



Clanna Gael Fontenoy GAA Club

CLANNS UPDATE



Senior hurlers put in fine display

Our senior hurlers put in a very commendable performance in the championship against Raheny. Despite holding their own for large stages of the game, and coming into their own particularly in the second half, they couldn't do enough to get the better of their opponents.



Clanns No 10, Eoin Madigan, had a particularly good game – not least in the second half when he put two fine goals past the Raheny goal keeper.

U8 hurlers end season on high note

The wind down to the summer break has been a pretty good one for our U8 hurlers. First they travelled to Cabinteely to take on Geraldine Morans – where they had been two weeks before to play football. They delivered a good performance in breezy conditions with some good teamwork and fine shooting in particular. Their hosts seemed to have improved in their tackling in the space of two weeks so our boys had to dig deep for the win. Gavin Patrick McGrath was immense on the day, tallying three goals but also covering a lot of ground. Erik Ahs and Mathew Reid starred in defense. James Gilmore scored a great point and Benjamin Atkins and the Carmody twins also impressed with their industry and skill when it mattered most. Special mention also has to go to Sean Tierney and Ruairi Small who both played their best games for Clanns yet.

Next came the journey to Tallaght to play Thomas Davis. The boys put on another great performance against a team that they had struggled against previously, another sign of their progress this year. Best performers on the day for Kenan Furlong's team were Sebastian Mohan, Luc Maher, and Gavin Patrick McGrath. Ed O'Doherty also starred in goal in the second match with a series of great puck outs coupled with some fine saves. Clanns deservedly won the first match 2-0.

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Club News

Players with Dublin

We continue our series of recognising the achievement of Club players and personnel who continue to feature with Dublin teams.



L to R: Seamus McCann, Colm O'Briain and Karl Morgan who featured in the Dublin U14 hurling squad which recently played Waterford.

Summer Camps

The Club Summer Camps will run in July and August. Packed with activities that include football and hurling skills, obstacle courses and fun games, this year's Camp will offer plenty for youngers aged 4-12.

- Week 1: 20-24th July
- Week 2: 27-31st July
[Cúl Camp]
- Week 3: 10-14th August
- Times: 10.00-14.30hrs each day (14.00 last day)
- Cost: €60 per child with €10 discount for siblings

Visit www.clannagaelfontenoy.ie to register online or contact Claireryan.gpo@gmail.com.

The boys lost a tight encounter in the second match 2-1. Some wild swings by the opposition seemed to go unnoticed by the officials, with Peter Crowe in particular having a tough day on the receiving end and Robert Heneghan also making two trips to the sideline. The deployment of Gavin Patrick on Thomas Davis' most physical player had the desired effect but was perhaps too late. Late in the game the clouds opened and thunder struck in the form of a 20-yard thunder bolt from none other than Milo (anonymous before and after that strike) into the back of the net. Needless to say, the coach remained expressionless on the side line in the interests of not displaying any bias.... Clanns pushed them to the end and Kenan felt that, if he'd made some changes a little earlier, they might have got the draw.

Overall, it was a good day. Thomas Davis may well have bossed our lads on their home ground in the first away game earlier in the year, but come the summer break there was very little between the teams.

CLANNA GAEL FONTENOY



Invite YOU to join us

for an evening of fun, music and a few drinks to celebrate the major contributions of some key club members over the last 20 years,

FRANK WHITE

SHAY CONNOLLY

MICHAEL O'KANE

EUGENE DAVEY



When: Friday 3rd July from 9pm til late

Where: Clanna Gael Fontenoy GAA Club Bar, Sean Moore Park, Irishtown

RSVP By email to info@clannagaelfontenoy.ie, by text/phone to Una on 0860889949

Visit www.clannagaelfontenoy.ie for lots more information on the Club's activities

MEAGHERS
PHARMACY

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Staying healthy on holiday

It's that time of year again, schools start to finish up and families all across the country pack their bags in search of the sun! It's an exciting time for all the family members as they enjoy a break from the norm; so it's important to stay safe and healthy to maximise the fun. A little planning prior to heading away on a trip can save a lot of hassle in the event of any illness -especially if you are visiting a foreign country.

Avoiding bites

Travelling to sunny climates can put you at risk of bites and stings. It is important to take the necessary precautions to protect yourself from being bitten. Insect repellent should be applied to the exposed skin and, if necessary, a mosquito bed net should be used.

Travel Sickness

Travel or motion sickness is more common than you might think with children. Symptoms can include nausea, dizziness, cold sweats and vomiting. Deep breathing and looking at a fixed object in the distance might help to temporarily relieve symptoms. Acupressure bands can be helpful for some people; while there are medications available over-the-counter in your pharmacy for more severe cases. Ginger biscuits or ginger tea may also be helpful.

Next edition: Sun safety

If you would like more health information please feel free to email ian@meagherspharmacy.ie or visit our website and use the Ask the Pharmacist function.