

Julia Mary O'Sullivan celebrating her 80th birthday recently in Fr. Ryan Hall with the Bridge Club







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LEE VALLEY OUTLOOK

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# SALE ENDS SUNDAY THE 18TH SEPTEMBER

# **Belvedere 3-seater Sofa**



# **Olten 3-seater Sofa**



# A walk in the gutter to get an education

Every year, we make the short walk to school, and while we make that walk, I constantly worry about the kids getting knocked down. Why?

Editor's NOTE

Because access to Macrooms' busiest schools, St Mary's & St Joesph's are car priority zones. Greater importance is given to cars where the speed limit is a whopping 50km an hour, there is also no signage to show it's a shared space for people, bikes and cars. Local authorities in Ireland have the power to introduce bye-laws to set special speed limits in designated areas & put up signage, but haven't done so, why so? Surely, we could work towards compliance with the Safe Routes to School (SRTS) Programme?

Possible solutions include the implementation of School Streets as an option which could create safe access corridors for children. Reports from a Galway School Street show that daily usage was car down by 14%, as kids could safely walk, scoot and bike on car-free street, it also goes onto state "Staff report children arriving to school more ready to learn, with an improved atmosphere and reduced stress at the school gate. Parents and the wider community report a better walking and cycling environment, improved access and community spirit. This project is funded by the National Transport Authority, and delivered with the support of the Green-Schools Travel programme, An Garda Siochána, and the wider school community."

For years Macroom has been a slave to the car,

# **Our Tourism black hole**

In this week's edition we have a wonderfully insightful proposition in relation to my editorial on the 30/6/2022, although I have in fact mentioned these issues in multiple editorials.

The Lee Valley is surrounded by hugely funded tourism strategies such as Wild Atlantic Way, the Munster Vales & The Ring of Kerry, our region (slap bang in the middle of these three) seems to lacking any form of cohesive tourism drive. Why does tourism matter? Tourism attracts people, people bring money, money increases employment & pride in our community. The letter from Doug on page 8 is validation that we are indeed forgotten, I would love to hear our readers thoughts on the letter?

# Don't be a stranger If you have an article, photo or story you wish to share, email:

### leevalleyoutlook@macroom.ie

If you cannot access physical copies, the LVO can be viewed online at:

### https://www.outlookmags.com/archives/leevalley-outlook/

We are a bi-weekly magazine; therefore, submissions must be on the Sunday before publication at the latest, if you want a piece included in the following week's edition. Due

In this Edition

Ed 18 - 08th September

2022

to print processes, late submissions will be published in the following edition.

Please note my role as editor is part-time, I am not always available to answer emails/calls immediately, note there will be some delay in getting back to you.

As always submissions as Gaeilge are always welcome too!

For Advertising email Des. E: des@outlookmags.com Mobile: 087 6593 427

D. History - pages 28, 30





A. Editor's note - page 6 B. Macroom Updates - pages 6, 8, 10, 12, 14, 16 C. Lee Valley Updates - pages 18, 20, 22, 24

- E. Advertorial pages 36, 38, 40 F. Snippets - page 44
- G. Sports pages 45 54
- H: Trades & Services pages 55 57



creating unsafe spaces where lives have been lost & I find the lack of progress & forethought very frustrating. Isn't it about time we stop forcing our children to walk in the gutter to get an education?









# JOIN US! THE MACROOM FOOD FESTIVAL IS BACK!

Friday 23rd September Macroom Food Festival Celebrates

# **CULTURE NIGHT**

in the Castle Hotel, Ardilaun Suite at 8pm featuring the Piledrivers and guests - Free Event.

Sunday September 25th from 11am to 6pm in the Main Square, Macroom

A delicious day of excellent food, crafts, music and fun in the heart of Macroom.

Showcasing amazing local, artisan food producers and this year welcoming some very talented craftspeople

Hilarious interactive kids' entertainment with Pitch'd Circus Factory, Aaron the balloon man, Art workshops, face painting and carousel.

# world FOC Tour

12.00 – 3.00pm: SECAD Celebrating Multiculturalism Through Food offering tastings from 12 countries' local dishes - Free Event.

Gaeilge

3.00pm onwards - Drinks and plenty of live music in the marquee. 4pm - Fermoy Brass & Reid Band

Plus a Speed Gaeilge event to practice your cúpla focail

# **DON'T MISS IT ! SEE YOU AROUND THE SQUARE**

Without the support of our steadfast sponsors, this festival would not be possible:



### MACROOM UPDATES



### A new logo is also in use for Macroom Tidy Towns. This was designed by Rosanna Lenci and is now in widespread use in signage.

The first time for this to be seen was on the new timber display Board erected at the car park near the bridge features a map of the local Masseytown area, the riverside walk as well as the Fairy Garden, the Sensory Garden and Biodiversity Gardens. So, whats behind the design? The different coloured icons have their own significance. Firstly, the wording, 'Ní neart go cur le chéile'. This is an old Irish Proverb, written in the old Irish lettering, which translates as 'only together are we strong', and is a recognition of our Irish heritage and togetherness. head on top of outstretched arms. Their arms are intertwined to signify co-operation and working together.

PURPLE. The Purple fairy on the top section represents the Fairy Garden, the creation of which is a monument to volunteers coming together to create something beautiful for the town for all to enjoy.

GREEN. The Green section with the bee and the green leaf represents the various works on biodiversity, the planting and maintenance of of trees, shrubs and flowers that have been planted to aid biodiversity and the pollinator plan.

YELLOW. The yellow colour with the bird represents the work carried out in protecting some bird species in decline, the erection of owl

### boxes, swift boxes and bat boxes.

BLUE. The Blue colour with its five smaller symbols represents the Sensory Garden. The smaller blue symbols each represent taste, touch, sight, smell and sound. This creation has been designed sensitively in this woodland area and is another legacy of Tidy Towns volunteers, put together and maintained for community benefit.

The picture of the Castle entrance with the canon guns identifies this logo with the town of Macroom.

The four specific colours that are used on the symbols are also used on the map on the display board by the river. The purple area on the map is the fairy garden, the green area are the biodiversity areas etc.

The same mix of colours are used in the lettering for 'Macroom Tidy Towns' and present a cheerful and vibrant appearance, and also represents the joy and satisfaction that comes from volunteering with the Tidy Towns.

Tidy Towns are always looking for volunteers, there are so many ways one can help, and if you feel you would like to do something to help out, please talk to John at 086/8175859.

The small coloured circles represent people's

# LETTER TO THE EDITOR

### Dear Sarah Kate,

Knockaneowen, Coachford, Co. Cork.

I read with interest your 'Editor's Note' in the Lee Valley Outlook edition dated 30 June last. The article dealt with tourism within Macroom and the wider area. I must say that I am in agreement with some of the contents.

My name is Doug Lucey. I am a Coachford resident and native, and presently sit on the Tourism Strategic Policy Committee (SPC) of Cork County Council, having been elected by Cork County Public Participation Network (PPN) member groups some months ago. The PPN is a network of community, voluntary, social inclusion and environmental organisations, working to empower community representation on Council committees, consultation processes, policy submissions and more.

Cork County Council Tourism SPC consists of some 14 councillors and a number of external sectoral representatives, assisted by Council officials, and this Committee's principal role is to assist the Council in the formulation, development and review of tourism policy within Cork County. It is notable that 6 of the councillors represent West Cork Municipal District, 4 Bandon-Kinsale, 2 East Cork, 1 Cobh and 1 Kanturk-Mallow. There are presently no councillors from Macroom Municipal District on the Tourism SPC Committee. In fact, the geographic spread of councillors largely parallels those parts of the 'Wild Atlantic Way' and 'Ireland's Ancient East' as are contained within Cork County. Is Macroom and its hinterland under-represented in a tourism sense? I would say that it is. It's an area of appeal and beauty, with rich heritage, culture and history, stretching along the river Lee and its many tributaries, from Gougane Barra to Carrigrohane, through mid-Cork, and indeed throughout East and West Muskerry, in a wider sense.

The area has much going for it, but also has so much more potential. One thinks of the introduction of the West Cork 'fuschia' brand years ago, the promotion of that region, the 'Wild Atlantic Way' branding and the consequent success. More power to the people of West Cork for their foresight, drive and ongoing determination. Why can't a similar grassroots approach be taken in this area ... to initiate, promote and sell a common concept, product, experience, and appeal.

As well as being actively involved in local heritage and history for years, I am also a qualified Fáilte Ireland approved tour guide for the Cork/Kerry region and well remember the comments of a tourism mentor (and once Fáilte Ireland board member) some time ago. They considered mid-Cork to be an area of outstanding natural beauty and potential, but could not understand as to why it was not further or better promoted. I would submit that this all starts from the ground up, rather than the top down. Instead of waiting for things to happen and waiting upon the powers that be, it would be in the interests of all concerned to take it upon themselves to initiate and sustain a local drive ... this includes public representatives, relevant bodies and organisations, private interests, community groups and indeed anyone with a general interest.

The common goal should be to work together and ensure that this area is properly marketed and promoted and that it gets a far bigger slice of the Cork tourism pie. Not simply Macroom town and its environs for that matter (and it is vital not to be parochial and non-inclusive), but also the surrounding villages of the area, communities, organisations, businesses, and people ... from the Cork/Kerry bounds to the city borders of East Muskerry.

As a PPN representative, I am obliged to represent Cork County PPN as a whole on the Tourism SPC of Cork County Council, which I will of course do, but I will also support areas within Cork County which need to do, and which should do better, in a tourism sense. One such area is Macroom and its hinterland (Lee Valley/wider Muskerry area). It really is high time to make a concerted local tourism effort, join together and work tirelessly for the future benefit of the wider area. I am willing to assist, where possible.

Best wishes, Douq.

## LEE VALLEY OUTLOOK



\*Subject to house survey



www.eganshearing.ie

CLINICS THROUGHOUT MUNSTER

# MCEGAN COLLEGE:



### WELCOME.

At the start of a new academic year McEgan College is delighted to welcome so many new students to our school. Welcome back to our existing students. We are looking forward to a productive and healthy year for everyone students and staff. Welcome in particular to the 1st year students who embark on the next phase of their educational journey. We hope they have a very happy year in McEgan. Welcome also to Mr. J Browne & Ms. H. Fitzgerald to the teaching staff & Ms Theresa Kearns SNA & Daniel Cronin to the School Completion Project.

McEgan College of Further Education is now operating under the remit of Cork College of FET, Macroom.

As of this September, the F.E. department has moved under the management of the Morrisons Island campus F.E. (formerly known as the Cork College of Commerce). The Macroom Centre, which is situated in the E. Park (Bowl Road, P12 FV30), offering Level 5 QQI courses in Office Administration, Nursing Studies, Health Care Assistance and our new course in Special Needs Support. For further information, please visit our website www.corkcollegeofcommerce.ie (Select Macroom Campus) or contact Bernie on 086 0140217 or BAngland@ccoc.ie"

We will miss the Adult Learners & we wish our Colleagues Ms. Bernie Angland & Mr. Padraig O'Driscoll the very best in their new environs.

**CONGRATULATIONS** to the Leaving Certificate and the Leaving Cert Applied students of 2022 who received their results on Friday Sept 5th. The exam results were excellent, and we wish each and every one the very best as they move forward to the next stage of their education journey. First year students took a group bonding trip to the Eclipse centre in Kenmare. The weather was fantastic for the day. They started the morning in two teams to compete against each other on an orienteering course, running around looking for clues and solving riddles. They then continued with their teams onto the bog run obstacle course. This challenge provided an ideal setting for Team Building with tasks to suit all abilities and was a great ice breaker and great craic with muck. The first years then finished off the day kayaking on a lake and playing some games. All students enjoyed the day and came home with some extra Kerry mud. They all got involved and supported each other on the tasks and were a credit to the school.

"When McEgan College staff returned for a new school year, we had a fantastic workshop with the brilliant Clare Madden. The theme of the workshop was "building on our teaching and learning knowledge for the year ahead". The staff found the workshop to be very useful and informative. Teaching Staff place student academic attainment at the centre of the learning experience for all our students.



First Years In Kinsale for Fun day on Friday Sept 2nd.



Oisin Mc Sweeney Ms. M.Murphy, Shauna Cronin, Celine Harmon & M P.Lynam on Results Day 3rd Sept 2022. 10 Outlook 08.09.22



LCA students Emily Leahy, Adrianna Blechova, Joe O Donovan & Oskar Kasperek with LCA coordinator celebrating result day 2022.



1st Years Getting through the mud in Kinsale on Bonding Day.



### MACROOM UPDATES



# **Dogs Trust Ireland** is appealing for foster homes in your area

### Visit www.DogsTrust.ie/

**RegionalRehomingPolo to find out more** Petrified of people, Polo, a three-year-old Collie was found straying alone in West Cork, with a frayed rope tied around his neck. He was only two at the time, but his fear of people at such a young age indicates that he didn't have the best start in life.

Currently in the care of Dogs Trust Ireland, Polo is seeking a foster, or forever home in Macroom where he can look forward to a happier future. Through the charity's Regional Rehoming Programme, Dogs Trust rescues and rehomes vulnerable dogs locally, through the wonderful support of foster families in the area. This means dogs can go straight into a loving home environment until they find their forever family.

In order to help as many dogs receive the second chance they deserve; the charity is urgently appealing for foster homes in your area that can commit to taking in a dog temporarily.

Speaking about Polo, Eimear Cassidy, Regional Rehoming Manager at Dogs Trust Ireland said

"Dogs like Polo are the reason why we knew we needed to expand our operations more locally across the country. His fear of people is gradually improving, and through patience and love he is learning that he doesn't need to be afraid anymore.

Polo loves dogs, and he's most confident in the company of another dog who will help him settle into a home environment. We would love to find him a foster home who could help continue Polo's journey to recovery, but we are in desperate need of dog-lovers to offer their homes to foster. If you are in a position to help, please get in touch with our team."

Dogs Trust Regional Rehoming Programme aims to rescue and rehome dogs locally so that more dogs can benefit from a loving foster home environment while the charity search for their forever home.

This cannot be done without you, so if you can offer your home temporarily to foster a dog in need, then please contact Dogs Trust today on Fostering@DogsTrust.ie.



The charity 'Dogs Trust Ireland' currently has 231 dogs in its care

# **CORK COLLEGE OF FET MACROOM**

"Cork College of FET Macroom formerly McEgan College of Further Education is now operating under the management of Cork College of FET, Morrison's Island, Cork.

As of this September, the Further Education department has moved under the management of the Morrisons Island campus (formerly known as the Cork College of Commerce). The Macroom Centre, which is situated in the eEnterprise Centre, Bowl Road, P12 FV30, is now offering Level 5 QQI courses in Office Administration, Nursing Studies, Health Care Assistance and a brand new course in Special Needs Support. For further information, please visit our website www.morrisonsislandcampus.ie/macroom/. ie (select Macroom Campus) or contact Bernie on 086 0140217 or email: BAngland@ morrisonsislandcampus.ie"





Fierce excitement for 5th class from St. Joseph's as they begin their swimming lessons in the Castle Hotel and look forward to developing their swimming skills and having fun



Ben and Ryan Healy O' Keeffe at the Garda Centenary Celebrations in Macroom. (More photos in our next Edition)

# LEE VALLEY OUTLOOK



- PERSONAL INJURY
- MEDICAL NEGLIGENCE
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### Macroom School of Art is a brand new Arts Education and Exhibition Centre based in Macroom town.

# ourses we offer are:

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Starts Saturday 17th September 12:30-1:45pm 12 week term

After school Tuesday Starts Tuesday 20th September 3:00-4:15pm

### Senior Kids

12 week term Starts Saturday 17th September 2.00-3:15pm 12 week term

After school Tuesday Starts Tuesday 20th September 4:30-5:45pm

### Junior Kids Stage School

12 weeks - Aged 5-7 yrs Starts Saturday 17th September 10am-10:45am

Follow us

on Facebook



4:30- 5 45pm



### Adults Painting for Begi

Classes 6 week term Starts Monday September 19th 2022 7:00-9:00pm

nners

### Advanced Painting

Classes 6 week term (class duration 2 hours) Starts Thursday 22nd September 7:00-9:00pm

Acting for Beginners (Adults) Starts Wednesday 21st 7-9pm

# €150

€130

€130

MACROOM

SCHOOL OF ART

# Toddlers

€170

€130 Parents and Toddlers Starts Monday 19th September 11-11.45pm

### To Book contact Norah 086 2553216 info@macroomschoolofart.ie www.macroomschoolofart.ie Cork Street Sleveen East Macroom

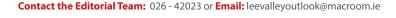
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### MACROOM UPDATES

# ST. MARY'S NEWS

I would like to extend a warm St. Mary's welcome to all our First-Year students who have started their Secondary School journey recently. They have settled in really well under the guidance of Ms. Kelleher and our Transition Year Buddy students. The Buddies have helped the first years navigate their move to secondary school by providing student led support throughout the school day and will continue to do so. The First Years are a very enthusiastic and talented group and we look forward to helping them to grow and flourish in every way over the next six years.

I would also like to congratulate every single member of the Leaving Certificate Class of 2022 on their outstanding exam results. Their hard work, talent, perseverance and resilience have served them well. It was wonderful to see so many happy





St Mary's new First Year Students

faces last Friday morning when they gathered at the school. We wish each and every one of them the very best for the future I would also like to take this opportunity to wish

every member of the St. Mary's community, the very best for the academic year ahead. Stephen McLaughlin Principal



Some of our very happy Leaving Certs at St Marys who called to collect their excellent results.

**CLONDROHID DEV GROUP / CLONDROHID PARISH ACTIVE RETIRED:** They would like to congratulate all those who received their Leaving Cert results last week, and we wish them well in the next chapter of their life. Well done.

**REMEMBERING DENNY MURPHY FUNDRAISER:** A Fun night for all the family on Sat Sept 24 at 8 pm in the Abbey Hotel Ballyvourney. Teams of 4.  $\in$ 40, commencing at 8pm. Raffle and spot prizes on the night.

All proceeds will go to Pieta and Awareness Head and Toe in association with Macroom and District Lions Club

**MILSTREET VINTAGE CLUB:** Carriganima Tractor Run in aid of CART on Sunday Oct, 16. More details later.

**REBELS BOUNTY DRAW:** Congrats to Clondrohid Club man Michael O' Leary, who won €250 in the August Rebel's Bounty Draw. Enjoy Michael.

### CLONDROHID CLONDROHID DEV GROUP: A very important

meeting was held last week in Community Hall. A lot up for discussion. A big 'Thank You' to all those who help with maintenance of flowers and shrubs, especially those who are not on the committee, without your voluntary help, the Group would not survive. Thanks to our CE worker John.

Hedge cutting will not be carried out by the Council this year, it is up to the Landowners. The Group will cut the Curragh Road as usual, to keep it a safe road for walkers, 'Clondrohid's Greenway'. They will also trim through the village.

**BLOOD DONOR CLINIC:** Will be in Community Hall on Monday and Tuesday Sept 19, and 20

**IRD DUHALLOW:** They are organising 'Smart Village Training Sessions', Basically this training is nothing to do with anything digital, but about Community Planning, and setting goals and targets for your village and surrounds.

The programme focuses on bringing together lots of community groups in the area and developing a Community Plan. This plan will in turn feed into the overall strategic plan for the next Leader Programme.

The sessions will take place for the Lee Valley/Mid Cork areas on Tues nights, Sept 13, Oct 11, Nov 8, and Dec 6 in the Macroom E Park from 7pm to 9.30pm each night.

It would be great if a few people from different organisations attended this course. If you need more info e mail Louise at Louisebourke@ irdduhallow.com

**CLONDROHID ACTIVE RETIRED:** It's Sept. and the Active Retired are getting motivated for the new season. Sewing machine classes have commenced on Tues nights. The next coffee morning will be on wed Sept 14, and chair yoga classes are also available. Much more to come





# The Gearagh: The Wooded River

MSA Gallery, Macroom School of Art, Cork Street, Macroom.



SCHOOL OF ANT

Robyn Deasy showcases a series of recent mixed media pieces that reveal the natural and cultural history hidden in the landscape of the Gearagh at the Macroom School of Art.

> Weds 21st: 2 - 5.30 pm Thurs 22nd: 2 - 5.30 pm

### Friday 23rd Culture Night: 2 - 9 pm

Guest Speaker, Kevin Corcoran, environmental biologist and author of 'Saving Eden: The Gearagh and Irish Nature'. 7.30pm

instagram: robynmdeasy www.robyndeasy.com









# MACROOM LIBRARY:

music.

### Open Hours: 9.30 am – 5.30 pm from Tuesday – Saturday. Closed on Monday and Sunday. Phone: 026 42483

Email: macroom.library@corkcoco.ie

If you are not already a library member, the good news is that it's easy to join, and it's free. Simply visit your local branch and bring Photo Identification and Proof of Address.

With a library membership, you have free access to our wide range of online services and resources, such as your online library account, eBooks, eAudioBooks, eMagazines, eNewspapers, online learning courses, online language learning courses and much more.

For more information on how to access these resources, please visit https://www.corkcoco.ie/en/ resident/libraries

### **Upcoming Events in Macroom Library**

**Bridge Club** will take place on Wednesday Sep 14th at 10am.

**Purlies Knitting Group** will meet on Thursday Sep 15th at 11.30am.

**Ciorcal Cainte** will take place on Thursday Sep 22nd at 11.30am.

**Culture Night Event** – join us for an hour of music and singing with Aghina Comhaltas on Friday Sep 23rd from 6pm – 7pm as we celebrate Culture Night 2022. On one evening each year, people from all over the country come together to celebrate culture, creativity, and the arts, and we hope you can come along on Culture Night to enjoy some fantastic traditional Irish **'Bringing Outside In' Art Exhibition** – a huge thank you to Jackie Nevin for displaying her wonderful sculptures in our window for the past few weeks. So many customers, old and young, were fascinated by the pieces, asking us how she created them, and remarking on how realistic they looked. Jackie will now be taking her sculptures to other library branches around the county, but we hope she will be back to us again someday with another fantastic art exhibition.

**Summer Stars Certificates** – Another successful Summer Stars reading programme has come to an end which means the Certificates of Achievement are ready to be collected!

If you have taken part in this year's Summer Stars, be sure to call in to Macroom library and collect your cert. Thanks very much to everyone who took part this year, and we are already looking forward to Summer Stars 2023!

**One County, One Book** – Cork County Council Library and Arts Service is delighted to announce that 'Not My Problem' by Ciara Smyth has been chosen as the One County, One Book 2022 read for teenagers.

'Not My Problem' is a heart-tugging, coming of age novel that deals with issues such as addiction and loneliness but ultimately it is filled with love and explores the deep bonds that go hand in hand with true friendship.

As part of the programme, which is funded by Cork County Library along with Creative Ireland, young

adults and teens will be encouraged to read the book and will have opportunities to meet the author and discuss the book in October and November.

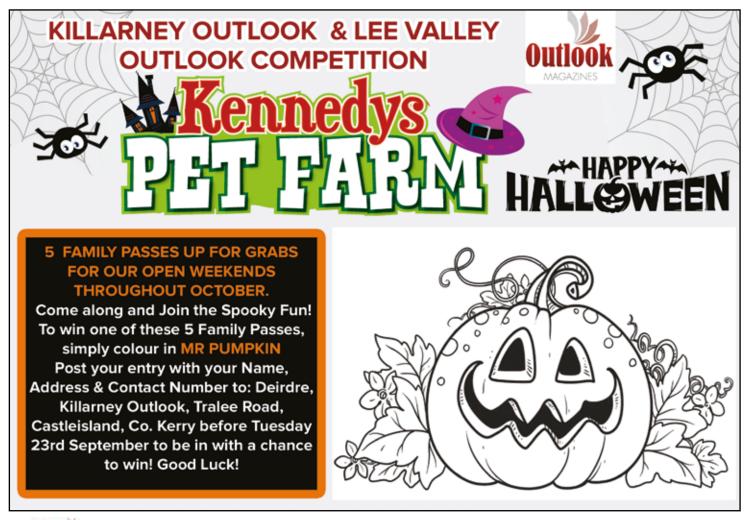
Copies of the book will be available in all branch and mobile libraries across the county from September. JAM Card – JAM Card is a discreet way of allowing people with learning difficulties or communication barriers to convey to others that they just need a little

more time and understanding before they are ready. The NOW Group, developers of the JAM Card initiative, awarded Cork County Council Library & Arts Service with a Certificate of Accreditation following training

with a Certificate of Accreditation following training by staff. We hope that all JAM Card users will feel more

confident when visiting Macroom Library and other library branches and will know that they can approach any member of staff, present their JAM Card, and be assured that they will be given those few extra minutes that they need.

A JAM Card can be used by both children and adults, and can be used as a card or an app. Applying for one is free of charge and can be done by visiting www. jamcard.org



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

LEE VALLEY OUTLOOK



# **Crookstown potato** weighing in at a staggering 2 and a quarter pounds

As a child, Joe O'Driscoll fondly remembers learning his love of gardening from his father. In all the years of growing onions, potatoes, carrots & cabbage he has never come across a potato so large! Joe put the potatoes size now down to the particularly dry spell we had this summer. When asked was he going to submit it the Guinness book of records, Joe said no, he will leave that to the professionals. His main joy comes from growing and before you ask, he hasn't eaten the giant Potato yet.

Images right: Jim o Driscoll - The Potato Man from Inchigeela weighing in at a staggering two and a quarter pounds





# KHAA 5TH REBEL RALLY RUN 2022

Sunday, 28th August was the fifth Rebel Rally Run to depart from Independence Museum Kilmurry in glorious summer sunshine. This year, Dermot O'Mahony (father of our Chairperson, Mary) waved us off with the chequered flag to our destination -Dripsey and Carrignamuc Castles.

Carrrignamuc, the ancient tower house built by the McCarthys and the adjacent Dripsey Castle have been owned by Alan and Debbie Linn since 2014 and they have carried out extensive renovations on the tower house and also on the 19th Century courtyard adjacent to their residence. It was a very pleasant sight to see cars from the golden era of motoring parked in the sunshine as Alan Linn gave us an overview of their ongoing project which includes running their heating system using water heated by wood from fallen trees on the estate and their electricity is generated by the Dripsey River which flows through the property.

Our main speaker for the visit, Joan Hinchion, gave a most interesting talk on Carrignamuc Castle over the centuries, beginning on the plinth outside before moving inside to the large room with its barrel-vaulted ceiling. Here, Alan regaled us with the description of the Linns' arduous task in clearing out this ground floor room when they began the restoration, which at the time contained great amounts of wool which had lain there for many years; no doubt, intended for the nearby Dripsey Woollen Mills

Joan is an excellent storyteller as well as an accomplished historian and all those present were enthralled as she told of the castle's past and its place in local and national history. Many locals

present had their own memories of Dripsey history, particularly of the O'Shaughnessy family who provided significant employment in hard times, allowing entire families to work and live locally, often in the Model Village which was built to house the workers of the Dripsey Woollen Mills, then owned by the O'Shaughnessy's.

Following our visit, we repaired to Kevin and Helen Feeney's Weigh Inn nearby where Claire O'Gorman, Valarie O'Riordan and Kate O'Mahony fed us with their excellent sandwiches and tea and coffee. Kevin's brother, John, is a valued member of staff of the Independence Museum Kilmurry and has many great memories of the time when the bar was the first stop for tourists using the horse drawn caravans of the Blarney Romany Caravan Company.

# Con Lynch Memorial Event

The late Con Lynch was so appreciative of the kindness and care he received in the Mercy Hospital Cork during his short illness, that he bequeathed his car to initiate a fundraising event for the Mercy Hospital Foundation **Cancer Appeal.** 

The sale of his car generated €12,000, which started the appeal. In addition, The Con Lynch Memorial Event held in The Mills Inn on August 20th, was a resounding success. A cheque for €27,000 was presented on the night, an additional €1000 has been received since the night bringing the total raised to €2800.

and nephews in line with his wishes. The night, which fell on the first anniversary of his passing, although poignant, was also a celebration of Con's life and generosity. It was a lovely tribute to Con to see his many friends, neighbours and relations there on the night. Con's family would like to offer their sincere thanks to Coleman's Millstreet, who accommodated the sale of Con's car, The Mills Inn Ballyvourney for hosting the event, Jerry Mc Carthy and Autumn Gold for the music on the night. In addition, they would like to offer their deep gratitude to all the sponsors, local businesses who sold tickets, those who donated so generously, to all those who purchased tickets

and attended on the night, without your support this fundraiser wouldn't have raised the muchdeserved funds for such a worthy cause. As Dr. Power puts it "The work I do is only half of it. Having the right facilities, access to research, being supported by complimentary services all play a part in our patient care. It's a team effort, and I really appreciate you being part of that team." It is a fitting legacy and testament of Con's generosity that this money will contribute to the care and comfort of others in the future. Míle Buíochas ó Chroí.









# KILMICHAEL VINTAGE & HARVEST FESTIVAL

**TRACTOR RUN** 

Sunday, October 2nd at Kilmichael GAA grounds, Annahala

Proceeds in aid of West Cork Rapid Response, Community Air Ambulance and Marymount Hospice

Please Support

### LEE VALLEY OUTLOOK



### Required

CHEF DE PARTIE

with experience for a busy kitchen.
Full time position
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# HOUSEKEEPING STAFF

Morning hours required

# **KITCHEN PORTERS**

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For more information call: 026 45324 Email your details to: reception@abbeyhotelballyvourney.com



# Kilmurry Active Retirement Association News

### A rational fear?

I don't think I am a fearful person. In fact, when I was a boy, my father had a fear which he shared with me on a few occasions. His fear was that I would not live long. I was 'accident-prone' and seemed compelled to take unnecessary risk. He was right of course on the accident-prone part. I had left a trail of destruction to validate his contention. There were ten of us living in the house. When something went wrong, or something was broken, the general conclusion - that it was I, the usual suspect, despite my protestations to the contrary, normally proved correct. My younger brother was very supportive of me. On one occasion he supported my protestations by saying 'I saw Aidan not doing that!'

My father's shared fear was both an expression of love and an attempt to protect his son. I got that bit. I also accepted the validity of his fear. Ironically though, an expectation of early death encouraged risk taking. It prompted the inclination to get stuff, any stuff, done. Isn't it difficult being a parent!

I am now sixty-five. I have lived four years longer than my father did. I did not expect to do so. I don't think I ever really feared that early death that was predicted. But as I have passed my father's age I have begun to be troubled by fear, not so much of dying, but of not dying. My fear is of Alzheimer's/ dementia disease.

A few years ago, I did a course in UCC on brain health. A few years before that I had taken an elective course on the philosophy of dying. So, when my sister shared with me the flyer for an online course she had come across this summer – Alzheimer's, The Science of Prevention, I signed up. The course was given by American scientists. It ran over twelve consecutive days, about forty-five minutes each lesson. I kept notes, some of which I would like to share with you.

But first and foremost, when we have any fear, the question to ask is whether the fear is rational. I believe it is. Dementia has steadily increased over the past fifty years and throughout the Western world in particular. With increasing numbers of older people, it is expected to continue to increase. Billions have been spent on research. Despite this, these scientists contend that there exists no meaningful treatment for it. One in nine of those people over 65 years (10.7%) have Alzheimer's/ dementia. Broken down by age, it is 5% of those between the ages of 65 and 74. It is 13.1% of those

between the ages of 75 and 84, and one third of those over 85. It is our second biggest cause of death after coronary heart disease.

If that is not enough bad news, I have checked the rankings. We are ranked 9th worst out of 183 countries in the world. The UK rank 2nd worst. The US rank 8th worst. It is interesting I think to note that we are 158th worst for coronary heart disease, in other words we are good at controlling that. Why is this? I would guess it is because our doctors are good, and can do lots to reduce heart related deaths, but very little currently can be done for Alzheimer's/dementia.

There is though, really, really good news. While not much treatment is available, there is much that we ourselves can do to prevent it. These scientists suggest that as much as 90% of the incidence of late onset of the disease (at 65+) can be prevented. We can reduce our odds to this extent by deciding to change our lifestyles. How can we do it? It is not too difficult, and it is no great surprise. What is good for the body is good for the brain too. I will share some of the specifics of what they recommend that we should in our next update.

Alzheimer's/dementia is a very heavy cost on the exchequer. It is increasing and will increase further as our population ages. The cost of private care at home or in institutions greatly depletes the resources of some families and is beyond possibility for most. More importantly the cost in heartache and suffering to loved ones and in the transformation of their lives to unpaid caregiving is immeasurable. They become heroes and victims simultaneously. The caregiver's quality of life, and indeed their own life expectancy, is significantly reduced. Perhaps even worse still, the impact on sufferers of this disease is devastating. It can rob them/us of who they are, and it takes away the culmination of what they could have become. So, if these scientists and medics are right, that this disease can in large part be prevented, why then are we, in this country, the 9th worst in the world in doing that? If it is in our own hands, if we have the choices, why are we doing this to ourselves? I would like to think that our government, our health service, and our not-for-profit agencies are taking notice of the emerging science. Our communities should do so too. I find it is hard to think of anything as important that those of us who are retired can do for our country, our communities, our families, and ourselves than to make the required reasonable effort to stay healthy. If we do so we will, at least at community level, extend the duration of wellbeing in lifespan for the benefit of all.

In other news we thank our sister association in Coachford, as they have invited us to go bowling there on Monday mornings for a few sessions. If we like it, we will, before we exceed our welcome, set about providing our own equipment and finding a place to play.

We will be starting line dancing with Debbie Curran. This is a taster really. It is for the four Tuesday evenings in September at 8.30pm in Crookstown hall, starting September 6th. The fee will be just  $\in$ 5/ session for members and  $\in$ 8 for non-members, so bring along friends, and adults of all ages are most welcome to come and try it out.

On Wednesday afternoons from the 14th of September, we are starting what we are calling our ACT sessions. ACT is not for acting, though we might do that too. It is for Activities, Chat and Tea! First up on the 14th we are planning a flower arranging demonstration. The first two sessions will take place in the Heritage room in Kilmurry museum.

We are planning an evening event in October to present funds secured from the sales of our booklet 'Much loved Songs from the Past as Gaeilge' to the Alzheimer Society and we hope to have a talk from them on the night, the details to be agreed yet.

The Staying Fit for the Future courses given by Cork Sports Partnership will be restarting both in Kilmurry on the 26th and Crookstown on the 29th September. If you have a friend or know someone that would like to join the programme, new participants are welcome to book via the following link - https://eventmaster.ie/event/ln0ltV8HPO

Our association is open to all. Our philosophy is that age makes no difference, but health does. Isn't it hard to think of anything more important than health. Perhaps freedom, but then you need your health to enjoy freedom. So, let's do what we can to keep healthy and challenged in body and in mind. Perhaps consider joining us or another organisation in your area. We are better together, and it is easier. You will be kept as busy as you choose to be and positively engaged in your community, and we think you will enjoy it. For more information contact Aidan at 0894057676 or aidanpbarry@outlook.com

# Lissarda Ambush Commemoration

The 102nd anniversary of Lissarda Ambush was commemorated by locals at the ambush site on Sunday evening 21stAugust. Councillor Gobnait Moynihan gave this year's oration, recalling the sacrifices of Kilmurry and Crookstown volunteers during the War of Independence, in particular Quartermaster Michael Galvin who was fatally shot during the ambush on 22nd August 1920.

Councillor Moynihan also remembered two local volunteers who lost their lives during the Battle

of Limerick in July 1922, William Harrington, and Patrick O'Mahony and outlined the often-forgotten vital contribution that Cumann na mBan women played during the revolutionary period.

\*Message from Editor - photograph was incorrectly placed in the Michael Collins article in the last edition when it should have been included in the separate ambush notes for Lissarda Ambush



Councillor Gobnait Moynihan speaking at Lissarda Ambush Commemoration

# Why Do I Wake Up With Neck Pain?

Sometimes described as a "crick" or "kink" in the neck, pain on waking in the morning is a common complaint from patients that come into our office.

The result is not only pain but an overall decrease in the range of motion of the neck. So, how does this happen?

The main cause of neck pain upon waking is poor sleeping position. People who sleep on their stomachs typically have the most issues with their necks. While sleeping on the stomach for 6-8 hours each night the head is rotated to the left or right when laying on the pillow.

So, imagine standing or sitting with your head rotated in either direction for up to 8 hours. Another way to develop the "kink" or "crick" is by sleeping on more than one pillow or a pillow that is too large. This

will cause the neck to either be pushed forward or to the side too much where it is not aligned with the rest of the spine resulting in misalignment, muscle pulling and pain.

To have a "crick" or a "kink" is a term used when the bones, (vertebrae) in the neck are severely misaligned and putting pressure on the nerves leading to pain and decreased motion. Some people like to refer to this as a "pinched nerve". The misalignment of the neck will also cause muscle pulling over a period of time that can lead to spasm and inflammation resulting in pain.

How does the "kink" get fixed? As chiropractors we help to treat the problem in the neck with an adjustment. This will allow the bones to be restored to their normal position in the neck which results in reduced nerve pressure. After an adjustment, range of motion

and pain will be improved but inflammation is still taking place. The use of ice for periods of 15-20 minutes at a time will help with decreasing swelling and pain between adjustments.

Be sure to consult a chiropractor after feeling a "kink" or "crick" in the neck and do not allow the injury to try and heal over time.

Even if the pain subsides, the chances for re-exacerbation are high because the nerve pressure still exists.

It's important to remember, painkillers work to numb the pain but never resolve the underlying issue.

Chiropractic on the other hand will help relieve the pain and symptoms while also addressing the root cause.



By Dr. Ben Martin of Optimal Chiropractic



### This month we invite you to have an initial consultation for €40 (instead of €85)

This includes documenting your history and taking scans to determine the exact cause of your symptoms.

N.B. Places are limited. Please call 021 487 8465 to book your appointment.

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Mention this advert & receive a consultation, full examination including scans and follow-up visit for only €40 (normally €85)

OPTIMAL : CHIROPRACTIC STATION RD., BALLINCOLLIG EXPECT MIRACLES

# The Macroom and District Environmental Group Think Globally, Act locally

### OUTSIDE YOUR DOOR. HAVE YOU HEARD HOW WONDERFUL NETTLES ARE?

Hi, Chris Barrett back with you. Today I have the pleasure of speaking with Majella O'Riordan.

Majella is a qualified herbalist and massage therapist who specialises in Holistic health and wellness services. Her business is called Dandelion Health and she runs a clinic in Macroom above the Nature's Corner health shop.

Majella tells me that it can benefit all of us to really notice and appreciate what is growing right outside our doors.

It is very easy to forget, as we go about our daily chores, that we are an intrinsic part of Nature, and that we all lose out if we ignore that.

People can gain so much by making time for themselves to become aware of their surroundings. This can be done anywhere. Nature is everywhere, and all we have to do is open ourselves to it.

Some simple techniques that Majella suggests are: Stand with your feet firmly on the ground (with shoes on or barefoot)

Become aware of the ground beneath you Focus on your breathing and try to empty your mind of your day-to-day concerns

This can be a nice exercise to do with your eyes closed, but it's up to what you are comfortable with Take a few minutes, becoming aware of your breathing slowing and deepening

If your eyes are closed, open them slowly.

This will help calm your head and slow your walking. In turn you will open more fully to your senses which will enable you to begin to see, hear, feel and smell Nature all around you.

When we slow down, we can be aware of things which we didn't see previously. It is possible for us to notice that a particular insect has a fondness for a certain plant, and we can go on to learn how that plant grows happily in one spot and not in another. During my stroll with Majella today, we were aware of the presence of the common nettle plant wherever we went. Despised by many for the stings that it delivers to the unwary, yet what a wonderful food and medicine chest it is. Majella tells me that all parts of the nettle plant can be used.

That stinging leaf contains a natural anti-histamine and so nettle juice is great for skin complaints such



Outside your Door

as eczema, and I am reminded how my son, up to the age of 5 years old, used to take it it in his 'juice' in ice cubes every March when his eczema erupted with the ending of winter.

Majella tells me that nettle juice is great for treating many common allergies such as hay fever.

Other skin conditions it works for are psoriasis, acne and urticaria. Nettles are nutritive and antiinflammatory, and they are diuretic, which helps to balance blood pressure. They are rich in iron and magnesium, and they increase haemoglobin levels in the blood. They have a high vitamin C content as well as containing flavonoids, making them a wonderful spring tonic.

As a holistic therapist, Majella works on many levels and includes consideration of spiritual, emotional and psychological factors in her work with people. She says that using nettle helps us to develop resilience and to maintain healthy boundaries.

### Nettle Tea

Add boiling water to the leaves. Let it sit for 5 minutes. Enjoy! This tea is nourishing and tastes green, but if you find the taste challenging at first you can always add honey or a slice of lemon.

### Majella's Nettle Pesto

Ingredients:

Nettle leaves, olive oil, apple cider vinegar or lemon juice, garlic, cashew/ ground almonds and salt.

Method: Blend the above together and put in jars. It will keep for a few days in the fridge.

This pesto can be added to potatoes, pasta, rice and salads or used as a base for soup or salad dressing.

### **Blanched Nettles**

Harvest some nettle tops (enough to cook and eat as a vegetable).

Blanch the nettles as you would spinach or chard. This needs to be ideally done early in the year when the shoots are fresh and young. If you cut off the tops you will be rewarded with cut and come again growth for most of the year.

### **Nettle Seeds**

This is a bit of a secret.

You can either carefully take the seeds and nibble them as you walk along, or you can bring them home to dry and use as a condiment.

If you are still unsure about the value of nettles, they also help to remove toxins from soil and they provide a wonderful habitat for butterflies.

So much more could be said and written about this wonderful plant, and we can all learn more about its uses and benefits.

I am really grateful to Majella for inspiring me to look more deeply into the humble nettle.

Remember you can contact the Environmental Group by emailing macroom@gmail.com

If you or anyone you know would like to contribute to this publication, please contact me chrisleevalley@gmail.com

# Valley Wheelers who followed the Michael Trail on Sunday last to Beal na Blath







2022/2023 will be held in the College.

# Thursday 22nd September

From 5.00pm - 8.00pm

Principal's Address 7.30p.m

Congratulations to our Leaving Cert class of 2022

# ENROLMENT FORMS AVAILABLE ON OUR WEBSITE www.dlsmacroom.ie

Forms may be submitted from Thursday September 22nd. Closing date Friday October 28th 2022.

Phone: 026 41832 | Website: www.dlsmacroom.ie | Email: office@dlsmacroom.ie

# **UIBH LAOIRE**

Mile Buiochas, Message from Croi na Laoi

On behalf of Croi na Laoi, we would like to thank everyone who contributed in any way to the success of the Inchigeela Community Festival. It was a huge, enjoyable success and a credit to volunteerism in Inchigeela. We will have news of the funds raised for the refurbishment of the hall, shortly. But meanwhile, Míle Buiochas to everyone from the early morning cleaning crew to the latenight stewarding crew and everyone in between,

The Schools have all reopened and the students are

well settled in at this stage. The leaving certificate

results came out to tears, smiles but to an overall

sigh of relief. The Autumn has arrived and already

the warm Summer days of August are fading into the distance. The best of the black berries have

already been plucked from the brambles and have miraculously reappeared, transformed into

delicious jam. Students and parents are bargaining

about what extracurricular activities can be chosen

from a long list of possibilities. I remember when I was about eleven, I decided I wanted to learn

how to play guitar. Some of my uncles played

and I thought they were fantastic, in particular my

Mum's youngest brother. A beginner's guitar was purchased for me in Pro Musica on Oliver Plunket

Street in Cork. As my uncle worked full time and

had weekend gigs it was decided that I would

get guitar lessons elsewhere. We used to go to

mass at the Friary attached to a boy's school a

few miles down the road from where I lived. The

brother in charge of the choir was known as the

singing priest, who introduced us to all the most

modern hymns and songs suitable for church. He also taught guitar. So, on Friday afternoons I

was dispatched down the road with the guitar

precariously balanced on the 'backer' of my

lovely turquoise Triumph 20 bike. The first few

lessons went well enough, but then I started to get impatient. I was still strumming chords when

I felt I should be ready to go on Top of the Pops.

All I really had to show for my work were welts

on my fingertips from trying to press the strings

tightly. Patience was not my virtue! After another

couple of weeks with worsening winter weather

and darker evenings I began to forego the Friday

afternoon cycle down the Rochestown Road in

favour of other things. The guitar was relegated to

the corner of my bedroom where it sat, gathering

dust, full of potential that I could not coax from it.

I'm sure my parents wished that they could have

borrowed a guitar for me to see if I would stick with

it rather than gaining a large bedroom ornament.

Have you ever faced this problem? Or have you

ever thought you might like to try a musical

instrument but are not prepared to spend money

on something you are not sure you would like?

Do you know you can borrow an instrument from

the library in just the same way you can borrow

a book? Well you can through the Cork County

Library's A Sound Initiative programme. An

instrument can be ordered by placing a request at

Leabharlann Bhaile Bhúirne. 'A Sound Initiative' is

a program intended to allow people to test their

whose help was invaluable.

**Bingo and Cards** Bingo is returning to Inchigeela Hall on Friday Sept 9th at 8.30pm Cards continue onSunday nights at 8.30 pm

**Golf Classic** The Paddy Lynch sponsored outing was a great success. Ballingeary Golf Society enjoyed a great day's golf and splendid weather helped make it a memorable event. Congrats do

William Creedon a bhuaigh. Buiochas do Seamus O Conchubhair a deagraigh agus Paddy agus Sile a dhein urraíocht ar an lá.

**Rebel Og** Comhgháirdeas do na hógánaigh ó club Béal Átha a ghlac páirt i gcomórtas Rebel Óg na Gaeltachta. Maith sibh.

# LEABHARLANN BHAILE BHÚIRNE

skills on a particular instrument before investing a significant amount of money on an instrument of their own.

**How it works:** You can place a request for the instrument of your choice at Leabharlann Bhaile Bhúirne. Once the instrument is delivered to the branch you will be notified. Instruments may be borrowed for up to 3 weeks and may be renewed if no-one else has placed a request for it. The collection will be available to borrowers only via the Cork County Library branch network and instruments borrowed from a branch must be returned to that branch.

### Instruments available:

A selection of violins, including several  $\frac{1}{2}$  size,  $\frac{1}{4}$  size and 1/16 size

A selection of guitars, including several <sup>3</sup>/<sub>4</sub> scale and several electric guitars

A selection of Casio and Yamaha keyboards

Adult and child-sized piano accordions

A drum practice pad, Mandolins, Bodhráns, Ukuleles, Banjos

We are constantly trying to increase the number and variety of instruments available and donations of musical instruments are greatly appreciated. Please contact (021) 4546499, or email asoundinitiative@corkcoco.ie if you have a musical instrument that you'd be happy to donate to the library. To see the Cork County Library Musical Instrument policy and for information on the policy in relation to the care of instruments, please see the FAQs section of the website and the Policies and Byelaws section at https://www. corkcoco.ie/library-services/frequently-askedquestions.

Faigh Gléas Ceoil ar lasacht - A Sound Initiative. Is féidir uirlís ceol a ordú ach iarratas a dhéanamh i do leabharlann bhrainse nó i leabharlann taistil áitiúil. An raibh sé ar intinn agat le fada uirlís ceol a fhoghlaim ach ní raibh tú ag iarraidh gléas costasach a cheannach ar eagla nach dtaitneoidh sé leat? Tá sé d'aidhm ag an gclár 'A Sound Initiative' deis a thabhairt do dhaoine uirlís ceol áirithe a thriail sula socraíonn siad ar shuim shuntasach airgid a chaitheamh ar uirlís ceol dá gcuid féin.

Conas a oibríonn sé: Is féidir iarraidh ar do bhrainse áitiúil uirlís ceol a ordú isteach duit. Beidh an bailiúchán ar fáil d'iasachtaithe trí ghréasáin bhrainsí Leabharlann Chontae Chorcaí amháin agus caithfear na gléasanna ceoil a fhaightear ar iasacht a thabhairt ar ais don bhrainse chéanna óna bhfaightear iad. Is féidir uirlís ceol a fháil ar iasacht ar feadh suas go 3 seachtaine agus d'fhéadfaí é a athnuachan mura bhfuil sé á iarraidh ag duine éigin eile. Na huirlisí ceoil atá ar fáil:

Rogha veidhlíní, lena n-áirítear veidhlíní den mhéid ½, ¼ agus 1/16

Rogha giotár, lena n-áirítear giotáir den mhéid ¾ agus roinnt ghiotár leictreach

Rogha méarchlár Casio agus Yamaha

Cairdíní pianó do dhaoine fásta agus do pháistí Gléas cleachtaidh drumaí

Maindilíní, Bodhráin, Ucailéilí, Bainseónna

Táimid an-bhuíoch do dhaoine a mbronnann gléasanna ceoil. Déan teagmháil linn, le do thoil, ar (021) 4546499, nó ag asoundinitiative@corkcoco.ie má tá uirlís ceol agat ar mhaith leat é a bhronnadh ar an leabharlann. Chun breathnú ar bheartas Gléasanna Ceoil Leabharlann Chontae Chorcaí agus chun eolas a fháil faoin mbeartas maidir le cúram gléasanna, féach ar na Ceisteanna Coitianta ar an suíomh gréasáin agus ar an Rannóg Beartas agus Fodhlíthe. Féach ar: https://www.corkcoco.ie/ library-services/frequently-asked-questions.

This is only one of the many services available free of charge to members through Leabharlann Bhaile Bhúirne. Please call into the library to enquire about this or other services including remote printing, public accessible computer, online courses, e-books, e-magazines, e-newspaper. The library also has WiFi and 3rd level students can avail of access to the 3rd level Eduroam network. Details of all our services can also be found online https://www.corkcoco.ie/en/library-services. at National Culture Night 2022 is coming up on Friday 23rd September. Leabharlann Bhaile Bhúirne will be hosting an event, details of which will be in the next edition of Lee Vallev Outlook. Or vou can check online on culturenightcorkcounty.ie it and all events throughout the county.

Learning an instrument isn't about becoming a star anymore than learning to swim means you want to become a haddock! – Nick Mason

### Am Oscailte /Opening Hours

Dé Máirt, Dé Céadaoin, Dé hAoine Tuesday, Wednesday, Friday 10am to 5.30pm (Dúnta/Closed 1.00 - 2.00pm gach lá/daily) Dé Sathairn 10.00am - 1.00pm\* Dúnta gach Luan agus Déardaoin Closed every Monday & Thursday \*Dúnta ar Shatharn Deireadh Seachtaine na Saoire Poiblí \*Closed on Saturday of Public Holiday Weekend Eolas : 026 45767 Sales: Des 087 659 3427 or Email: des@outlookmags.com

### LEE VALLEY OUTLOOK





# LISTOWEL HARVEST RACING FESTIVAL

# ARE YOU READY FOR SERIOUS FUN AND SERIOUS RACING?

Then see you at the seven-day Listowel Harvest Racing Festival from Sunday 18th to Saturday 24th of September.

There is something for everyone including free family fun on Sunday, the Guinness Kerry National on Wednesday and six fashion competitions with the McElligott's Kia Ladies Day on Friday. PLUS racing legend Frankie Dettori will be at the races on Tuesday!

# **BE PART OF IT !**

TICKETS: ARE AVAILABLE ONLINE OR PAY AT THE TURNSTILES ON THE DAY

€20 Sun - Tues | €25 Wed - Sat 20% DISCOUNT FOR GROUPS OF 20 OR MORE\*



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\*Group discounts MUST be arranged in advance & are not available at the turnstiles.



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#listowelraces #bepartofit #aproperdayout #iwillbethere





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### LEE VALLEY OUTLOOK

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

# TUESDAY

New Autumn Class Schedule



7.30 PM YOGA FLEX & FLOW SUITABLE FOR ALL LEVELS

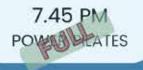


# WEDNESDAY

10.00 AM ALIGN & REVIVE PILATES

5.45PM ALIGN ALEVIVE

6.45 PM PILATES PRINCIPLES: INTRO TO PILATES 6-WEEK COURSE STARTS 7TH SEPTEMBER



# THURSDAY

10.00 AM PILATES PRINCIPLES: INTRO TO PILATES 6-WEEK COURSE STARTS 8TH SEPTEMBER

> 11.00 AM ALIGN & REVIVE PILATES

# **BOOKING ESSENTIAL!**

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# Macroom/St. Colman's minors, 1972 Fifty years ago

Country County Champions: three all-ireland medals

### By Con Kelleher

In 1972, Irish news was dominated by Northern Ireland (N.I.) -related events: Bloody Sunday in Derry (20 January), the burning of the British Embassy (Dublin, 2 February), the Widgery Report whitewash, the abolition of the Northern Ireland government, the introduction of the Special Criminal Court in the Republic and the granting of special status to Republican prisoners in the North. The Republic voted overwhelmingly to join the European Union (simultaneously with the United Kingdom) and the voting age was reduced from twenty-one to eighteen. Economically, the country was doing well, with 'graduates' from Donagh O'Malley's 1967's 'free second level education' allowed greater access to third level.

History

For Macroom minors (U-18s), many of these events did not directly impinge. Their world was getting a good Leaving Certificate result, an apprenticeship or a job and enjoying themselves, including becoming old enough to have their first pint and going to Castle Ballroom Friday night dances. Working in Paper Sacks was a popular choice and during the summer, serving in the FCA meant fun, money and an escape from home. For the minors, football was, if not all-, very important. In a glorious period for Macroom underage football, the club had won three consecutive minor county titles, 1969-1971. Most unluckily, in 1971 Danny O'Donoghue's unfortunate absence for the final was a crucial factor in not winning the county outright. However, hope sprang 'eternally' and in 1972 Macroom had a decent side with experienced successful players. Many had played in previous campaigns, and for such as Tom Creedon (RIP), Leo Goold and Tim (Bonzo) O'Sullivan, it was their third year playing minor football. In addition, John Allen (Aghabullogue) played. (Aghabullogue GAA Club did not then play football.)

Tim 'Bonzo' captained the side and for Macroom, he played outfield. His versatility saw him alternate between the backs and the forwards, in a variety of positions – he was the 'go-to' man to solve a team problem. Other players included Mickey Browne, Gerard Buckley (Hotel), Jim O'Riordan, Edmund Neville, Finbarr O'Leary, Tadgh Kelleher, John O'Connor, Gerard O'Callaghan, Gerard Corrigan, Don Lynch (RIP), Denis Shannon and Michael Downey. Six of that team played inter-county minor football with Cork, and in Allen's case, hurling as well. Brendan Kenneally, Mick Goold, Dan O'Callaghan, Jackie O'Callagham, Danny Murphy and Dónal Ó Mathúna were in charge. Interest, training and morale were good.

In a first-round cum semi-final Macroom beat Ballyvourney in a close match, won by a late Jim O'Riordan point – the score 0-10 to 1-6. The recently deceased, and then under-16, Diarmuid McCarthy did well at midfield for Ballyvourney and Tim recalled the excellence of Tom Creedon throughout the match. According to the Corkman newspaper (15 July, 1972), others to play well



Cork Minors, 1972 All-Ireland Minor Football Champions. Tom Creedon, RIP, is fourth from left at the back; Tim 'Bonzo' O'Sullivan is fourth from right. Leo Goold is second left in the front row.

were Jim O'Riordan, Leo Goold, Finbarr O'Leary, John O'Connor, Tadgh Kelleher and Tim O'Sullivan; significantly, four were 'backs. Blarney 'extended' Macroom in a final (Evening Echo, 3 August, 1972) and led by a point with ten minutes to go. A brilliant Leo Goold goal gave Macroom the lead and a subsequent Denis Shannon goal settled the game. Macroom had won its fifth consecutive Mid-Cork championship. The Southern Star reported that 'St Colman's were (sic) the better side but the greater determination of the Blarney boys almost carried the day'.

Macroom defeated Kilshannig, Beara and Kinsale in the county rounds. Macroom began well against Kilshannig but should have scored more in the first half, leading by 1-3 to 0-4 at half-time. Again, the second half was tight, with captain Tim saying that Macroom was holding on at the end in a game that should have been won more easily, (Interview, 9 August, 2022). Eamon O'Sullivan, Cork minor, caused Macroom many problems and Gerard O'Callaghan, along with Tom Creedon and Leo, played exceptionally well. In the 'country' semifinal, Macroom easily overcame Beara, 1-14 to 0-6 in Ballingeary. Feature of this game was Leo's performance when he scored 1-6, more than half of Macroom's score. Again, the country final against Kinsale was tight in a one-point win. Macroom led by 1-6 to 0-3 at half-time and following a Gerard Buckley goal and a Michael Downey point, was ahead by eight points in the 37th minute. However, two late Kinsale goals left just a point between the teams in the fifty-seventh minute. As the correspondent 'Oldtimer' put it, Macroom held on grimly in the last few minutes to win by 2-10 to 2-9, (Southern Star, 23 September, 1972). Gerard Buckley scored 2-1. In the final 'proper' a strong Nemo team beat Macroom 3-10 to 1-8. The winners had four Cork minors to Macroom's three and had a more balanced and even team. Nemo led by just a goal at the fifty-fifth minute, but a late Liam Good goal and two more points gave them an eight-point win, (Cork Examiner, 3 October, 1972). According to the report, best for Macroom were Edmund Neville, Tom Creedon, Gerard O'Callaghan, Denis Shannon and Michael Downey. Cork minors notched their fifth All-Ireland Minor Football Championship in 1972 and three Macroom players – Tim 'Bonzo O'Sullivan, Tom Creedon and Leo Goold were on the successful team. Jimmy O'Donoghue had won an All-Ireland minor medal with Cork in 1961 and Emmet Hallinan was on the successful 1969 side. This was the first time that three Macroom players won medals on the same day.

Though Cork minor played only four games, their journey was quite eventful. Tim and Leo played in all the matches. Cork got a first-round bye in Munster and met Waterford in the semi-final, easily winning by 1-14 to 0-8. Tim kept a clean sheet, Tom Creedon at full-back was untroubled and Leo scored five points. (Cork Examiner, 29 June, 1972). Because Coláiste Iosagáin went to America, Cork lost its full- and centre- backs - Tom Creedon and Seamas O'Sullivan - for the Munster Final encounter with Kerry. Conor Barrett was brought in at full-back and team captain Ger Aherne went to centre back. Finbarr O'Leary, Codrum, Macroom was drafted on to the substitutes. Kerry had home venue and had shown good form against Tipperary. Cork started well but Kerry then took over and led by 1-8 to 1-5 at half time. Kerry continued to dominate and led by five points at the fort-fifth minute mark. Eamon O'Sullivan scored a fine goal than transformed the game and Cork won by 2-14 to 1-14. Leo scored three points, (Southern Star, 22 July, 1972).

Cork made many changes for the semi-final against Galway. Tom Creedon was restored, this time to left corner-back and O'Sullivan was picked at midfield. Goals early in each half won the game for Cork, as by the end, it was holding on. Inept Galway forward play facilitated Cork's victory. Tim again kept 'a clean sheet' and Leo scored a point. The final score was Cork 2-8, Galway 0-11. Robert

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Wilmot (Bandon) was man-of-the-match, (Irish Press, 14 August, 1972).

History

Tyrone were favourites for the final after its impressive victory semi-final win. Cork was threatened with being overrun in the first half largely due to the excellence of Frank McGuigan at midfield and his precise supply to his forwards. Leo Goold kicked three lovely first half points and set up a goal. This late score let Cork fortuitously level 1-6 each at half-time. Cork moved Robert Wilmot to midfield and his performance changed the game. Tyrone resumed and went into the lead in the second half. Two further goals - one a penalty by Jimmy Barry-Murphy - nudged Cork ahead. The concession of a late goal did not change the outcome and Cork won by 3-11 to 2-11. Tim, Tom and Leo all played well, with Leo being particularly impressive, (Cork Examiner, 25 September, 1972). The winning team got a great reception in Cork. In Macroom, celebrations were deferred because the county final against Nemo was fixed for the following weekend. Despite losing that game,

Macroom minors were paraded through the town after the match, and spoke in the Castle Ballroom, an event attended by club officers and civic dignitaries. In the following days, the three winning heroes visited local schools to tremendous acclaim, sweets and half-days. And rightly so, as it was the first time since 1911 that several Macroom players, together, on Cork teams had won All-Ireland medals on the GAA's showpiece day.

Afterwards, Tim, Tom and Leo gave sterling service to Macroom GAA Club and played on the 1982 Intermediate championship winning team. Tim played for many years, captained the Macroom senior side and became club chairman. He played and selected for Cork Juniors, and is still involved in the club. Leo played for many years and later became a selector. He also won a Collingwood medal at soccer with UCC and played for the Irish Universities team. Leo's three sons, John, Fintan and David played for Cork, and Fintan has an All-Ireland senior football medal (2010). Tom died subsequent to a tragic car accident in 1983. He had become a mainstay of the Cork senior football team. He played with Munster, the Combined Universities and the All-Stars. The Tom Creedon Park, Macroom's second grounds, is called after him and The Tom Creedon Cup competition is played annually in his honour. Prof. Bernard O'Donoghue's poem 'Munster Final, in memory of Tom Creedon, died 28 August', captures what provincials finals mean, and records the epic deeds, in this case, of participant Tom Creedon.

Macroom 1972 Minor team was great, achieved much and provided indelible moments in the club's history. One could argue that that is what sport is about.

Sources: Interview with team captain, Tim 'Bonzo' O'Sullivan (August, 2022), Barry O'Brien's Macroom G.A.A Club History 1886-1987 (1987), Bernard O'Donoghue, Selected Poems, Cork Examiner, Evening Echo, Southern Star and Irish Press.

# KILMURRY HISTORICAL SOCIETY



Tom and Mary Mullins in their RMA Special Blue Max, with its 4.7 V8 Engine, at the Kilmurry Historical Society Annual Vintage Run, this year to Dripsey Castle. © Peter Scanlan



Aidan O'Sullivan, Karen Lally, Sharon Carroll, Aileen O'Sullivan and Bridget Goulding, at the Kilmurry Historical Society Annual Vintage Run, this year to Dripsey Castle. © Peter Scanlan





Eileen McCarthy O Shaughnessy, Historian Joan Hinchion, and Michael O Shaughnessy, a descendant of the last owners of the Castle. © Peter Scanlan

Image left: Section of the large crowd who attended the Kilmurry Historical Society Annual Vintage Run, this year to Dripsey Castle. © Peter Scanlan



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# Fáilte róimh ar ais chun m'alt a léitheoirí. Tá súil agam go raibh ana Shamhradh agaibh agus gur ghlac sibh sos breá taithneamhach agus saoire chomh maith b'fhéidir.

Bhuel bhíos saor ó obair foirmeálta mar bhanaltra le linn mhí Lúghnasa agus creid é nó ná creid d'fhágas slán le chuid mhór d'em shaol proifisiúnta agus beidh ag cur tús le saol úr nua le post nua go gairid le cúnamh Dé. Sea do thógas cinne mo phost mar Bhanaltra san Oispidéal agus an Scoil Fhiacalóireachta a fhágaint i mo dhiaidh taréis seacht mbliana déag.

Bhí cúiseanna faoi leith leis ann cinne seo agus ní raibh sé fuirist ar mórán slite ach. ní ba mhó mar bhaineas ann shásamhas go deo bheith i'm bhanaltra ann agus is mór an ťábhar gáirdeas a bhí ann domhsa cúnamh is cabhair a thabhairt dos na h-othair a bhí breoite, tinn agus neirbhíseach a bhí ag tabhairt aghaidh ar an bfiacalóir nó obráid fiú. Thógas Mionn (oath) an lá a gur bronnadh mo cháilíocht orm 36 bliana ó shin go ndéanfainn mo dhiathall bheith i mo bhanaltra proifisiúnta ag tabhairt omós i gconaí do dhínit an duine fé mo chúram, le h-árd chaighdeán chleachtais agus dea -iompar, le muinín is rúndacht. Táim ag súil gur éirigh liom.

Anois fágaim mo cháirde im dhiaidh idir Banaltraí, Fiacalóirí, Doctúirí, Rúnaithe, Cúramóirí, Mánlianna, Raideagrafaí, lucht Comhbhála agus gan dabht anuas orthu san go léir ní a laghad na scoláirí iontach go léir. Míle buíochas libh go léir as bhúr gcairdeas. Táim i ngearracht saol nua proifisiúnta a bhaint amach go luath ach nílim chun an rún sin a thabhairt go fóillín!

### An Fómhar

Pé scéal é tá seasúr úr nua buailte linn anois, sin an Fómhar. Dár leis an Fhéilire Cheilteach bhuail an Fhómhar linn i dtosach mí Lúghnasa, nuair a deintear ceiliúradh ar seasúr an Fhomhair (torthulacht na barraí go léir a cuireadh san Earrach agus toradh fónta a shabháil is a bailiú don Gheimhridh) agus críochníonn sé ag deireadh Mhí Dheiredh Fómhair.

Dár leis an Fhéilire Meitéareolach nó eolaí faisnéise na h-aimsire cuirtear tús leis an Fhómhar ar an céad lá de Mhéan Fhómhair agus críochníonn sé ag deire Mhí na Samhna. Sé ba chúis le seo ná go mbraitheann sé ar an aimsir agus teocht an t-aér ar an domhan ag amanta fé leith le linn na bliana. Bhí sé fós ina Shamhradh an tseachtain seo chaite agus an teocht ins na fichidí ach le seachtain anuas thit an teocht 10 gcéim ar a laghaid agus le sin tháinigh an bháisteacht agus an ghaoth. Thosnaigh na duilleóga ag titim agus ag meath. Tá na laethanta ag giorriú is na hoícheanta ag éirí níos faide.



Agus dár leis an Fhéilire Réalteolaíoch ní bheidh tús an Fhómhair go dtí an 22ú lá de Mheán Fomhair nuair a bhraitheann sé ar cén fhaid a bhíonn an domhan ar a chúrsa timpeall na gréine, bíonn sé claonta timpeall 23.5 chéim san fhomhair agus sin ba chúis leis an Equinox mar a tugtar ar sa bhéarla. Bíonn fhaid an oíche ar chomh fhaid leis an lá.

Agus deréir mar a thagann an Gheimhridh eiríonn na hoicheanta níos dorchaí, is níos faide. Le níos lú gréine titeann an teocht agus tagann meath ar na barraí is plandaí. Go minic bíonn gealach ollmhór le feiscint mar a bhí sa spéir an tseachtain seo caite, is tugtar Gealach an Fhómhair (harvest moon) air. Seo comhartha go mbeidh Fómhar le toradh iontach fairsing ann. Agus go deimhin féin tá san fíor. Tá barra flúirseach Sméar Dubha ann i mbliana chomh maith le cnó coille (hazel nuts). Tá caortha gleoite le feiscint ar na crainn seo ar fad, an Cuileann, an Draighean Dubh, an Sceach Geal agus go leór cinn eile.

Bíonn roinnt ainmnithe ag ollmhú chun dul ag clothrú. Ach go h-áirithe ann t'Iora Rua agus é ag bailliú cnó is a leithéid chun iad a chur i dtaisce don Gheimhridh.

Cuireann an t'am seo den bhliain an t'amhrán gleoite áitiúil seo i gcuimhne dhom. Ach go h'áirithe an chéad bhéarsa:

### Cois an Ghaorthaigh

Cois an Ghaorthaigh is breatha in éirinne agus is áilne ar abhainn Mil is céir bheach toradh ar ghéagaibh Agus úbhla ar chrainn, Chloisfeadh aoinne cantain éan ann, A bheadh mile ó'n mball Cnó buidhe is caortha ar bharai geaga Ag fás go Samhain.

Nach dubhach scriosmhar atá an Laoi seo A'gabháil eadraibh a niar, Na tulca gcóimh is gar de bharr liagracha Gan seó geal niamh, Níl inseacha lena taoibh ann Ná pór bréagagh ar féar Ach bara froigh ar charaigh aoird ann Agus mo thruagh as bhur dtréad.

Nuair a ghabhann sí dromcara Soir ón dteorainn riabháigh Is taithneamhuighe gach caise aici Ná céo geal niamh, Bíonn baraglas ar mhaiseannaibh Agus pór bréagh ar fhear, Cantain suilte i mbaraí coille Agus ceo na n-éan.

Do shúibhal-uaigheas sa cúigí Agus dúthaigh uí Néill, Thar nais dom aistear Agus go ciumhais Loch Léin, Ní fhaa-sa im thaistealaibh Ná an shiúbhaltaibh go léir, Aon bhaile 'cu is mó do thaithnfeadh liom Ná Cois ann Ghaorthaidh



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# WEST CORK KICKBOXING CLUB

The West Cork Kickboxing club has been in existence for over thirty one years. The club has grown over the years to become one of the most successful clubs in Ireland and Europe. It was founded by lan Kingston who is the former national kickboxing coach for Ireland and has produced many national champions, European champions, and world champions over the years most notably Tony Stephenson and Lily De La Cour.

The club caters for all age groups from four years and up and for all abilities. The club has a grading system in place to monitor the student's progression plus youth development sparring sessions to develop our young competitors for competition. There are a multitude of reasons why someone could take up a sport such as kickboxing as there are so many benefits to the individual through basic training. Some of these include increased fitness, flexibility, coordination, knowledge of self-defence, raised confidence and focus levels. Kickboxing is an individual sport but in the West Cork Kickboxing club we train like a team, and nobody sits on the bench. Everyone has their own goals. We understand not everyone wishes to become an athlete or a fighter and we do more for people than just teaching them how to kick and punch. We create a positive environment where student thrive and have fun.

The West Cork Kickboxing club is affiliated to kickboxing Ireland who are the government recognised body for kickboxing in Ireland. Kickboxing is now a fully recognised Olympic sport and who knows we may well have an Olympic Champion from the West Cork Boxing Club in the near future.

The Club has training centres all over West Cork. You can find out all information on classes, venues plus all the up to date news on what's going on in our club by following us on Facebook and Instagram.









# KILMICHAEL VINTAGE & HARVEST FESTIVAL

Kilmichael Vintage & Harvest Festival on Sunday, October 2nd at Kilmichael GAA grounds in Annahala (Eircode P12 RF38) commencing at 1:30 pm.

Proceeds in aid of West Cork Rapid Response ,Community Air Ambulance and Marymount Hospice. There will be a display of Vintage Engines, Bikes, Cars, Tractors, old time machinery and rare old farm implements along with an old time Threshing, so if you have a vintage vehicle or any old implements ,please bring them along on the day. The club will be holding a charity Auction of various items and if anyone would like to give something for the charity auction, the club would be very

# MARYMOUNT COFFEE MORNING

A special fundraising " Coffee Morning" in aid of MARYMOUNT HOSPICE - 9am till late will take place in o Donovans Coolmakee , Farnanes

on Thursday the 22nd September - Everybody is welcome and your support would be greatly appreciated appreciative and if you need more information contact the number below. There will also be a Dog Show and Childrens Sports on the day . Numerous side shows and fun events for all the family like Horse-shoe pitching, Ring Board, Bowl Throwing and Wellington Throwing also a Pets corner. In conjunction with the festival, there will be a cake sale and the club would be very grateful if people would kindly donate baking on the day towards the sale . There will be Teas and live music in the field on the day along with a Raffle. Food and refreshments reserved. Strictly No Hawkers Allowed. Your support would be greatly appreciated . If anyone needs any help or information, please do not hesitate to contact : PJ-087 6289734 or Denis -087 1191159





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# The Gearagh: The Wooded River

Robyn Deasy is a contemporary artist based in West Cork. She received her B.A in Fine Art at the Cork Crawford College of Art and Design and recently completed an M.A. Illustration at Arts University Bournemouth, U.K.

Her practice is currently concerned with exploring the Irish landscape that surrounds us, aiming to foster more of a connection with our landscapes and their nature by revealing their history.

She fuses an observational and imaginative drawing process in responding to the landscape, creating work that harmonises both of these processes to form intricate mixed media drawings that use both traditional and digital media. The visual language developed revolves around the history, myth and nature associated with the landscape and forms immersive, pattern-like compositions that extend an invite to the viewer to partake in the pleasure of discovery.

Her most recent work focused on reanimating the culture and nature hidden in the submerged landscape of the Gearagh, a unique river forest located on the river Lee between Macroom and Cork city that was greatly depleted when it was felled and flooded to aid the construction of the Inniscarra and Carrigadrohid hydroelectric Dams.

The series will be first shown at the Macroom School of Art, Cork Street, Macroom this September, on Wednesday the 21st, Thursday the 22nd from 2 – 5.30 PM and on Culture Night Friday the 23rd from 2 – 9 PM with a short talk from guest speaker Kevin Corcoran environmental biologist and author of 'Saving Eden: The Gearagh and Irish Nature' at 7.30PM.











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# The fashion stakes are higher than ever at the **Listowel Harvest Racing Festival**

Whatever your sartorial style. . . . there is something for everyone at the forthcoming Listowel Harvest Racing Festival which runs from Sunday 18th to Saturday 24th of September. So whether you live 'forever in blue jeans'; consider yourself a 'sharp dressed man'; love a retro vintage look or want to dress up to the nines ... you could be a winner alright at the Listowel Harvest Races!

#### Sunday 18th of September

The fashion and fun starts on the opening day -Sunday 18th of September, when top radio and TV personality Elaine Kinsella will judge the Lyrath Estate Hotel Best Dressed Couple Competition, with a prize fund valued at  $\in$ 2,000! So co-ordinate with your significant other ... and bring along any smallies as it's also family day at the races with lots of free entertainment and a pet farm !

#### Monday 19th of September

Monday is the premier of a brand new competition celebrating one of fashion's most iconic wardrobe essentials - Denim Blue Jeans ! Open to everyone, 'Forever in Blue Jeans' is a great excuse to wear your favourite jeans and style them up or down as you wish!

#### Tuesday 20th of September : Frankie Tuesday

Keeping with Listowel's commitment to serious FUN, Tuesday features a new Fancy Dress competition ! Let your imagination go wild. . . . and dress up as your favourite Super Hero, TV or Movie Star, Historical or Cartoon Character. The possibilities are endless! Or course, you can always just dress to impress too ! The judges will have cash prizes. Don't forget Tuesday is also Frankie Day - when the world famous racing legends rides at Listowel.

#### Fashion is taking a break on Wednesday - as the week's racing highlight takes centre stage with The Guinness Kerry National Steeplechase €200,000 (Grade A).

#### **Thursday 22nd of September**

Back by popular demand, the Best Dressed Man's Competition is on Thursday and sponsored by Ryles Menswear Tralee. Judged by the very stylish Nathan McDonnell, there is an overall €2,000 value prize fund with first prize of a much coveted, tailor made, bespoke suit.



#### Friday 23rd of September

The Ladies take over on Friday! This is the 8th year of McElligotts sponsorship of this prestigious fashion event and they are delighted to welcome on board Kia Ireland as official event co-sponsors. Judged by Bairbre Power, fashion writer; Aoife McNamara, sustainable Irish fashion designer, the fantastic first prize is a trip for two to New York, staying in the iconic Fitzpatrick Hotel in Manhattan with spending money. There are also generous cash prizes of €1,000 for the Most Creative Headpiece and €500 for the Most Contemporary Outfit. This is the biggest ladies day in Munster and one of the fashion highlights of the year, so organisers advise you get to the course early if you want to catch the judges eye!

#### Saturday 24th of September

Listowel Races were the first course to host a sustainable fashion competition and thanks to organisers Listowel Tidy Towns and An Taisce, this competition which promotes and celebrates upstyling, recycling and vintage / pre loved style has continued to grow in popularity as we all seek to reduce waste to protect the future of our planet. Top international model, Sydney Sargent will judge this year and there are prizes for both male and female entrants.

Picture by Don MacMonagle

#### **NEW: Listowel Races Kiosk**

With the Listowel Harvest Festival now just weeks away, a designated Listowel Races ticket shop is set to open on William Street this Thursday 1st of September. Located next to McGuires pharmacy at the site of the old "Coco Kids" store, the shop be open from Thursday to Saturday between 12 to 3pm up to the start of race week. Daily, flexi and seven day tickets will be available for purchase in store. Student and OAP tickets must be bought at the turnstiles on race day.

#### Be Part of IT ...

There will also be live music each day and a wide selection of catering facilities on course including excellent corporate entertainment packages. Tickets can be purchased online or at turnstiles on the day for  $\in$ 20 Sunday, Monday, Tuesday &  $\in$ 25 Wednesday, Thursday, Friday & Saturday, with a 20% discount for groups of 20 or more.

Visit www.listowelraces.ie for more information and follow the hashtag #listowelraces on Facebook, Twitter and Instagram for updates and to join the conversation!



Sheila and Marion Murphy at Run Killarney 10K Half Marathon

Muskerry Vintage Club presenting the proceeds of their charity run to Air Ambulance. Thank you to everyone who took part.

# **APPOINTMENTS AND NOTICES**



www.kerbing.ie

Kwik Kerb provides machine laid concrete kerbing.

We currently are looking to hire a number of

# **GENERAL LABOURERS**

for commercial and residential projects in the Cork area.

### **Requirements:**

- You must have your own mode of transport to get to Ballincollig.

- Must be able to work on your own initiative, be reliable & always punctual.

- High attention to detail.

- Quality focused.

- Full training will be provided.

- Safe pass is desirable but not essential.

**Benefits:** 

A very competitive hourly rate of pay.

If you have any questions regarding the role, please feel free to contact Paul via email: kwikkerbcork@gmail.com



# JOB VACANCIES / FOLÚNTAS POIST

### Experienced Welders / Fabricators

Required for immediate start. Must have previous experience of both fabrication and welding work. Full time permanent positions available.

### **General Operator**

General operator required. Work will include steel cutting & preparation, general assembly work, forklift driving, trailer electrics / hydraulics / pneumatics, trailer repairs etc..... training will be provided.

### PART TIME POSITIONS ALSO AVAILABLE

Apply by email to donal@lynchtrailers.ie Or contact Donal Lynch on 087-2775752 Lynch Trailers, Cúil-Aodha, Maigh Chromtha, P12Y650 026-45044

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The Lake Hotel

# IS NOW RECRUITING

CHEFS

to join our team here at the lake for our 2 AA Rosette Castlelough Restaurant and our Lake Side Bistro Kitchens. If you would like to work in a professional environment where the team strives to create and present cuisine that exceeds our guest's expectations we would be delighted to hear from you.

> Applications in writing can be sent via e-mail to hr@lakehotel.com or Noel@lakehotel.com

# CARERS WANTED In Macroom Area

for care of elderly persons in own home.

Overnight carers required and also carers for some evening hours.

Replies by email to

homecarers123@gmail.com





Free parking. 3 km from Macroom town. WiFi available.

# Tel: 087-7657153



 12+ Years Experience Palliative Care a Speciality Keen Rates References Available

Please call for current availability 083 3522219



# **Alcoholics Anonymous** West Cork

**Area Helpline** 

# 087 611 4946 (24 Hours)



Chloe and Shauna Buckley Clondrohid on their Bishop McEgan college Debs day that they celebrated the 23rd August



At the Ted's Opel Vauxhall Run, the Jackie Small Memorial Award went to David O'Brien from Kildare with his Opel Rekord Diesel, being presented by Tommy Burke GMR, ted O'Connell



Big crowd enjoying the music at the Fleadh ceoil in Mullingar



Young musicians entertaining at the Fleadh ceoil in Mullingar



# **Job Opportunities Available**

An exciting opportunity to join the O'Donovan Engineering Team

# **Mechanical Engineer**

This role will involve designing farm yard solutions, reading and interpret technical drawings from industry, and R&D of new products putting your stamp on our product range.

# Welder / Fabricator

We are currently seeking experienced Metal Fabricators. The successful applicant will be responsible for the fabrication of steel components for our range of products and solutions.

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We are currently seeking applications from candidates who are interested in gaining an apprenticeship in Metal Fabrication.

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# SNIPPETS | DIARY

#### MACROOM FC:

This Weeks Jackpot € 7,800 - No Winner € 80 : Ted Savage C/O Hound € 20 : Alan Lynch C/O MaryAnnes € 20 : Angela O Connor C/O Evelyn € 20 : Sheena O Driscoll C/O TPs € 20: Laura O Riordan C/O Online

#### AGHINAGH GAA:

Lotto Results 22nd August, 2022

The jackpot was €3,700.00. The numbers drawn were 31, 39 and 42. There was no jackpot winner. Consolation prizes: €50.00 to Ted O'Driscoll, Bawnmore (Online Winner). €20 each to Pat Kelleher, Rylane; Mairead Cremin, Aghabullogue Village (Online Winner); Dermot O'Callaghan, Rusheen; Linda O'Connor, Artane, Dublin (Online Winner).

Lotto Results 29th August, 2022

The jackpot was €3,850.00. The numbers drawn were 2, 5 and 11. There was no jackpot winner. Consolation prizes: €50.00 to Damien Burns (c/o Martin Hubbard). €20 each to Sean & Martina Twomey, Ballinagree; John & Maura Coakley, Rahalisk; Noreen Spillane, St. John's Drive; Gerard Buckley, Laharn.

#### **COACHFORD AFC:**

Lotto Draw: 29/8/2022. Jackpot: €1,400. Numbers Drawn: 18 - 25 - 31. No Winner. €40 Antoinette Murphy (Online Ticket). €20 Peter Kelleher (Yearly Ticket), Diarmuid O'Riordan (Yearly Ticket), Paddy Riordan, Stephen Foy.

Coachford AFC Lotto Draw: 5/9/2022. Jackpot: €1,600. Numbers Drawn: 7 - 20 - 28. No Winner. €40 Dolores O'Shea. €20 Martin O'Mahony, Siobhán Hogan, David Harrington (Online Ticket), Shane O'Leary (Yearly Ticket).

#### RCPA (RYLANECOMMUNITY PARKASSOCIATION) LOTTO RESULTS:

August 22nd 2022 Lotto results: Winning numbers: 10, 16 & 22. Jackpot - €2,300

No winner. Lucky Dips: Ted O'Sullivan (Rylane); Marie & Josh Healy (Rylane East); Daniel McSweeney (Rylane yearly ticket); Rob Twomey (Rylane - online). Seller's prize: Sheila O'Sullivan (Rylane).

Next week's Jackpot will be €2,400.

These are Rylane lotto results on Monday August 29th 2022 Lotto results:

Winning numbers: 10, 14 & 17. Jackpot - €2,400 No winner

Lucky Dips: Connie Moynihan (Coachford); Bridie Hogan (Rylane); Diarmuid Cronin (Rylane - yearly ticket); Triona Dineen (Peake - online). Seller's prize: Crowlevs (Rylane).

Next week's Jackpot will be €2500.

#### **CLONDROHID LOTTO G.A.A:**

LOTTO RESULTS;

**Results for Aug 24** 

€70 Anne and Garry c/o Lotto €20 John and Breda Kelleher Kilvoultra, Anne Mcsweeney on Line, Caroline Dineen the Tce., Fergal and Yvonne Carrighan Macroom

Results for Aug 31

Jackpot €2,200 €70 Martin O'Mahony and Paul Burke c/o MCP €20 Mgt. Coakley, Inchigeelagh, Karen O'Leary, the Glebe, Sarah Daniell, Ballincollig, Mgt. Duggan Moulnahorna

#### MACROOM GAA:

30 August 2022 No Winner - €70. Mary Ellen & Cameron Murphy, 9 Cork Street, Macroom. €20. Martin Mc Sweeney, Carriganima, Macroom. €20. Lorraine Nash, Clondrohid. €20. Eleanor Healy, Sleaveen Road, Macroom. €20. Margaret Lucey, Gortnalicka, Clondrohid, €20, Marian Coughlan, St Colman's Park, Macroom. Next Week's Jackpot €2400.

23 August 2022 No Winner - €70. Fionnula Dinneen, Gurteenroe, Macroom. €20. Breda Mc Carthy, Ballymakeers, Macroom. €20. Serena O'Shea, Castlecourt, Macroom. €20. Mary Cooney, Greyhound Bar, Macroom. €20. Danny Mynard, C/O Shelia Burrimer. €20. Denis Lucy Jne. 9 Cork Street, Macroom. Next Week's Jackpot €2200.

#### **Donoughmore Marymount Fundraising Group**

Donoughmore Marymount Fundraising Group is holding its annual coffee night on Thursday September 22nd 2022 in Community Centre Hall in Stuake, Donoughmore from 7pm -9pm. Ticket will be for sale on the night and in local shops with lots of prizes to be won. Your generous donations of home baking would be greatly appreciated and will be taken in on the day from 2pm in community centre and your continued support on the night would be very much appreciated. Usual raffle will be held on the night. There will be no bric & Brac and Book due to covid. There will be home baking on the nights so come along and enjoy a cup of tea or coffee and a chat - all in a good cause. Everyone welcome.

#### **Bride Valley Walkers fundraising walk**

Bride Valley Walkers fundraising walk and picnic in aid of Marymount Hospice in the Gearagh on Wednesday 21st September @ 10.30am. in the event of the weather not being suitable refreshment will be served in Crookstown hall from 12.00. All Welcome



Julia Mary O Sullivan celebrating her 80th birthday in Fr. Ryan Hall with the Bridge Club



Christy Fennell, Cooldorihy, Kilmichael, who celebrated his 90th birthday at Mai Fitiz Lissarda with his friends from Tarelton friendship club.



Joe Kelly Ballymakeera on his first day n Naíonra Chúil Aodha, with his Great Granda Joe Kelly Chúil Aodha,.



# MACROOM GAA

Macroom U15 played a strong Ibane Gaels team in the U15 Premier 2 championship on Wednesday 24th August in Castle Grounds. Macroom had won their first two group games but needed to avoid defeat here to ensure progression in the championship. Macroom settled quickly with the first score, but Ibane Gaels tool control for the next 15 minutes to lead by 7 points midway through the first half. A strong end to the first half, including goals from Cian O'Sullivan and Kuba Gdaniec, ensured a Macroom half time lead by 1 point.

The second half was a tight affair for the first 15 minutes. A scoring burst midway through the half, with 2 goals from Jack Leavy and a penalty from Cian O'Sullivan, ensuring a good win. There were some excellent performances all over the pitch and the group now have a home county semi-final to look forward to in the coming weeks. FT: Macroom 5-13 - Ibane Gaels 4-07

Earlier that week, on Monday 22nd August, Macroom u15 C3 team played Eire Og in their second game of the round robin series. This was again a very strong display with many players excelling around the pitch. Goals at key times kept Macroom ahead throughout, ensuring a sevenpoint win in the end.

FT: Macroom 4-14 - Eire Og 3-10



Macroom Youth Internationals 2022, L. > R. Cormac McCarthy, Éanna Ó Laoire and Darren Sweeney. (C. Kelleher, Aug., 2022).



Macroom Ladied u15 Summer League.



Macroom Ladied u15 Summer League.



Foireann Naomh Abán a bhuaigh Craobh Comórtas Rebel Óg Fé-12



Foireann Naomh Abán a ghlac páirt i Go Games na Gaeltachta i bPáirc an Chrocaigh le déanaí



# **MACOOM FC - Munster Senior League Division 2**





Mr Jack Chambers, Minister for Sport and Gaeltacht Affairs (back row second from right) with local representatives and Macroom FC officials and members at Murrayfield

Macroom FC Seniors who played Ballinhassig in their opening league game of the 2022/23 season

#### Ballinhassig 2 Macroom 1.

It was disappointment for Macroom on day one of the league campaign last weekend as they lost out narrowly at Gortnaglough. Macroom started well with Matty Juszczak and Ryan Creed linking well down the right wing but, chances were at a premium in the opening half an hour. On 28 minutes against the run of play, Ballinhassig's number 10 converted well only for the offside flag to be raised. Nil all at half time. The second half saw Macroom quick out of the blocks. A host of chances from the away side failed to find the net until finally, on the hour mark Macroom found the opener. Lloyd Asling finished with a left footed rocket across the keeper following great play down the left from Matty Juszczak. Almost immediately from the restart, the sides were level again. A Ballinhassig free kick swung into the box finding a free man to volley home at the front post. Only minutes later, Ballinhassig's turn around was complete when their number 10 coolly slotted home from close range. With 20 minutes to go Macroom went in search of an equaliser that never materialised. A host of near misses weren't enough to get the all-important leveller.

Some good team performances but, Macroom will be disappointed leaving Ballinhassig emptyhanded. Attention now turns to this Friday where the Seniors are on the road again to Buttevant in the league.

#### **Ministerial Visit**

Minister for Sport and Gaeltacht Affairs, Mr. Jack Chambers TD visited Murrayfield last week where he was given a tour of the current facility. Andries Moynihan TD and Michael Creed TD were also in attendance along with local representatives. Macroom FC officials and members outlined to the Minister the club's history, it's recent growth in playing numbers as well as the major plans for an Astro Pitch and Community Walkway. The Minister was extremely impressed with the club background and was also very interested in the ambitious Astro project. It was fantastic for Macroom FC to have a current government minister visit our home ground and his pledge of ongoing support and practical assistance is most welcome. Fundraising for the Astro Pitch and Community Walkway is continuing. Further project details and the opportunity to contribute are available on the club website www.macroomfc.ie **Season Underway** 

The playing season is now well underway with all teams back training and playing matches. The U14 division 8 team, sponsored by Delforno Tiles and Timber, had a big 3-1 away win over Blarney Utd in their league opener. Jayden Leahy has a cracking game here and he chipped in with 2 goals while Ronan O' Sullivan was also on target. The Macroom Opticians sponsored U15A lads welcomed Passage to the excellent Town Park venue and played out an entertaining 3-3 draw. This was a very welcome point considering Macroom trailed 3-1 with just 15 minutes remaining. Jack Cooper struck on the double and Oisin Phelan also scored. Both of the U12 boys' teams made their competitive debut last weekend. Macroom A visited Pearse Celtic on Saturday, gave a great performance but lost out to a strong home side. The U12 div 2 team welcomed Castleview to Murrayfield and played out a 0-0 draw, something quite rare in U12 football. David Twomey and Con Moss gave fine performances. Well done to both these teams as there is always

a big build up to their first ever competitive league games. The U13 boys have also been busy. Macroom B travelled to play Avondale Utd. They competed well but were missing a few important players and unfortunately lost out. Daragh McSweeney, Will Buckley and David Kelleher played well. The U12A team had a brilliant start with a comprehensive win over Bandon A at the Town Park. This team were promoted last season and have started the league campaign brilliantly. Goals were flying in and Dylan O' Connell (2), Cathal Lyons (2), Kynan McGarry, Fionn Fitton, Fionn Fabrizi, Simon McCarthy and Cal O' Driscoll were all on the scoresheet. The U12 div 2 team were also promoted last season. They lost out to a strong Bandon team in their league opener at the Town Park. A number of players were unavailable which made a difference. This team were back up to a full squad of 16 for their next game at home to Fermoy at Murrayfield. The visitors started strong but Macroom gradually worked their way into the tie. Approaching half time Conor Doyle and Jamie McCarthy combined well for Micheál O' Connor to score. Macroom had further chances and defended for their lives for the remainder of the game. They held on for a morale boosting 1-0 win. Having a full squad was vital here, as the roll on roll off system allows unlimited substitutions and every player gets to play his part. The U14 schoolgirls headed for Kanturk last Saturday morning and gave a great performance against a strong home side. There was much excitement for the beginning of another season and hopes are high that these girls can do well again this year.



Sullane FC U12's Girls, WCSSL U12 Supervalu Cup who defeated Castlelack FC on 01/09/2022 46 000100k 2008.09.22



Sullane FC U12's Boys WCSSL U12 Supervalu Cup who defeated Kilmichael Rovers on 03/09/22



# **MACROOM LADIES GAA - Junior Championship Match**



Macroom U13 girls who defeated Naomh Fionnbarra in the Mid Cork Summer League Final



Macroom u15 girls who defeated Grenagh in the Mid Cork Summer League Final

Our Junior Ladies started their Championship : campaign Sunday morning the 28th August against St.Peters in Rockchapel in the blistering heat. They started well in the first half with a goal from Clodagh O Brien 5 minutes in. While Macroom kept the scoreboard ticking over they conceded a goal before half time which left the score at half time, Macroom 1-06, St.Peters 1-03. St.Peters clawed back the lead and brought it back to level and eventually went up a point. Aoife Twomey then got a goal to put Macroom up 2 points followed by a point from Susie O Donnell which gave Macroom a 3-point lead. Macroom gave away a penalty with 2 minutes to go which St.Peters missed which ended the match on a scoreline of Macroom 2-09. St. Peters 1-09. Full Time Score: Macroom 2-09 St.Peters 1-09.

Team: Molly Murphy Katelyn Burke Grace Buckley Molly McKirgan Caoimhe Donovan Sophie McCrory Maeve Murphy Ellen Kelleher Meabh Kelleher Susie O Donnell Rachel Hurley Niamh McSweeney Clodagh O Brien Meadhbh Carroll Aoife Twomey

Subs: Sadhbh Bourke Caoimhe O Brien Lauren Manning Eimhin O Mahoney Ava-Rose Gallagher Kate Brady Myra O Riordan Sadhbh Donovan Lucy Duggan

#### U15 Summer League: Ladies LGFA

Macroom U15 girls had a smashing win in the LGFA Mid Cork Summer League Final (Sec 3) over Grenagh at the Castle Grounds on Monday evening last. The rain, thunder and lightning of the afternoon had just passed on by the starting time and Macroom had a big and very supportive following at the game.

This was a "must win" encounter for the Macroom girls who had been defeated by Grenagh at U16

**GAA NEWS:** The death has occurred of Raymond O'Brien formerly of Clondrohid village.

Raymond played underage football with Clondrohid teams during the 1970's winning Muskerry titles at under 12, under 14 and minor grades. Sincere sympathy is extended to all the O'Brien Family. May He Rest In Peace.

Clondrohid U17s were at home recently to Canovee, in the final game of the group stages. Due to injuries and players unavailable it was going to be a tough encounter. Canovee made the better start and raced into a good lead with well level only 2 weeks previously. Macroom went about their business early, going into a three-point lead, before Grenagh levelled the game with a goal after 15 minutes of play. An excellent save from Lilly Meyler and great work in defence kept Macroom in the game before they had a goal from Eugenie Kelleher, leaving the score at half time: Macroom 2-4 to Grenagh's 1-1. Grenagh started the 2nd half very strongly and scored a goal and two points without reply. Macroom dug deep, taking control at midfield which set the platform for impressive forwards Maisie Murphy and Szonja Mora to do damage. A disallowed goal by Cliona O'Brien was quickly followed up by a goal from Eugenie Kelleher. With time running out and Grenagh pushing on, super sub Isabelle O'Driscoll, came off the bench to score two late goals to seal a very impressive victory. Final score was Macroom 5-5 Grenagh 2-4. Referee Deirdre Cronin and her team of officials kept the game flowing well.

Macroom panel: Lilly Meyler, Lillie Chambers, Chloe Lehane, Ellie Walsh, Ellie Buckley, Erin Kelleher (captain), Hollie Ronayne, Clodagh Murray, Shauna O'Sullivan, Maisie Murphy, Szonja Mora, Cliona O'Brien, Eugenie Kelleher, Lily Desmond, Katie Purcell, Isabelle O'Driscoll, Ruth Sexton, Rachel Twomey, Isabelle Buckley, Emily Williams, Chloe O'Sullivan, Grace Duarte, Hayleigh O'Shea, Daimhin McKenna, Grace Nash, Taylor Casey, Meabh Fitzgibbon, Realtin Walsh, Sarah Neville, Emily Mehigan, Orlaith O'Brien, Joy Griffin, Emer Burke, Eva O'Callaghan, Saoirse Phelan. **U15's** 

#### Match Report:

Macroom and Grenagh met in the LGFA Mid Cork Sec 3 Summer League Final on Monday, August 15th, in the Castle Grounds. The evening was wet but the Macroom venue looked impressive. This was a "must win" encounter for the Macroom girls who had been defeated by Grenagh at U16 level only 2 weeks previously. Macroom went about their business early, going into a 3 point lead, before Grenagh levelled the game with a goal after 15 minutes of play.

An excellent save from Lilly Meyler and great work in defence kept Macroom in the game before they had a goal of their own from Eugenie Kelleher, leaving the score at half time: Macroom 2-4 vs Grenagh 1-1.

Grenagh started the 2nd half very strongly and scored a goal and 2 points without reply. Macroom dug deep, taking control mid field and set the platform for impressive forwards Maisie Murphy and Szonja Mora to do damage. A disallowed goal by Cliona O'Brien was quickly followed up by a goal from Eugenie Kelleher. With time running out and Grenagh pushing on, super sub Isabelle O'Driscoll, came off the bench to score 2 late goals to seal a very impressive victory.

Final score: Macroom 5-5 vs Grenagh 2-4. Thanks to Deirdre Cronin and her team of officials who kept the game flowing.

Macroom panel: Lilly Meyler, Lillie Chambers, Chloe Lehane, Ellie Walsh, Ellie Buckley,

Erin Kelleher (captain), Hollie Ronayne,

Clodagh Murray, Shauna O'Sullivan,

Maisie Murphy, Szonja Mora, Cliona O'Brien, Eugenie Kelleher, Lily Desmond, Katie Purcell, Isabelle O'Driscoll, Ruth Sexton, Rachel Twomey, Isabelle Buckley, Emily Williams,

Chloe O'Sullivan, Grace Duarte,

Hayleigh O'Shea, Daimhin McKenna,

Grace Nash, Taylor Casey, Meabh Fitzgibbon, Realtin Walsh, Sarah Neville, Emily Mehigan, Orlaith O'Brien, Joy Griffin, Emer Burke, Eva O'Callaghan, Saoirse Phelan

# **CLONDROHID GAA**

taken scores. Clondrohid battled away but things just weren't going their way. At the break it was Canovee that were ahead even though both sides had the same number of scores it was Canovee that had the goals. Second half resumed with our lads getting on the scoreboard first. Both sides exchanged scores but it was Canovee that ran out winners in the end on a scoreline of

#### Clondrohid 1 - 13 Canovee 5 - 13

Thanks to the panel of players, parents and supporters.

The Under 15 team played Owen Gaels in

Championship/league game recently in Ahiohill. Weather conditions were awful for the whole of the first half, Clondrohid won the toss and played against a strong wind hoping that if they could stay within a score or two at half time, they would use the wind in the second half to their advantage. In fairness to the lads, they put in a massive shift to be only a point down at half time.

#### Clondrohid 3-01 Owen Gaels 1-08

Second half started and the wind died completely but still Clondrohid kicked 2 points to take the lead. Unfortunately, Owen Gaels who were a much



bigger more physical team started to get on top scoring 2 fast goals, but the writing was on the wall when Owen Gaels were awarded a penalty which they converted.

Clondrohid played on gamely but the better team on the evening won out in the end.

#### Clondrohid 3-06 Owen Gaels 4-11

Clondrohid U12 Footballers played away to Canovee in the Shield final recently.

A great way to finish off the summer holidays before lad's head back to school. Canovee got off to a good start scoring some well taken points. Our

lads found it hard to settle leaving the home side to keep the scoreboard ticking over. Clondrohid got on the scoreboard with a well worked point. Another well worked attack yielded them the first goal. As the first half came to a close it was Canovee leading on a scoreline of

#### Canovee 0 - 9 Clondrohid 1 - 1

Second half began and Clondrohid took the game to the homeside getting some early scores without reply, it was now game on. Everyone battled hard in such a exciting game with both sides scoring important scores which swayed the game to either side. It was a nail-biting finish which saw Clondrohid just ahead by a goal into injury time which they fought bravely and kept the lead to win the Shield Final. Great excitement was had on the final whistle which the lads deserved. Big well done to the panel of players. Thanks to the parents and supporters for making it an exciting and memorable evening.

### **Bons Secours Hospital County Football Championships**

#### September 5th 2022 Premier Senior FC GROUP A

St Finbarr's 6 Carbery Rangers 4, Carrigaline 2, Éire Óg 0

**GROUP B** 

Mallow 4, Ballincollig 3, Douglas 3, Valley Rovers 2

#### **GROUP C**

Nemo Rangers 6, Castlehaven 4, Clonakilty 1, Newcestown 1

#### **Quarter Finals:**

Nemo Rangers v Carbery Rangers, Mallow v Castlehaven, Ballincollig v Carbery (division) Semi Finals: St Finbarr's v Mallow or Castlehaven: Nemo Rangers or Carbery Rangers v Ballincollig or Carbery

Relegation Playoff: Éire Óg v Newcestown

#### Carrigaline 1-12 Éire Óg 1-10

Carrigaline produced a last ten-minute rally at Ballygarvan to maintain their own Premier Senior status and consign Éire Óg to a relegation dog fight with Newcestown.

The play in the first half was very moderate with Éire Óg looking a far better side. Daniel Goulding opening their scoring in the second minute with a point and a minute later Colm O'Callaghan drilled a shot to the back of the Carrig net. Carrigaline took 10 minutes to open their scoring and another ten minutes for a second. Éire Óg led at the break by 1-7 to 0-3 lead and it could have been greater.

Éire Óg scored only three points in the second half, their last point, from Donncadh Kelly in the 47th minute giving them a six-point advantage. Carrigaline upped the tempo and point by point reduced the gap to two points, 1-10 to 0-11, and in injury time got in for a killer goal and added a point.

Scorers for Éire Óg: D Goulding 0-6 (0-5 f), C O'Callaghan 1-1, J Cooper, B Hurley, R O'Toole 0-1 each.

Éire Óg: C Kelly; M Corkery, J Mullins, J Kelleher; D McCarthy, M Griffin, D O'Herlihy; D Kelly, R O'Toole; J Cooper, C O'Callaghan, J Kelleher; K Hallissey, D Goulding, B Hurley.

Subs: R O'Flynn 48, D Foley 48, D Dineen 50, H Murphy 55.

#### Ballincollig 4-14 Valley Rovers 2-10

Ballincollig dramatically defeated Valley Rovers to qualify for the knock-out stages in Premier SFC game at Kilmurry. A win or a draw would have put Valleys through but Ballincollig's winning margin, combined with results elsewhere, meant that the Village progress along with Mallow, Douglas edged out on scoring difference.

Ballincollig had a strong wind in the first half and led by 1-2 to 0-3 after 17 minutes but were in arrears 2-5 to 1-5 at the half way mark. Ballincollig were level 2-8 to 1-11 by the threequarter stage and had a brilliant final quarter, scoring 2-3 without reply, Seán Kiely and Rob Noonan the goalscorers and when Seán Kiely grabbed his second goal in injury time and The Village were through!

Scorers for Ballincollig: C Dorgan 0-7 (0-6 f), S Kiely 2-0, D Murphy 1-2, R Noonan 1-0, C Kiely 0-2, S Dore, L O'Connell, H Aherne 0-1 each.

Ballincollig: C Walsh; N Galvin, G O'Donoghue, S Dore; L Fahy, L Jennings, S Murphy; C Kiely, S Kiely; J O'Connor, L O'Connell, D O'Mahony; H Aherne, C Dorgan, D Murphy.

Subs: P O'Neill h-t, D Dorgan h-t, R Noonan 47.

#### Senior A FC

#### GROUP A

Clyda Rovers 5, O'Donovan Rossa 4, Ilen Rovers 2, Newmarket 1

#### GROUP B

Béal Átha'n Ghaorthaidh 5, Dohenys 4, Kiskeam 3, Bandon 0,

#### GROUP C

St Michael's 6, Knocknagree 2, Fermoy 2, Bishopstown 2

Q F: Beal Atha'n Ghaorthaidh v Knocknagree: O'Donovan Rossa v Dohenys

Semi Finals: Clyda Rovers v Béal Átha'n Ghaorthaidh or Knocknagree: St Michaels v O'Donovan Rossa or Dohenys

Relegation Playoff: Bandon v Newmarket

#### Béal Átha'n Ghaorthaidh 1-13 Bandon 1-12

Béal Átha'n Ghaorthaidh have qualified for the Senior A quarter-finals but got a stiff challenge from Bandon at Ballinacarriga. Twice Beal Átha were ahead by five points in a gripping encounter but eventually needed Ben Searten's injury-time point from a free to win.

The Gaeltacht side got off to a positive start with points from Ben Seartan and Aindrisas Ó Coinceannáin and Conchubar Ó Loinsigh made 0-3 to 0-1 from a 45', Dara Ó Ceallacháin and Ben Seartan making it 0-5 to 0-2. Diarmuid Mac Tomáis, Conchubar Ó Loinsigh (two), Ben Seartan (two) and Dara Ó Ceallacháin points pushed their side 0-11 to 0-3 ahead, but despite limited opportunities, Bandon had two points to make it a six-point game at the interval, 0-11 to 0-5.

A Bandon goal reduced the deficit to three and they got the gap down to one but Béal Átha worked the ball through to Donagh Searten for a superb goal after 44 minutes to put them five clear. Béal Átha would not score again until injury time. Bandon fought their way back into contention and levelled matters shortly before the end. Then Béal Átha'n Ghaorthaidh won a free close to the Bandon goal and Ben Searten made no mistake so Béal Átha'n Ghaorthaidh advance to meet Knocknagree in the quarter final.

Scorers for BÁG: B Seartan 0-5 (0-1 f), C Ó Loinsigh 0-3 (0-1 45), D Seartan 1-0, D MacTomáis 0-2, A Ó Coinceannáin (0-1 f), D Ó Ceallacháin, S Ó Tuama 0-1 each.

Béal Átha'n Ghaorthaidh: D Ó Coill; J Ó Donnchú, E Ó Duinnín, C Ó Nuanáin; C Ó Duinnín (captain), M Ó Riordáin, L Ó Criordáin; A Ó Coinceannáin, C Ó Loinsigh; N Ó Laoire, D Seartan, L Seartan; D MacTomáis, B Seartan, D Ó Ceallacháin. Subs: L Ó Conchuir 40, S Ó Tuama 40, A Loinsigh 52, E Ó Coill 52, S Ó Luasa 60.

#### Premier Intermediate FC GROUP A

Cill na Martra 4, Iveleary 4, Nemo Rangers 4, St Vincent's 0

#### **GROUP B**

Bantry Blues 6, Aghada 4, Castletownbere 2, Na Piarsaigh 0

#### GROUP C

Kanturk 6 Rockchapel 4, Macroom 2, Naomh Aban 0

Q F: Uibh Laoire v Rockchapel

Cill Na Martra v Aghada

Semi Finals: Bantry Blues v Uibh Laoire or Rockchapel: Kanturk v Cill Na Martra or Aghada Relegation Playoff: St Vincents v Naomh Ában

#### Cill Na Martra 2-12 St Vincent's 1-5

Cill Na Martra are through to the quarter-final in PIFC and a meeting with Aghada after they had their expected comfortable win over relegationthreatened St Vincent in Coachford.

The Muskerry Gaeltacht side led by 1-7 to 0-2 at the interval, full-forward Mike Ó Deasúna contributing 1-2, the goal from a penalty after Cian Furey was dragged down.

Vincent's grabbed a lifeline with a 35th-minute goal but Cill Na Martra reasserted their control and began to pull away again. Ó Deasúna's second goal in the 57th minute was the icing on the Cill na Martra cake.



Scorers for Cill Na Martra: M Desmond 2-5 (1-0 pen, 0-2 f), M Dineen 0-3, D Dineen 0-2, C McLoughlin, D Harrington (f) 0-1 each.

Cill na Martra: P Ó Críodáin: D Ó Conaill, G Ó Mocháin, F Ó Faoláin: A Ó Cuana, S Ó Foirréidh, C Ó Foirréidh: C MacLochlainn, G Ó Goilí: F Ó hEaluithe, C Ó Duinnín, D Ó Duinnín: M Ó Duinnín, M Ó Deasúna, D Ó hUrdail. Subs: J MacCarthaigh 32, E Ó Conaill 39, S Ó Duinnín 45, T Ó Corcara 48, C Ó Meachair 58.

#### Iveleary 4-11 Nemo Rangers 0-5

Iveleary, with Chris Óg Jones back after work assignment in the US, are on the move again and Nemo Rangers were simply squashed in the final group game as the Uibh Laoire men move on to a quarter final meeting with Rockchapel. This was a stunning defeat for Nemo who were group leaders coming in to the game, whose first point from play didn't arrive until the 43rd minute and now find themselves out of the competition on scoring difference.

Iveleary had the wind at their backs in the first half and led by 1-5 to 0-1 at half time, Chris Óg Jones with the goal on 26 and Cathal Vaughan with four points to his credit in that first half.

A Nemo free five minutes into the second period reduced the gap to six before Iveleary began to do serious damage at the other end. Chris Óg had a second goal on 42, his brother Ian Iveleary's third goal on 50 minutes before Chris found the net again on 60 to complete what was a rout.

Scorers for Iveleary: C Óg Jones 3-2 (0-1 f), C Vaughan 0-6 (0-3 f), I Jones 1-1, T Roberts, B O'Leary 0-1 each.

Iveleary: Joe Creedon; Daniel O'Donovan, Ciarán O'Riordan, Alan O'Brien; Kevin Manning, Ciarán Galvin, Timmy Roberts; Conor O'Leary, Seán O'Riordan; Barry O'Leary, Seán O'Leary, Brian Cronin; Chris Óg Jones, Cathal Vaughan, Ian Jones.

Subs: Liam Kearney 51; Aaron O'Donovan 52.

#### Kanturk 1-12 Macroom 1-11

For the third year in a row Macroom have lost a group game to Kanturk by a single point, a defeat which as before has cost them a place in the quarter final stage of the PIFC as they now finish third behind Kanturk and Rockchapel. Macroom allowed Kanturk build up a big lead and just fell short of reeling the Duhallow men in when they staged a fine last quarter rally. Macroom's Seán Kiely opened the scoring with a point in the 7th minute, Kanturk replied with

a point in the 7th minute, Kanturk replied with two points, Kiely equalised in the 14th minute.

From here to the half time break, Kanturk dominated and Ryan Walsh's goal in the 16th minute helped them build up a 1-5 to 0-2 lead before Macroom scored again, points from Alan Quinn and a Fintan Goold free in the 21st/22nd minutes improving their situation somewhat. Kanturk were firmly in control at half time, leading by 1-8 to 0-5, Alan Quinn getting a late point for Macroom.

Macroom made changes at the interval and further substitutions in the third quarter which helped improve their performance and led to the final late rally.

Before that however Kanturk led by 1-12 to 0-7 in the 48th minute before Macroom began to throw caution to the wind. Fintan Goold pointed as 50th minute free, David Horgan did likewise two minutes later and a point-a-minute followed from Horgan, Kiely and Horgan again, 1-12 to 0-11 in the 54th minute. A minute later in another Macroom attack Don Creedon fired over a ball from the wing and Mark Hunt gained possession and lashed the ball to the net to leave only the minimum between the teams. When the final whistle sounded the solitary

point margin still remained.

Scorers: Macroom: M Hunt 1-0, S Kiely 0-4, A Quinn 0-2, F Goold 0-2 (f), D Horgan 0-2 (f), E O'Leary 0-1

Macroom: Brendan O'Connell: Jack O'Riordan, Blake O'Gorman, Gerard Angland: Rory Buckley, Seán Kiely, Mark Corrigan: Caleb Dinneen, Cillian Donovan: Alan Quinn, Michael Cronin, Tony Dineen: Fintan Goold, David Horgan, Patrick Lucey. Subs: Don Creedon and Eolan O'Leary, both ht, Mark Hunt 37, Dylan Twomey 45.

#### Rockchapel 1-11 Naomh Abán 0-7

Naomh Abán are now in a relegation battle with St Vincents after losding therir third consecutive group game in the PIFC thanks at Dromtarriffe. Scores were scarce early on, Dermot Ó Ceallaigh pointing free on 13, Rockchapel scoring their first on 18. The Rock followed up with a goal and led by 1-4 to 0-2 at the interval.

The Duhallow men opened up a 1-8 to 0-2 gap but Niall Ó Ceallaigh and Deaglán O hAllamháin landed their only points from play and Dermot Ó Ceallaigh added two from frees for N Aban.

Rockchapel secure a place in a quarter-final while for Naomh Abán it's a relegation playoff against St Vincent's to determine their status for 2023.

Scorers for Naomh Abán: D Ó Ceallaigh 0-3 f, A Ó Luasa 0-2 f, N Ó Ceallaigh, D Ó hAllamháin 0-1 each. Naomh Abán: F Walker; T Ó Catháin, T Ó hAilíosa, M Ó Ceallacháin; C de Roiste, D Ó Loinsigh, S Ó Riordan; E Ó Críodáin, C Ó Donnchú; R de hÍde, A Ó Luasa, P Ó Liatháin: Dermot Ó Ceallaigh, D Ó Laoire, N Ó Ceallaigh. Subs: D Ó hAllamháin 41, Donal Ó Ceallaigh 44, M Ó Liatháin 48.

#### **Intermediate A FC:**

Group A: Adrigole 4, Kilshannig 4, Gabriel Rangers 4, Ballydesmond 0

Group B: Glanworth 4 , Kildorrery 3, Glenville 3, St Nicks 2,

Group C: Mitchelstown 5, Boherbue 5, Glanmire 1, Millstreet 1

Group D: Aghabullogue 6, Dromtarriffe 2, Ballinora 2, St Finbarrs 2

Q F: Aghabullogue v Kildorrery Mitchelstown v Dromtarriffe Adrigole v Boherbue Glanworth v Kilshannig Semi Finals: The pairings for the Semi Finals will be finalized after the Quarter Finals have been completed in an attempt to avoid repeat pairings where possible.

Relegated: Ballydesmond, St Nicks, Millstreet, St Finbarr's

#### Aghabullogue 3-15 Ballinora 0-14

Aghabullogue claimed top spot in Group D and top seed for the knockout stages by defeating Ballinora by 3-15 to 0-14 at Ovens. David Thompson was Aghabullogue's top scorer with 1-8 while Cialan O'Sullivan hit two goals. Aghabullogue led by 0-9 to 0-6 at half time but struck for a Cialan O'Sullivan in less than a minute of the resumption and his second goal on 53 gave Aghabullogue a 2-14 to 0-11 advantage. David Thompson's goal came in the 57th minute to complete the misery for Ballinora who however escape relegation on scoring difference.

Aghabullogue: John Buckley: Paul Dilworth, Shane Tarrant, Tom Long: Billy Casey, Paul Ring, Denis Quinlan: Ryan Dennehy, Brian Dineen: John Corkery, Mathew Bradley, Padraic O'Sullivan: Cialan O'Sullivan, Evan O'Sullivan, David Thompson. Subs: Jack Murphy 41, Niall BarryMurphy 50.





# Ross Oil Mid Cork Junior Football Championship Semi Finals

#### Kilmurry 1-13 Canovee 1-10

Kilmurry and Canovee met in the semi-final of the Ross Oil Mid Cork Junior Football championship at Macroom and provided the big attendance with a rip roaring contest.

When excellent referee Dave Murnane got proceedings under way the intensity was obvious. Liam Wall opened the scoring for Kilmurry after a strong run up the wing, Tomás Collins pointed a free and Joe Ryan pointed another free. James Moynihan had the first point for Canovee in the 9th minute, Jack Kelleher pointed a free two minutes later but Kilmurry hit back with a goal from Pádraig Berhanu in the 13th minute after Rory Duggan's blast had hit the crossbar. John O'Mullane added a point to open a five-point gap but Canovee swooped for a goal at the other end, Jack Kelleher sent clear by Brian McNabola and finishing clinically in the 18th minute. Points were exchanged but in the time added on Kilmurry had two precious points from Ryan and Kilmurry led at half time by 1-7 to 1-4.

The second half was full of drama as Kilmurry were on top early on but then Canovee staged a magnificent rally to come back to level terms by the 53rd minute, outscoring the winners by six points to one in a 20-minute period. It was 1-9 to 1-6 at the three-quarter stage and when Conor Dodd sent over a rousing equaliser for Canovee in the 53rd minute the spectators were in a frenzy with the score at 1-10 each and the momentum now with Canovee.

Stalemate ensued for a five-minute period with defences, particularly Kilmurry's, performing heroically, the impasse to be broken by Pádraig Berhanu from a distance in the 58th minute and two minutes later Joe Ryan scored a fine point despite close marking. Kilmurry's defence held solid, and William Ronan took a pass from Berhanu in the 63rd minute to ease the pressure somewhat. Scorers: Kilmurry: P Berhanu 1-1, J Ryan 0-7 (0-2f), L Wall, T Collins (f), Js O'Mullane, R Leahy, W Ronan 0-1 each. Canovee: J Kelleher 1-5 (0-3f), Js Moynihan 0-2 (0-1f), S O'Connor 0-2 (0-1f), C Dodd 0-1

Kilmurry: Jason McDonnell: Brian Hinchion,

Fionn Warren, Gearóid O'Mahony: Tomás Collins, James O'Mullane, Pádraig Hinchion: Kyle Kelleher, Lawrence Asling: Rory Duggan, Liam Wall, William Ronan: Pádraig Berhanu, John O'Mullane, Joe Ryan. Subs:

Ryan Leahy for John O'Mullane inj 32, Daniel Cahalane for P Hinchion 55.

Canovee: Cormac O'Driscoll: Patrick Buckley, Eoin McNabola, Darren Moynihan: William Ahern, Aidan Murphy, Conor Dodd: Odhran O'Driscoll, Brianj Mcnabola: Connor O'Neill, Mark Healy, Liam Kelleher: James Moynihan, jack Kelleher, Dairev McMahon. Subs: Evan Dodd 35, Paul Healy 39, Seán O'Connor 43, Darragh Ring 52, Paudie O'Leary 60. Referee: Dave Murnane, Macroom.

#### Aghinagh 1–13 Inniscarra 1–11 aet.

Aghinagh, Ross Oil Mid Cork junior football champions for the first time ever in 2021, are back in the final again after their exciting extra time victory over Inniscarra at Ballincollig. In the extra period they trailed by a goal with six minutes remaining but battled on to within a point of 'Scarra and two minutes from time Adam O'Leary crashed in a winning goal to the Inniscarra net.

The fare in the first half was very mediocre, defences dominant and respective attacks not very effective. Inniscarra led 0-4 to 0-2 at half time. On play resuming, Aghinagh drew level at 0-5 each in the 42nd minute. Aghinagh goalkeeper Jason McCarthy denied Dan O'Connell with a superb save a minute later but Inniscarra dominance was reflected on the scoreboard as Dan O'Connell, Seán O'Donoghue and Mark O'Loughlin scored to make it 0-8 to 0-5 for 'Scarra with Aghinagh struggling to contain them with 48 minutes gone.

Gearóid O'Sullivan's point gave Aghinagh fresh impetus, Declan Ambrose set up a point for Mathew Mccarthy Aghinagh were cocka-hoop when in injury time, William Coakley fed through to Liam Twohig who once again rescued Aghinagh with a superb score and force the game into 20 minutes extra time.

Aghinagh had a fine start to extra time

with points from Liam Twohig and Gearóid O'Sullivan and a late 'Scarra point from Michael O'Connell made it 0-10 to 0-9 at the break. Seán O'Donoghue levelled the score in less than a minute of the resumption, Liam Twohig edged Aghinagh in front from a free, Shay Dineen pointed for 'Scarra after Seán O'Donoghue had blasted off the Aghinagh crossbar. From the kick out, Inniscarra attacked again, Shay Dineen had the Aghinagh net shaking, 1-11 to 0-11 the score with six minutes remaining. Liam Twohig pointed a free and with four minutes to go fired over from play after combining with Coakley. There was only a minute left to play when Declan Ambrose got possession fifty metres out and headed for the Inniscarra goalmouth, before off loading to Adam O'Leary who fired an unstoppable shot across the ,keeper to the far corner to give Aghinagh their passage to the final.

Scorers: Aghinagh: A O'Leary 1-0, L Twohig 0-6 (0-3f), D Ambrose, G O'Sullivan and M McCarthy 0-2 each, A Twomey 0-1. Inniscarra: S Dineen 1-1, M McLoughlin and S O'Donoghue 0-3 each, A O'Raw, L O'Connor, D O'Connell and M O'Connell 0-1 each.

Aghinagh: Jason McCarthy: Donagh O'Riordan, Dermot O'Callaghan, John Lynch: Donal Corkery, Dave Barry, Declan Ambrose: Gearóid O'Sullivan, Euan Coughlan: Mathew McCarthy, Liam Twohig, Aodh Twomey: Seán Kelleher, TJ Buckley, Thomas Morgan. Subs: Luke O'Leary, William Coakley 45, Adam O'Leary 47, Shane Corkery 55.

Inniscarra: Dominic Kelleher: Liam Ryan, John O'Callaghan, Cathal Griffin: Aaron O'Raw, David Coughlan, Colin O'Leary: Seán Sheehan, Tim Murphy: Mark McLoughlin, Seán O'Donoghue, Liam Collins: Liam O'Connor, Dan O'Connell, David O'Keeffe. Subs: Jack Hayes ht, Shay Dineen 37, Mark Nagle 44, Michael O'Connell 47, Declan Hyland 58. Extra time: Danny O'Herlihy and Shane Buckley.

Referee: Ted Hayes, Éire Óg



Kilmurry Ross Oil Mid Cork JFC Finalistd



# HURLING - Co-op Superstores Cork County Hurling Championships

#### Premier Senior Hurling Championship

Group A – Douglas 4, Newtownshandrum 4, Kanturk 2, Midleton 2

Group B – Erin's Own 5, Glen Rovers 4, Bishopstown 3, Na Piarsaigh 0.

Group C – St Finbarr's 5, Blackrock 4, Sarsfields 2, Charleville 1

Divisions/Colleges: Imokilly

QF: Douglas v St Finbarr's: Glen Rovers v Newtownshandrum, Blackrock v Imokilly

S F: Erins Own and 3 winners from qfs

Relegation Playoff: Na Piarsaigh v Charleville

#### **Senior A Hurling**

Group A – Fermoy 6, Newcestown 2, Mallow 2, Cloyne 2.

Group B – Fr O'Neill's 6, Courcey Rovers 2, BLARNEY 2, Killeagh 2.

Group C –Bride Rovers 5, Ballyhea 4, Carrigtwohill 3, Ballymartle 0.

Q F: Bride Rovers v Cloyne: Ballyhea v Courcey Rovers

S F: Fr O'Neill's, Fermoy and 2 qf winners – draw to be made

Relegation Playoff: Killeagh v Ballymartle

#### Courcey Rovers 2-17 Blarney 0-18

A PAIR of goals from Seán Twomey were crucial as Courcey Rovers secured qualification from Group 2 of the Co-op SuperStores Cork SAHC at Páirc Uí Rinn in what was a winner-take-all encounter. The match was tied at 1-10 to 0-13 when after a good Courceys start to the second half, Twomey's second goal put them into a lead that they would not lose thereafter, setting up a quarter-final meeting with Ballyhea.

Blarney enjoying the early advantage and led 0-5 to 0-4 but in the 25th minute were reduced to 14 players, after an attacker was shown a second yellow card. Twomey's first goal gave Courceys the lead for the first time, 1-6 to 0-8, but four unanswered Blarney points – McSweeney, Power and two long-range Coleman frees – sent them in with a 0-12 to 1-6 advantage.

After the second goal, Coleman and Power brough Blarney back to within a point, but Courceys then opened up a 2-13 to 0-16 lead and held on to the finish..

Scorers for Blarney: M Coleman 0-9 f, P Power, S

Barrett 0-3 each, D McSweeney 0-2, E Kirby 0-1. Blarney: E O'Neill; MJ Shine, P O'Leary, A McEvoy; P Crowley, P Philpott, C Power; M O'Leary, D McSweeney; S Barrett, S Crowley, M Coleman; E Kirby, P Power, C Barrett.

Subs: D Walsh, K Costello, both 37, C McCarthy 52, J Jordan 54, D Kelly 59.

#### **Premier Intermediate HC:**

Group A: Castlelyons 5, Carrigaline 3, Watergrasshill 3, ÉIRE ÓG 1

Group B: INNISCARRA 5, Bandon 4, Valley Rovers 3, Youghal 0.

Group C: Ballinhassig 4, Castlemartyr 4, BALLINCOLLIG 2, Kilworth 2

QFs: Ballinhassig v Bandon: Castlemartyr v Carrigaline

S F: Inniscarra, Castlelyons and 2 qf winners – draw to be made

Relegation Playoff: Youghal v Éire Óg

#### Inniscarra 1-13 Valley Rovers 0-16

A GRIPPING afternoon at Cloughduv saw Inniscarra progress to the Co-Op Superstores Premier Intermediate Hurling Championship knockout stages.

Although this contest ended in a draw between Inniscarra and Valley Rovers, the result saw Inniscarra progress and top the group, with Bandon also making it into the last six with two wins.

The added bonus for Inniscarra is they now also have progressed straight through to the semi-finals as one of the top seeds alongside Castlelyons. A Valleys free opened the scoring, Inniscarra responded with scores from Cork star Sean O'Donoghue, Owen McCarthy and David O'Keeffe, 0-3 to 0-1 after 10 minutes.

Valleys got back on level terms, Inniscarra were 0-6 to 0-4 ahead by the 27th-minute as McCarthy and Fergal O'Leary pointed and the score at the halftime break though saw Valley Rovers lead 0-8 to 0-6.

Inniscarra levelled with two quick-fire scores through Kieran Rice and O'Brien early in the second half. Fergal O'Leary got a decisive score for Inniscarra when he found the back of the net from close range, as Inniscarra went ahead 1-10 to 0-12. Butler continued to prove red hot accurate from frees for Valleys, while David O'Keeffe responded for Inniscarra.

This gripping affair however ended in a draw so it's Scarra that move forward.

Scorers for Inniscarra: F O'Leary 1-4, O McCarthy (0-1 f), D O'Keeffe 0-3 each, C Casey, S O'Donoghue, K Rice 0-1 each.

Inniscarra: J O'Keeffe; C Lombard, B O'Mahony, J O'Sullivan; J Harrington, L Ryan, S Sheehan; J Enright, S Buckley; C Casey, S O'Donoghue, K Rice; D O'Keeffe,F O'Leary, O McCarthy. Subs: D Keane 17, J Keane 46, S Quinlivan 48.

#### Ballincollig 1-23 Kilworth 3-12

Ballincollig held their composure to register their first win of the campaign over Kilworth in this highly-entertaining PIHC contest at Fermoy.

The victors led by eight points at one stage in the opening quarter but a couple of late goals from Kilworth made for an exciting conclusion. Both sets of supporters were anxiously checking social media and left the venue happy after both avoided the dreaded relegation play-off.

Scorers for Ballincollig: B Keating 0-9 (0-6 f, 0-1 65), P Cooney 1-2, J Dwyer 0-4, C Dorgan 0-3, C O'Driscoll, T O'Connell, R Bourke, C Sexton, C O'Leary 0-1 each.

Ballincollig: R Cambridge; R O'Donovan, J Murray, C Sexton; C O'Sullivan, B Coleman, F Denny; R Burke, K Burke; C O'Driscoll, J Dwyer, C Dorgan; T O'Connell, B Keating, P Cooney. Subs: C O'Leary 45, S Walsh 60.

#### Castlelyons 1-15 Éire Óg 1-12

A good start was key in helping Castlelyons to advance to the semi-finals of the Co-op SuperStores Cork Premier IHC at Páirc Uí Rinn.

The East Cork side – beaten finalists in each of the last two years – were 0-9 to 0-1 ahead when Éire Óg were reduced to 14 after a red card. The lead stretched to nine points, but then Éire Óg bounced back, with Darragh Coakley's goal helping them to trail by just three, 0-11 to 1-5, by half-time.

Castlelyons were never able to fully shake off their Ovens opponents, even if the lead was never reduced to less than two.

Five points in arrears late on, Éire Óg wouldn't give in, with O'Callaghan and Ronan O'Toole scoring good points. They were just two points down when goalkeeper Dylan Desmond landed a long-



Grenagh MJK Oils JHC v Kilmichael



Kilmichael MJK Oils JHC V Grenagh



range free. Castlelyons responded with a point and that was enough to secure the win.

Éire Óg: D Coakley 1-1, K Hallissey 0-3 (0-1f, 0-1 65), C O'Callaghan, D Dineen 0-2 each, D Foley, R O'Toole, J Cooper, D Desmond (0-1f) 0-1 each.

Éire Óg: D Desmond; J Mullins, J Kelleher, D Kirwan; D Dineen, D O'Herlihy, D McCarthy; R O'Toole, J Cooper; D Foley, K Hallissey, D Coakley; J Kelleher, L Considine, C O'Callaghan. Subs: O O'Shea 47, M Brady 54.

#### Intermediate A HC:

Group A: Lisgoold 5, Midleton 3, Aghada 2, Blackrock 2.

Group B: CLOUGHDUV 6, Dungourney 4, AGHABULLOGUE 2, Douglas 0.

Group C: Sarsfields 6, Kildorrery 4, Mayfield 2, Meelin 0.

QFs: Lisgoold v Kildorrery: Midleton v Dungourney S F: Cloughduv v Lisgoold or Kildorrery: Sarsfields v Midleton or Dungourney

Relegation Play off: Douglas v Meelin

Cloughduv 3-22 Douglas 2-9

Dungourney 1-13 Aghabullogue 0-13

Cloughduv will join Sars in the final four after they defeated Douglas by 3-22 to 2-9 in Brinny to finish top of Group B. Aidan Murphy struck for two goals for the mid Cork side and Stephen O'Donoghue hit 1-3 from the bench.

Dungourney took second spot in the group after they defeated Aghabullogue by 1-19 to 1-16 in Páirc Ui Rinn. A first half goal proved crucial for the Imokilly men, and they will now play their neighbours from Midleton in the quarter-finals after the Magpies jumped from the bottom of Group A to second place as a result of their 2-20 to 0-25 win over Blackrock in Carrigtwohill.

Dungourney will face Midleton in an all-Imokilly quarter-final after the Magpies beat Blackrock by 2-20 to 0-25 in Group A in Carrigtwohill. Paul Connaughton and Mickey Finn got the goals for the winners.

Cloughduv's 3-22 to 2-9 win over Douglas in Brinny meant that they took the direct route to the

semi-finals. Two of the Muskerry side's goals came from Aidan Murphy while Stephen O'Donoghue accounted for 1-3. Douglas's goals were scored by Conor O'Donovan and Richard Murphy. The city side, having lost their three group games, will take on Meelin in the relegation play-offs Premier Junior HC:

Group A: Kilbrittain 6, Milford 4, Barryroe 1, St Finbarr's 1.

Group B: Ballygiblin 6, Argideen Rangers 4, Ballygarvan 2, DRIPSEY 0

Group C: Russell Rovers 6, Tracton 4, Glen Rovers 1, St Catherine's 1,

Qf: Milford v Tracton: Russell Rvrs v Argideen R. Sf: Kilbrittain, Ballygiblin and 2 QF winners - draw to be made

Relegation play off: Dripsey v St Finbarrs

### MJK OILS Mid Cork Junior Hurling Championship

In the 2022 MJK Oils Mid Cork Junior Hurling championship there were three groups, the top two in each group advance, two to the championship semi finals and four to the quarter final stage.

**Group 1:** Blarney 4, Inniscarra 2, Donoughmore 0 **Group 2:** Grenagh 6, Kilmichael 3, Cloughduv 2, Aghabullogue 1,

**Group 3:** Ballinora 6, Éire Óg 4, Ballincollig 2, Iveleary 0.

**The quarter final draw is:** A Éire Óg v Blarney, B Kilmichael v Inniscarra.

Semi Finals: Grenagh v A, Ballinora v B

**Group 1:** Outcome: Blarney 4, Inniscarra 2, Donoughmore 0

#### Blarney 3-14 Donoughmore 1-9

Conditions at Coachford were perfect and the nearneighbours served up a very close and competitive first half. Blarney led by 1-9 to 1-6 at the break, the goal kicked over the line by full forward Paul O'Connor in the 8th minute, and William Crowley contributing 0-6 from placed balls. Donoughmore were over reliant on Colm O'Callaghan's accuracy from frees for scores and again in the second half the corner forward was responsible for all three points. Blarney dominated the second half with their experienced campaigners showing well and after two goals in rapid succession at the three quarter stage, Shane Mulcahy and Colin Murphy the scorers, the final quarter was of little consequence.

Scorers: Blarney: S Mulcahy 1-4, P O'Connor and C Murphy 1-0 each, W Crowley 0-8 (0-5f, 0-2 '65'), C Hegarty and R Murphy 0-1 each. Donoughmore: C O'Callaghan 1-6 (0-5f, 0-1 '65'), G Buckley 0-2, S Golden 0-1.

Blarney: Conor Murphy: Seán McSweeney, Stephen Mullane, Darragh Murphy: Vincent O'Mahony, Olan Hegarty, Mark Cummins: Ray Murphy, Cian Dunlea: Conor Forde, Dan Quill, Cathal Hegarty: Will Crowley, Paul O'Connor, Shane Mulcahy. Subs: Colin Murphy 38, Jack O'Keeffe 55.

**Group 2:** Outcome: Grenagh 6, Kilmichael 3, Cloughduv 2, Aghabullogue 1

Grenagh 0–16 Kilmichael 1-12 Cloughduv 4-14 Aghabullogue 1–15

#### Grenagh 0 – 16 Kilmichael 1 – 12

Grenagh needed a point in injury time to finally overcome the challenge of Kilmichael at Donoughmore. As Aghabullogue had lost to Cloughduv the previous evening, both these teams were assured of progressing but that did not diminish the desire of either to win and the game was very entertaining to the finish.

Grenagh were leading by 0-5 to 0-2 when Shane O'Donoghue got the only goal of the game for Kilmichael to level matters in the 17th minute and points from Brendan Cotter and Darragh Foley edged them in front for the first time. Grenagh finished the half well with three points but another Darragh Foley point left the teams level at half time, 0-8 to 1-5.

Points from David Coleman 2 and Darragh Kenny moved Grenagh in front on the restart, Kilmichael replied with points from Andrew Kelleher, Chris O'Connell and Foley to level before ace marksman Coleman had Grenagh back in front, 0-12 to 1-8 at the three quarter stage. Darragh Foley Pointed another f4ree to level the scores and then Coleman and Foley exchanged points from frees to keep the teams level, 0-13 to 1-10 in the 55th minute.

Grenagh grabbed the initiative with points from Chris Buckley and Coleman but back cam Kilmichael with a point from Foley and an equaliser from Conor Cotter from long range in the 61st minute. The winning point from a David Coleman free followed but Kilmichael were not too despondent after this fine display.

Scorers: Grenagh; D Coleman 0-9 (0-6f), C Buckley and D Kenny 0-2 each, M White, U Duggan, and P BarryMurphy 0-1 each. Kilmichael: S O'Donoghue 1-0, D Foley 0-6 (fs), C Cotter 0-3 (0-1f), B Cotter, A Kelleher and C O'Connell 0-1 each.

Grenagh: James Walsh: Morgan McSweeney, Kelvin Cummins, Alex Kiely: peter McSweeney, Paul BarryMurphy, Liam Walsh: Kevin O'Neill, Ted Twomey: Ultan Duggan, Darragh Kenny, Christopher Buckley: Sean Joyce, Michael White, David Coleman. Subs: Brian Walsh 38, Cathal Cronin 47.

Kilmichael: Stephen O'Leary: Gerard Murphy, Donal Kelly, Seán Buttimer: Shane Foley, Cathal Foley, Kevin Kelleher: Conor Cotter, Ronan Murphy: Kieran Murphy, Chris O'Connell, Andrew Kelleher: Brendan Cotter, Shane O'Donoghue, Darragh Foley. Subs: Peter Kelleher 40, Finbarr Dromey 43, Trevor Tobin 55.

Referee: Colm Ó Mocháin, Cill na Martra

**Group 3:** Outcome: Ballinora 6, Éire Óg 4, Ballincollig 2, Iveleary 0

Ballinora 2 - 18 Éire Óg 1 - 9 Ballincollig w/o Iveleary – conceded

#### Ballinora 2 – 18 Éire Óg 1 - 9

Reigning champions, Ballinora hit Éire Óg with two very early goals in quick succession in their clash at Ballincollig, Conor Quirke and Shane Kingston the scorers, and the Ovens men never really looked capable of making up the leeway subsequently. It was 2-1 to 0-1 after six minutes, 2-6 to 0-4 at half time and even a goal from Eoin Lyons in the 42nd minute which made the score 2-13 to 1-7 could not revive the Éire Óg challenge. Both sides were already assured of progressing before the game and Ballinora finished the group with full points and move on into the semi final but suffered a blow with an injury to Pat Fitton.

Ballinora: Barry Crowley: Kevin O'Regan, James Lordan, Pat Fitton: Mike Lordan, Patrick Cronin, Darragh Corkery: James Byrne, Tommy Burns: Brian Murphy, Conor Quirke, Darragh Holmes: Alan O'Shea, Shane Kingston, Kevin Murphy.



Camogie: Cork Co Championship
Group 1
Inniscarra, Courcey Rovers, Douglas, Glen Rovers
and Killeagh.
Group 2
Fr O'Neill's, Cloughduv, Newcestown, Ballygarvan,
and Sarsfields.
Group 3

Éire Óg, Ballincollig, St Finbarr's, Enniskeane and St Catherine's.

Group 4

Seandun, Imokilly, Carrigdhoun, Carbery

The senior quarter-finals will take place on September 24 and 25.

The senior semi-finals are on Sunday October 9, with the final scheduled for Sunday, October 23. Intermediate

In intermediate camogie, there are two groups, one of seven and one of six teams with the two top teams in each group going to the semi-final. The semi-finals are scheduled for Saturday, October 8, with the final on Saturday, October 22.

#### Group 1

Na Piarsaigh, Milford, Carrigaline, Clonakilty, Aghabullogue, Watergrasshill and Kilbrittain/ Timoleague.

#### Group 2

Blackrock, Brian Dillon's, Newtownshandrum, Valley Rovers, Charleville and Ballyhea.

#### Senior Championship

#### Cloughduv 2-15 Newcestown 0-5

A COMFORTABLE win for Cloughduv in the SE Systems Cork Senior Championship tie in Coachford gives them two wins from two. Any hopes Newcestown had of getting something from the game were gone within nine minutes of the second half where the accuracy of Lisa Lynch

from frees (3) and 1-1 from the industrious Niamh McNabola gave Cloughduv a 2-9 to 0-3 lead. Cloughduv's led 1-4 to 0-1 after 20 minutes.

Lisa Lynch got Cloughduv off the mark on two minutes with a well-worked goal. A smart O'Leary pass found Aoife Barry Murphy whose strike was blocked by keeper Orla Dineen for Lynch to tap home. Another Lynch point five minutes later before Newcestown first point on nine minutes. Then three good Rachel Hurley points gave Cloughduv a six-point cushion and on 27 minutes CiaraO'Leary made another great save denying a frustrated Newcestown.

Defensively Cloughduv were doing well with Julie Verling, Laura Bateman and Aisling Kelleher breaking out with good ball. Cloughduv led by 1-5 to 0-2 at the short whistle and but for the two O'Leary saves the game could have been level.

As the game wore on Cloughduv were on top in most areas. Amy Sheppard came on at halftime and had a good thirty minutes.

Niamh McNabola was a thorn in Newcestown's side for the afternoon, her goal well taken after being allowed advantage, and Rachel Hurley was playing deeper and winning good ball. Defensively Cloughduv withstood anything Newcestown threw at them and with minutes to go again O'Leary got a touch to a goalmouth scramble to deny them.

Briege Corkery was introduced with about 10

minutes remaining and hasn't lost her touch with two good points.

Cloughduv have two good wins from two and that will give them confidence ahead of their third-round clash with Sarsfields.

Scorers for Cloughduv: L Lynch 1-5 (0-4 f), N McNabola 1-4, R Hurley 0-3, B Corkery 0-2, A Sheppard 0-1.

Cloughduv: C O'Leary; A Buckley, L Buttimer, J Verling; L Bateman, A Kelleher, A Corkery; A Barry Murphy, C Hughes; R Hurley, M Corkery, N McNabola; C Sheppard, N O'Leary, L Lynch. Subs: A Sheppard h-t, B Corkery 55.

#### St Finbarr's 3-23 Éire Óg 0-7

ST Finbarr's were in control throughout this SE Systems Senior Championship clash in Castle Road. Éire Óg battled hard but they were unable to match their opponents who were stronger in all sectors.

Barrs scored from the throw-in they scored, and while Ciara Beechinor replied for Éire Óg, against the wind they had a job on their hands trying to contain the pace of Orlaith Cahalane and Ella Wigginton Barrett.

Aoife O'Callaghan had a point but the Barrs defence gave away very little and the Blues picked off five in a row without reply. Beechinor scored again for Éire Óg but Barrs were on top and even though Margaret Herlihy converted an Éire Óg free before the break, the Blues led 1-12 to 0-4,

Well in control, the favourites continued to call the shots all through the second half.

Two goals in as many minutes from Emma Olden and Nicole Olden effectively killed of the game as the Blues ran out extremely comfortable winners and with two successive victories are clearly one of the contenders for Seandún's title.

Scorers for Éire Óg: M Herlihy 0-2 (0-1 f), C Beechinor 0-2, A O'Callaghan, L Cleary, M Gleeson 0-1 each.

Éire Óg: R Murray; E Buckley, F Murphy, R Murphy; O Lynch, R Sheehan, ME Desmond; A O'Callaghan, A McSweeney; C Beechinor, I Sheehan, L Cleary; M Gleeson, M Herlihy, O Beechinor. Subs: C Henchy 40

#### Inniscarra 1-20 Glen Rovers 2-10

A STRONG Inniscarra performance withstood two late Glen Rovers goals to win their SE Systems Senior Camogie second-round tie with seven points to spare.

They led by five at the break and were in a comfortable position when five minutes into the second half Aileen Sheehan hit the net to give them a 1-14 to 0-8 advantage.

The Glen started steadily, Emma Murphy given too much space where she grabbed two points inside four minutes. The slight wind favoured Inniscarra. It was point for point with Glen Rovers 0-4 to 0-3 in front after seven minutes in a lively start but then Inniscarra found their rhythm and got four points on the bounce from Ellen Crowley (2), Aileen Sheehan and Joanne Casey.

Crowley was causing a lot of problems with her speed at right corner-forward, winning a lot of possession, and physically Inniscarra were stronger up front. A Glen purple patch with Lydia Cunningham, Emma Akinkolie and Murphy doing well and the sides were level again after 18 minutes.

The Glen's short puck-outs at times were catching them, two points offered up, and a third which they were lucky didn't result in a goal. Across the remainder of the half, Inniscarra opened up a fivepoint lead as they matched the Glen for speed and had greater physicality.

Lining out without the services of stalwart and workhorse Katie O'Mahony, who awaits the results of an MRI, that loss was cancelled out with Glen Rovers' Lauren Callanan still out due to a concussion suffered in the All-Ireland intermediate final. Key players.

The Glen lost their shape in the third quarter as they chased the game, balls hit aimlessly into free Inniscarra defenders. Emma Murphy was now playing too deep to cause Inniscarra trouble, winning ball but relying on Katie Walsh inside to finish the job and Walsh was well marshalled by an extra Inniscarra defender where Lydia Cunningham was the floater at the other end for the Glen.

Inniscarra pushed into an 11-point lead, seven scorers on the board.

Murphy pushed up, bore down on goal and was dragged to the ground. Denise Luby hit the resultant free to the bottom right-hand corner and it gave the Glen something to fight for. Minutes later another good Glen move and Katie Walsh, under pressure, hit a rasper to the net.

But it was too late to deny Inniscarra a strong win. Scorers for Inniscarra: A Sheehan 1-3, J Casey 0-6 (0-1 f, 0-1 45), C Keane 0-4, E Crowley 0-3, R Quigley 0-2, A O'Regan, R Murphy 0-1 each.

Inniscarra: C Buckley; C Looney, C Ring, A Dineen; R Buckley, E Looney, A Kavanagh; A O'Regan, M Lyons; R Murphy, C Keane, A Sheehan; J Casey, R Quigley, E Crowley.

Subs: S O'Callaghan 48, A McCarthy 57, B Holland and R O'Mahony 60.



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The u7 Camogie teams from Aghabullogue, Eire Og, Cloughduv, and Laocra Og who enjoyed their Blitz at Eire Og recently.

Minister for Sport and Gaeltacht Affairs Jack Chambers in conversation with Willie O' Riordan and Denis Murray during his recent visit to Murrayfield

### LGFA Ladies Gaelic Football

THE Cork ladies club championships are underway. Of the sides expected to give title favourites Mourneabbey a strong challenge, last year's beaten finalists Éire Óg rank highest.

In group two, St Val's have had a poor league campaign but will be hoping that the return of injured players will give them a boost.

Division 1 SFC: Fermoy, Mourneabbey, Éire Óg, Valley Rovers, St Val's, Aghada, Bride Rovers, Inch Rovers.

#### Éire Óg 7-13 Fermoy 2-8

Éire Óg got their second win of the Cork ladies' football senior championship as they proved too strong for Fermoy having played some outstanding football with the likes of Eimear Scally and Laura Cleary leading by example on the scoresheet, hitting 5-5 between them over the hour.

There were plenty of impressive displays from the Ovens outfit, with Sadhbh McGoldrick superb at centre-back, Shauna Cronin working hard at midfield as well as Maire O'Leary in attack.

This win keeps them in contention to be one of the two sides to emerge from this group, with Mourneabbey expected to join them in the semis once the round-robin series is over. The game was close early on but it was three goals in a five-minute spell that turned it in Éire Óg's favour and from there they led all the way to the finish.

McGoldrick had opened the scoring with Hutchings raising Fermoy's first white flag before Emer Feerick denied Marie O'Leary what looked like a certain goal for Éire Óg.

Fermoy worked the ball down the other end and were awarded a penalty for a foul on Hutchings, with Eve Buckley slotted home to put Fermoy 1-1 to 0-1 in front.

Laura Cleary pointed for the Ovens side and with 20 minutes gone they got their first goal, this time O'Leary making no mistake. From the restart, they regained possession with Laura Cleary adding their second, and before Fermoy knew what hit them Scally had their third.

Credit to Fermoy they didn't panic or let the heads drop with Aisling Daly finding the back of the net, but a second goal from Cleary just before half-time saw her side 4-4 to 2-4 in front at the break.

Aoife O'Sullivan pulled a point back at the start of the second half before two points from Emma Cleary extended Éire Óg's lead further.

Then Scally raised another green flag to help them

lead 5-7 to 2-5 with 40 minutes gone. Carey and Daly replied for Fermoy, but another goal from O'Leary kept the scoreboard ticking over for the visitors.

Two points from Scally had them 6-11 to 2-8 in front, before Laura Cleary got her hat-trick and Scally rounded off the scoring to make it a twoway tussle between themselves and Mourneabbey to see who tops their group in the round robin section.

Other results Bride Rovers get a home win over St Val's.

Next, Éire Óg are home to Kinsale and St Vals are at home to Clonakilty.

Scorers for Éire Óg: L Cleary 3-2, E Scally 2-3 (0-1 f), M O'Leary 2-1, E Cleary, A Rodgers 0-2 each, A Nic A Bharid, S McGoldrick, A O'Connell 0-1 each.

Éire Óg: L Crowley; A Hickey, R Sheehan, I Sheehan; A O'Connell, S McGoldrick, M Cahalane; S Cronin, A Rodgers; E Cleary, E Scally, A Nic A Bhaird; L Cleary, M O'Leary, O Cahalane.

Subs: J O'Gorman and C O'Connor both 45, C O'Brien 53, E Hickey 58, N O'Shea 59.

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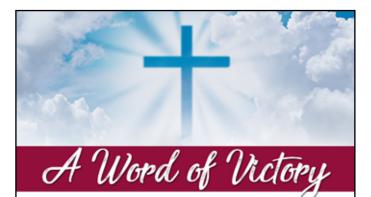
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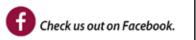


Welcome back dear student, continuing on 'Peace'. "Your Word is a lamp to guide my feet and a light for my path" (Psalms 119:105). It seems like there's nothing else on people's lips except how difficult this winter will be. Certainly, there are massive increases in groceries, oil and gas prices causing many households distress and dread. Is it a globalist agenda? No doubt a certain amount of this has been carefully planned by corrupt individuals and corporations wanting to dominate the world's population - all for greed and power. But friend they have left out One vital factor - and that is Almighty God!

Because human beings have for so long gotten away with sin, and with controlling and abusing people for their own gain, it has lulled society into deception thinking that God does not exist (Acts 17:27-31). How wrong they are! There will be a day of reckoning, and no one will escape. Folks think they're invincible, and can get away with whatever they want without any consequence, but that is a trick and a lie from the enemy. The Word of God states that the 'wages of sin is death' (Romans 6:23). Death is another word for failure. God also says that 'whatever a man sows that he will also reap' (Galatians 6:7-9). This doesn't just relate to sowing winter seeds to get summer flowers. It means, whenever we transgress God's Commands we will face judgement unless those sins have been truly repented of. When we abuse, judge or curse others we open ourselves up to curse. When we speak negatively about our family, our future, or our health we are not just uttering flimsy, meaningless words, but are in fact releasing either 'death or life'. "Death and life are in the power of the tongue and they who love it will eat the fruit of it" (Proverbs 18:21; Deuteronomy 30:15-20). We will reap what we have sowed. Both good and bad seeds bear fruit, and one rotten apple can spoil a whole box. Seedtime and harvest is a spiritual principle of God's Kingdom.

For those who dishonour and mock God - He has promised there will be a difference between those who serve Him and those who don't (Malachi 3:16-18). There are corrupt leaders in every section of society who take advantage, abusing their positions to bring gain for themselves at the cost of another's suffering. And their sins are rarely challenged because of fear. Many people wrongly think that Jesus promoted the Kingdom of God as a kingdom of butterflies and wimps. No! The Lord Jesus is the Prince of Peace - and when we enter relationship with Him by repentance of our sins, totally relying upon His sacrifice as God's Messiah (who paid the price for our sins so that we could be washed and forgiven), His peace fills us and gives us stability in the same way that an anchor holds a great ship in stormy seas (Hebrews 6:18-19). However, Jesus clearly said that He did not come to bring peace to this earth (Matthew 10:34). Because Satan has set himself up as the 'god of this world', his demons need to be challenged and bound by those who have authority in Christ through His Righteousness (Matthew 12:29; Luke 10:17-20). Wrong needs to be called out wherever it is going on! God's Word will direct your path to safety if you obey Him, and He will sustain you in Peace through every circumstance (Isaiah 1:19; Isaiah 26:3).

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### FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



(BILLY) O'ROURKE Coolinea, Aghabullogue, Co. Cork

Who Died on Monday 13th September , 2021

We lovingly remember and sadly mourn Billy every day, but especially on this, his first anniversary. We his family would like to express our gratitude and thanks to everyone who sympathised, sent mass cards, online condolences, letters, called to the house, dropped off food, attended the mass and joined the on-line streaming

of Billy's funeral Mass. Sincere thanks to our wonderful family, neighbours and friends, who were a great support to us, and have been to Billy and to us, throughout his illness.

We are very grateful to you all.

To Dr. Sarah and her team in Coachford Medical Centre, to everyone in Coachford Pharmacy and to the Public Health Nurses, for all the care and support you showed Billy throughout the years.

To his team of carers who cared for him so well and showed him, and us his family so much kindness and support in the last few years. We would like to thank Fr. Peadar for his visits on First Fridays, and for all the support he gave us during the funeral, and most importantly for such a personal and beautiful funeral mass. Thanks also to Martina for the lovely music and to the Sacristan team for ensuring the church looked so nice.

Thank you so much to Casey Undertakers, especially Cyril Casey and John Manning for their help, advice, kindness and professionalism from that very first phone call. We would also like to thank Rory and the whole team in the Castle Hotel for the great service every Sunday and especially

on the day of the funeral. It is impossible to thank everyone, so please accept this acknowledgement as a

token of our sincere appreciation. The Holy Sacrifice of the Mass will be offered for you intentions.

As each day dawns we think of you, As each night falls we pray for you, And throughout our lives No matter where, In our hearts you are always there.

### ſ

Sadly missed and lovingly remembered

#### FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



**JULIA HORGAN** Coolavokig, Kilnamartyra, Cork

Who died September 26th 2021

On the first anniversary of Julia's passing, we her family Michael, Donal, Margaret, Theresa, Eileen, Jeremiah and Connie along with their families wish to thank everyone who sympathised with us on our sad loss. Those who sent mass cards, letters of sympathy, floral tributes, texted and messages of condolences on RIP.ie and who telephoned and offered their kindness and support to us.

Thanks to her relatives, friends and kind neighbours who visited Julia before her passing. Thanks to all who attended the prayers in the house, the church and joined the mass on line.

To those who paid their respect by lining the route for her funeral mass.

Thank you to all who brought food and refreshments to the house. Her wonderful kind neighbours and friends who helped with the catering, parking and in many other ways. Sincere thanks to Fr. Pat O' Donovan, Kilmichael for visiting Julia and administering the sacrament of the sick and prayers on her passing.

Thanks to Fr. Joe O' Mahony, Kilnamartyra on his attendance to the house and beautiful funeral service.

Thanks to Gobnait O' Connor for the beautiful music and Jackie Lyons Sacristan. Thanks to Cyril Casey Funeral Director and staff. Thanks also to the Grave Diggers and Members of the Gardai for traffic arrangements. Thanks to Dr. Shane Hurley and staff of Muskerry Family Practice.

Thanks to the palliative care team, nurses, carers, and support staff of Bantry Hospital who cared for Julia with the upmost dignity, compassion and respect. We would also like to express our gratitude and respect for the kindness, compassion shown to us on our mothers last few days of her life.

It is impossible to thank everyone individually, but please accept this acknowledgement as an expression of gratitude to everyone.

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

# t

Julia's first anniversary Mass is on Saturday 24th September 2022 at 8.00pm in Saint Lachtains Church, Kilnamartyra. For Prices Contact Des: 087 659 3427

NOTICE

### MEMORIALS AND REMEMBRANCE



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

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# MEMORIALS AND REMEMBRANCE

# **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 for us.

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.

HH

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HH

### NOVENA TO ST. ANTHONY



Blessed Anthony, in spite of many difficulties you were enabled by the Holy Spirit to discover your place in God's plan and to use your gifts ans talents in making society a better and happier place for all. Implore the Lord Jesus to grant me suitable employment which may obtain for me an mine a decent livelihood and at the same time be able to live truly human and Christian lives and to be of real service to all people. Amen

НН

**NOVENA TO THE** 

SACRED HEART

Dear Heart of Jesus, in the past I have

asked many favours. This time I ask you

Take it dear heart of Jesus and place it

within your heart where your father

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.

Must promise publication of prayer.

мw

Never known to fail.

this special one, (mention favour).

sees it.

#### THE MIRACLE Prayer



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.

PM

### 6th ANNIVERSARY



In loving memory of SARAH LANE (NEE SHANNON)

22 O'Connor Park, Macroom Passed away on 11th September 2016

In our hearts you will live forever.

# Ŷ

Sadly missed and always remembered by her husband Jerry, John, Tracy, Joanne, George, Helen, Henry and her grandchildren Daniel, Hannah, Ellie, Jeremiah, Grace, Ciara and Lilly.



### **10th ANNIVERSARY**



In loving memory of

GORDON WALES

Derrinasagart, Ballyvourney Who died 15th September 2012

Treasured memories keep you near, As time unfolds another year.

Ŷ

Never forgotten by Séamus, Dolly & family.

# 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.

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# MEMORIALS AND REMEMBRANCE

**18th ANNIVERSARY** 

In loving memory of

IERRY

**O'CALLAGHAN** 

3st John's Drive, Ballinagree

who died September 13th 2004

A beautiful life that came to an end.

you died and lived everyone's friend.

in our hearts your memory

will always be kept,

Of one we loved and will never forget.

47

Sadly missed by his wife Kathleen, Sons

Gerard, Noel & Kieran, Daughters Anna

& Noreen, Grandchildren and extended

family

**5th ANNIVERSARY** 

In loving memory of

Ann Dunlea

Loughleigh, Carrigadrohid, Co. Cork

17th of September 2017

O Lord, Support us all the day long,

'Till the shadows lengthen and the

evening comes,

and the busy world is hushed,

and the fever of life is over

and our work is done.

Then, Lord, in your mercy

grant us a safe lodging,

a holy rest, and peace at the last,

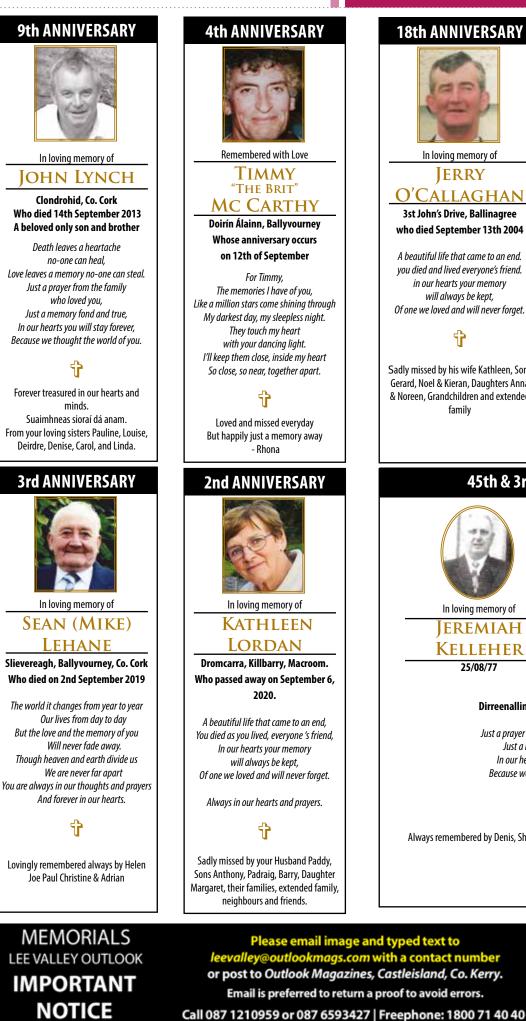
through Christ Jesus, our Lord.

iÞ

Inár gcroí go brach, inár gcuimhne

go buan

Michael and family



## In loving memory of In loving memory of IEREMIAH Mary Kelleher Kelleher 21/09/19 25/08/77 Dirreenalling, Ballyvourney, Co. Cork. Just a prayer from the ones that loved you, Just a memory fond and true, In our hearts you will live forever, Because we thought the world of you. 57 Always remembered by Denis, Sheila, Seamus, Cáit, Siobhán and extended family

45th & 3rd ANNIVERSARIES

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LEE VALLEY OUTLOOK

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



# ONE OF OUR MORE RECENT SOLAR PV JOBS, A 5.6KW SYSTEM FITTED IN TOAMES, MACROOM, CO.CORK.

# Ben O'Sullivan has this to say about the process:

From start to finish, dealing with JM Energy and Associates has been fantastic in all respects. My advice is to CHECK THE REST BUT GO WITH THE BEST!'

