



Dear members,

I am pleased to advise that at an Executive Meeting, conducted via Zoom on Tuesday April 28, Pat Twomey was proposed and seconded for the position of Junior Deputy President, a role which Pat has accepted with his customary drive and enthusiasm.

Pat has been a member of Cork Constitution for 30 years, fulfilling the particularly important and onerous role of Honorary Treasurer for 9 years. When not occupying the main seat, he performed the role of "assistant" Treasurer - to a greater or lesser degree - for the other 21 years.

In addition to the above Pat has been a stalwart of volunteerism within the club. A welcoming and familiar figure manning the 'turnstiles' on match days, Pat is one of the first people that people get to meet when entering the club.

He has also played a key role in directing parking when events are on in Pairc Ui Caoimh and elsewhere. Additionally, of course, Pat is the Editor in chief of our Ezine which he frequently publishes with aplomb.

Pat is married to Eileen, a niece of Margaret Penkert (wife of Tom) and remembers attending the Con discos of old when George O'Connell manned the entrance doors. Importantly George afforded Pat entry, he met Eileen, romance blossomed and the rest, as they say, is history. I wonder what the outcome would have been if George had said: "sorry Pat you're not coming in here".....

Ray Clarke Junior Deputy President

Ray

Thank you for nominating me for the position of Junior Vice President of Cork Constitution. It's a great and unexpected honour and one which I am very proud to accept. I am delighted that so many people have offered me their congratulations and also more importantly agreed to give me a hand during the course of the next 3 years.

I am looking forward to working with yourself, Donal, the other officers and our members to continue to maintain and strengthen the reputation of our great club.

You are indeed correct, I have a lot to thank George O'Connell for.

Pat Twomey

## Energia Awards



The countdown to the Energia AIL Awards is on! The Awards will be hosted on Energia's YouTube channel comedian Mario Rosenstock on May 8th at 8pm. Put the date in your diary!

Two Constitution players are in line for awards, Brian Hayes, Division 1A player of the year and Jack Crowley Division 1A Men's try of the year.

### IRFU Statement

The IRFU welcomes the release from the Government of Ireland of its Roadmap for Reopening Society & Business and the news that details of a similar roadmap will be issued by the UK Government on Sunday May 10th.

Rugby clubs are a vital amenity for fitness and well-being in local communities. It is a priority for Irish Rugby that these clubs play their part in the reopening of society.

The plan, published on Friday, is a huge step towards the reopening of our clubs and we will be working to fully understand the details of this plan with our friends and colleagues in Sport Ireland and the Department of Transport, Tourism and Sport.

We will bring these learnings to the plans we have been working on to reopen, on a phased basis in line with government frameworks.

Public safety and adherence to public health measures are at the heart of this plan.

The IRFU will reach out to clubs when this planning process is complete.

This time last year we were all enjoying watching Cork Constitution play Clontarf in the 2018/19 All Ireland League Final in the Aviva Stadium. The following is the Irish Rugby.ie match report, I thought you might enjoy it.

## Cork Con See Out Table-Topping Season As League Champions



Man-of-the-match Rob Jermyn had a day to remember, scoring a superb solo try, saving one at the other end and supplying the assist for replacement Duncan Williams' crucial 58th-minute score. Out-half Aidan Moynihan tagged on three closing penalties to steer Cork Con to their sixth league crown, making up for last year's defeat to Lansdowne.

Clontarf were only 14-13 behind approaching the hour mark, Matt D'Arcy's 36th-minute try from a quick tap – in response to converted efforts from Shane Daly and Jermyn – and eight points from the boot of David Joyce making it a one-point game. However, half-backs Williams and Moynihan combined to steer the table toppers home.

Cork Con coaches Brian Hickey and Paul Barr were forced into a significant late switch as captain Niall Kenneally's injury-enforced withdrawal brought Alex McHenry into midfield, while Clontarf fielded the same team from their semi-final apart from the absence of injured winger Mick McGrath. It was one win apiece from the clubs' 2016 and 2017 final meetings.



Despite dominating the early possession, Clontarf fell behind to centre Daly's 12th-minute try. Scrum possession near halfway was moved wide to Sean French who shrugged off Jack Power and held off Cian O'Donoghue's challenge, linking with Liam O'Connell whose instinctive one-handed flick sent the onrushing Daly darting over beside the posts.

Ever-accurate out-half Moynihan converted for a 7-0 lead, 'Tarf hammering back with a snappy break from Connacht signing Angus Lloyd and McHenry was promptly sin-binned for slowing up the ball close to his own try-line. Joyce fired over the penalty kick to get his side on the board, but Con swiftly showed their clinical edge again with Jermyn's brilliantly-taken try.

Number 8 Luke Cahill's inviting inside pass saw Jermyn expose Clontarf's defence at the side of a ruck, the wily winger hurtling through and sidestepping around full-back Power to go over to the right of the posts. Moynihan's conversion made it 14-3 midway through a fast-paced first half and Con's noted defence kept 'Tarf try-less during McHenry time off the field.



French and Cahill put in two crucial tackles, the Ireland Under-20 starlet foiling an excellent break involving Power, Michael Courtney and Lloyd, and Cahill thwarted his opposite number, Clontarf skipper Michael Noone, near the right corner. It looked like Con would survive some Vakh Abdaladze-inspired scrum pressure, especially when Jermyn got his hand under the ball to prevent Power from scoring off a five-metre scrum.

Power really should have passed to the waiting Courtney on his outside, but his blushes were eventually spared by talismanic centre D'Arcy. After Lloyd had knocked on at the base of a scrum, Clontarf bounced back with a strong bout of carrying, winning a close-in penalty from which D'Arcy stretched over past Cahill and Moynihan for a timely seven-pointer's.

Con turned down a kickable penalty and 14-man 'Tarf displayed their own survival skills, Joyce tackling Jason Higgins short of the line before stand-in Con skipper Brian Hayes' low-slung pass was knocked on by McSwiney. Lock Cormac Daly's important tackle on French prevented a potentially dangerous break back on half-way, and Joyce was able to punish an offside call against Vincent O'Brien with a 54th-minute penalty goal.

With Leinster's Conor O'Brien on at centre, Clontarf remained on the front foot as Power and Lloyd spearheaded a break through midfield. However, on the day, Con only needed a sniff of a chance to score, and just a couple of days on from confirmation of his departure from Munster after 11 years, experienced scrum half Williams started and finished a classy breakaway try.

The freshly-introduced 33-year-old, who said afterwards that this was probably his last game of rugby, used a sudden turnover to kick downfield, Jermyn was first to it and passed out of a tackle for Williams to dash towards the left corner and squeeze over past Sean O'Brien's last-ditch challenge.



Moynihan suffered his only missed kick of the afternoon, before Clontarf prop Royce Burke-Flynn's injury led to uncontested scrums and Sean O'Brien had to make way. Frustratingly for watching coaches Wood and James Downey, 14-man 'Tarf let their discipline slip with industrious second row Daly's final act being a sloppy offside.

Moynihan landed the 62nd-minute place-kick to extend the lead to 22-13, and he added another with 11 minutes remaining after replacements Conor O'Brien and Brian Deeny had leaked successive penalties. Con were then down to 14 men as French saw yellow for a deliberate knock-on, albeit that there would have been enough Con cover to keep Power from scoring from Adamson's attempted pass.

Tarf then lost hard-won territory, busy Munster Academy back McHenry showing his power and pace to surge back into the opposition 22. Replacement Max Abbott followed up with a penalty at the breakdown, ensuring that Moynihan claimed the final three points of a very entertaining league decider.

Hickey, Cork Con's director of coaching, gave special mention to injured captain Niall Kenneally who received the trophy alongside Hayes. "It's fantastic (to be champions again). When Niall got injured in the warm-up, it would be very easy to leave the heads drop. But we said we wanted to win it for Niall and do it the way he's led the team with huge integrity and honesty," explained Hickey.

"I think the players went to deeper levels, particularly when defending our line in the first half. Niall has been a fantastic captain for the four years and I think today's performance shows how much respect he's held in at the club.

"I think we got out of jail a couple of times. Clontarf are a very tough team to beat as was shown during the regular season. We attacked more and held the ball more in the second half, and I think it was positive rugby which won it for us in the end."

Cork ConstitutionTeam

Liam O'Connell; Sean French, Shane Daly, Alex McHenry, Rob Jermyn; Aidan Moynihan, Jason Higgins; Gavin Duffy, Vincent O'Brien, Dylan Murphy, Brian Hayes (capt), Evan Mintern, Joe McSwiney, Kevin Sheahan, Luke Cahill.

Replacements used: James Murphy for McSwiney (50 mins), Duncan Williams for Higgins (54), Jonathan Wren for Jermyn (65), Patrick Casey for Duffy, Ross O'Neill for Sheahan (both 69), Max Abbott for O'Brien (76), Brendan Quinlan for D Murphy, Jermyn for Daly (both 79).



## MYSTERY TOUR OF WEST CORK.

The Minors recently took it upon themselves to organise a day trip to West Cork, to keep the togetherness going, as this was a down week for the squad, and also to celebrate Winning the J2 League and Qualifying to play Garryowen in the Final of the J2 Munster Cup.



The full squad gathered in the Club carpark on Saturday lunchtime, with their Lunches, Togs and Towels packed away safely by their girlfriends, wives and mothers ready for the days adventure.

The management of the team was represented by Cian Parks, who collected the cost of the coach and laid down the days rules. By all accounts this speech lasted less than one minute “ respect every establishment we will frequent and have a laugh “ full stop.

The first stop was Innishannon as the group were getting coach fever, and had a refreshment, on to Clonakilty for an another refreshment, lunch not taken out of the bag and decision was made to use the togs and towels on another occasion.

Anyway next stop was Timoleague again because of coach fever, before the final destination of The Anchor Bar in the beautiful setting of Courtmacsherry where the Inn Keeper Mr Fleming provided an excellent lunch and libations.

All the usual fun and games took place in this establishment and not a drop was spilled. A big thank you to Mr Fleming who facilitated us with charm and good humour.

After Courtmacsherry the party proceeded to Kinsale for a quick stop before returning to Cork tired but happy.

The spirit of rugby is alive and well with this group of fine young gentleman.

Der O Riordan.

## Letter to the Editor

### Be Fair to Cork clubs and resume league after crisis is over.

As there were no know consultation on the matter, I would like to express my dismay and indeed anger at the manner in which the IRFU deemed the club season to be terminated, resulting in the most unfair consequences for many clubs –in particular to Cork Clubs, namely Cork Constitution and Highfield.

I don't speak for any club, but as a life time follower of the game, which I feel has been very shabbily treated by the IRFU since the game went “Open” or professional.

In the first instance, Constitution is within touching distance of Division IA victory being well clear of second place. They were also due to play the final of the Bateman Cup, the All Ireland Cup Final.

Now, instead of being rescheduled for later in the year, both competitions have been scrapped. This is extremely unfair to the players and supporters who would have welcomed a deferral until the virus had left us.

In some respects, it is probably more unfair on Highfield, as they were well clear at the top of Division IB and virtually assured of promotion to the top tier after a hard fought campaign. Surely scrapping all of the league could have been avoided and played on resumption of normal life.

Promotion for Highfield would have given the game in Cork a wonderful lift, as the prospect of home and away games with Con and UCC would have been great for all of the clubs.

As I say, the IRFU have shown scant regard for the clubs since the advent of professionalism and the promise of being the third tier, after country and province has well been dumped.

I am acutely aware of the health imperatives, but would ask the IRFU to re-instate and finish the season.

I am certain that equally unfair consequences follow for all of the down through the divisions IA, AB, 2A, B and 2c, and hope that when the virus finally leaves, a fair and equitable conclusion could be arrived at.

Noel Walsh

Blackrock Rd

Cork

## **SKILL SET for WELLNESS.**

In these challenging times, what does a Physically, Mentally and Emotionally healthy you look like? How can you open your mind to a healthier, more effective balanced you? As they say the mind is like a parachute; it works best when it is open. Much of the time we are on auto-pilot, closed, judgmental, unaware, unconscious and in many instances shut down to possibility. We make assumptions based on little information. We create outcomes with our beliefs. We generate our future based on our past. We can often get stuck in our own uncertainty or our certainty. In sleepwalking through life such as we do, we can become disconnected from what energises and motivates us. (Self, Others, Nature, the world around us.)

**A Power Tool for your Performance Toolkit and a neat way to come to your senses in the heat of the DAY and emotional challenge and upheaval. (AEIOU)**

**A – Awareness and Acceptance.** Notice that you are feeling what you are feeling. Adopt a dignified posture wherever you find yourself. i.e Sitting, Standing, etc. Give yourself permission to **SHOW UP, SLOW DOWN, and NOTICE.** What is going on for me at this moment, in my mind, in my body, in my emotions? Just acknowledge the present whether negative, positive or neutral without craving more or avoiding it or struggling with it. Stay with the present moment. Then move on to focus your attention on what needs it.

**E – Embody the experience.** Name your emotion, sensation, thought. Describe it. I am angry, upset, sad, stressed, uncomfortable, annoyed, disappointed .... whatever. It will pass. It always does.

**I – Interpretation.** As human beings we are very judgemental. What extra layers of meaning are you adding to these emotions, feelings, moods, discomfort? What thoughts are arising for you? What are the “chattering monkeys” saying now. What story are you telling yourself? The language you use here is important also. We spend so much time describing our experience to ourselves and others. (If they will listen)

We can also evaluate this experience. I am tired describes how you may be feeling. An evaluation on top of this might be, there must be something wrong with me.

**O – Open up your OPTIONS.** Expand your field of awareness and spaciousness. What are my options right NOW? Engage your CEO (Like who is in charge?) Widen the Reaction GAP to a Response Gap and give yourself more choice. How could I DID? (Do it differently)

**U – YOU.** Who do you choose to be in this moment? What is your intention? Are you being SMALL SELF on auto-pilot, freezing, fleeing or fighting or appealing? Or are you the Expanded, authentic BIG SELF in touch with who you are? Your **CHOICE** but it needs practice. Have your buttons pressed or ring your **BELL.**

**Breathe In. Expand (the lungs). Look. Listen. Linger. Exhale and Let Go.**

**Hugh O'Donovan**

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



### Upcoming Events

#### Annual General Meeting

June 24Th 2020 8:00 PM

Temple Hill

#### Articles for Ezine

If you have an article you want included in the Ezine please email [ccfcnews20@gmail.com](mailto:ccfcnews20@gmail.com)