LEE VALLEY Outlook

To Advertise call Des: 087 659 3427 or Editorial: leevalleyoutlook@macroom.ie Design Email: leevalley@outlookmags.com



This Plaque at Terelton commemorates The Battle of Deshure which took place between The White boys and British Forces on 25th of January 1822. See History Page 18 © Peter Scanlan







MACROOM SLIDING WARDROBES LTD

• SLIDING • HINGED DOOR • WALK-IN WARDROBES

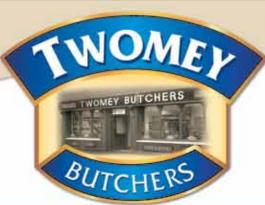
Call Martin Lynch: 087 7932841

Kevin Healy: 087 6180159





Ireland's First Guaranteed Irish Butcher Since 1998



Supporting Local Agriculture Supporting The Local Economy







OPERATION TWOMEY

ILb Turkey Mince 300g Turkey Steaks 300g Turkey Stir Fry Strips 4 x 112g Sweet Chilli Turkey Burgers 10 x Turkey Sausages

350g Diced Steak 300g Round Steak Mince

350g Chicken Breast Strips 4 x 112g Chicken Burgers

300g Extra Lean Rashers 10 x Sinless Pork Sausages





+I STAMP ON YOUR LOYALTY CARD

€25 SPECIAL

- 400g Steak Mince
- 3 Loin Pork Chops
- I Large Chicken Crown
- · 4 x 4oz Angus Beef Burger
- 400g Diced Steak
- · 12 Homemade Sausages
- 300g Michael Twomeys Pudding
- +I STAMP ON YOUR LOYALTY CARD



THE BEST LOYALTY CARD IN TOWN!

FULL CARD IS WORTH €12 MINIMUM. ASK IN-STORE FOR DETAILS

West Cork Wagyu **Topside Roast Beef** €15.95 / kg

5 x 120gms Hand Boned Irish Chicken Fillet Portions

For Only €5:25 €8.75/kg



OUR LOCAL WAGYU BEEF

in partnership with our Local Wagyu Beef Producers

Burger you can eat.

The Healthiest Tastiest 602 Wagyu Beef Burger **62.50** each

And delicious on the BBQ

OUR LOCAL MEAT SUPPLIERS THIS **WEEK ARE**

WEST CORK WAGYU BEEF

Daryl Good, Curragh, Aherla, Co. Cork. Patrick J.Dinneen, 16 ard Mhuire, Rathmore, Co. Kerry.

LOCAL FARMERS BEEF

Senan Noonan, Droumlough, Dunmanway, Co. Cork.

SHANDANGAN LAMB

Christy O'Callaghan, Galvin Terrace, Kilmurry, Co. Cork.

FREE RANGE PIGS

Senan & Cathal Noonan, Togher, Dunmanway, Co. Cork.

FREE RANGE CHICKENS

East Ferry Farm, East Ferry, Midleton, Co. Cork.

Railway View, Macroom, Co. Cork | Wolfe Tone Sq, Bantry, Co. Cork Tel. 026 42436

Tel. 027 55519

Macroom Environmental Park, **Bowl Road** Tel. 026 - 42280

Email. mtwomeybutchers@hotmail.com | Web. mtwomeybutchers.ie





Deasys Pharmacy Group

Ballymakeera 026 45421

Macroom 026 41048 Coachford

www.facebook.com/deasyspharmacy





CLARINS

JANUARY IS A MONTH FOR NEW STARTS!

Check out our Clarins Detox Oils & Exfoliators









Register now for your Covid vaccination on www.Deasys-pharmacy.com



New Year, New Changes

Macroom is getting a facelift and my god, it's been overdue! A proposal for St Colman's Protestant Church is currently up for public consultation until the 28th and the documents can be found on the Cork County Council website - https://www. corkcoco.ie/en/Planning/Part-8-Development-Consultation/active-part-8-developmentconsultation

Supporting documents refer to irreparable damage already done to the building due to previous works carried out in 1994 including exposed remains at the site, which is extremely saddening. But it also notes the reparation of the apse tiles, stained-glass windows by specialist trades and the development of the belfry tower into a viewing tower, which one hopes, will marry the vernacular integrity of the building whilst also utilizing the space for the community for generations to come, similar to that of the restoration St. Peters in Cork City.

I've included some snippets from the Archeological report on the site for you below.

The online National Monuments Service database (Historic Environment Viewer -https://maps. archaeology.ie/HistoricEnvironment/) describes St. Coleman's church and the graveyard, as follows: 'In graveyard (CO071-050002-), in Macroom town; former C of I parish church of Macroom. Church consists of rectangular nave with shallow apse, entrance porch near W end of S wall and 2-storey tower attached at centre of W gable. Nave lit by three windows in S wall with perpendicular-style tracery; apse lit by four pointed lancets; some late 19th/early 20th-century-stained glass. Limestone baptismal font of 19th-century appearance. Apse buttressed; porch and tower have clasped

buttresses, formerly surmounted by pinnacles. First floor of tower has louvred opes for bell loft. Described by Lewis (1837, vol. 2, 329) as 'a small modern edifice in the later English style, with an enriched porch, and is attached to the tower of the ancient structure'. This latter may be structure 'in good repair' in 1669 (Brady 1863, vol. 2, 318). Church itself described as 'rebuilt' in 1824 (ibid., 321); attributed to George Richard Pain (Killanin and Duignan 1962, 364). Nave contains memorial plaque dated 1712, noted by Smith (1750, vol. 1, 181). Nave and tower may have been extensively remodelled in 1824, when apse and porch added. Interior remodelled again in 1898 (Cole 1903, 232). Deconsecrated in 1990 and currently (1994) undergoing renovation as visitor centre.

In Macroom town, on N side of Castle Street; roughly square graveyard (L c. 40m), in occasional use. On N side, former C of I parish church of Macroom (CO071-050002-), on site of ancient parish church; now undergoing renovation as visitor centre. Inscribed headstones date from 1780s (McDonnell 1917, 20).'

St. Coleman's Church is dedicated to the memory of the patron saint of the Diocese of Cloyne, Saint Colmán. The present church is more than likely located on the site of the medieval parish church of Macroom, on a dominant, elevated site close to the castle, which is visible from the medieval crossing point of the river, and the wide market place to the east of the castle. Cartographic and documentary sources indicate the presence of a church here since at least the mid-17th Century; and the core of the existing tower may be what survives of the medieval parish church.

In a report carried out, by Daniel Noonan, an Archeological Consultancy "The works should be conducted under archaeological monitoring conditions, by an archaeologist experienced in working in church environments. The standby



Extract from the Down Survey map of the parish of Maccrompe, circa 1656. Note this map is orientated with West to the top, and Macroom Castle to the right of the Sullane River, with the liner spread of stone houses and mud cabins that form the historic town to the bottom. To the left of the bridge is the church, circled in red, and its associated alebe lands of two plantation acres above it.



Extract from the historic Ordnance Survey 1:10,560 1844 edition mapping, showing the church and graveyard; along with the Rectory/glebe house located to the north on the glebe lands that ran along the bank of the Sullane River. Glebe lands were for arowing food for the benefit of the cleray attached to the church and alebe house. This arrangement of church and glebe lands reflects that shown on the earlier Down

assistance of an osteoarchaeologist to advise on dealing with any Human Remains that are encountered, be that in situ burials or Disarticulated Human Remains, should be included in the monitoring archaeologist's attendance. No ground disturbance works, no matter how minor, and including any Site Investigation works, should take place without the monitoring archaeologist in attendance."

All in all, it is fantastic news to see something finally being done about it. We are at a turning point in the town's history now, whereby a huge portion of our buildings and native habitats (some protected, some not) have been left to rot for some time.

Rediscovery of the knowledge of vernacular buildings offers an exciting opportunity in a time when it has never been more vital to reduce our carbon footprint and to reconnect with ways of redeveloping buildings that reflect local and cultural urban environments.

And with any protection of the past, coupling that with distinct and clear modern additions, drawing clear lines in architectural upgrades and design, so a buildings history can be clearly read, is an important part of telling our towns narrative. And while I personally don't like the current design proposals for the Briary Gap, I do think it's also important addition to our overall community story to show modernity on the main street.

I do hope more will be done to protect other aspects of our heritage from neglect and hope that important lessons are learned from the demise of St Colman's Church, such as provisions put in place for the remaining Castle tower to be repointed, reinforced and restored. Although this is definitely an exciting first step!

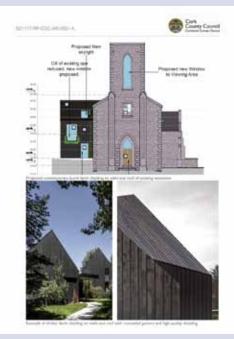
Feedback on the consultation process can be found in an article featured within this edition so please have a read, and we would love to hear your feedback.



Extract of a 1950s' aerial photograph of Macroom in the National Library of Ireland's Morgan Aerial Photograph Collection, reference NPA MOR229. The church and graveyard can be seen, and the outer ward associated with the old glebe house. Note the remaining Castle structure still standing and the tiny cottages on Bridewell Lane.



the 1990s extension, between the two headstones shown. The shallow depth of this fragment of Disarticulated Human Remains highlights the potential for such material to be encountered at any level in soil horizons of the arayevard.



We have a new email

This is a big one, we have a new email address. I can't guarantee I will be able to access emails sent to the old address so it's important to add this to vour contacts.

If you have an article, photo or story you wish to share, email: leevalleyoutlook@macroom.ie Want to remind customers of Christmas specials? Email your advertising Des des@outlookmags.com Mobile - 087 6593 427

Sarah Kate Murphy EDITOR





Bar & Restaurant

For Indoor-Outdoor Heated Dining

OPENING WEDNESDAYS IN FEBRUARY

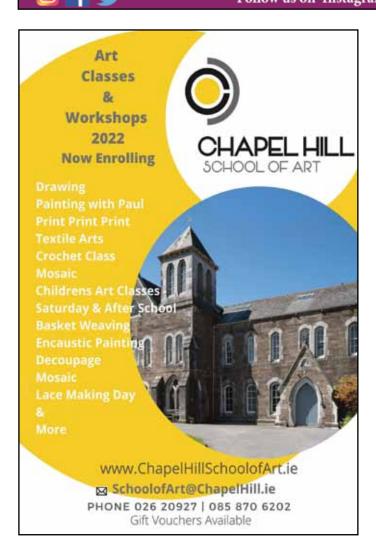
Currently Open Thursday to Sunday- 12 noon to 8 pm

Happy New Year

to all our customers, suppliers and friends we greatly appreciate your continued business and support Saturday-22nd January Music with Danny O'Leary

Killarney Rd., Macroom.

Visit our website at www.auldtriangle.ie or call us on 026 41940.
Follow us on Instagram Facebook and Twitter



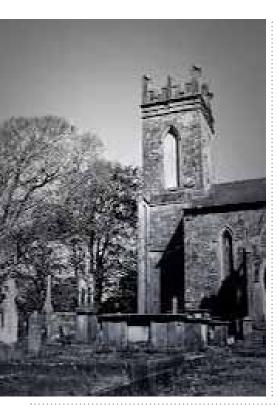


In this Edition Ed 01 - 13th January 2022

A. Editor's note - page 4 B. Macroom Updates - pages 6, 8 C. Lee Valley Updates - pages 12, 14, 16 D. History - pages 18, 20

E. Sports - pages 32 - 36 F. Snippets/Diary - page 37 G: Trades & Services pages 38, 39

Consultation process open for refurbishment of St Colman's Protestant Church



Refurbishment of the Church of Ireland, Castle Street, Macroom town, a Protected Structure in the Macroom Town Development Plan; St. Coleman's is in the Record of Monuments & Places (RMP) for Cork under reference CO071-050002: while its surrounding graveyard is CO071-050001, NIAH 20852022.

The works are to provide a community and enterprise facility. Retention of partially completed 1990's rear extension. The development allows for the provision of Ground floor: multi-purpose room associated with the community and enterprise uses. All vertical and horizontal circulation, stairs, etc. Ancillary service areas to provide plant, and toilets. First floor: café/ staff tea station associated semi- public areas. Provision of new universally accessible entrance within existing fabric. Site development works, including external hard landscaping, entrance lighting, and all associated site services above and below ground. Off-street bike parking spaces.

OFFICES AT WHICH PLANS AND PARTICULARS MAY BE INSPECTED

Plans and Particulars of the proposed development may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy for a period of 5 weeks from 10/12/2021 during public opening hours at the offices listed above Monday - Friday 9.00am to 4.00pm.

A submission or observation in relation to the proposed development, dealing with the proper planning and sustainable development of the area in which the development would be situated. may be made by using the online submission form on www.yourcouncil.ie or in writing, to:

Mary O Brien, Architect, Macroom Municipal District Office, Cork County Council, Town Hall, Macroom, Co. Cork before 5.00pm on 28/01/2022. As per Article 81 of the Planning and Development Regulations 2001 (as amended), an Environmental Impact Assessment (EIA) screening determination has been made and a determination has been made that an EIA is not required. In accordance with Article 120 (3), as amended by S.I. No. 296 of 2018, a person may, within 4 weeks from the date of this notice (date), apply to An Bord Pleanála for a screening determination as to whether the development would be likely to have significant effects on the environment. Such a submission should be addressed to the Secretary, An Bord Pleanála, 64, Marlborough Street, Dublin, 1.

A NEW CULTURAL QUARTER ON THE WAY FOR MACROOM IN POST-BYPASS ERA

Statement by Deputy Michael Creed, Cork : North West

Cork North West Fine Gael TG Michael Creed says the Rural Regeneration funding announced for Macroom this week will pave the way for a new cultural quarter in the town centre.

Minister for Community and Rural Regeneration Heather Humphreys announced a total of €21.6m in funding to regeneration projects all over the country. Macroom attracted just under €400,000 of that money to fund the first phase of ambitious plans to upgrade and re-purpose the old Protestant church in Castle Street, as well as restoring the old mill race in Masseytown and constructing new walkways on the banks of the Sullane.

'Cork County Council made a comprehensive and persuasive application to the Department of Community and Rural Regeneration for funding to begin re-imagining an area of Macroom town centre which has enormous potential. With the right plan and further investment, the banks of the River Sullane, the historic mill race in Masseytown and the old Protestant church can become a new cultural quarter for the town, he said.

'We're only months away from the completion of the Macroom and Baile Bhúirne Bypass (scheduled for completion in Q3 2023) ending many years of chronic traffic problems. At that stage, Macroom will enter a new phase in its history - a postbypass era. Restoring and upgrading the public realm of the town will allow residents and visitors alike to experience the beauty of Macroom in a new way,' Deputy Creed said.

'I discussed the Macroom application for Rural Regeneration Funding with Minister Heather Humphreys on a number of occasions and explained how important it was for the town and the broader area. I'm delighted that she included it in the list of projects approved for funding in this round. The Rural Regeneration Fund was set up during my own time in cabinet and it's heartening to see the way it is having an impact on rural towns and villages. For example, the Briery Gap theatre in Macroom has also benefitted from Rural Regeneration funding and only this week the work has begun on renovating and upgrading this important facility,' he said.

He pointed out that members of the public are invited to make submissions to Cork County Council on future purposes for the old Protestant church in Castle Street.

'This can be done by visiting Cork County Council's website. The proposed refurbishment of the Church of Ireland, Castle Street, Macroom is listed as a Part 8 Development Consultation under the Planning tab. Submissions can be made online or by appointment with a member of Council staff - phone 026 41545 to contact the office in Macroom. The closing date for submissions is January 28 2022.'







www.eganshearing.ie

CLINICS THROUGHOUT MUNSTER

MACROOM SENIOR CITIZENS SAY

Thank you

Macroom Senior Citizens which was founded in 1968 with a purpose of providing Meals on Wheels for the elderly in Macroom Town.

Macroom Senior Citizens is now a community based voluntary organization providing services in the areas of social events, Sheltered Housing Sullane Place, Residential Accommodation Sullane Haven, Meals in our centre at Lucey's Lane and Meal on Wheels delivered to the elderly in their homes to combat the feeling of loneliness and isolation. This service operates 7 days a week and is now covering the following area's Macroom, Clondrohid Carriganima, Aghinagh, Aghabulloge, Coachford, Carrigadrohid and Kilmichael. It is our belief that all people and in particular the elderly have the right to live independent active full lives and we strive to provide services to enhance this quality of life. We would like to thank all of our voluntary drivers for giving of their time each week to make sure that these meals are delivered on time.

In order to provide these services, we need a strong financial base and we would like to thank businesses and private individuals in Macroom for their generous donations over the years and also all those who support our Fund-Raising Events. One of our main sources of income comes from our charity shop The Shopeen. All income received from The Shopeen goes directly to Macroom Senior Citizens to help finance all the

services which we provide. We would like to thank all the staff of our Shopeen who are working on a voluntary basis for their time and commitment over the years and to say only for their held we would have serious financial problems. A special thank you to our customers for their support over the years and to all those who donate items and our agents in various parishes who collect and deliver items into us. Our Mid Cork Craft people who knit, sew crochet, paint and make flower arrangements for sale in our Shopeen, these people are increditable and nothing is a problem to them. The Men's Shed who made various planter boxes for our garden and all the people who helped to paint seats, brought topsoil, plants, made throws and cushions for our garden area 'Le Cheile' in order to make it more comfortable and relaxing for our residents and staff during the summer months.

All our fundraising events have been cancelled in 2020 and 2021 due to Covid 19 and this year we have two fundraisers lined up. At present there is a lovely 2022 Calendar on sale at various locations around the Mid Cork area and on Wednesday 2nd and Thursday 3rd March you can donate your Scrap Metal, Batteries, Cars at drop off point Macroom Mart from 10am - 3.00pm. No Electrical Appliances Please. Enquiries to Pat 087/2662192 or Nora 021/7339049





Telephone: (026) 42483 Email: macroom.library@corkcoco.ie **Opening Hours:**

Monday Closed Tuesday 10.00 – 5.30pm Wednesday 10.00 - 5.30pm Thursday 10.00 – 5.30pm Friday 10.00 – 5.30pm Saturday 10.00 - 5.30pm

Firstly, we would like to wish all our patrons a very Happy New Year. Why not make it your New Year's resolution to join the library this year & avail of all the great facilities that they have to offer:

- Free Membership. All you need to join is your photo I.D. & proof of address
- Borrow 12 items for 3 weeks
- Somewhere you can sit & read the newspapers/ Hello Magazines for free
- Free access to e-books & e-audiobooks with the BorrowBox app

MACROOM LIBRARY:

- Free access to hundreds of e-magazines with the
- Free access to thousands of national & international e-newspapers with the PressReader
- Free access to hundreds of online courses on **Universal Class**
- Free Wi-Fi at every library
- Free computer access
- You can use your library card to borrow & return items at any public library in Ireland.

The winners of the Christmas Colouring Competition 2021 were:

Age 4 – 7 years: Mia Conlon & Faye Sexton Age 8 - 12 years: Ali Murphy, Abbie O'Shea & Oscar Hickey-Grace.

Please follow us on Social Media, Facebook - Cork County Council Library & Arts Service and Twitter -@Corkcolibrary for all our up-to-date news and

information.

Every week we constantly get new books delivered to the library so please come and visit & see our wonderful collection.

Did you know the 10 amazing benefits of reading books?

Strengthens your writing skills Improves your memory & focus Enhances your imagination Increases your vocabulary Expands your knowledge Stimulates your brain Boosts your mood Deepens empathy Helps you relax **Lowers Stress**

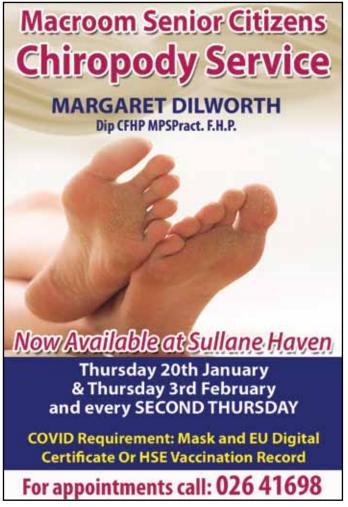
We look forward to welcoming you all to Macroom



For all your Insurance needs!

Main Street, Macroom, Co Cork | t: 026 41424 | f: 026 41425 e: info@mulcahyins.ie | w: mulcahyins.ie











Pupils from the senior room in Muinefliuch N.S performing their Christmas Play 'A Very Covid Christmas'



Pupils from the junior room in Muinefliuch N.S. during their online Christmas performance



Pupils from the middle room in Muinefliuch N.S. with their Christmas art



Macroom Community Meals Group, Eileen, Bridie, Gearóid, Gerard, Pat M. and Pat O'Connell



Dromleigh N.S. students were feeling the Christmas cheer sporting some festive jumpers!



Junior students from Dromleigh N.S. were delighted to hear that one of their talented pupils had a winning entry in the Audiology Medical Services Ireland Christmas art competition.



Liam Lehane age 6 Rylane National School, runner up in the age 5 - 8 years Tour De Cork Design a T-shirt colouring competition



Sheena Sheehan wins prestigious UCC Plus 1916 Bursary Fund



Macroom Lions Club collecting for Christmas at Dunne's, Macroom on 5 Dec., 2021 featuring Anita and Brian Gallagher. (C. Kelleher).

matt murphy's PHARMACY

Main St., Macroom Tel: (026) 41000

New packaging same great product!

*

Dr Developed - Patient Inspired By Dr. Clióna Murphy

CHOLESTERO-LOW

Cholestero-Low is a cholesterol lowering heart and gut supplement.



(Oat beta-glucan)

What does CHOLESTERO-LOW do?

Energy/Antioxidant (Co-enzyme Q10)



FOR ALL YOUR VETERINARY NEEDS



- Pre-calving mineral licks 20% off
- · Magnesium buckets 20% off
- Calving shed disinfectants
- lodine sprays
- Colostrum
- Markings sprays
- Navel sprays
- Stomach tubes
- 4l Shoof feeders
- Electrolytes -massive selection
- Sachets liquids or buckets and Oral syringes



and Sealers IN STOCK. All keenly priced.

- Milk replacements
- Wormers fluckicides
- Pour ons Spot ons
- Vaccinations
- Drenching guns
- Fantastic value instore
- Calcium injections drenches and boluses
- Magnesium injections drenched and boluses

And much much more at the best prices

OPENING HOURS: 8.30AM-6.15PM MONDAY TO FRIDAY SATURDAY 9AM-6PM

CLONDROHIF DEV GROUP AND CLONDROHID CARRIGANIMA AND MUINFLIUCH ACTIVE **RETIRED.** It was with deep sadness that we learnt of the death of our esteemed Chairman and friend Teddy Kelleher last week.

Teddy has trojan voluntary work done for the Parish and especially Clondrohid, all his life, from teaching dancing, especially sets to many generations of the same family, to all his work in the Community Field, and to all his work and advice down over the years, for the Development Group for the betterment of the village, and in later years when he joined the newly formed Active Retired, as Chairman. Many a night he enthralled us with his singing, storytelling and wit in the Community Hall and on bus tour outings, especially the I.R.D's Jack's Mystery Tours.

We would like to extend our deepest sympathies to Juliana, Matthew, Margaret, Catherine, Jackie, Nora, Gobnait, Michel, John, Connie, his beloved grandchildren, and the extended Kelleher family. We are sure he will be set dancing, and storytelling in his new home in heaven.

Rest in Peace Teddy.

CLONDROHID DEV GROUP. And CLONDROHID ACTIVE RETIRED: They would like to wish everybody in the parish a very happy New Year Thanks to all who helped to put up the 2 Cribs, the Christmas tree (donated by Connie Riordan) and lights, to Con and all those who helped to clean up the church yard.

Thanks to all households for their gorgeous lights and trees, the village was and is still looking magical.

Well done, stay safe, and hopefully 2022 will be full of surprises, only good ones. Happy Days ahead **BLOOD TRANSFUSION BORD:** Mark it in your

CLONDROHID



Neighbours enjoying Christmas morning 2021 at Clashmaguire, Clondrohid and Oscar the dog. (Pic C O Shea)

2022 diary, they will be back again in Community Hall on Tuesday Feb 15, 16, and 17. Great to have this facility here in our community, and that it is so well supported, as giving blood is vital for our hospitals. To book an appointment call 180073113 WEST MUSKERRY AC: 8 weeks Couch to 5K. Starting Thurs Jan 13 at 7pm. Everyone welcome. Coached sessions with experienced male and female coaches. Cost €40, but free to club members. Concluding with a timed K Run at Castle Demense Park Run.

Register for Couch to 5K at West Muskerry Athletics Club on Thursday Jan 13 at 6.30pm. Locaton Umera Macroom.

G.A.A. NEWS: It is with great sadness that Clondrohid GAA Club learnt of the passing of former club player Brendan O'Callaghan.

Brendan who was always pleasant and great company, played in goals for Clondrohid alongside his 4 brothers John, Michael, Con and Paddy.

He won several Mid Cork titles during his playing days which included Minor title in 1976, Under 21 titles along with Junior B Championship and league in 1978.

Sincere sympathy is extended to all the O'Callaghan Family. Ar dheis De go raibh a anam.

LEABHARLANN BHAILE BHÚIRNE

Well, here we are, two weeks into the New Year already - is it too late to still wish everyone a Happy New Year? The weather has been alternating between very wet and very cold which I find very frustrating because there is no warmth in my raincoat and no rain protection in my warm jacket. I've taken to wearing layers! I'm proud to say I haven't lost a glove yet - that's my usual trick and it's always just one glove. Perhaps I'll start a new fashion trend and start wearing odd gloves -I have enough of them.

I'm not going to even start on New Year resolutions as my greatest success with these is just not managing to keep them. If you haven't made any resolutions yet can I suggest you try joining the library or perhaps re-joining if you haven't been for a while. It's easy and free to join and membership covers so much these days. You, of course, have the traditional access to borrowing books and other items directly from your local library or any public library in the country. In addition, there are a multitude of online services available free of charge including e-books to download as well as e-magazines, e-newspapers and much, much more.

There are still some copies of the 2022 Library Calendar available, free of charge, in Ballyvourney Library. It is a lovely cheerful calendar full of beautiful drawings on the theme of My Library: A World of Stories drawn by our young members. Please drop in to collect a copy.

I'd like to take this opportunity to thank the TY students of Coláiste Ghobnatan and their art teacher, Nollaig Ní Loingsigh, who worked with artist Ciara Rodgers to produce unusual cyanotype prints using a process that results in a cyan-blue print. The prints were then displayed in the library window against a backdrop of ice blue LED lights which resulted in a unique themed Christmas window. This project was part of the Cork County Council's 'A Real Cork Christmas' project.

Ba mhaith liom an deis seo a thógáil chun buíochas a ghabháil le mic léinn IB Choláiste Ghobnatan agus lena mhúinteoir Nollaig Ní Loingsigh a d'oibrigh leis an ealaíontóir Ciara Rodgers chun priontaí cianéitíopa neamhghnácha a tháirgeadh ag baint úsáide as próiseas a mbíonn cyan-ghorm priontaí mar thoradh air. Taispeánadh na priontaí ansin i bhfuinneog na leabharlainne i gcoinne chúlra soilse LED oighir-gorm a raibh fuinneog uathúil téamaí Nollag mar thoradh orthu. Bhí an tionscadal seo mar chuid de thionscadal 'A Real Cork Christmas' de chuid Chomhairle Contae Chorcaí.

Following on from recent staff training, Cork County Council's Library Service was recently issued with a Certificate of Accreditation from the NOW Group and is now associated with the

JAM Card initiative. This is a system, developed by the NOW Group, which allows people with learning difficulties and communication barriers to discreetly ask for a minute of patience when they need it. The library service strives to provide excellent customer care to all customers and this new initiative will encourage JAM Card users to feel more confident when visiting their library.

Can I also remind you that The Irish Examiner is available to read daily in the branch along with The Farmers Journal, The Corkman, Evening Echo, Woman's Way, Feasta, and various other publications.

Oscailte/Open: - Dé Máirt, Dé Céadaoin, Dé hAoine - Tuesday, Wednesday, Friday: 10am to 5.30pm Dúnta/Closed 1.00 - 2.00pm gach lá/daily

Dé Sathairn - Saturday: 10.00am - 1.00pm* Dúnta gach Luan agus Déardaoin - Closed every Monday & Thursday

*Dúnta ar Shatharn an Deire-Seachtaine Saoire Bainc *Closed on Saturday of Bank Holiday Weekend

Eolas: 026 45767 r-phost leabharlannbhailebhuirne@corkcoco.ie

"A new year ... a fresh, clean start! It's like having a big white sheet of paper to draw on! A day full of possibilities! Bill Watterson, It's A Magical World

5 STRATEGIES TO MINIMISE THE **EFFECTS OF TEXT NECK**

According to a 2017 study* titled "Text Neck" published in the Spine Journal, spine surgeons have noted a significant rise in the number of patients complaining of neck and upper back pain.

Accelerated neck and mid-back spinal degeneration becomes a likely side effect of the forward head flexion often experienced due to prolonged use of personal devices.

Here are 5 ways to minimise text neck;

- 1) Hold phones (and all electronic devices) at eye level as much as possible.
- 2) Text with two hands to create more symmetry and minimise spinal imbalances.
- 3) Take frequent, long breaks from electronic devices throughout the day.

4) 20 second stretch - Pull your arms and shoulders back while tilting your head up to look up at the ceiling or sky. Do the 20-second stretch at least once every hour

5) Regular wellness visits to the Chiropractor

Chiropractic remains one of the most important and effective interventions to minimise and reverse the negative effects of texting.

If you're experiencing pain that doesn't get better with movement or rest, please avail of our free posture analysis.



Dr. Benjamin Martin of **Optimal Chiropractic**

*The Spine Journal: Official journal of the North American Society June 2017 "Text Neck': an epidemic of the modern era of cell phones?" JM Cuellar, TH Lanman

TRY A FREE 15 MINUTE EXAMINATION AND POSTURAL ANALYSIS IN BALLINCOLLIG.

Why a Postural Analysis?

Poor posture while sitting or standing can cause misalignment, fatigue, and/ or excessive stress on your neck and shoulders.

We can also recognise areas of the spine that aren't moving the way they should and determine if a misaligned posture is the reason for any recurring headaches or neck pain.

If Chiropractic care is not right for you, the team we will do their utmost to point you in the right direction.

To schedule a Free 15-minute assessment, please call 021 487 8465.



FREE ASSESSMENT & **POSTURAL ANALYSIS**

To determine if we can help with Back Pain, Neck Pain, Headaches & Sciatica

During this free assessment in our office in Ballincollig, receive professional advice from Dr. Benjamin Martin and his team who specialise in treating people with chronic pain.



We will answer any health concerns and advise you on what to do next.

Please call our office to make an appointment.

CALL 021 487 8465 STATION RD., BALLINCOLLIG



The Macroom and District Environmental Group

Think Globally, Act locally





Fiadh and Darragh playing amongst the Ivy in Macroom Castle Grounds . Photos by Sarah Kate Photography

Illauninagh

2022 has been designated for our next national census. Cook's census enumerator in 2018, hailed from Illauninagh Townland, west upriver the Lee-'Island of Ivv'

Older L.VO. readers may recall the 'Magpire' newsletter circulating west Muskerry, twice monthly in 1987 - 1993. Ted Cook contributed to its colum 'Inchigeela - A Parish history' The 31-part series commenced with the parish's townlands, in 1640, Daniel Mc Author O' Leary owned 'West Illanenagh' (186 acres) and conor mc Donnagh O leary owned 'Illaneoynagh' (457 acres) Four centuries later we can clearly idenitfy 'Illauninagh East' and 'West' townlands.

In rural Ulster, 2004 research records that a grandfather aged 73 could name and place 156 townlands with a 'clear mental map of the place'. His son, in mid-forties could name thirteen townlands and his son of sixteen 'could name the townland in which he lived'"Its a golden day, beholder of nothing, but its own sweet unfolding - the question is how much of its richness can I let in" (Dana Faulds 2020)

IVY (Eidhneáin)

Mid-Winter offers the ideal time to note Ivy in our landscapes. Ireland's only native evergreen climbing shrub (hedera helise) of all of our plant kingdom, flowers in later autumn and fruits during early March when no other wild food is available to many of our wild birds. Ivy berries are nature's most protein rich food, though too alkaloid for mammals. Birds' digestive systems emit the seeds within 90 minutes and have no issue with gorging on poisonous Yew & Ivy Fruits.

Ivy Co Evolved wih out Trees defending them from Jack Frist and the wind chill factor and helping trees to maintain ambient cool temperatures in the strong glare of mid-summer.

During out 2020 'Tree Survey" in Macroom Demesne, Conor O'Callaghan and Ted Cook, whilst recording and profiling each of the 147 veteran and ancient trees encountered several birds' nests in the ivied specimens, Tree Creeper, Blackbirds, Wrens, Robin, Chaffinch, Song House Sparrows and Mistle Thursh. It being September to late December when the profiling was undertaken, no nesting mothers were disturbed.

During March, as ivy fruits ripen, watch the mistle thrush, green finch, wood pigeon and other hungry feathered friends gorge on the plump deep purple and black fruits.

since Macroom Environmental Group continues to appeal to local Authorities to honor the wildlife Act (1976 -2000) provisions for the safe guarding of roadside hedgerows and field boundaries during the bird nesting season (March 1st - August 31st)

With mature semi-natural woodland at its lowest coverage since the 1600's across our 20,000, 000 acres island, ivied hedgerows are critical habitat. In ethno botany yet practiced in sub and tropical forest region, indigenous people well know the huge medicinal benefits of the ivy family, eg crushed ivy leaves soaked in Vinegar will rid and cleanse human skin of the insidious scabies mites. Cook witnessed the use of boiled foliage in treating bronchitis.

Leonardi Da Vinci records observing wild boar treating their wounds and skin rashes by rubbing vigorously against ivied trees.

Unlike mistletoe that penetrates its host tree for mineral rich sap, lvy is non parasitic on its hosts. When studying Ivy, note both types of lead shape on the same shrub and authors advice to aspiring botanists - start with Ivy.

We have a rare subspecies of ivy in south western strongly hyper oceanic coastal areas - 'Atlantic Ivy' (Hedera helvic hyberniae) crushed foliage releasing a potent fragrance of almond, some may say frankincense.

Downsides include loss of lichen and moss habitat on host trees, heavy curtains of Ivy can mask indicator decay fungi on tree trunks which present hazards along Public Roads & Pathways and topheavy Ivy can offer a 'sail' in storm winds any time of year. Common law has dismissed 'roadside imperfections by drive by' Cooks advice is to thin the braids of this creeper by one third and it needs be, thin again two years later, outside the nesting period, if necessary.

"How slowly can I walk the leaf, strewn path, inhaling the goodness of the woods?

by Ted Cook (Schools heritage specialist)

ADVERTORIAL

CORK PENNY DINNERS

SERVING A HOT MEAL SINCE 1940'S

The year that has passed 2021 has not been an easy year for anyone.

We all have struggled I some way and many have struggled with business. I would like to wish everyone a Happy New Year . Please stay safe and follow the public health guidelines. All our thoughts are with those who continue to work tirelessly in our Health Service.

Mary Hallissey. Raleigh

Mary pictured here alongside the beautiful crib in **Ballincollig**



Ciara's Health & Mutrition

- Interested in learning about why you eat the way you do and Success Stories:
- support.
- your sporting activities, have you ever looked at what you are eating and when you eat.

we eat the way we do and tailoring plans to help educate clients guidance and support." to make positive health and nutritional changes that they can Science and have many years of working in the food industry. Plans are tailored made to you, your goals and your lifestyle.

Packages:

- One off consultation
- · 4 week Boost program ideal for an upcoming event
- · 8 week Move to change
- 12 week Change for good
- · Sports Team/ Individual sports consultations (Details on enquiry)

All consultations can be completed online.

- want to make positive changes based on you and your lifestyle. "After my 12 week programme I have made many changes in my · Sick of being told to follow a plan that is difficult or not suitable everyday eating habits. I feel much stronger and healthier both to your eating habits and knowledge of food. Getting little mentally and physically. I now understand that by fuelling my body with the right food I will be able to get through my busy day. I would highly · Feel like there is something missing from all your hard effort in recommend Ciara to anyone who wants to start living a healthy lifestyle"
- "The plan that Ciara tailored made for me is sustainable and Come and have a consultation. I'm Ciara Cronin O'Callaghan, I something which I feel confident about. Ciara has been so supportive have a passion for understanding eating habits and learning why in helping me to make positive food choices and I really valued her
- "To me working alongside Ciara was a huge success. I gained a sustain for life. I'm a qualified nutritionist, have a degree in Food great understanding of my digestive issues as well as the nutritional benefits and tricks which aid my digestion and help my flare ups. By not having to change a great deal of my lifestyle and also educating myself on what I am completing, I feel I can carry this 12-week programme on throughout my life and not just for a short period of time."

Team Success Stories:

Uibh Laoire Intermediate A County Champions 2021 Uibh Laoire Junior County Champions 2020 Cloughduv Senior Camogie Team Naomh Fionbarra Junior Ladies Football Team

Contact Details:

Mobile: 087-7750301 | Email: ciarashealthandnutrition@gmail.com





St Colman's (Former) Church of Ireland, Castle Street, Macroom

The Church of Ireland gifted our local community this historic building by a local transfer dated September 29th, 1992 (Registry of deeds entry book 75 No2.) vesting possession in our town council (U.C.D)

The legal deed of Conveyance includes certain conditions (covenants) that the grantee (U.D.C) do "use the property as an impetrative center and for such other use as may be agreed with the grantor and not to use the property for any other purpose without the consent of the grantor" Church of Ireland.

Additional conditions prohibit the use of the former church (Itself occupying the site of the ancient parish church) as a 'dancing, gambling, bingo' venue or 'for the sale of alcoholic liquor' 'or for any base or unworthy purpose'

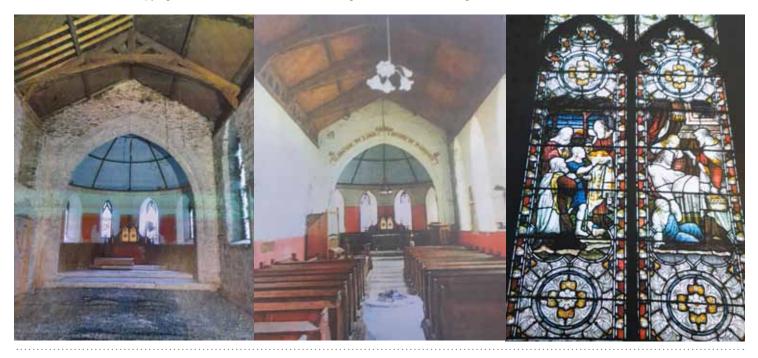
The agreement binds the local community, (and its trustees the town council) not to name or style the deconsecrated former church as Church or Old Church' (Hence the authors use of 'Former Church")

L.V.O (August 5th, 2021 Vol 18. Ed 16) recounted the buildings fate since 1992, in advance of our 5th hertiage week gathering since 1999 onsite on Sunday August 15th.

Macroom District Environmental Group (M.D.E.G 1985) records its gratitude to both Monsignor O' Donnell and Rev.d Rector David Bowles (Bishop of Cork and Ross personal Representative) for attending and actively participating in the gathering to mark "the 30th anniversary of the gift" thought yet shuttered up.

The building kicked from pillar to post was revested in county hall and in December 2015 was leased for €1 year to Lee Valley Enterprise Board" who will undertake works on the building"

A planning application by the county hall available both online and in Macroom Municiple District Office requests your comments by Jan 28th 2022.



UIBH LAOIRE:

Iveleary Lights Up!

In partnership with Operation Transformation, the Uibh Laoire GAA club pitch will light up for those who want to get out and walk in a safe environment. Because of the Covid restrictions the whole effort had to be cancelled last year. But now from 7pm until 9 pm you are welcomed by the club to walk either singly or with companions on Tuesdays and Thursdays at your own pace. Children are welcome but will have to be supervised by an adult. It's an opportunity to exercise, socialise and to enjoy the fresh air. Enjoy. And credit to the club for the offer. The Puc Fada contest was held after Christmas and Team Finbarr, Barry and Ogie emerged winners. Congrats and well done to all who took part. The GAA will hold its AGM on Sat 15th of January. All welcome

Castle Bridge

Funding has been sought by Croi na Laoi for a feasibility study on the footbridge at Carrignacurra. That investigation has now been completed and it is hoped that the next stage can now be followed and a bridge would be built to replace the old damaged one. This was always a favourite crossing of the Lee by walkers who could

go on the loop walk down one side of the river and return be the other side, it was also in the past used by anglers and those visiting the castle.

Blessed Sacrament

The adoration of the Blessed Sacrament takes place in Inchigeela Church every Friday except the First Friday of the month when it will be in Ballingeary Church. Times, 10am to 6pm

Christmas video call

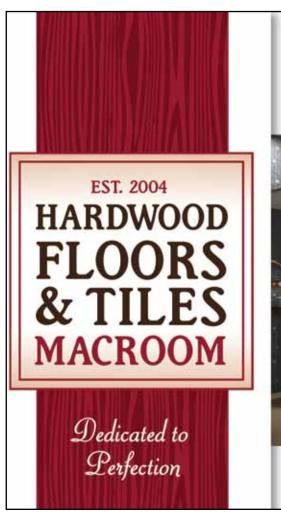
The Coiste Forbartha in Ballingeary arranged a call home for many who have left the parish to find a new life in places all over the world. Daoine óga abea an chuid ba mhó diobh. chuireadar Beannachtaí na Nollag go dtí a muintir agus a gcáirde sa bhaile. Bhí daoine ag caint linn ó California, Melbourne, An Ghearmáin, Tasmania Alba, An Spáinn tré an idirlín.Bhí meascán de mothúcháin orainn ag féachaint air. Bhí bron orainn mar go rabhadar comh fada ó bhaile don Nollaig ach bhí áthas orainn go raibh ag eiri go gheal leo agus go rabhadar go breá gealghaireach

Cath Chéim an Fhia 1822

At the Pass of Keimaneigh, on the old road to

Bantry, at the far western end of our parish, on the 21st of January 1922, a group of yeomanry and militia were attacked by a group of local rebels or Whiteboys. We are told that the attack came out of the frustration felt by ordinary people at the endless injustice of high taxes, tithes and floggings dished out to the poor by representatives of English rule in Ireland, mostly the landed gentry. Máire Bhuí Ní Laoire, who lived at Ceim an Fhia, composed the famous song Cath Chéim an Fhia which is still sung locally after 200 years. Through it, she expresses the atmosphere of the attack and the fierce hatred which she held for the yeoman militia and the landlord classes. Her own sons were involved in the battle. Coiste Forbartha Béal Átha are holding a commemorative talk on Sunday 23rd of January at 1pm, in the Pass, at the windmill entrance (about half way up the Pass). This is to mark the 200th anniversary of the battle. Aithbhliain faoi shéan is faoi mhaise daoibh go

May everyone have a happy, healthy and prosperous New Year and keep yourself and others safe.



Your Local Shop for Tiles, Timber Floors & Bathroom Ware



www.hardwoodfloors.ie

026 61007 | Millstreet Rd, Macroom

Want to take the hassle out of disposing of your household waste and Recycling?

Collecting Waste and Recycling Bin'

Waste Bin

Www.kwd.ie

O818 373737

County

Coun



200 Anniversary of Deshure Ambush -**25th January 1822**

By Jim Murphy

My great great grandfather John Murphy (Deirbh) together with his family was evicted from a holding in the townlands of Clomacow near Kilmurry about 230 years ago. The family moved to Boulbrack in the parish of Kilmichael, hence the involvement of the Murphy boys Denis & John Jnr (my great great grandfather) in the Deshure Ambush carried out by the White Boys on the 25th January 1822.

"Memories of Droumleigh a country school" commemorating the 150 years of the opening of the school in 1990 included the following -

Battling with the White Boys

By the late 18th century, the Irish people were crying out for some organisation to represent them in their struggles against rack-renting landlords and middlemen. This led to the setting up of many secret societies throughout the country. Probable the most famous of these secret societies was The Whiteboys", formed around the year 1761. There were so called because of the white garments they wore over their ordinary clothes. This was both a disguise and an insignia. Landlords and middlemen who treated their tenants unjustly were threatened with violence. The Whiteboy movement was fairly well organised in the Macroom area.

In the 1820s, times were particularly hard for the Irish people. This led to the re-emergence of the Whiteboys. Many incidents took place around the Macroom area and one of these was at Deshure, Kilmichael on 25th January 1822. During January of that year there were raids by the Whiteboys on landlords in the north and west of Cork County. The main purpose was the procurement of arms and ammunition.

On 3rd January, a raid took place on the house of Benjamin Swete, Greenville, Kilmichael, landlord and tithe collector. He had been tipped off beforehand and had a force of the Muskerry Yeomanry ready. At least five of the attackers were killed.

On 25th January the Whiteboys, led by a man named Cotter, assembled on Deshure Hill. Their intention was, once again to attack the house of Mr. Swete. A rifle brigade from Macroom let by Colonel Mitchell, arrived on the scene. A gun accidentally discharged, leading to panic in the crowd. Fighting broke out. Several people were reported to have been killed and others arrested. On 19th February fifteen men were put on trial in Cork charged with having arms at Deshure and with firing at certain persons including Rev. Somers Payne. Twelve prisoners were found guilty. Four of these were publicly hanged at Deshure on 1st March, 1822. Those hanged were Richard Drummy, Daniel Cronin, Timothy Hallahan, and Denis Murphy (Deirbh). A fifth man, Edward Brien, was also hanged. He had fought at the famous "Cath Cheim an Fhia" on 21st January. The gallows were set up a hundred yards from the spot at Deshure where the battle took place, probably near where the Terelton National School now stands. The last survivor of the battle was John Murphy (Deirbh), Boulbrack who died in 1896 at the age of 98. He is buried in Kilmurry Old Cementary. His relative still live at Boulbrack.





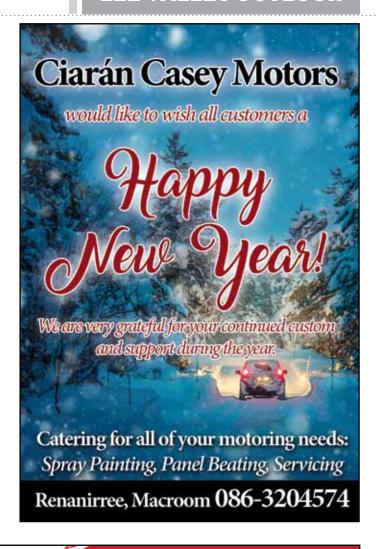
All-Ireland Horse **Ploughing Champions**

J.J. & Jeremiah Delaney, All-Ireland Horse Ploughing Champions, visit 5th & 6th Class at Rusheen N.S. with their trophies.









Macroom School of Art is a brand new Arts Education and Exhibition Centre based in Macroom town.

Courses we offer are:

Infant and Parents

Ages 0-3

A fun, calm approach to creative play for the very young, aged 0-3 with their carers. Upcoming once off event, See www.macroomschoolofart.ie or Macroom School of Art Facebook for updates.

Junior Kids

Ages 5-8

Junior classes are suitable for early primary school boys and girls. Classes are above all fun, instructive and encouraging.

Saturdays: 12:30-1:45pm 12 weeks

(class duration 1 hour & 15 mins) Starts January 22nd 2022



After School Tuesdays: 3-4:15pm 12 weeks

(class duration 1 hour & 15 mins)





You can book and pay a deposit or see our full catalogue (which has much more) on www.macroomschoolofart.ie.

Senior Kids

Ages 8-12

Senior Primary students engage in a more in-depth exploration of various art techniques, taking a mini-project approach.

Saturdays: 2:00-3:45pm 12 weeks

(class duration 1 hour & 15 mins) Starts January 22nd 2022

After School - Tuesdays: 4:30-5:45pm 12 weeks

(class duration 1 hour & 15 mins) Starts January 25th 2022.

Take away the after school blues with creativity.

Mondays: 4:30-6pm 12 weeks

(class duration 1 hour & 30 mins) Starts 24th January 2022

Wednesdays: Mixed age Animation 4:30-6pm 10 weeks

(class duration 1 hour & 15 mins) Starts 26th January 2022

Thursdays: Teens stage school 4:30-6pm 12 weeks

Starts 27th January 2022



€190

€170

€170





€160



12 week Course Junior Kids - 5-7 yrs 10am - 10:45am Starting Saturday 22nd January

Adult'Art Classes

7-9pm - Starts 24th January - €130

7-9pm - starts 27th January - €130

6 weeks Course Daytime Art classes

7-9pm - starts 26th January - €150

Wednesdays: Adults Acting for Beginners

Thursday's Advanced Painting

7 weeks Course Life Drawing

6 weeks Course

All materials for courses will be provided.

Mondays: Painting for beginners - 12 students

Tuesdays: 7-9pm - starts 25th January - €150

Tuesdays: 1-2.30pm - starts 25th January - €120



€120

MACROOM

SCHOOL

Senior Kids - 8-12 Yrs 11am - 12 noon Starting Saturday 22nd January



To Book contact Brían 086 4022931

info@macroomschoolofart.ie www.macroomschoolofart.ie Cork Street Sleveen East Macroom P12N265





From Kilmurry in September 2008. (Author unknown) The Garden Party in aid of the Simon Connolly Fund







Jason Lyons Senan Lyons Fiona & Aileen Crowley with Simon & his Dad Michael (2008). © Peter

Saturday August the 30th will be remembered as the day Kilmurry rocked. The explosion of sound permeated a seven-mile radius from 2:30 pm until midnight. Music could be heard from Crookstown to Newcestown, to Macroom and as far as Bandon.

It was MAGIC! The community of Kilmurry should be very proud.

What a coming together of people! What organisation!. What a feel-good buzz!

The ladies modelled for a classy fashion show, served teas, made burgers and donated many cakes and breads. They worked in two hour shifts nonstop from 6pm Friday till 2am Sunday. Their men folk including Kilmurry G.A.A. sectioned off two miles of road ...patrolling the perimeters in shifts from 2 until midnight.

People were ferried by pony and trap and vintage cars from local G.A.A. grounds, Carroll's and Desmond's fields to the garden party at the old

The movers and shakers were Wendy, Con, Frances and Willy who started the fundraiser to highlight the plight of the Connolly Family, their next-door Neighbours. With the help of Eleanor and Mary the seed sown reaped an enormous reward.

Every family from Kilmurry jumped in to help with the party. What emerged was a brilliant day of music, fun, dance, fashion, culture and bonding of a people well proud of their endeavors.

Con O'Donovan is well known for his artwork and musical skills. He is a well-known Building Contractor and borrowed scaffolding, portaloo's (super-sized), P.A. systems. Con designed the stage and designed and the web site. He contacted the media including RTE, TV3 and all the papers. He also contacted the local publications such as The Lee Valley Outlook, Douglas Post, Ballincollig Advertiser and more. He contacted the Radio stations and TV... (Thank you Martin King!).

Wendy Muirhead who comes from Australia and is married to Con O'Donovan organised the food and drinks, pestered all the local suppliers (and beyond) to donate consumables. As Landscape Designer she pulled in all her contacts to donate flowers, plants and vouchers. She had her garden glowing with colour She trudged from shop to shop gathering donations for the roulette wheel. Con and Wendy opened up their home and went to considerable expense to accommodate this

Willy Crowley, well known for his football passion

enlisted the help of the G.A.A. and that of his neighbours to close off the roads, coordinate roadsigns, parking, one-way way systems - all which worked brilliantly.

Frances well known for her fashion, drama, music and dance pestered all her panto and drama circle for donations. She enrolled the help of dancers, musicians, bands, poets and MCs ... from Newcestown, Kilmurry ,Innishannon, Clare, Crookstown and Ballincollig.

As proprieter of "Gay Girl Boutique" Macroom Frances organized the fabulous array of outfits. John Griffin saved the day with the miraculous apparition of the marque and his tireless fundraising. Never has a man arrived with so many lifesaving goods...(Darragh!).

Do-gooders are too numerous to mention here. but a list of performers, organizations and helpers will be published at a later date. WELL, DONE KILMURRY!!!

You did yourselves proud.

Want to see yourself in action??? Look up the web site, www.simonconnolly.com

Donations to the Simon Connolly Fund are welcome.



Macroom Ambulance crew were not available for the photo



Cormac Sheil and Denis O' Reardon, who created the mural at New Street commemorating the ballad, 'The Lament for Art O'Leary





Lorraine Lynch Macroom Library presenting Jolie Lucey from Rylane National School with her prize for the 2022 Calendar Competition. Jolie's picture is the month of April.



Pupils from the junior room in Muinefliuch N.S. flying Santa's sleigh in Santa's workshop for Aistear



St Colman's House staff: Jackie O'Rourke and Noride O'Leary.



CareChoice staff: Jancy, Juni Mol, Sharon, Annie and Sayana.



Macroom Community Hosp. staff: Aoife, Marie, Gobnait, Niamh, Ann, Kay, Tracey, Sarah-Jane with Bernie, Director of Nursing.



Cahereen Care Centre staff: Agnieszka, Katarzyna, Alicja, Emma, Dhanya, Rejeena, Tinto and Jomi Macroom Gardái: Pat, Eamon, Anthony and Conchubhar.



What Are the January Blues?

It can be said thatt January is perhaps the most depressing month out of the whole year, at least those of us living here in the Northern Hemisphere. It has also been mathematical formula and calculated that typically the third Monday of January is known as "Blue Monday," the most depressing day of the year. Essentially the January Blues are depressed feelings that people get after the holidays are over or sometimes before (hence the Holiday Blues name) & Cobid this year hasn't helped. Although not a clinical diagnosis by any means, many of the things we experience with the January Blues can look like other mental health disorders. The important factor being that experiencing the January Blues only lasts for a brief period, only a few weeks or so. If this persists longer, perhaps you are experiencing something

else which will be described later in this article. Below are common January Blue Symptoms

Symptoms

- · Feeling more tired than usual, despite the amount/quality of sleep
- Loss of interest in pleasurable activities, or things you used to enjoy
- Difficulties concentrating or recalling things
- Feeling more stressed, worried, or anxious
- Mood swings
- Feelings of depression, hopelessness, or helplessness
- Changes in appetite

You may also just feel "off" in ways perhaps not described here, and things just don't feel right. Everyone experiences things different, and your January Blues may look a bit different than what is briefly described here. Being able to recognize what's going on for us is a good step in order to be able to handle it, another piece is also knowing our vulnerabilities so we can also shore up our defenses. This next bit will look at some potential causes and risks factors around the January Blues.

Freephone 1800 80 48 48 - AWARE Available 7 days a week - 10am to 10pm



MACROOM MOTORS



THE NEW YARIS CROSS IS THE CAR FOR AN ADVENTURE



TEST DRIVE THE ALL NEW YARIS CROSS

ENQUIRE ABOUT OUR UNBEATABLE FINANCE OFFERS FOR 2022

026 20800

www.macroommotors.com

Macroom Motors, Macroom, Co Cork. T: 026 20800 | Email: sales@macroommotors.ie | www.macroommotors.com



Macroom and Mid Corks most recently opened **Property Office**

CCM offers an expert service in the sale or letting of residential, commercial and agricultural properties by Public Auction or Private Treaty. Fairdeal and Probate Valuations, Also entitlement sales and letting. CCM Property Network is a division of Cork Co-operative Marts Limited (established 1956)

Jerh O Sullivan would be delighted to talk to you to discuss your Property needs (livestock and Property manager of Macroom Livestock Mart and CCM Property Macroom)

Professional and Confidential Service Everytime

If your thinking of selling give CCM Property in Macroom a call.

026 41121 | www.ccmproperty.com

Offices in Macroom, Bandon, Mitchlestown, Midleton and Cahir

Macroom Mart: General Cattle sale every Saturday Dry Cows 10.30am, calves 11.00am, Blks 12.00 noon, Dairy Sales Sheep sale first Wednesday of every month, Factory assemble every Tuesday

Office 02641121 | Jerh 0868329321 | Online viewing available on the Marteyeapp

A great CCM Property on the market



CloonFee, Dromina, Freemount

C.80.9-ACRE FARM WITH **SLATTED HOUSE, HAY BARN** & LEAN-TO, AND DERELICT FARMHOUSE

Viewing by appointment only

DETAILS FROM SELLING AGENT JERH O SULLIVAN 021 41121 086 8329321

www.ccmproperty.com

Farms for long term rentals:

- 40 acres in Klmicheal,
- 45 acres in Clondrohid
 - 18 acres in Bantry
 - 69.6 acres in Coolea

ROSS OIL



"Your Local Oil Company"



For keenest prices on kerosene and heating oil in your local area

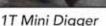
Farnanes, Co. Cork **Contact Lisa or Conor in the** Office: 021 7335010 Tim Holland: 086 2356735 www.yourlocaloilcompany.ie

PLANT HIRE

Millstreet, Macroom, Co. Cork

SELF DRIVE HIRE & DRIVER OPERATOR HIRE







3T Mini Digger



3T Swivel Dumper



2.5T Roller

- Modern, Reliable Machinery at Competitive Hiring Rates
- Delivering to Customers across **Cork & Kerry Areas**

Phone: 087 625 5822 • Email: nkplanthire@gmail.com

Online: www.nkplanthire.com



macroom credit union > a friendly face

Introducing Current Account from Macroom Credit Union

- ✓ Finally, a real choice
- Globally accepted Debit Mastercard
- ✓ Same friendly service
- Easy to sign up





www.macroomcu.ie E-mail: info@macroomcu.ie Tel: 026 41689

Looking Back in Time



Girls from St. Mary's Secondary school in 2006. $\ @$ Peter Scanlan



Carol Singing at Bealnamorrive Christmas 2008. $\ @$ Peter Scanlan



Dromleigh NS, winners of the Scor Figure Dancing competition 2005. $\@$ Peter Scanlan



Macroom Set Dancers winners of the Scor Set Dancing competition 2005. $\ @$ Peter Scanlan



The opening of Macroom Museum. © Peter Scanlan



Canovee Historical Society about 1995. © Peter Scanlan





MACROOM

FURTHER EDUCATION & TRAINING CENTRE

69 New Street, Macroom | Tel: 086 823 9097



COURSES STARTING JANUARY / FEBRUARY 2022

COMPUTER COURSES

- Beginners Computers
- Internet & E-mail Skills Level 3
- Word Processing Level 3
- Pad, Tablet, Smart Phone
- Payroll & Accounts
- How to use zoom, teams, etc.

LANGUAGES

- Irish
- English

GARDENING

Container Gardening

OTHER COURSES

- Art (Painting and Drawing)
- Craft
- Singing
- Cookery
- Customer Service Level 4
- Child Development & Play
- Upcycling furniture
- Managing Finances
- Candlemaking

HEALTH

- Yoga
- Relaxation Techniques & Mindfulness
- Using herbs for Health
- Healthcare Level 4

COURSES ARE FREE EXCEPT FOR LEVEL 4 COURSES WHICH MAY INCUR A SMALL FEE PHONE: 086 823 9097

COVID 19

This centre will be guided by advice on social distancing and other requirements to ensure safety and wellbeing of our learners and staff members.











"This project is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020"





The BMW 2 Series Gran Coupé. A delicate mix of style, performance and innovation — with elegant interior and exterior design, bold driving dynamics and the latest in BMW technology. A great car doesn't define you, you define it. The 2 Gran Coupé. Make it yours from £276 per month.

Discover all of the 221 offers at Aherns BMW.

First Monthly Payment	35 monthly	On the Road	Deposit/	Amount of	Optional final	Total Amount	APR
(incl E75 fee)	Payment of	Cash Price	Part Exchange	Credit	Payment	Payable	
E351	€276	€37,000	E11,000	E26,000	E18,599	€39,635	3.9%

Aherns Castleisland

066 7143000 ahernsbmw.ie

Offer oppose to hear vehicles occurs on a 25 concept to available of the process of the process

Macroom Senior Citizens Lucey's Lane, Macroom

THANK YOU FOR YOUR SUPPORT.



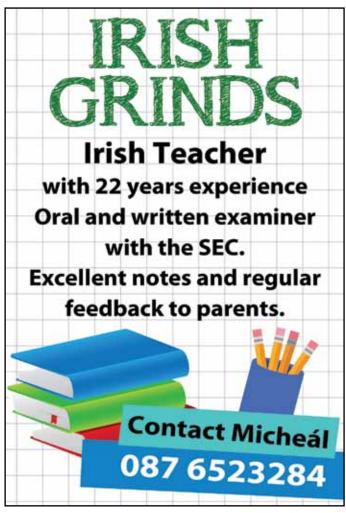
All funds generated from our Shopeen go directly to fund our services in Sullane Haven and Fr. Ryan Hall, Lucey's Lane, Macroom.















Eirebloc is a leading European manufacturer of composite wooden pallet blocks for both the home and export markets. The plant is state of the art, highly automated and fully mechanized. Due to our continued success, we are happy to announce that we are currently inviting applicants for:

MECHANICAL FITTER

Eirebloc currently wishes to recruit an experienced mechanical fitter or a person with suitable mechanical experience. The ideal candidate would have:

- At least three years maintenance experience in an automated high-volume factory.
- Working knowledge of hydraulic and pneumatic systems.
- Strong mechanical background.
- Strong troubleshooting/ problem solving skills.
- · Excellent communication and interpersonal skills.
- · Familiarity with automated continuous process equipment.

A person with suitable mechanical experience or having a similar qualification such as heavy diesel mechanic will be considered for this role. Remuneration will be competitive, and the roles will be permanent.

Send CV's by email to jobs@eirebloc.com or post to Eirebloc Ltd, Lissarda, Co. Cork



GP Wood is one of Ireland's leading timber processing companies, located in two Cork sites. The Group manufactures softwood products for the construction, fencing and pallet industries in both home and export markets.

A vacancy has arisen for the following position at our Lissarda facility:

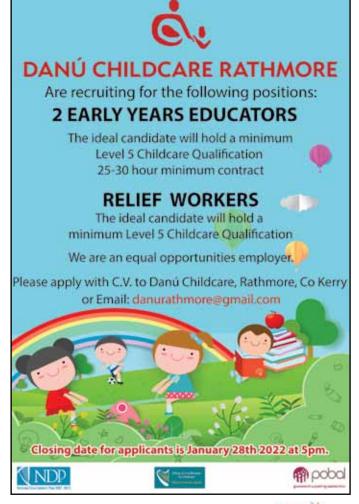
MECHANICAL FITTER:

The successful candidate, working within the Maintenance Team, will be responsible for the ongoing maintenance and repair of mechanical equipment. A significant feature of this role is to minimise equipment downtime thus optimising overall plant performance. Candidates will be expected to have a working knowledge of tools and skills used in maintenance and repair of mechanical systems. We are seeking time served fitters with experience within a high-volume production environment. This position will involve shift work.

A generous package is on offer to suitable candidates.

Please forward CV, to the HR Department, GP Wood, Enniskeane, Co. Cork or email to jobs@gpwood.ie







How Mid Cork clubs fared in the 2021 County Championships

Aghabullogue

Intermediate A Hurling championship:

Group Stage:

Aghabullogue 0-16 Sarsfields 3-13 Aghabullogue 2-22 Glen Rovers 1-20 Aghabulloque 3-16 Dungourney 1-13

Quarter Final:

Cloughduv 2-21 Aghabullogue 0-7

Group Round 3: Aghabullogue qualify for Knock out stage

Aghabullogue 3-16 Dungourney 1-13

Aghabullogue were behind 0-5 to 0-3 after the opening ten minutes but were in front by the water break, 0-7 to 0-6 and were flying by half time when they led by 0-12 to 0-6. They were four points to the good at the second water break and then a goal followed from Luke Casey, to which Dungourney replied with their goal, but then Aghabullogue had a goal from Mathew Bradley and to make assurance doubly sure Luke Casey had another.

Scorers for Aghabullogue: M Bradley 1-3, L Casey 2-0, S Tarrant 0-6, D Rooney 0-2, D Dineen 0-2, M Dennehy, C Fuery, I BarryMurphy 0-1 each.

Aghabullogue: Finbarr Foley: Denis Quinlan, Seán O'Sullivan, Jerome Corkery: Niall BarryMurphy, Paul Ring, Michael Dennehy: Daniel Dineen, Seán Feury: Cian Fuery, Mathew Bradley, Shane Tarrant: Paudie Twomey, Darren Rooney, Ian BarryMurphy. Subs: Reece O'Sullivan, Luke Casey, Brian Dineen, Pádraic O'Sullivan.

Intermediate Football Championship

Group Stage:

Aghabullogue 3-10 Mitchelstown 1-11 Aghabullogue 4-20 Kildorrery 1-8 Aghabullogue 1-12 Glanmire 4-8 Quarter Final;

Aghabullogue 1-13 Dromtariffe 0-10

Semi Final:

Iveleary 3-14 Aghabullogue 1-5

Group Round One: Good start

Aghabullogue 3-10 Mitchelstown 1-11

Aghabullogue and Mitchelstown had a stormy outing at Watergrasshill and Mitchelstown were on top in the first half and led by 0-10 to 1-4 at half time, Cialan O'Sulllivan's goal after seven minutes invaluable in keeping Aghabullogue in touch. The Town lost a man to a red card on the resumption and Mathew Bradlev fired in a goal for Aghabullogue to level the scores, 2-4 to 0-10 within two minutes. Aghabullogue added three points and led by those at the water break and increased their lead to four points before losing two men to black cards, Mitchelstown also getting a black card and Cialan O'Sulllivan had a late goal to bring the proceedings to a finish. Aghabullogue: John Buckley: Conor Smith, Paul Ring, Paudie Twomey: Jack Murphy, Seán O'Sulllivan, Adam Murphy: Aidan BarryMurphy, Evan O'Sullivan: Pádraic O'Sullivan, David Thompson, Denis Quinlan: Luke Casey, Mathew Bradley, Cialan O'Sulllivan.

Ballincollig

County Premier Senior Football

Ballincollig 1-17 St Finbarrs 2-15

Ballincollig 0-12 Clonakilty 1-10 Ballincollig 2-17 Ilen Rovers 0-13

Group Rd One

St Finbarrs 2-15 Ballincollig 1-17

Ballincollig staged a remarkable recovery at Pairc Ui Rinn coming from 13 points in arrears in the 35th minute to within a single point of the city side before they were cruelly denied by the final whistle.

Darren Murphy showed up well for Ballincollig early on, helping them to a 0-2 to 0-1 lead but the sides were level on 10 minutes.

Barrs went two clear, Ballincollig's Cian Kiely got one back before the first water-break, 0-4 to 0-3 with 19 minutes played. By half time the Barrs were firmly in the driving seat leading 0-12 to 0-5 and they restarted with a point and when Myers Murray goaled on 33 minutes it made Ballincollig's task all the harder as they trailed 1-13 to 0-5. After substitute Paddy Kelly responded with a point for 'the Village', Myers Murray had another goal on 35 minutes from a Sherlock pass: 2-13 to 0-6, a 13 point lead for the

Credit Ballincollig, they hit the next five points in a row to stay in the hunt and it was 2-14 to 0-11 at the second water break. Ballincollig got two points, Barrs swept upfield and Myers Murray hit the post, then Ballincollig's Marc Oldham had a goal from a Kelly pass - 2-14 to 1-14 and seven minutes left.

Dorgan's free made it a two-point game. When 'Barrs had a late Sherlock point Dorgan from a free replied, then Cian Kiely reduced it to the minimum but after some more drama the Barrs managed to hold out for a win.

Scorers for Ballincollig: C. Dorgan 0-8 (0-3 f, 0-2 '45's); M. Oldham 1-0; D. Murphy, C. Kiely 0-3 each; P. O'Neill 0-2; P. Kelly 0-1.

Ballincollig: J. Gibbons; S. Murphy, S. O'Neill, JP Murphy; K. Browne, L. Jennings (c), C. Kiely; S. Kiely, C. O'Sullivan; M. Oldham, R. Noonan, L. Fahy; N. Galvin, C. Dorgan, D. Murphy. Subs: P. O'Neill and P. Kelly, both HT, G. O'Donoghue 33; C. Moore 40; D. O'Mahony 59.

Premier Intermediate Hurling

Ballincollig 0-23 Kilworth 1-20 Ballincollig 1-13 Ballinhassig 2-17 Ballincollig 2-18 Aghada 1-9

Group Rd 3 – great win but no progression Ballincollig 2-18 Aghada 1-9

Despite an impressive victory against Aghada at Páirc Uí Chaoimh, Ballincollig crashed out of the Co-Op Superstores Cork Premier IHC as the favours they needed elsewhere didn't materialise.

A stellar performance from Brian Keating and a superb two-goal haul by Cian Dorgan saw the village get the big win they needed to give them hope but Kilworth's narrow triumph over Ballinhassig was enough to see them qualify from Group C in their place.

Ballincollig led by four points as early as the eighth minute, extended to 0-6 to 0-1 by the time the first water break was called. Aghada had a goal but The Village rallied with three unanswered points and it was 0-11 to 1-5 at the interval.

It was 1-14 to 1-7 at the three guarter stage and Cian Dorgan had his second goal as Ballincollig did everything they could to progress but as it transpired, even a 12 point win wasn't enough. Scorers for Ballincollig: B Keating 0-10, (0-5 f), C Dorgan 2-1, C O'Driscoll and L Fahy 0-2 each, R O'Donovan, K Walsh, and G O'Donoghue 0-1

Ballincollig: J Linehan; F Denny, L Jennings, C Moore; C O'Sullivan, B Coleman, C Sexton; R Bourke, R O'Donovan; K Walsh, B Keating, L Fahy; D Bowen, C Dorgan, C O'Driscoll.

Subs: S Wills 44, G O'Donoghue 53, P Cooney 59.

Balllinora

Intermediate A Football

Group:

Ballinora 1-8 Gabriel Rangers 2-13 Ballinora 2-16 Dromtariffe 3-8 Ballinora 2-6 Ballydesmond 1-10

Group Rd Two: A win to avoid relegation battle

Ballinora 2-16 Dromtariffe 3-8

Dromtariffe played second fiddle to a sharper Ballinora that found inspiration from a two goal blast by full forward Darragh Holmes in the Bon Secours County IAFC at Donoughmore.

In doing do, Ballinora showed few ill effects on recovering from a first round defeat to Gabriel Rangers. Ultimately this was an utterly convincing victory for Ballinora, the sharper and hungrier side from the first minute confirmed on registering 1-7 without reply.

Here Dromtarriffe performed well below par, but as the contest aged, they stubbornly refused to give up the ghost, raising some cheer during the latter stages and cutting the deficit to five points also helped boost their scoring aggregate in a competitive grouping that sees all four teams sampling both a win and loss.

Ballinora had exploded from the traps, lightning quick going forward, Holmes imposing himself quickly with a fourth minute goal. Indeed the winners were happy as the game shaped up, driven on by Neil Lordan at midfield, well supported by Ian Wycherley, Mike Lordan and Colm O'Flynn.

That allowed good ball into attack for Dara Corkery, Ivan Ouirke and Holmes to add points. So dominant were Ballinora, they held Dromtarriffe scoreless until the 14th minute, a much needed goal by Evan Murphy broke the duck for the Duhallow side.

Still Dromtarriffe remained uncharacteristically sluggish as Ballinora cancelled out the concession of the goal with four successive points before Conor O'Callaghan replied with a converted pointed free for Dromtarriffe to trail 1-11 to 1-1 at the interval.

Dromtarriffe tightened up at stages during the second half, long serving Seamus O'Sullivan introduced as a substitute with Conor Cremin, Ray Daly and O'Callaghan offering commendable resolve. With the perfect restart, Daniel O'Keeffe escaping the shackles of Ballinora defenders to

SPORTS MAD

pounce for a much Dromtarriffe goal with Evan Murphy following up with a pair of points. Still Ballinora carried an attacking threat, Lordan obliged with points from play and frees before Holmes pounced for a second goal. That left Dromtarriffe in deep distress, again falling 10 points adrift 2-15 to 2-5, rocked back on their heels and a team of lesser resolve might well had wilted.

With the signs becoming increasingly ominous, Dromtarriffe refused to roll over, O'Keeffe and Murphy swung over points. Indeed Dromtarriffe battled to the end, gaining some consolation from a late Darren O'Connor converted penalty. The outcome from the second series of games sees all four teams remain in contention for the two places on offer for the quarter final stage. Ballinora: J Conway; L Lyons, T Forde, K O'Regan; I Wycherley, M Lordan, C O'Flynn; J Lordan, N Lordan 0-6 (0-3f, 0-1'45); A O'Shea, D Corkery

0-3, B Murphy; A Kingston 0-1, D Holmes 2-3 (0-

2f), I Quirke 0-3

Béal Átha'n Ghaorthaidh **Senior A Football**

Group:

Beal Átha 1-9 Bandon 1-10 Beal Átha 0-15 Clyda 0-11

Béal Átha 1-11 O'Donovan Rossa 0-13 **Ouarter Final:**

Béal Átha'n Ghaorthaidh 2-10 Mallow 4-14

Béal Áth'n Ghaorthaidh 0-11 O'Donovan Rossas 0-13

Despite four agonising minutes of added time at a damp Aughaville, Béal Átha'n Ghaorthaidh managed to hang on for a one-point victory that sees them progress to the knockout stages of the Bon Secours Senior A Football championship. They led by three points at the interval aided by some solid defending and fast attacking play. However, despite playing the better football throughout, they were forced to withstand a spirited second-half O'Donovan Rossa challenge when the winners failed to score for almost 20

Despite dominating possession, the Skibbereen men trailed by the minimum but could not break down a stubborn Béal Átha defence to find that elusive goal to force a victory they needed to avoid finishing bottom of Group A.

Scorers for Béal Átha'n Ghaorthaidh: L. Seartan (1-2); L. Ó Conchuir, B. Seartan 1 free (0-3 each); D. Seartan, S. O Tuama, A. O Coinceannain 1 free (0-1 each).

Béal Átha'n Ghaorthaidh: Darren Ó Coill: Seán Ó Donnchú, Éanna Ó Duinnín, Ciarán Ó Nuanáin; Seamas Ó Tuama, Matt Ó Riordáin, Liam Ó Críodáin (C); Aindrias Ó Coinceannain, Cian Ó Duinnín; Donagh Seartan, Liam Seartan, Amhlaoibh Ó Loingsigh; Ben Seartan, Leonárd Ó Concùir, Conchuir Ó Loingsigh. Subs: Diarmuid Mac Tomáis 48, Seán Ó Luasa 51.

Blarney Senior A Hurling

Group:

Blarney 0-22 Fermoy 1-14 Blarney 0-15 Kanturk 1-12

Blarney 1-21 Bandon 0-12

Quarter Final:

Blarney 2-16 Bride Rovers 2-21

Group Rd 1 and 2

Blarney 0-22 Fermoy 1 - 14

Blarney were forced to dig deep before getting past Fermoy in the Co-Op Superstores Cork Senior AHC at Riverstown. Last season's Premier IHC winners secured the win in the fourth quarter when they outscored Fermoy by 0-8 to 1-1. Fermoy were in contention throughout, they led this game at half-time by a single point and were only overcome at the end. Blarney's midfield pairing Mark Coleman and 18 year old Denis McSweeney were massively influential - Coleman racked up 0-10 from frees and play while McSweeney struck three great points in the opening 30 minutes.

Scorers for Blarney: M Coleman 0-10, (0-6 f, 0-1 65), P Power (0-1 f) and D McSweeney 0-3 each, S Barrett and D Hanlon 0-2 each, A McEvoy and E Kirby 0-1 each.

Blarney 0-15 Kanturk 1-12

There was nothing to separate Blarney and Kanturk in Round 2 of the SAHC as both sides kept their unbeaten records alive under lights in Mallow.

Cork stars Shane Barrett and Mark Coleman shone for Blarney, ably assisted Keith Costello, Pádraig Power and Declan Hanlon.

Blarney led 0-4 to 0-3 at the water break, were on top for most of the second quarter but only led by 0-10 to 0-8 at half time.

A point followed by a superb goal, powered Kanturk into the lead soon after the restart.

Points from Coleman and Mark O'Leary kept Blarney in touch but as the game entered the final quarter it was Kanturk that led by two, 1-11 to 0-12. Power landed the levelling score with three left on the clock as both sides continue unbeaten in this season's championship.

Blarney: M Coleman 0-8 (0-5 f, 0-1 sl); P Power 0-3

(0-1f); S Barrett, M O'Leary, K Costello, D Hannon 0-1 each.

Blarney: Paul Hallissey; Seán Crowley, Paul O'Leary, Olan Hegarty; Alan McEvoy, Peter Philpot, Patrick Crowley; Declan Hanlon, Denis McSweeney; Mark Coleman, Mark O'Leary, Shane Mulcahy; Keith Costello, Shane Barrett, Paudie Power. Subs: Eoghan Kirby 42, Colin Murphy 50, Ray Murphy 55. (David Walsh at No2 v Fermoy)

Cill na Martra

time advantage.

Premier Intermediate Football

Cill na Martra 3-16 Nemo Rangers 2-8 Cill na Martra 0-19 Rockchapel 1-8 Cill na Martra 1-12 St Vincents 1-6 County Semi final:

Cill na Martra 0-7 Newmarket 2-7

Cill na Martra 3-16 Nemo Rangers 2-8

CILL na Martra got their 2021 PIFC campaign off to the perfect start as they defeated Nemo Rangers comprehensively at Carrigadrohid. Daniel Ó Duinnín was the star of the first half for the Gaeltacht side - he scored 1-3, could have had another goal, set up a point for Shane Ó Duinnín and he gave the decisive pass to Shane Ó Duinnín again on the stroke of half-time for

a decisive goal that gave them a 2-8 to 0-5 half

Nemo, had kept in touch up until that point as Cill na Martra had missed some gilt-edged goal opportunities but the goal was crucial as in the third quarter Nemo, struck for two goals in two minutes and suddenly the lead was down to two points, 2-8 to 2-6.

Dan Ó Duinnín and Micheál Ó Deasúna steadied the ship with two points before the water break and then Cill na Martra re-ignited. Shane Ó Duinnín pointed from a mark before Ciarán Ó Duinnín clipped in their third goal and they outscored Nemo by 0-5 to 0-1 in the last ten minutes to record a comfortable victory.

Scorers for Cill na Martra: D Ó Duinnín 1-5 (0-1 f), S Ó Duinnín 1-3 (0-1 mark), M Ó Deasúna 0-5 f, C Ó Duinnín 1-2 (0-1 mark), S Ó Foirreidh 0-1.

Cill na Martra: Antóin Ó Conaill; Finén Ó Faoláin,

Nollaig Ó Laoire, Graham Ó Mocháin; Gearóid Ó Faoláin, Tadgh Ó Corcora, Colm MacLochlainn; Gearóid Ó Goillidhe, Mícheál Ó Deasúna; Seánie Ó Foirréidh, Daniel Ó Duinnín, Danny Ó Conaill; Maidhchí Ó Duinnín, Ciarán Ó Duinnín, Shane Ó Duinnín.

Cloughduv **Intermediate A Hurling**

Group:

Cloughduv 1-17 Kildorrery 1-17 Midleton 2-15

Cloughduv 1-23 Cloughduv 2-22 Meelin 1-21

Ouarter Final

Cloughduv 2-21 Aghabullogue 0-7

Semi Final

Cloughduv 2-18 Castlemartyr 3-21

Quarter Final: Cloughduv 2-21 Aghabullogue 0-7

Cloughduv stormed through to the semi-final of the Co Op Superstores IAHC after playing some superb hurling in atrocious conditions at Ovens against an Aghabullogue team which gave a most disappointing performance and trailed by 2-11 to 0-4 at halftime.

Mark and Brian Verling and Mark Walsh twice pointed for Cloughduv before Walsh put Brian Verling through for a brilliant goal after nine minutes. Shellshocked Aghabullogue eventually opened their account from a Patrick Finnegan free but they trailed, 1-6 to 0-1 at the first water break.

Aghabullogue then suffered a significant blow following the dismissal of a defender and a brace from Brian Verling was followed by a Cloughduv goal from midfielder Aidan Murphy. Aghabullogue's Shane Tarrant landed a couple of frees to keep his side ticking over against the driving wind and rain but Cloughduv continued to power forward and they enjoyed a commanding 13-point lead at the break.

On resumption, Aghabullogue's Patrick Finnegan landed a super point before Cloughduv replied with points from Mark Verling, Eoghan Clifford and Mark Walsh and the game was no longer a contest at the water break and petered out completely in the closing quarter

Scorers: Cloughduv: B Verling 1-7 (0-4 f), M Verling 0-7 (0-1 f, 0-1 pen), A Murphy 1-1, M Walsh 0-2, E Clifford, O Ó Driscoll, K Walsh, S O Donoghue 0-1. Aghabullogue: S Tarrant 0-5 (0-4 f), P Finnegan 0-2 (0-1 f).

Cloughduv: Jonathan Buckley; Liam Kelleher, Patrick Buckley, Michael Dunne; Cormac O'Driscoll, Aodh Twomey, Eoghan Curzon; Aidan Murphy, Seán Curzon; Mark Verling, Ódhran O'Driscoll, William Ahern; Brian Verling, Eoghan Clifford, Mark Walsh.

Subs: Eoin Moynihan 45, Jack Kelleher 50, Stephen O'Donoghue 50, Kevin Walsh , Ciarán Canty 55.

Aghabullogue: Finbarr Foley; Denis Quinlan, Seán O'Sullivan, Jerome Corkery; Niall Barry Murphy, Paul Ring, Tadgh Corkery; Michael Dennehy, Shane Tarrant, Cianie Furey, Darren Rooney, Mathew Bradley, Luke Casey, Patrick Finnegan, Ian Barry Murphy.

Subs: Brian Dineen 15, Jack Murphy 35, David O'Connell 45, Pádraic O'Sullivan 45.

Dripsey

Lower Intermediate Hurling

Group

Dripsey 0-12 Grenagh 1-5 Dripsey 0-13 Kilbrittain 2-24

Dripsey 1-9 Argideen Rangers 2-20

Group Rd 1 and Rd 2

Dripsey 0-12 Grenagh 1-5

Dripsey beat Grenagh by 0-12 to 1-5 in their all-Muskerry LIHC clash in Ballyanly. Mark O'Sullivan, Eoghan Maher and Michael O'Riordan all featured among the scores for the victors, who led by 0-7 to 0-3 at half-time. While Chris Buckley goaled for Grenagh early in the second half, they couldn't reel in their opponents.

Dripsey: Diarmuid O'Riordan: Colm O'Connell, John Carey, Dean O'Sullivan: Aidan Murray, Mark O'Connell, Stephen Murray: John Buckley, David O'Sullivan: Michael O'Riordan, Eoin O'Connell, James Cotter: Eoghan Maher, Mark O'Sullivan, Killian Kelleher.

Dripsey 0-13 Kilbrittain 2-24

Kilbrittain secured top spot in Group A of the Coop SuperStores Cork LIHC after a commanding second-half performance gave them a 2-24 to 0-13 win over Dripsey at Bandon.

The sides were tied at 0-9 each after a first half where they were level six times but, after Dripsey's scorer-in-chief Michael O'Riordan pointed on the restart, Kilbrittain replied with a goal from Josh O'Donovan and never looked back. It was 1-14 to 0-11 at the second water break and Kilbrittain drove on relentlessly in the final quarter.

Kilbrittain will top the group irrespective of the result of their last game against Grenagh, who have lost twice, Dripsey face Argideen Rangers in what is a play off for second place.

Dripsey: Diarmuid O'Riordan: Colm O'Connell, John Carey, Dean O'Sullivan: Stephen Murray, Mark O'Connell, Aidan Murray: John Buckley, David O'Sullivan: Michael O'Riordan, John O'Riordan, James Cotter: Eoghan Maher, Mark O'Sullivan, Gary Murphy. Sub: Shane O'Riordan used and Killian Kelleher, Eoin O'Connell, Jack

Casey, John Hogan, Martin O'Sullivan, Tom Griffin, Adam Casey.

Éire Óg

Premier Senior Football

Group:

Éire Óg 1-15 Carbery Rangers 1-9

Éire Óg 2-16 Castlehaven 2-19 Éire Óg 1-11 Newcestown 0-11

Quarter Final:

Éire Óg 0-12 St Finbarrs 1-16

Group Rd 1: Senior Debut: History is made Éire Óg 1-15 Carbery Rangers 1-9

History was made at Bandon as Éire Óg made their debut in Premier Senior football a winning one with victory over Carbery Rangers. Carbery Rangers, with the wind, had opened the brighter, leading 0-3 to 0-1 lead inside eight minutes. Éire Óg settled thereafter, with three points in a row, two from Daniel Goulding and one from Ronan O'Toole edging the newcomers into a one-point lead at the water break. The crucial score of the opening half an hour was John Hodnett's well-taken goal for the Rosscarbery side on 27 minutes, leaving Éire Óg 1-5 to 0-6 in arrears at the interval.

Another Ross point left Éire Óg three in arrears six minutes into the second half but the West Cork men would be held scoreless for another 14 minutes and only managed two further points thereafter. A pair of points from Goulding narrowed the gap to the minimum, 1-7 to 0-9, and Éire Óg regained the lead on 43 minutes when Dylan Foley punched a dropping ball to the net.

Goulding's third free left the scoreboard reading 1-10 to 1-7 at the second water break and even though Carbery Rangers succeeded in reducing the margin to the minimum with six to play, a fitter Éire Óg finished very strongly with five points in a row from O'Callaghan (0-2), Jack Murphy, Jerome Kelleher and Goulding.

Scorers for Éire Óg: D Goulding 0-6 (0-3 f), D Foley 1-0, C O'Callaghan 0-2, R O'Toole, K Hallissey, John Cooper, Joe Cooper, B Hurley (f), J Murphy, J Kelleher 0-1 each.

Éire Óg: Chris Kelly; Michael Corkery, John Mullins, Conor McGoldrick; Dermot O'Herlihy, John Cooper, Diarmuid Dineen; Daire McCarthy, Ronan O'Toole; Joe Cooper, Colm O'Callaghan, Kevin Hallissey; Dylan Foley, Daniel Goulding, Brian Hurley. Subs: Jack Murphy 37, Jerome Kelleher 61.

Premier Intermediate Hurling

Group:

Éire Óg 3-16 Youghal 0-13

Éire Óg 0-12 Carrigaline 1-16

Éire Óg 2-8 Courcey Rovers 0-18

Group Rd 1: Éire Óg 3-16 Youghal 0-13

Éire Óg made an impressive start to life in the Co-Op Superstores PIHC by overwhelming Youghal at Caherlag. The opening exchanges were competitive and scores exchanged at both ends but Éire Óg gradually got into gear, as Ciarán Sheehan, Joe Cooper and John Cooper impressively put the ball over for well taken points. Coming up to the break, Colm O'Callaghan had a goal to give the Ovens men a

1-8 to the 0-9 advantage.

Éire Óg had a second goal from O'Callaghan and were in control from there on. David Kirwan had a third goal and Kevin Hallissey clipped over another free.

Scorers for Éire Óg: K Hallissey 0-7 f, C O'Callaghan 2-0, D Kirwan 1-0, Joe Cooper, C Sheehan 0-3 each, John Cooper 0-2, R O'Toole 0-1.

Éire Óg: Dylan Desmond; John Mullins, D O'Herlihy, Conor McGoldrick; B Corcoran, John Cooper, D Dineen; Ronan O'Toole, D McCarthy; Joe Cooper, Kevin Hallissey, Colm O'Callaghan; Daniel Goulding, Ciarán Sheehan, David Kirwan. Sub: Jack Sheehan 41.

Grenagh

Lower Intermediate Hurling

Group:

Grenagh 1-5 Dripsey 0-12

Grenagh 1-14 Argideen Rangers 2-14

Grenagh 0-7 Kilbrittain 1-20

Relegation Play Off:

Grenagh 0-5 Russell Rovers 3-24

Group Rd 2

Grenagh 1-14 Argideen Rangers 2-14

Both sides had been defeated in their respective opening rounds and needed a result to stay in contention.

Grenagh ace marksman Niall O'Doherty contributed no less than 0-11, all from frees.

At the water break Argideen led by 1-4 to 0-2, and by 1-8 to 0-7 at half time.

The third quarter saw Grenagh increasing the pressure and in the 39th minute they struck for a goal, and took the lead for the first time, when midfielder Kevin O'Neill rose highest in a crowded goalmouth to bat a cross into the net. Unfortunately Grenagh conceded a goal at the other end immediately from the puck out but still at the water break only two points separated the teams, Argideen leading by 2-11 to 1-12. The final quarter provided great entertainment as Grenagh cut the margin between the teams but John O'Callaghan's two late points sealed the Argideen victory.

Scorers: Grenagh: K O'Neill 1-0, N O'Doherty 0-11 (frees), D Coleman 0-2, S Cronin 0-1.

Grenagh: Donal Ryan: Alex Kiely, Peter McSweeney, Paul BarryMurphy: Shane Dorgan, John Lehane, Michael O'Riordan; Kevin O'Neill, Ultan Duggan: David Coleman, Seamus Cronin, Niall Doherty: Cathal Cronin, Chris Buckley, Dara O'Shea. Subs: Darragh Kenny for C Cronin 40.

Inniscarra

Premier Intermediate Hurling

Group:

Inniscarra 0-19 Valley Rovers 1-19 Inniscarra 4-13 Watergrasshill 2-17 Inniscarra 2-13 Castlelyons 0-23

Group Rd 2:

Inniscarra 4-13 (25) Watergrasshill 2-17 (23)

Inniscarra came out on top following a pulsating Co-Op Superstores PIHC encounter against Watergrasshill in Grenagh, showing great character to secure the win late on.

Watergrasshill led by a goal at half time but Cork star Seán O'Donoghue got an early Inniscarra second-half point to reduce the gap down to

SPORTS MAD

two between the sides, with O'Mahony also converting for the Mid-Cork side. Watergrasshill got another impressive point on 45 minutes followed by a goal, with O'Donoghue scoring for Inniscarra as they tried to keep this game alive. O'Donoghue then struck for a super goal after the second water break to reduce the gap to

Inniscarra refused to give in and Colm Casey raced through and finished clinically to raise a green flag. In a dramatic conclusion, Watergrasshill went back ahead but then Seán O'Donoghue fired home to the back of the net to retake the lead for 'Scarra and he capped off an excellent display with a superb long-range score.

Scorers for Inniscarra: S O'Donoghue (0-2 f) 2-4, F O'Leary (0-3 f) 1-3, C Casey 1-0, S O'Mahony 0-4, J Harrington, O McCarthy 0-1 each.

Inniscarra: J O'Keeffe; J O'Sullivan, L Ryan, B O'Mahony; A McCarthy, S Sheehan, C Lombard; J Harrington, O McCarthy; S O'Donoghue, S O'Mahony, K Rice; M O'Connell, C Casey, F O'Leary. Subs: J Enright h-t, S Bulfin 47.

Iveleary Intermediate A Football

Group:

Iveleary 0-18 St Finbarrs 0-12 Iveleary 2-25 Millstreet 1-13 Iveleary 1-18 Kinsale 1-8

Quarter final: Iveleary 5-12 Glanworth 0-12 Semi Final: Iveleary 3-14 Aghabullogue 1-5 Final: Iveleary 0-20 Mitchelstown 0-7

Historic day: Intermediate winning debut in Group Rd 1

Iveleary 0-18 St Finbarrs 0-12

Iveleary carried the form they had displayed in winning the 2020 County Junior Championship into their first Intermediate championship campaign as they had a comfortable win over St Finbarrs at Cloughduv. Early points from Chris Óg Jones were added to by two more from Brian Cronin and Jones again to give the Uibh Laoire men a 0-4 to -0-2 advantage at the water break. Chris Óg and two from Cathal Vaughan matched three Barrs points before Iveleary finished the half strongly with points from Brian Cronin and Vaughan to lead by 0-10 to 0-6 at the half time break.

Further points from Ciarán Galvin, Seán and Barry O'Leary and a Cathal Vaughan '45' had Iveleary leading by 0-8 and when Barrs at last scored their first point in 26 minutes, testimony to the outstanding Iveleary defending, the winners hit back with a brace from Cathal Vaughan to lead by 0-16 to 0-8 at the water break. In the final quarter, the sides shared four points equally, Chris Óg Jones and Conor O'Leary on the target for Iveleary.

Scorers: C Óg Jones 0-5, C Vaughan 0-5 (0-1f, 0-1 45), B Cronin 0-4, C Galvin, S O'Leary, B O'Leary, C O'Leary 0-1 each.

Iveleary: Joe Creedon: Daniel O'Riordan, Finbarr McSweeney, Barry Murphy: Kevin Manning, Sean O'Leary, Ciarán Galvin: Darren Kelly, Ciarán O'Riordan: Brian Cronin, Cathal Vaughan, Barry O'Leary: Conor O'Leary, Chris Óg Jones, Ian Jones. Subs: Liam Kearney, Seánie Lehane, Donal Cotter.

Macroom

Premier Intermediate Football

Macroom 2-10 Naomh Abán 1-18 Macroom 1-11 Kanturk 2-9 Macroom 1-11 St Nicks 1-7

Group Rd 3 – Premier status retained Macroom 1-11 St Nicholas 1-7

For the second year in a row Macroom footballers have failed to make the knock out stages of the Bon Secours Hospital Premier Intermediate championship but are relieved to have avoided any relegation dog fight after this dour battle in pouring rain under lights at Ovens.

Macroom dominated the opening twenty minutes, St Nick's falling back and defending in numbers and allowing the Mid Cork men limitless possession out the field. Macroom led by 0-6 to 0-1 at the water break but in the second quarter, the city side came more out of defence and Macroom only led by 0-8 to 0-5 at half time after dominating for long periods in the half. Within minutes of the resumption, the teams were level when St Nicks had a goal and they took the lead in the 40th minute from a free. Alan Quinn kicked an equaliser for Macroom, St Nicks regained the lead in the 47th minute, 1-7 to 0-9 now, but Macroom then struck for the goal they badly needed. Blake O'Gorman carried the ball into the Nick's goalmouth, Johnny Murphy kicked it across the face of the goal and Patrick Lucey was on the spot to guide it over the line and restore the lead for the winners.

Macroom finished well, defending in depth, holding possession and making few errors. Alan Quinn's point in the 55th minute left three points between the teams and deep in added time Seán Kiely removed all doubt about the outcome when he kicked over a 14m free to assure Macroom of victory and bring the curtain comes down on their season.

Scorers: Macroom: P Lucey 1-1, F Goold 0-3 (0-2f), A Quinn 0-2, C O'Sullivan, D Goold, D Horgan, B O'Gorman, S Kiely (f) 0-1 each. St Nicks: R Long 1-4 (0-3f), S O'Callaghan, D Brosnan and D Dunlea 0-1 each.

Macroom: Brendan O'Connell: Jack O'Riordan, Michael Cahill, Rory Buckley: Tony Dineen, Sean Kiely, Blake O'Gorman: Cillian O'Donovan, David Horgan; Patrick Lucey, Michael Cronin, Alan Quinn: Conor O'Sullivan, Fintan Goold, David Goold. Subs: Ethan O'Gorman 9, Mark Corrigan and John Murphy both 38, Don Creedon 43, Ger Angland 55.

Naomh Abán

Premier Intermediate Football

Group:

Naomh Aban 1-18 Macroom 2-10 Naomh Aban 0-18 St Nicks 0-10 Naomh Aban 2-5 Kanturk 2-9 Quarter Final:

Naomh Aban 0-9 Newmarket 1-16

Group Round One: Local derby win

Naomh Aban 1-18 Macroom 2-10

Level at the second water break and still locked together in the 54th minute after Daniel Ó Ceallaigh kicked over for Naomh Abán, the ongoing deadlock in this Premier Intermediate county championship group game at Ballingeary was finally broken four minute later when Ó Ceallaigh finished off a slick Naomh Abán move with his side's only goal. Daniel Ó Ceallaigh, a 40th minute substitute, scored 1-2 in those closing minutes and full forward and free taker Maidhchí Ó Duinnín contributed 0-9 over the course of the hour, his free taking almost perfect.

The town team started well with points from Cillian O'Donovan and Fintan Goold but an off the ball transgression presented Naomh Abán sharpshooter Maidhchí Ó Duinnín with the simple tap over free to open his side's account and Darragh Ó Laoire kicked an equaliser from the wing in the 7th minute to set the pattern for the game. Conor O'Sullivan put Macroom back in front, Ó Duinnín equalised from play and further lead points for Macroom, from Don Creedon and Fintan Goold, were each matched by N Abán scores, one from play from Dermot Ó Ceallaigh and the other from a Maidhchí Ó Duinnín free. At the water break the sides were level at 0-5 each.

Naomh Abán were on top in the second quarter but a goal from the penalty spot by Seán Kiely kept Macroom in strong contention. Micheál Ó Liatháin had put the Baile Mhuirne side in front for the first time on the resumption but in the 23rd minute Eolan O'Leary was fouled in the N Aban goalmouth and Seán Kiely expertly slotted home the resultant penalty to put Macroom two points clear. A disputed free presented Maidhchí Ó Duinnín with another easy point and from the kick out, Ó Duinnín sent over from play to bring his side level and in time added, Ó Duinnín pointed another free (0-7 in all) to put his side in front at half time, 0-9 to 1-5.

Two minutes into the second half Macroom were awarded a second penalty after a goalmouth scramble and, as before, Seán Kiely tucked the ball into the net to put Macroom in the driving seat. Again, free kicks brought N Abán back to equality by the 40th minute and the sides then twice exchanged scores, David Horgan and Eolan O'Leary for Macroom countered by a point from another Ó Duinnín free and one from Micheál Ó Liatháin which had the teams level at the water break, N Abán 0-13 to 2-7 for Macroom.

The tit-for-tat scoring pattern continued in the last quarter with Dermot Ó Ceallaigh putting N Abán in front, Blake O'Gorman equalising for Macroom on 50. Conor O'Sullivan went close for Macroom before Seán Kiely kicked them back into the lead but in the 54th minute Daniel Ó Ceallaigh brought the sides level again. Maidhchí Ó Duinnín converted another free to put his side in the lead in the 57th minute and then combined with Dermot Ó Ceallaigh who set up a goal chance for his brother Daniel which was clinically availed of. Fintan Goold had a final point for Macroom, his free going over off the upright but Naomh Abán were not to be denied now and finished with injury time points from Conor Ó Críodáin and Daniel Ó Ceallaigh.

Scorers: N Abán; Daniel Ó Ceallaigh 1-2, M Ó Duinnín 0-10 (0-7f), Diarmuid Ó Ceallaigh, M Ó Liatháin 0-2 each, D Ó Laoire and C Ó Críodáin 0-1 each.

Naomh Abán: Finlay Walker: Tomás Ó Catháin,

Chris Ó Deasúna, Aodha Ó Catháin: Éanna Ó Críodáin, Tomás Ó hAilíosa, Colm de Róiste: Conor Ó Criodáin, Dara M Ó Loinsigh: Diarmuid Ó Ceallaigh, Piarais Ó Liatháin, Micheál Ó Liatháin; Darragh Ó Laoire, Maidhchí Ó Duinnín, Jamie MacGiollaBríde. Subs: Rónán de hÍde for Ó hAiliosa h/t, Daniel Ó Ceallaigh for MacGiollaBríde 38.

County Junior Championship results Junior A FC Quarter Final: Boherbue 4-14 Aghinagh 0-7

Boherbue advanced to meet Urhan in the semi-final of the Bon Secours Cork Junior A Football Championship as they defeated a much weakened Aghinagh side 4-14 to 0-7 under lights at Páirc Uí Rinn. Due to Covid issues, the Muskerry champions were without a number of key players for this quarter final clash and that proved to be costly. A spirited display from Liam Twohig ensured Aghinagh remained competitive for the most part but Boherbue always remained in control and deservedly claimed their place in the final four.

Boherbue got in for their opening goal against a much changed defence after three minutes and the Duhallow champions had a second goal of the evening just moments after the first water break when Gerry O'Sullivan cleverly punched a long hopeful ball into the far bottom-left corner on the run rather than catching it. Four of Liam Twohig's six points ensured Aghinagh only trailed 2-4 to 0-4 at the half-time break and his other two gave them some hope heading into the final quarter, 2-11 to 0-7. Boherbue showed no mercy in the closing stages and added two further goals for a very comprehensive win.

It was a slightly disappointing end to a great championship season for Aghinagh who a week earlier had created history in taking their first ever Mid Cork A title on a never- to-be forgotten night in Macroom.

Scorers for Aghinagh: L Twohig 0-6 (0-3 frees), D Ambrose 0-1.

Aghinagh: Jason McCarthy; Eoghan McCarthy, Luke O'Leary, Donagh O'Riordan; Donal Corkery, Declan Ambrose, Aodh Twomey; Gearóid O'Sullivan, Michael O'Brien; Tadhg Sheehan, Liam Twohig, Olan Cummins; Seán Kelleher, TJ Buckley, Jack Kearney. Sub: Micheál Corkery

Junior B FC

Quarter Final: Dripsey w/o Kilbrin conceded Semi Final: Dripsey 1-17 Urhan 1-8 Final: Randal Óg 1-11 Dripsey 0-13

Randal Óg 1-11 Dripsey 0-13

RANDAL Óg are the Bon Secours 2021 Junior B Football Divisional Champions as they defeated Dripsey 1-11 to 0-13 in a dramatic final at Páirc Uí Rinn.

A superb display from Gary Murphy, which saw him score seven of his side's total, looked to have won it late on for Dripsey but two points deep into injury time, the winner scored by Barry O'Driscoll, earned Randals the silverware by the smallest of margins.

Randal Óg settled into this showpiece occasion quicker than their opponents but a couple of wides inside the opening minutes allowed Dripsey to get on the board first thanks to Eoghan Maher. Randals were still the better team and after the excellent Séadhna Crowley fired over from a tough angle, Seán Daly did likewise to edge his side in front.

Randls missed two glorious goal chances and they were punished as Dripsey battled back to reclaim their lead. David O'Sullivan split the posts after a clever sidestep past his marker from Mark O'Sullivan found him in space and Maher duly grabbed his second of the evening to make it 0-3 to 0-2. The men from Ballinacarriga soon found their shooting boots at long last and they began to make their dominance count where it mattered.

A Peter Collins free and a point from Barry O'Driscoll saw the West Cork side take the narrowest of leads into the first water break 0-4 to 0-3 before Crowley again raised a white flag shortly after the resumption.

Dripsey continued to fight and they would add three more points to their tally to keep them well in the hunt for the coveted silverware going into the interval with the lively Gary Murphy getting them all. But unfortunately for Murphy and his teammates, Randals also claimed three points, their best from right corner-back Eoin Murray, to lead 0-8 to 0-6.

Dripsey came out a different team after the restart and after the teams swapped a point apiece, well-taken scores from Mark O'Sullivan and Gary Murphy levelled terms going into the last water break, 0-9 each.

Randals notched what looked to be the decisive goal with a stunning finish into the far top left corner by Seán Daly but Dripsey would score four points in a row - Murphy with three - to swing the finale back in their favour.

But there would be one last twist and points from Peter Collins and O'Driscoll saw Randals snatch the cup deep into added time.

Dripsey: G Murphy 0-7 (0-5 f), E Maher and D O'Sullivan 0-2 each, K Kelleher and M O'Sullivan 0-1 each.

Dripsey: J Hogan; J Buckley, J Carey, D O'Sullivan; C O'Connell, M O'Connell, T Griffin; M O'Sullivan, M O'Riordan; D O'Sullivan, G Murphy, A Murray; S Murray, E Maher, K Kelleher. Subs: M O'Sullivan for E Maher (19), D O'Riordan for C O'Connell (36), J O'Riordan for A Murray (49), E O'Connell for K Kelleher (53), J Casey for S Murray (59).

Junior A HC Quarter Final:

Dromtarriffe 1-19 Ballinora 0-8

Dromtariffe came to Coachford with a seasoned team and the Duhallow champions proved themselves much too good for a young emerging Ballinora side to deal with. The Mid Cork champions started well, continuing with the fine form of the past two months which had seen them sweep to victory in their own division, but when Dromtariffe settled down after their opening score in the 13th minute, they proceeded to impose themselves on the opposition to a degree which was surprising. It was 0-3 each at the water break but 1-10 to 0-4 by half time, a clear indication of how dominant Dromtariffe were in the second quarter. When Dromtariffe then proceeded to outscore Ballinora by six points to two in the third quarter the game was over as a contest and the final stages were of mere academic interest. It was not a good performance from Ballinora, and this display fell far short of the standard they had displayed in their Muskerry campaign.

Ballinora were seen at their best in the opening ten minutes when Shane Kingston and Liam Lyons each pointed a free in the opening three minutes and Kevin Murphy, under severe pressure still fired over from play in the 8th minute. Ballinora almost got in for a goal in the 10th minute, Conor Quirke being denied by a fine save by the Dromtariffe goalkeeper. Three minutes later Dromtariffe scored their opening point and they fired over four more in quick succession without reply to change the complexion of the game completely. When centre forward Tomas Howard in the 17th minute got clear for a well taken goal Ballinora were rattled and Dromtariffe piled on the agony up to half time and led by 1-10 to 0-4.

Liam Lyons had a Ballinora point on the restart before another run of Dromtariffe points with only a point from a Liam Lyons free to interrupt the sequence. Lyons and Alan O'Shea exchanged points with the Howard brothers before Brandon Murphy finished the scoring for Dromtariffe.

Scorers for Ballinora: L Lyons 0-5 (0-2f), S Kingston (f), K Murphy and A O'Shea 0-1 each. Ballinora; David Howard: Kevin O'Regan, Patrick Cronin, Paddy Fitton: Mike Lordan, Shane Kingston, James Lordan: Brian Murphy, Neil Lordan: Conor Quirke, Darragh Holmes, Liam Lyons: James Keohane, Alan O'Shea, Kevin Murphy. Sub: Tommy Burns for J Lordan

Junior B HC Quarter Final: Freemount 1 – 14 Éire Óg 1 – 10

Éire Óg started well at Donoughmore with points from Brian Kirwin, Brian O'Shea and Rian O'Shea but Freemount were level at 0-3 each in the 11th minute and led by 0-6 to 0-5 at the water break, Cathal Murphy and Aidan O'Connor having added to the Mid Cork men's tally. John McCarthy levelled matters on the restart but Freemount edged ahead and then in the 28th minute struck for a goal and led by 1-9 to 0-7 at the half way mark, Brian Kirwin getting the Éire Óg point.

Séamas Lordan had an early point for Éire Óg in the second half but Freemount replied with a brace and when Brian Kirwin pointed a free, the Duhallow men had another brace to lead by 1-13 to 0-9 at the second water break. On the resumption, Éire Óg came strongly back into contention with a point followed by a goal, both from Brian Kirwin frees, leaving only a goal between the teams now but Freemount got the vital next score, a 58th minute point to seal their victory.

Éire Óg Conor Keane: Seán O'Connor, James O'Shea, David Brennan: Seán O'Donovan, Aidan O'Connor, Cian Kidney: Ross McCarthy, William McCarthy: Brian O'Shea, John McCarthy, Brian Kirwin: Rian O'Shea, Cathal Sheehan, Cathal Murphy. Subs: Kevin Cooper 26, Seamus Lordan 35, Cillian Sheehan h/t.

Coachford AFC Lotto Results 20/12/2021. Jackpot: €1,400. Numbers Drawn: 19 - 20 - 31. No Winner. €40 Pat Murphy (Online Ticket). €20 Mags & Flor. J. O'Sullivan, Carrigadrohid. Michael Sexton (Yearly Ticket). Paddy Foley (Yearly Ticket).

Coachford AFC Lotto Results 28/12/2021. Jackpot: €1,600. Numbers Drawn: 4 - 7 - 13. No Winner. €40 Eleanor Twomey (Online Ticket). €20 Con Dineen. Leahy Girls. Johnny Sheehan. Paddy Foley (Yearly

Coachford AFC Lotto Results 4/1/2022, Jackpot: €1,800. Numbers Drawn: 6 - 27 - 35. No Winner. €40 Ray Moynihan (Online Ticket). €20 Kathleen Healy (Yearly Ticket). Danni Madden. Kevin Cullinane. Cara O'Connell.

Coachford AFC Lotto Results 10/1/2022. Jackpot: €2,000. Numbers Drawn: 15 - 25 - 31. No Winner. €40 Marian O'Leary (Yearly Ticket). €20 Patrick O'Callaghan. Declan Casey. Karolyne Dineen. Michael O'Shaughnessy (Online Ticket).

(RYLANE COMMUNITY PARK **RCPA ASSOCIATION) LOTTO RESULTS:**

Monday December 20th 2021 Lotto Numbers Winning numbers: 8, 16 & 27 Jackpot - €1,100

Lucky Dip winners who received €20 each: Siobhán Spillane (The Ploughman Bar, Ballinagree); Eolan Byrne (Rylane); Eileen O'Connell Rylane - yearly); Margaret O'Connor (Rylane - Online). Seller's prize: Sheila O'Sullivan (Rylane)

Next week's Jackpot will be €1,200.

10 Extra Christmas Lucky Dip Prizes:

Kathleen Crowley (Coachford); Stephen Long (Rylane); Siobhán & Mike (The Ploughman's Bar, Ballinagree); Bill & Alan O'Sullivan (Knockrour); Joan & John Crowley (Rylane); Mags O'Brien (The Chipper, Coachford); Annettte Archer (Rylane); Milly & Annabelle Bullman (Rylane); Tríona Buckley (Rtylane); Nigel Dennehy (Rylane)

Monday December 27th 2021 Lotto results: Winning numbers: 2, 7 & 16 Jackpot - €1,200 No Winner

Lucky Dip winners who received €20 each: Teresa McCarthy (Union Hall); Joan & John Crowley :

(Rylane); Mary Browne Rylane - yearly); Ann McCarthy (Rylane Online). Seller's prize: Joan & John Crowley (Rylane)

Next week's Jackpot will be €1,300.

Tuesday January 4th 2022 Lotto results:

Winning numbers: 18, 23 & 39 Jackpot - €1,300 No Winner

Lucky Dip winners who received €20 each: Margaret Darcy (Rylane); John O'Sullivan (Rylane East); Sheila Scannell (Rylane - yearly); Mick Healy (Online). Seller's prize: Sheila Scannell (Rylane) Next week's Jackpot will be €1,400.

CANOVEE LOTTO

Lotto numbers drawn on December 27th 8,10,11,22 no winner of €9,000. €30 Anne Shine Shandangan €30 Dermot creedon Aherla. €30 online Evelyn & Nicole Lynch, €30 online Pat Buckley

Lotto numbers drawn on December 2nd 10,11,14,17 no winner of €9,150. €30 Eilleen shine €30 Mark Evans. €30 online Denise Ahern. €30 Euro online Martin o Callaghan. Next lotto draws on January 9th for a jackpot of €9,300 Euro

CLONDROHID LOTTO G.A.A:

LOTTO RESULTS: Dec 22nd 2021

€150 Healy's Spar Voucher Mairead and Jimmy Bryal New York

€50 M&JK Oils Lisa McSweeney Ballyvourney €50 Twoomey Butchers John O'Riordan c/o Evelyn Brandy: Marian Manning Laine Bar, Mary Cooney Greyhound Bar, O'Brien Family Caherkeegane Whiskey: Michael Lucey Gortnalicka, Garry O'Brien Coolnadane, Noreen Noonan Knockrour.

LOTTO: Results for Jan 5 2022

Jackpot €6,000

€70 Margaret O'Shea Bridgemount

€20 Kate Hallissey Lioscreassig, Danny Leahy Ballinagree, Johnny Allen c/o MCP, John& Breda Kelleher Kilvoultra

MACROOM GAA LOTTO RESULTS. 4/01/2022.

No Winner - No's 19-28-31-34 - Jackpot €17,000. €70. Jennifer & Shane, 9 Cork Street, Macroom. €20. Tadgh Mc Sweeney, Carriganima, Macroom. €20. Karen Dinneen, Annagannihy, Ballinagree, Macroom. €20. Declan Kiely, Cork Street, Macroom. €20. Ben & Adam O'Riordan, Castle Street, Macroom. €20. James Cotter, Toames West, Macroom.

KILMURRY G.A.A: 10/1/22 Lotto results

The Lotto wasn't won this week.

Next week it goes to €2,400 it will take place in the 10.1.22. The club lotto ticket can be bought at: Sheila's in Kilmurry village, Quik pick in Crookstown, The Post Office in Crookstown, Mai Fitz's in lissarda, Centra Aherla, Spar Lissarda, Cuddihy's Cloughduv, The Diamond Bar at Beal Na Bláth and the club force website https://clubforce.com/clubs/kilmurry-gaacork/

17/1/22 Lotto results

The Lotto was won this week!!!!!!. Congratulations to

Next week it goes back to €1,000 it will take place in the 17.1.22. The club lotto ticket can be bought at:

- Sheila's in Kilmurry village

-Ouik pick in Crookstown

-The Post Office in Crookstown

-Mai Fitz's in lissarda

-Centra Aherla

-Spar Lissarda

-Cuddihy's Cloughduv

-The Diamond Bar at Beal Na Bláth

-The Castlemore Arms

-The Cornerstone

and the club force website https://clubforce.com/ clubs/kilmurry-gaa-cork/

PEOPLE AND PLACES

People and Places for sale in Fitzgerald Book Shop Macroom, Crookstown Shop, Shiela's Shop Kilmurry and Bandon Book Shop. Plenty articles in and around mid-Cork for a great read.

INCHIGEELA CALENDAR 2022

Inchigeela Calendar 2022 looking for photos taken in the area over the last year. Horizontal photos work best. All photos considered including photos of people. Please email inchigeelacalendar@gmail.

Sales: Des 087 659 3427 or Email: des@outlookmags.com

CORK CO. COUNCIL NOTICES

Birdwatch Ireland

Birdwatch Ireland are asking members of the public to keep note of the highest number of each bird species visiting their garden every week between now and February. It is a great initiative, and it is hoped that people throughout the county of Cork will get involved in this survey. Please submit your garden bird records online, by visiting https://birdwatchireland.ie/our-work/surveysresearch/research-surveys/irish-garden-birdsurvey/?nowprocket=1



40,500 Free Cork Burial Records Now Online

Over 10,500 additional previously unavailable burial records from 89 graveyards in Cork County are now online to view free of charge.

Skibbereen Heritage Centre has been digitising Cork County Council burial registers for some time and this latest addition brings the number of burial records in its database to over 45,500.

"We're delighted to bring these records into the public domain", said Centre manager Terri Kearney, "and we are very grateful to Cork County Council for its support of this project".

An interactive map of the 89 graveyards included

can be found on the Graveyard Database page of Skibbereen Heritage Centre's website https:// skibbheritage.com/west-cork-graveyardsdatabase/

Also on the website are a number of short films about local graveyards and these can be found https://skibbheritage.com/graveyard-videos/ in addition to information on the graveyard signs erected by Skibbereen Heritage Centre over the years https://skibbheritage.com/west-corkgraveyard-signs/.

GERRY HALL OIL BOILER / BURNER SERVICES

All makes of Boilers | Burners | Cookers | Stoves

Commissioned & Serviced

Vat Registered • Fully Insured

Tel: 087 2318657



ALL ELECTRICAL WORK Domestic, Agri, Commercial & Industrial

087 4103364 026 44142 E: Tomas.healy@tgt.ie

Tus Geal Teo registered since 2009

Dave Bland: Painting & Decorating

Interior & Exterior including Paper Hanging
Call Dave on 087 4119058

Powerwashing Service Also Available



We Offer:

- Ceramic Coating Buffering
 - Bullerin
- Full Car Valet
 Paint Correct
- WaxingPlastic Welding
- Odour Removal
- CAR COLLECT AVAILABLE

And much more ...

CARS DESERVE BETTER

Neville Terrace, Maseytown, Macroom, P12FX31

00

Call us: 087 3876603



Contact Pat: 086 - 3370123 / 026 - 40150

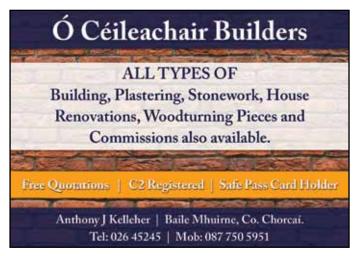
- SPRAY PAINTING of ALL FARM BUILDINGS HOIST ASSISTED
- Power Washing Service
- Drain Jetting assisted by CCTV



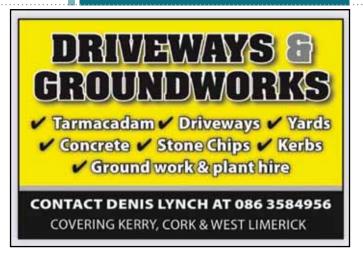


















CLASSIFIEDS

- BUSINESS ONLY -COST: Up to 20 words €7 **** No More than 20 words ****

 STRICTLY PRIVATE -COST: Up to 20 words €7
**** No More than 20 words ****

Drop off for Macroom: Donal Mulcahy, Mulcahy Auctioneers Main St., Macroom. For classifieds please email to des@outlookmags.com or post to Outlook Magazines, Castleisland, Co. Kerry.

ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL

& Industrial

Contact: 087- 4103364 - 026 44142

ED05 2022

CORK HOME MAINTENANCE.IE Painting, Plaster Repairs and more

Contact John Coughlan: 087 - 7767553

GUITAR LESSONS AVAILABLE: Folk, Rock, Traditional and Pop, also

Banjo, Ukulele and Mandolin lessons available

Contact Colin: 086 - 0626256

FD06 2022 **IRISH GRINDS**

Irish Teacher with 22 years experience, Oral an written examiner with the SEC. Excellent notes and regular feedback to parents.

Contact Micheál: 087 6523284

ED01 2022

FOR SALE FIREWOOD Car Trailers: seasoned and dry. Reasonably priced

Contact: 086 - 0851863



FD02 2022

MURPHY PLUMBING

Contact: 089 4585166

ED02 2022

FOR SALE: SEED POTATOES

Homeguard - British Queens - Kerr Pinks - Golden Wonders and Rooster

Contact: 087 - 9582727

ED01 2022

FOR SALE Trailers of excellent timber:

Softwood / hardwood only €60

Contact: 087 2687126



ED02 2022

TUS GEAL ELECTRICAL All Electrical Work – Domestic, Agri, Commercial BROADBAND Carriganima, Ballinagree and Clondrohid rural areas. No Eircom Line needed. Minimum speed 50 Mbps download.

Free Survey www.ruralbroadband.ie

Contact: 026 - 68546

ED03 2022

HEADSTONES hand cut inscriptions, cleaning and restoration, kerbing, chippings, Pet memorials & crematorium plaques. House names plates, Marble, granite & stone.

Contact: 087 3528439

ED 1

FOR SALE

1960 Poulo Soprani BC Red Badge

Serviced recently

CONTACT: 086- 2390050



ED 1

FOR SALE

Garvey Tam 3 . Three years old. View features on(All about accordions)

CONTACT: 086-2390050



FOR SALE LARGE ASH TREE. Fell in the storm. Best offer secures

Contact: 089 - 2726170

FOR SALE 3 month old, beautiful male Labrador puppy. Very friendly,

good with children. Contact: 086 2348757





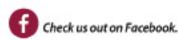




Welcome back dear student, I pray and believe that as you study God's Word and obey it by putting it into practice, this coming year will be a turning point in your life. When an explorer begins an expedition their compass is a most valuable instrument, pointing them in the right direction; and that compass is a key to survival, saving many from disaster. Last week we saw that each new year, even every new day, is a fresh opportunity for us to set sail on our faith journey, and seek out God's plan for our future (Jeremiah 29:11-14; Lamentations 3:22-25).

In Mark's Gospel, Jesus reveals a vital spiritual compass. He gave instructions that we are to 'have God's kind of faith' so, we must ask - of what does God's faith comprise? Here we see three components.... (1) Speaking forth His truth, making faith proclamations with the mouth, (2) believing that truth with the heart, and, (3) obeying that truth by walking in it - always in mercy and love. Jesus gave us these amazing keys in the following passage. "Have faith in God (constantly walking in God's kind of faith). Truly I tell you, whoever (1) - says to this mountain, 'be lifted up and thrown into the sea' and (2) - does not doubt at all in his heart, but believes that what he says will take place, it will be done for him. For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will get it. And (3) - whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father Who is in heaven may also forgive you your own failings and shortcomings, and let them drop. But, if you do not forgive, neither will your Father in heaven forgive your failings and shortcomings" (Mark 11:22-25 Amplified Bible) God's faith works in the way that Jesus demonstrated, by putting it into practice. No lost explorer will know where they are, or find their way unless they take out their compass and navigation tools and use them. It is exactly the same for us dear friend. Many people are enduring difficult circumstances, struggling with sickness, fear and despair, and living in brokenness and defeat because they have never been taught the truth of His Word and thus have never understood the tools that God has given them to find their way out to the victory that Jesus paid for with His blood at the Cross. Sincere Christians have prayed and faithfully trusted God, but have not seen answers to their prayers. It is said that the definition of insanity is doing the same thing over and over expecting different results. If something is not working it's time to change it! God does not want you to live in defeat. Jesus came to set you free so that you could enjoy your life (Galatians 5:1; Luke 4:18-20). God is telling you today to "forget the former things....behold, I am doing a new thing...I will make a way in the wilderness, and a river in the desert." (Isaiah 43:18-19) Continued next week.....

You can listen to our podcasts on Spotify. Find the links on our Facebook page - Word of Victory Christian Fellowship Killarney, or on Twitter @WOVKillarney.



E: wovkillarney@gmail.com | Phone/Text - 087 4471797



Alcoholics Anonymous West Cork Area Helpline

087 611 4946 (24 Hours)

ADVERTISE HERE

FROM AS LITTLE AS €30+ VAT PER EDITION

CALL DES: **087 6593427**

ST. JUDE NOVENA



May the Sacred Heart of Jesus be Adored. Glorified, Loved and revered throughout the whole world, now and forever.

Sacred Heart of Jesus, please pray for us. Saint Jude, worker of miracles, please pray

Saint Jude, helper of the hopeless, please pray for us.

Say this prayer nine times daily and by the end of the 8th day your prayers will be answered.

Say it for nine days, publication must be promised.

It has never been known to fail.

ACL

ST. JUDE NOVENA



May the Sacred Heart of Jesus be Adored. Glorified, Loved and revered throughout the whole world, now and forever.

Sacred Heart of Jesus, please pray for us. Saint Jude, worker of miracles, please pray

Saint Jude, helper of the hopeless, please pray for us.

Say this prayer nine times daily and by the end of the 8th day your prayers will be answered.

Say it for nine days, publication must be

It has never been known to fail.

MR



In loving memory of

ELLEN TWOMEY New Street, Macroom Who died in January 2021

We her family, sincerely thank all those who sent Mass Card, Sympathy cards, floral tributes and condolences on RIP.ie

We would like to thank Bernie and staff of Macroom Community Hospital who cared fro Ellen so well in the last few years and to those who stood outside the church, it was a lovely gesture and very much appreciated. Thank you to Fr. Roberts who celebrated the Funeral Mass and all the priests of the Parish. Thanks to the Sacristan Andrew and to Michael Bradley and Mary Mc Sweeney for the beautiful music and singing and to Casey Funeral Directors for their professional services and guidance. As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our deepest appreciation.



The Holy Sacrifice of the Mass will be offered for your intentions.

18th & 20th ANNIVERSARIES





In loving memory of

JANE & DAN O'BRIEN

Curraleigh, Clondrohid.

Time and years slip quickly by, But love and memories never die, In our hearts you will always stay, Loved and remembered everyday'



Always loved and remembered by your loving daughter Noreen, son in law Tim and family.

FIRST ANNIVERSARY



In loving memory of a wonderful mom

KATHLEEN (KITTY) HEELAN

Late of Ballygurrihy, Donaghmore Co. Cork Who died on the 18th January 2021

A daily thought, a silent tear, A constant wish that you were here, An empty place no one can fill, We miss you mom, And always will.



Sadly, missed by your loving daughter Mary and Son in law James.

THE MIRACLE



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your heart where your father sees it.

Then in his merciful eyes it will become your favour, not mine. Amen.

Say this prayer three times for three days and your favour will be granted.

Never known to fail.

Must promise publication of prayer.

THE MIRACLE



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your heart where your father sees it.

Then in his merciful eyes it will become your favour, not mine. Amen.

Say this prayer three times for three days and your favour will be granted.

Never known to fail. Must promise publication of prayer.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

IERH TWOMEY

Derryfinneen, Renanirree, Macroom Who passed away peacefully on January 14th 2021

On the first anniversary of Jerh's death, his sister Mary, brothers Michael (Haulie), Donnchadh and their families, along with the late Seán's family, wish to thank everyone who sympathised with them on their sad loss. Thank you to everyone who sent mass cards, messages of support and condolences, to those who called to the house and to all those who stood along the route of his final journey to Renanirree church and on to Inchigeela.

A special word of thanks to Melba and all of the staff of Cahereen Nursing Home for their care and patience while he was with them and to the doctors and staff of Sullane Family Practice and the staff of Railway View Pharmacy for being so understanding and good to him.

We are especially grateful to our relatives, neighbours and friends who helped in any way.

We wish to express our thanks to Fr Joe O'Mahony and Fr John Keane for Jerh's beautiful funeral Mass.

We appreciate the professionalism shown by Cyril and Shane Casey undertakers and their team throughout the funeral.

As it would be impossible to thank all individually, the holy sacrifice of the Mass will be offered for all of your intentions.



Fondly remembered and sadly missed by all of his family, relatives and friends.

Ar dheis Dé go raibh a anam dílis

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

TIM **HEALY**

Knockanure, Ballymakeera Who died on 25th January 2021

The family of the late Tim Healy, whose first anniversary occurs at this time would like to offer our sincere thanks to relatives, neighbours and close friends who attended the funeral mass and burial, those who phoned, sent mass cards, and left online tributes, we are forever grateful for your support and kindness.

We wish to thank all the medical professionals who looked after Tim in the time leading up to his passing and his excellent home carers.

We remember with thanks the late Fr 0 'Brien for his help and to the choir for their beautiful singing.

Special thanks to Fitzgerald's Funeral Directors for their sensitive and professional handling of all the arrangements.

As it would be impossible to thank everyone individually, please accept this acknowledgment as an expression of our appreciation.

The holy Sacrifice of the Mass will be offered for your intentions.



Always remembered by his loving family

Tim's anniversary Mass will be held in St Gobnait's Church, Ballyvourney on Sunday 23rd January at 11.30 am.

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

NM



In loving memory of

NORA O'MAHONY

Glounaglough, Rylane Who died on 23rd January 2021.

As we lovingly remember Nora on her first anniversary, we her family, wish to extend our heartfelt gratitude to everyone who sympathised with us, those who sent Mass cards, perpetual enrollments, letters of sympathy and online condolences.

We would like to thank all those who paid their respects by standing on the roadside and gathered outside the church and at the graveyard on Nora's final journey. We were very touched by this lovely gesture.

We would like to say a special word of thanks to the staff at the Powder Mill Nursing Home, Ballincollig, who cared for Nora, and were so good and kind to her, particularly in her final days. We will be forever grateful.

To Father Peadar, thank you for celebrating Nora's funeral mass and for all of your help and support.

A special thank you to Fitzgerald's Funeral Directors for their professionalism and sensitivity at a very difficult time. Thank you to Karen for your beautiful singing at the funeral Mass, and also to the Rylane Altar Society. To Nora's neighbours, thank you for the kindness you have always shown to Nora throughout her time in Glounaglough.

As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our gratitude and appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.



Nora's Anniversary Mass will be held in Rylane on Wednesday 26th at 9:30am.

38TH ANNIVERSARY



DONAL **TANGNEY**

Late of Main St. Macroom and Scartaglen Co. Kerry, who died on 18th January 1984.



Requiescat in pace.

3RD ANNIVERSARY



In loving memory of

EILEEN STACK

Currahaly, Farran Who died on 20th January 2019

We think of you in silence, We often speak your name, But all we have are memories, And your picture in a frame. Your resting place we visit, And put flowers there with care, But no one knows the heartache, As we turn and leave you there.



Always remembered and sadly missed by your husband John, son Michael and daughter Louise.

2ND ANNIVERSARY



DONAL SHINE

Ballymakeera, Co. Cork Whose anniversary occurs at this time.

Go mbeannaighe Dia dhuit a Ghobnait Naomhtha Go mbeannaighe Mhuire dhuit is bheannuighim Fein dhuit Is chughat sa a thánag ag gearán mo scéil leat Is a d iarraidh mo leighis as son Dé ort.



Lovingly remembered by Anne, Padraig, Maura and Eamonn.

3RD ANNIVERSARY



In loving memory of

Mary Cronin (NEE DELANEY)

Parknalane, Kilnamartyra. Who died on 16th January 2019.

> No matter how life changes. No matter what we do, A special place within our hearts is always kept for you.



Always remembered by your loving family

6TH ANNIVERSARY



Treasured memories now and always of our dear Dad

TIMMIE KELLEHER

Belmount Place, Crookstown Whose 6th Anniversary occurred on the 9th of January

> No matter how life changes. No matter what we do. A special place within our hearts Is always kept for you.



Always in our thoughts, Forever in our hearts, Your loving family.

FIRST ANNIVERSARY



In loving memory of my dear Mam

PATRICIA O'FLYNN

Kilavoy, Banteer Whose 1st anniversary occurs on 16th January

My heart is full of memories With pride I speak your name. Though life goes on without you, It will never be the same.



Loved and missed everyday Your daughter Noreen, Dan Joe and family xxx

MEMORIALS LEE VALLEY OUTLOOK **IMPORTANT**

NOTICE

Please email image and typed text to leevalley@outlookmags.com with a contact number or post to Outlook Magazines, Castleisland, Co. Kerry. Email is preferred to return a proof to avoid errors.

Call 087 1210959 or 087 6593427 | Freephone: 1800 71 40 40

Full Column: €70 Regular Column: €35 Prayers: €15 each



In loving memory of

KITTY MURRAY

45 Oakwood Macroom & lowet Ballina Who died on 4th January 2021

As we lovingly remember Kitty on her first anniversary we her family, wish to thank all those who sympathised with us on our sad loss, who sent mass cards, letters of sympathy, floral tributes, texted and sent messages of condolence on RIP.ie, phoned and offered their kindness and support to us.

Sincere thanks to all the priests of Macroom parish, Monsignor O' Donnell, Fr. Donal Roberts, Fr. John Keane, Fr. Joe O' Mahony for our mothers beautiful concelebrated funeral and months mind mass. Special thanks to Fr. Donal Roberts for regularly visiting her on the first Fridays in her home in Oakwood and in Hospital. We also thank Fr. John Keane for visiting mother and especially for his presence for the sacrament of the sick and prayers on her passing. Thanks to organist Mary McSweeney for the beautiful music and soloist Michael Bradley and sacristan Andrew. We are grateful to Macroom church services for live streaming mothers' funeral mass as it enabled her daughter Eileen, sonin-law Kari in Sweden, grandchild Darren in Manchester and all those who could not travel to be with us physically to be with us in the only way they could be at the time.

The Matron Bernie, assistant Matron Joan and staff of Macroom community hospital, we extend our gratitude, for the excellent care given to mother. A special word of thanks to nurses Christine, Margaret and Aoife for their kindness and thoughtfulness. The Guard of Honour made by the Staff on kitty's leaving the hospital and again on the day of the burial, which was very

touching and a memory we will cherish. We would like to thank Dr John Burke, secretaries Maeve, Mary and Brenda and Dr Juan Blanca for their years of care to mother. Thanks also to Seamus Burke and Staff of the Haven Pharmacy for their kindness and delivery service throughout the years. Thanks to the support team Mary O' Leary and Eileen O' Donoghue and to the late Micheal O' Regan who enabled our

mother to live independently in Oakwood. A special word of appreciation to Garoíd O Leary and Donal O Mahony for their invaluable help on the day of the funeral. A word of gratitude to Kathleen Murray for giving her time to say the rosary with mother. It meant so much to her.

Thanks also to Garda Donal O' Donovan. We also wish to express our utmost thanks to Casey's undertakers and Staff, especially Cyril and Louise whose sensitivity, help, understanding, advice, kindness and professionalism were exceptional. Thank you also to the gravediggers. To everyone who met us both outside the church, along the roadside and the cemetery, we thank you for your support. As it would be impossible to thank everyone please accept this acknowledgment as an expression of our gratitude and appreciation.

The holy sacrifice of the mass will be offered for your intentions.



Sadly missed and lovingly remembered.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

MARGARET KELLEHER

2 O'Connor Park, Masseytown, Macroom who passed away 11th January 2021

On this the First Anniversary of Margaret's passing after a long illness, Barry, Stephen, Laura, Yvonne and their families would like to offer our heartfelt thanks to our relatives & friends who supported us & continue to support us while we grieve the loss of Mam. Thank you to all who attended the church for Mam's removal & funeral mass whether in person or online. For those who telephoned, sent cards & messages of condolence we are truly grateful. A special thank you to all who looked after Mam. Dr Ken Harte, Dr. Jane McCarthy, Dr. John O'Grady, The Palliative Care Team, Nurses, Carers & support staff at the Mercy University Hospital who cared for mam with the utmost dignity, compassion & respect during her many stays in their care. We would also like to express our gratitude to the kindness & compassion given to us during Mam's last few days. This kindness didn't go unnoticed & will never be forgotten.

Thank you Fr. John for the lovely Funeral Service and for accompanying Mam on her final journey to the Island Crematorium, Ringaskiddy. Thanks to Fitz-Geralds Funeral Directors especially Bill for his sensitive and professional handling of all the arrangements at this difficult time.

And finally thank you to Don O'Leary at The Mills, Ballyvourney for providing the refreshments after the funeral.

As it would be impossible to thank everyone individually, we trust that this acknowledgement will be accepted by all as a small token of our appreciation.

> Our lives go on without you, but nothing stays the same, We have to hide our heartache when someone speaks your name, Sad are the hearts that love you, silent are the tears that fall, Living our lives without you. is the hardest part of all And once more it's a reminder that life's road is sometimes rough, Because the life we shared with you, just wasn't long enough, That's why this special message, is sent to heaven above For all the angels to take care of you and give you all our love.



We love you & miss you Mam xxxxx

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

MICHAEL F. KELLEHER

Kiel, Macroom. Died 20th January 2021

As we fondly remember Michael on the first anniversary of his death, his wife Bernie and children Helen, Denis and Hugh along with their families wish to thank everyone who sympathised with us on our sad loss.

Thank you to everyone for the many expressions of sympathy we received in mass cards, letters, emails, texts, online condolences and phone calls. These, along with our neighbours and friends who lined the route to his funeral and cremation, brought us all great comfort.

A special thanks to Dr Shane Hurley and Dr Audrey Russell who cared for Michael and provided a great support to Bernie in his final days.

A heartfelt thanks to the priests of Macroom Parish and to Fr Dick Browne for celebrating the funeral mass. We greatly appreciated the professionalism of Fitzgerald's Funeral Directors who guided us through a very difficult time.

Over the past year, we have received incredible support from all the Kelleher and Creedon families as well as our neighbours and friends. As it is impossible to thank everyone individually, please accept this as an expression of our deepest gratitude. The Holy Sacrifice of the Mass will be offered up for your intentions.



Michael's first anniversary Mass will be celebrated in St Colman's Church Macroom on Saturday 22nd of January at 10.00am.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

JOHN JOE BUCKLEY

Knockanroe, Crookstown Co. Cork Died 10th January 2021

Tessie and Kathleen sisters of the late John Joe would like to express our sincere thanks to those who attended the funeral and to all of John's neighbours and friends who lined the route for his funeral cortege, those who sent messages of sympathy, Mass Card, floral tributes. phone calls and online condolences. We would like to thank Dr Gerard Murphy, Nurses and Staff of Ryecourt Clinic, the doctors and staff of CUH Cork, Bantry General Hospital and all the Nurses and staff of Bushmount Nursing Home Clonakilty, John's home help Agnes Horgan, Dr Mary Hannon and Nurse Mary Melleney, the Management and Staff of Kelleher's garage Macroom where John worked for many years, Canon Bernard Donovan P.P., Monsignor Kevin O' Callaghan AP and Fr Liam Ó hlcí P.P., Martina Moynihan {Organist} Willie O Mahony and his daughter Olive for the graveside music. Bina and Conor O'Callaghan and Anne Morrissey (Sacristan) for preparing the church, Michael Crowley and Staff of Crowley's Funeral Home Ballincollig, the coffin bearers, grave diggers and Michael Heaney Cork live-stream.

Thanks also to Johns lifelong friend Denis Lucey and his wife Gayle and family for all your kindness and support for John. The Holy Sacrifice of the Mass has been

offered for your intentions.



Ar dheis Dé go raibh a anam

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.



In loving memory of

MARGARET LEHANE (NÉE MURPHY)

Deshure, Terelton, Macroom Died 14 January, 2021

As we lovingly remember dearest Margaret on her first anniversary, we, her family - her husband, Jerry; children, Catriona, Siobhán and Conor; sons-in-law, Colm and Kevin; adored grandchildren, Oisín and Hannah; brothers, Fachtna and John – and extended family would like to express our sincere gratitude to all who sympathised with us on our tremendous loss.

Heartfelt thanks to all those who sent thoughtful messages of sympathy, Mass cards and enrolments, letters, floral tributes, and wrote online condolences on RIP.ie. They were an enormous comfort at such a difficult time, particularly as Covid restrictions meant we could not see many people in person. Margaret would have been especially touched by the lovely messages from her past pupils and their families.

We would like to gratefully acknowledge the practical and emotional support, and the many gestures of kindness shown to us at the time of the funeral. Thanks to the relatives, neighbours and friends who visited our home, brought food and refreshments, and provided help and consolation. We also particularly appreciate those who have continued to support us over the past year. We are extremely grateful to Cyril and the staff of Casey Funeral Services for their kindness, guidance and professionalism. Sincere thanks to everyone who stood out on the road as we brought Margaret home to Terelton from Casey's Funeral Home, Inchigeela, and to those who lined the funeral route from Toames Church to Terelton graveyard. Thanks to Garda Donal Donovan for all his help and support, and also to Kilmichael GAA for their assistance with traffic management at the burial. We wish to convey our gratitude to those who could attend the funeral Mass in person and to everyone who watched online. Thanks to Fr Pat for a lovely ceremony and to Norma, Teresa and our cousin, Fiona, for the beautiful music and singing.

A special word of thanks to those who cared for Margaret during her illness, particularly all the staff of St Bernadette's Ward, Bon Secours Hospital, Cork, as well as Dr Eileen Kelleher, The Cork Clinic and all at Muskerry Family Practice, Macroom. We will be forever grateful to the Bon Secours Chaplaincy/Pastoral Care Team — especially Fr Dwayne Gavin — for their invaluable support during Margaret's final days.

Margaret is sorely missed by her loyal friends, who – for our comfort – continue to recall fond memories of a kind and gentle lady, who we miss terribly every day.

As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our sincere appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.

Finally, we are grateful for the safe arrival of Evan Ginnelly, born 26 August, 2021. His grandmother would have been overjoyed to meet him.

> Never more than a thought away, Loved and remembered every day.



Margaret's anniversary Mass will be celebrated on Sunday 16th January 2022 in Johnstown Church, Kilmichael at 10.00 a.m.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

ANNE LEAHY

Bridelands, Crookstown, Co. Cork Who died on January 10th 2021

We, Anne's family would like to express our heartfelt thanks to everyone who sympathised with and supported us at the time of Anne's passing.

We gratefully acknowledge those who stood outside the Church and lined the roadside for Mam on her final journey. We would also like to thank those who could not attend but were with us online. those who contacted us, those who sent Mass cards, certificates of enrolment, letters, floral tributes and messages of condolence which were of great comfort during a sad time.

Our thanks also to Dr. Sean Foley and the staff at Sullane Family Practice, to her wonderful carers especially Sarah, Celeste, Caroline and to the Daffodil nurse Rebecca, all of whom took such good care of Anne during her illness and in her final days. We would also like to mention Peggy - a family friend and great help to Mam over many years.

We wish to thank Canon Bernard for celebrating her funeral Mass, Martina and Norma for the lovely music, Tessie the Sacristan as well as Fitz-Geralds Undertakers for their guidance and professionalism.

As it is not possible to thank everyone individually please accept this acknowledgement as an expression of our gratitude and appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.



Fondly remembered and sadly missed by all the family.

9TH ANNIVERSARY



In loving memory of

PEIG UÍ MHURCHÚ

Cahirdaha, Kilnamartyra, Macroom Died on 15th January 2013

God saw you getting tired, And a cure was not to be, So he put his arms around you, And whispered come to me, With tearful eves we watched you. We watched you fade away, Although we loved you dearly, We knew you could not stay, You left behind some aching hearts, That love you most sincere, We never did and never will, Forget you Mother dear.



Always remembered by her loving family

25th ANNIVERSARY



In loving memory of

MICHAEL O'LEARY (VETERINARY SURGEON)

"Glenavon, Gurteenroe, Macroom who's anniversary occurs on the 25th of January.

"For those who think of him today a little prayer to Jesus say".



MEMORIALS LEE VALLEY OUTLOOK **IMPORTANT** NOTICE

Please email image and typed text to leevalley@outlookmags.com with a contact number or post to Outlook Magazines, Castleisland, Co. Kerry. Email is preferred to return a proof to avoid errors.

Call 087 1210959 or 087 6593427 | Freephone: 1800 71 40 40

Full Column: €70 Regular Column: €35 Prayers: €15 each

11TH ANNIVERSARY



In loving memory of

BRIGID O'CALLAGHAN

20. St Colemans park, Macroom, Co.Cork

A SILENT TEAR Just close your eyes and you will see All the memories that you have of me Just sit and relax and you will find I'm really still there inside your mind Don't cry for me now I'm gone For I am in the land of song There is no pain, there is no fear So dry away that silent tear Don't think of me in the dark and cold For here I am, no longer cold I'm in that place that's filled with love Known to you as 'UP ABOVE'.



Remembered and loved always by your daughters, sons-in-law and grandchildren.

70TH BIRTHDAY



In loving memory of

Eilish **CREEDON**

Teergay, Kilbarry, Macroom who's 70th birthday occurred on January 7th

> Gone from our home but not our hearts.



Always remembered by your loving family

2ND ANNIVERSARY



In loving memory of

EILEEN O'RIORDAN

Masseytown, Macroom Who died 15th January 2020

No matter how life changes No matter what we do, A special place within our hearts Is always kept for you.



Lovingly remembered by Joan Mary and Families

2ND ANNIVERSARY



In loving memory of

BRIDGET LYNCH

Ullanes East, Ballymakeera, Macroom, Co.Cork, who died on 9th January 2020

Everyday, in some small way, Memories of you come our way. Though absent, you are always near. Still missed, still loved and always dear. Look around in your garden Lord, and when she turns and smiles, put your arms around her,



and hold her for a while.

Always remembered by Margaret, Jack and Diarmuid and the extended family.

13TH ANNIVERSARY



In loving memory of

MOLLY **CREEDON**

Who died on 6th January 2009

Deep in our hearts your memory is kept To Love To Cherish And Never Forget.



Always remembered by Joe, Sharon & Sam x

15TH ANNIVERSARY



In loving memory of

PADDY O'MAHONY

Cloncud, Kilnamartyra, Macroom who died on 12th January 2007

Silent thoughts, sincere and true, From a family who thought the world of you. No longer in our lives to share But in our hearts, you are always there.



Deeply missed and always remembered by his loving family.

12TH ANNIVERSARY



In loving memory of

JOHN (JACK) **BURKE**

Late Rahoona, Ballymakeera whose Anniversary occurs at this

We miss your smile, your joking ways, We miss the things you used to say, And when goof times we do recall, Its then we miss you most of all, Your voice keeps whispering gently, Loved ones be brave and true, At the end of life there is sunshine I'll be waiting and watching you.



From his loving family Liam, Siobhan, Jack and Joanne

BIRTHDAY REMEMBRANCE



In loving memory of

DAMIAN DINEEN

Dirrinculling,Coolea Remembering with love on his 49th birthday that occurs at this time

Today is your birthday In heaven above, Our love we send on the wings of a dove Not just for today but everyday here of, We think of you always With all of our love.



Lost without you, Loved always and forever

Liadh, Eoghan, Liam & Lucy

MEMORIALS LEE VALLEY OUTLOOK **IMPORTANT**

Please email image and typed text to leevalley@outlookmags.com with a contact number or post to Outlook Magazines, Castleisland, Co. Kerry. Email is preferred to return a proof to avoid errors.

Call 087 1210959 or 087 6593427 | Freephone: 1800 71 40 40

Full Column: €70 Regular Column: €35 Prayers: €15 each

2ND ANNIVERSARY



In loving memory of

OHN MURPHY

Caum, Macroom, Cork / Kanturk, Cork January 10th, 2020

How lucky we are to have had something together that made saying goodbye so hard. We miss you every day John, but wherever you are, you will always be in our hearts. We know you are sitting somewhere with Katrina, having a cup of tea together and looking over us all.



Remembering you with love, your wife Breda, and children Fiona, Niamh, Orla, Daniel and Tara, and everyone who loved you.

2ND ANNIVERSARY



In loving memory of

SHEILA O' LEARY

"Bruac-na-Laoi", Gougane Barra, Macroom, Co. Cork 2nd anniversary occurs on January 13th

A smile for all, a heart of gold, One of the best, this world could hold. Never selfish, always kind, Those are the memories you left behind. We speak your name with love and pride, We smile through tears, we try to hide. We thank you for the years we shared, The love you gave, the way you cared. Deep in our hearts, you will always stay, Loved and remembered everyday.



Lovingly remembered by Pauline, Helen and their families.

11TH ANNIVERSARY



In loving memory of

EILEEN **KELLEHER**

Carrigthomas, Macroom who died on the 11th of January 2011

We hold you close within our hearts, And there you shall remain, To walk with us throughout our lives, Until we meet again. So rest in peace dear Mam, And thanks for all you've done, We pray that God has given you, The crown you've truly won.



Always remembered by your loving family.

2ND ANNIVERSARY



In loving memory of

DON "DONNACHA" LYNCH

Fossa, Codrum, Macroom. Who died on 1st January 2020

Softly in the morning You heard a gentle call, You took the hand God offered you, and quietly left us all.



Lovingly Remembered by your wife Kathleen, Family Martin, Lynn, Wayne, Donna, Susan and extended family.

6TH ANNIVERSARY



In fond remembrance of

DANJOE HALLISSEY

Munavadra, Inchigeela Who died on 13th January 2016.

The flowers we place upon your grave, May wither and decay, But love for you who sleeps beneath, Will never fade away.



Always remembered by your loving family and friends

5TH ANNIVERSARY



In loving memory of

DIARMUID O'CONNELL

Ballymakeera, Macroom, Co. Cork Who died 9th January 2017

We think of you in silence, We often speak your name, But all we have is memories. And your picture in a frame. Your resting place we visit, And put flowers there with care, But no one knows the heartache, As we turn and leave you there.



Sadly missed by his wife Ina and family.

6TH ANNIVERSARY



In loving memory of

NED BARRETT

Lehena, Carrigadrohid, Co. Cork. 15.04.1960 - 05.01.2016

Every day we get up to honour you, Take a breath and pass each day without you, We laugh and love with those who knew you, We keep your memory alive for those who came after you.



Forever loved By Kathleen, Edward, Susan, Declan, Katelyn, His adored grandchildren and the extended family.

7TH ANNIVERSARY



In loving memory of a dear husband, father and grandfather

DENNY CRONIN

Cahirkereen, Kilnamartyra whose 7th anniversary occurred on 7th January.

A daily thought a silent prayer, a constant wish that you were here, an empty place no one can fill, we miss you today and always will.



Always remembered by his wife Kate, daughter Siobhan, sons Pat, Denis, Gearoid and families.

MEMORIALS LEE VALLEY OUTLOOK **IMPORTANT**

Please email image and typed text to leevalley@outlookmags.com with a contact number or post to Outlook Magazines, Castleisland, Co. Kerry. Email is preferred to return a proof to avoid errors.

Call 087 1210959 or 087 6593427 | Freephone: 1800 71 40 40

Full Column: €70 Regular Column: €35 Prayers: €15 each





YOUR REAL TOY SHOP

MACROOM: 2 Main Street, Macroom, Co. Cork. Tel: 026 42491 | BALLINCOLLIG: 1 & 3 Heritage Walk, Ballincollig Town Centre. Tel: 021 4214 222 | info@marys.ie | www.marys.ie

Thank you

"Mary's Toymaster" would like to thank each and every one of you for your valuable support in the difficult times that we have gone through over the last number of years - and because of this "Mary's Toymaster "and it's dedicated staff look forward to serving you long in to the future.







SHOP LOCAL **KEEP LOCAL JOBS**

New Year ... New energy ... New ways to save

Looking for a New Year project? Solar PV panels not only give you something to feel good about but with a typical system payback of just 4 to 5 years, you get a better return on your money than a savings and investment plan and free and clean electricity for decades to come.

Find out more about Solar PV panels and just how affordable they've become. Have a chat with John Moynihan and learn how you can avail of a SEAI grant of up to €3000.

With electric & hybrid cars about to become the new normal, this is a project that can pay off right now and into the near future.



JM Energy Savings Ltd

- powering the way forward -











