bluebird Care sends out is that it is our job to supply the service which each individual wants. As the old saying goes – the customer is king” says Don O’Riordan.

Bluebird Care (Cork) can be contacted as follows: Address: 6 Cook Street, Cork.

Tel: 021 4279116. Email: [cork@bluebirdcare.ie](mailto:cork@bluebirdcare.ie) Website:

[www.bluebirdcare.ie](http://www.bluebirdcare.ie)

**Bluebird Care**

*“We Care passionately...”*

### Jerry Holland appointed Manager EBS Wilton Shopping Centre

Jerry Holland , Cork Constitution Director of Rugby has been appointed Manger of EBS , Wilton Shopping Centre Branch. Jerry has a Bachelor of Commerce degree from University College Cork and is a qualified financial advisor and has over 24 years experience in finance.

Commenting on his appointment Jerry stated that he was delighted to be joining EBS as they understand what really counts when it comes to savings. Whether it's an impressive choice of products, great interest rates or simply knowing your savings are there when you need them and most importantly we can help you make the right choice for your savings.

Jerry can be contact at (021) 4542622 . Branch Opening Hours: are Monday to Friday: 9.30am - 5.30pm Saturday/Sunday: Closed

Please contact Pat Twomey at [PATT@Ireland.com](mailto:PATT@Ireland.com) if you want to place an article in this section of the news letter.

### Volunteers Required



Cork Constitutions Football Club is a Rugby Club with a proud history and tradition which is a great source of pride to all involved.

We have set the standard for youth , mini and senior rugby for many years and the care and attention dedicated to teaching our mini children on a Saturday morning is a credit to parents and coaches alike, and the contribution our club makes to our local community is often overlooked.

Cork Constitution has always considered itself a members club and we want to get our unique community of members together and volunteering on a regular or semi-regular basis.

We have a great team of people looking after various areas in the club from coaching and managing teams from underage to senior , house and grounds, the shop, bar and fund raising to mention a few.

But once the season begins, things will get a little stretched - and that’s when we could do with an extra few bodies. Ideally we’d like to spread some of the load of work from our current team of volunteers and get more of the members involved in running the club.

No matter what your talents and level of time you can give , you will be able to make a difference to **your** Club.

If you are interested in helping out please contact **Finian O’Driscoll** or **Ian O’Leary**

## Good month for Senior Team.

### Match reports by Stan Waldron.

The good weather and firm ground in March allowed the Senior team to play scintillating Rugby in the Ulster Bank Ail League and record two wins against old rivals **Dolphin** and Shannon. The Senior team are currently in fourth place in the league table unfortunately there are no place off's this season so the objective will be to maintain if not better their top four position.

### Cork Con FC 1st XV V Shannon

**Score: 19 - 9 (Con score given first)**

**Venue: Coonagh**

**Date: 24/03/2012**

Cork Constitution won their return Ulster Bank League fixture with Shannon at Coonagh. Despite leading 5-3 at half time, they trailed for most of the second period, until two tries in the final 12 minutes secured the win. And they might have added further tries in the final quarter as Shannon tired visibly, but they were denied the bonus point in the end.

Tadg Bennett kicked a penalty for Shannon in the 3rd minute. But two minutes later, Cathal Quinn finished a break initiated by Sean Scanlon, with a try in the right corner for a 5-3 lead. There was no further scoring in the first half, and very little open play, as Shannon used their considerable pack to keep matters tight.

Seven minutes after the break Bennett kicked a second penalty, but missed a similar chance two minutes later when replacement Matt Ross was sin-binned after a try saving tackle. In the fourth quarter Constitution raised the pace and moved the ball against the fresh breeze with more precision. They were rewarded with a try by Sean Scanlon in the 68th minute after a break in mid-field and slick off load by Niall O'Driscoll. Gerry Hurley converted for a 12-9 lead.

Thereafter Con attacked at every opportunity and regularly stretched the home defence. Twice Cathal Quinn got past his opponent on the right wing, but the defence held. On the other side Niall O'Driscoll crossed the line only to be called back for a foot in touch. However, Con were not to be denied, and Johnny Holland scored at the posts in the last minute, after another searing left wing break by Cathal Quinn. Hurley added the extra points to close the scoring.

### Ulster Bank League Div. 1A

### Cork Con FC 1st XV V Dolphin

**Score: 29 - 28**

**Venue: Temple Hill**

**Date: 02/03/2012**

Cork Constitution won a thrilling local derby played under lights at Temple Hill with a dramatic late comeback against a valiant and skilful Dolphin side.

Five minutes into the second half it looked a lost cause for the home side as they trailed 5-22 to a rampant Dolphin team, who had scored three tries in as many minutes either side of the break. However, Constitution never gave up the challenge and scored four tries in the final 25 minutes to win by the narrowest margin.

Sean Scanlon gave Con the lead in the 10th minute when he took Johnny Holland's cross kick to score in the left corner, after Ivan Dineen's break brought play inside the Dolphin half. Gerry



Hurley and Holland both missed penalty chances for Con, before Barry Keeshan put Dolphin on the scoreboard with a penalty. In the 34th minute Robert Clune made a searing run on the left wing, but the cover caught him on the line. And then in the last minute of the half, John Quill scored for Dolphin after Chris Nolan broke on the right wing and Chris Condon set up Quill for the score. Keeshan converted, and Dolphin went in at the break with a 10-5 lead.

From the kick off Dolphin attacked and Nolan scored wide out on the right; two minutes later and Quill got his second try in the left corner after again stretching the Con defence.



Keeshan added the points to the second try for a remarkable 22-5 lead. Con hit back, and somehow Niall O'Driscoll knocked on after cutting through to the posts. But he was not denied in the 55th minute when he scored in the left corner.

Keeshan, however, dropped a goal and kicked a penalty in another period of Dolphin superiority to stretch their lead to 28-10. In the 63rd minute Con wisely scorned a penalty opportunity in front of the posts, and instead scored a try through Cathal Quinn, converted by Hurley to close the deficit to 17-28.

Entering the final 10 minutes both sides unloaded the bench as the pace reached fever pitch. Gerry Hurley took a quick penalty on the 22 metre line and scored at the posts, and converted, to close to four points.

And then in the 81st minute Sean Scanlon got on the end of another Ivan Dineen break to score a the winner. The try was unconverted, but the re-start was delayed as Dolphin's John Quill was stretchered from the field with a concussion injury, and in the final six minutes of play Con were able to control the play and take their dramatic victory with a bonus point.



### Juniors qualify for final Munster Junior Cup Final

### Cork Con FC J1 V Garryowen

**Score: 22 - 18**

**Venue: Dooradoyle**

**Date: 25/03/2012**

Cork Constitution won a classic Munster Junior Cup semi final against Garryowen at Dooradoyle. In front of a big crowd, and in beautiful Spring sunshine, this was a Cup tie to savour. Both sides had obvious credentials as the top sides in this season's Munster Seconds League. The depth of history between the clubs added to the occasion, and the fact the Constitution won the corresponding tie last year in Cork added further spice.

Constitution took the first score with a penalty by Sean Murphy after 3 minutes. Garryowen hit back quickly with a try by full back Derry O'Connor who ran onto a clever grubber kick. Jamie Gavin missed the conversion, and a penalty chance after 10 minutes, before finding his range from a penalty after 27 minutes. Sean Murphy missed a penalty kick for Constitution on the half hour mark, but his side scored a fine try after 32 minutes when wing Eoin O'Donnell finished a break engineered by centre Conor Desmond and wing forward Andy White. That tied the sides on 8-8, but Garryowen forged ahead again before the break with a Jamie Gavin penalty, after Conor Desmond had been yellow carded.

In the second minute after the resumption Garryowen had No.8 Anthony Kavanagh yellow carded and Sean Murphy despatched the kick to level the scores at 11 points each. Three minutes later, the same player added another penalty to give his side a three point lead. The warm conditions took a toll on both sides and rolling substitutes were used liberally by both sides in the second period. Garryowen got the next crucial score in the 50th minute when Cian O'Shea got the touchdown.

Gavin kicked a great conversion from the touchline for an 18-14 lead. Sean Murphy narrowed that lead to a point with a penalty on 63 minutes and scrum half Alex Ryan scored the clinching try in the 70th minute.

There was still 10 minutes of do or die Cup rugby to be played. Garryowen spurned a few kickable opportunities in favour of line attacks, but Con's defence saw out time for a famous win. In the final; they will meet West Cork side Skibbereen who saw off Clonmel on a 9-6 scoreline.

## Cork Con FC J1 V Kilfeacle

**Score: 40 - 8**

**Venue: Templehill**

**Date: 11/03/2012**

Cork Constitution qualified for the Munster Junior Cup semi final with a comfortable win over Kilfeacle & District RFC. However, despite the final score, Constitution were made to work very hard for 55 minutes before a try by wing Shane Kelly settled them, and from there they scuttled home.

Out half Sean Murphy gave Constitution the lead with an 8th minute penalty, and he scored a fine try in the 15th minute when he looped outside his centres to score in the right corner. Kilfeacle struck back with an opportunist try in the 23rd minute.



Having disrupted a Con back line move on their own 22 metre line, they kicked ahead and won the chase to the other goal line where wing Josh Featherstone touched down. A penalty at a scrum in the 34th minute was converted by Gavin Ryan to tie up the scores before the break by 8 points each.

As the Constitution forwards exerted their superiority in the third quarter, Murphy kicked his side ahead with penalties in the 44th, 50th and 53rd minutes to stretch his side's lead to 14-8. Shane Kelly's decisive score came in the 55th minute when he cut back inside to touch down at the posts.



Murphy converted for 21-8 and then Con went into overdrive. Eoin O'Donnell scored a brilliant individual try in the 58th minute with a scorching run from his own 22 metre line.

Murphy added the conversion. In the final quarter Constitution used their replacements to keep up the momentum, and scored further tries from Alan Ross and Conor Desmond after 68 and 73 minutes. Murphy converted the last try to bring up the 40 points.

It was a good Cork Constitution team performance, with Alex Ryan and Sean Murphy forming a fine half back partnership, and the pack were well served by the front row union who kept the side on the front foot throughout.

Stan Waldron

## Munster Junior 2 Cup Waterpark V Cork Con FC J2

**Score: 0 - 25 (Con score given first)**

**Venue: Waterpark**

**Date: 25/03/2012**

Cork Constitution came up against a very strong Waterpark side in their quarter final of the Munster Junior 2 Cup. Constitution played the first half

with the backing of a strong wind but found themselves down by 3 points after 5 minutes.

Waterpark had a strong scrum and an excellent lineout and Constitution found it impossible to get any clean primary possession. The Waterpark back row were all big strong runners and they had an excellent out-half who moved the ball whenever he got it. Waterpark shut Constitution down quickly and any attempts by Constitution to run the ball came to nothing.

Constitution survived quite a few scrums and line outs on their own 5 metre line but conceded another penalty just before half time. That made it 6 - 0 at the turn. In truth, Constitution were lucky to be only down 6 nil at half time and that was with the benefit of the wind.

The Waterpark out half kicked very well with the wind in the second half and kept Constitution pinned back in their 22. He missed 3 penalty kicks at goal before they crossed for an unconverted try after 60 minutes.



Another try with 10 minutes to go meant it was all over for Constitution and they scored another try in the last minute and converted that also to leave the final score 25 - 0.

Team Captain Kevin Minehan and Coach Tom Hannigan put a great deal of effort into the J2 set up and while Constitution didn't win anything, there's a feeling that the J2's consolidated during the season and retained a core of players who will be there for a while.

With the influx of players from this year's U19 team and the possible acquisition of a few new players, hopefully success won't be too far off again. [Padraig Higgins](#)

## U21 SW Conference Play-offs Cork Con FC U21 V Dolphin

**Score: 17 - 18 (Con score given first)**

**Venue: Musgrave Park**

**Date: 17/03/2012**

Cork Constitution lost by a point against Dolphin on a back pitch at Musgrave Park to end their quest for qualification for this season's Under 21 league competition.

Recent injuries to Cian McGovern, Brendan Monohan, Cathal O'Flaherty and Brian Vaughan deprived the side of their regular starters, but their replacements gave a strong show and only failed by the smallest margin.

Dolphin got off to the best possible start, and led 15-3 after 35 minutes, through tries by Brian O'Rahilly and Stephen Randles. Eamon Mills converted one and also kicked a penalty.

Con's only reply came from a Sean Murphy penalty. Graham Murray gave his side hope with a try just on half time, converted by Murphy, to trail 10-15 at the break.

Mills kicked a vital penalty for Dolphin on the hour mark to stretch their lead. When Simon Hanbidge scored for Constitution in the 78th minute, with a successful conversion by Murphy, it gave Con a flicker of hope, but Dolphin saw out time to take the spoils.

Stan Waldron

**Many Thanks to [Martin O'Brien](#) for providing the photographs for the Cork Constitution.**



## Cork Constitution Football Club Concession Scheme

Name	Location	Offer Details
Rochestown Park Hotel	Rochestown	<b>15% Discount on spend over €50</b> <b>Discounts from 10% to 30% on MRI, X-ray, DXA, Ultrasound and CT</b>
<b>Euromedic</b>	<b>Elysian Cork and 3 Dublin Centres</b>	<b>10% discount on all stock (Except sale goods)</b>
Finn's Corner	Grand Parade	Earn Discounts with Loyalty Card , Cash back to Club
O'Sullivan's Pharmacies	Various	10% discount on all stock (Except sale goods)
Fitzgerald's Menswear	Patrick Street	10% discount on all stock (Except sale goods)
Quill's	All Store's	10% discount A la Carte menu - Mon to Fri Excl Wine
Jacques Restaurant	Phoenix Street	10% discount Lunch & Evening Meal (Excl Wine)
Island Gate Restaurant	Glounthaune	10% discount on all stock (Except sale goods)
Tracey Shoes	Patrick Street	10% discount on all stock (Except sale goods)
The Framemaker	Patrick Street	10% discount on all stock (Except sale goods)
O'Donovan's Off Licence	All Stores	5% discount on ALL Wines
Kiernans Garden Centre	Douglas Shopping Centre	10% discount (excluding sale stock)
Diane O'Mahony Jewellers	Winthrop Street	10% discount (excluding sale stock)
The Temple Inn	Ballintemple	10% discount on all lunches
Welch Sports	Cork City	10% discount on all stock (Except sale goods)
Serge Blanco	Patrick Street	10% discount on all stock (Except sale goods)
Carey Tool Hire	City Hall Quay	10% discount on Sales or Hire (Excl sales goods)

**Discount Available to members on production of Membership Card**



### Golf News

#### Club AM AM

The Cork Constitution Annual Fund Raising AM AM will be on **April 27** at **Douglas Golf Club**.

As this is a very important fund raiser for the Club your support would be greatly appreciated. Please contact **Ray Clarke** or **Pat Twomey** if you wish to enter a team in this most enjoyable event or sponsor a tee or green.

### Don O'Riordan's Captains Prize

The Cork Con Golf Society Captains Prize will be held on **June 22** at **Douglas Golf Club** from 14:30 to 16:30 Hrs

This outing will count to-words the golfer of the year competition for the **Cork Constitution Trophy**.

If you have any news item , event details or article you would like published The Cork Constitution or Matchzine please forward to **Pat Twomey** at [PATT@Ireland.com](mailto:PATT@Ireland.com)

All contributions are more then welcome especially since I am running out of jokes to fill the odd gap in the news letter.

Don't Forget to follow Cork Constitution on Facebook and on our web-site [www.corkcon.ie](http://www.corkcon.ie)



Pat Twomey

### March Achiever Award



This months Achiever award goes to **The Cheltenham Crew** of Frank O'Connor , Noel Walsh , Cullie Murphy and Leonard Dowling for their trojan efforts in organising the very successful **Cheltenham Gold Cup** day at the **Rochestown Park Hotel**.

## Cork Constitution Rugby Summer Camp 2012



### Details

#### Course Fees

€100 per child per week  
€180 per child per two weeks

#### Family Discount

1<sup>st</sup> Child €100 for first week  
2<sup>nd</sup> and subsequent child is €90 each for first week

**Receipts will be sent with course information letter prior to summer camp.**

#### Course Info:

Time : 9:30 am - 1:30 PM ( Monday to Friday)

#### Dates

**Week 1:** 2<sup>nd</sup> July - 6<sup>th</sup> July 2012

**Week 2:** 9<sup>th</sup> July -13<sup>th</sup> July 2012

#### Contact Us

Cork Constitution F.C.  
021- 4291960

#### Postal Address

Cork Constitution F.C.  
Temple Hill  
Ballintemple  
Cork

#### Closing Date

There are limited places available at the camps and all will be filled on a first come first basis.  
Please book early to avoid disappointment

**Copy of application form available on website**  
[WWW.corkcon.ie](http://WWW.corkcon.ie)