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Gardaí pose for a photo, after laying of the wreath and the salutation for their deceased members, by Garda Jonathan Coveney, Superintendent Joseph Moore, chief Superintendent Con Cadogan, Garda Ciaran McCrory. © Peter Scanlan

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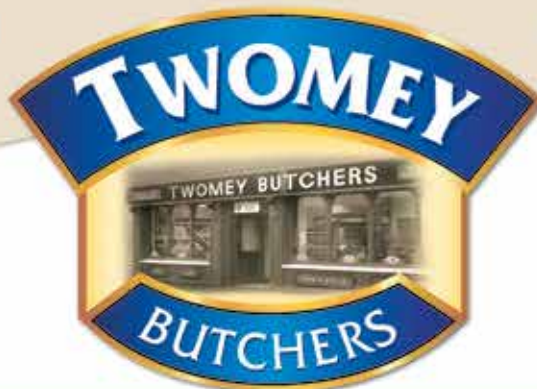
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Jam packed weekend of Culture, Food and Crafts! Something for every age group

Culture night is on the 23rd of September and lots of lovely places are holding exhibits! Why not book a babysitter, grab a bite to eat in a local restaurant and make a night of it.

Visual artist Robyn Deasy showcases a series of recent mixed media works that reveal the natural and cultural history hidden in the landscape of the Gearagh in the MSA Gallery at the Macroom School of Art. With talk from guest speaker, environmental biologist and author of Saving Eden: The Gearagh and Irish Nature Kevin Corcoran in Macroom School of Art. After that why not do some basket weaving,

followed by Drumming Circle with Drum Dance Ireland in Macroom Adult Education Centre, then pop over to Chapel Hill School of Art for all and some sexy salsa! Drop into Macroom library to enjoy Local musicians from Aghina Comhaltas group and perhaps finish the night off in Dan Buckley's bar with The Piledrivers and friends for a night of music and comedy. This is only a small sippet of events, the full line up can be seen here - <https://culturenightcorkcounty.ie/whats-on/macroom/>



Once you've recovered from all that, bring the family to Macroom for the annual food festival, this year crafts have been added to the mix! And it promises to showcase the best we have to offer in our local community. Tag @Macroomfoodfestival in all your posts.

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 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**

*Sarah Kate
Murphy*
EDITOR



Macroom and District Lions Club is getting behind a very important fun table quiz, for a very important reason

The fun Table Quiz takes place on Saturday, 24th September at The Abbey Hotel in Ballyvourney and is in memory of the late Denny Murphy (Carriganima), who passed away in 2020.

Denny's wife, Caitriona, and his family are holding the quiz, with the support of Macroom and District Lions Club, to honour Denny's memory but also to raise awareness and generate much needed conversation about mental health.

Proceeds of the fun Table Quiz will support the work of two charities, chosen by Denny's family. Pieta House, which supports people and communities in crisis; and Awareness Head to Toe, a voluntary-led charity which promotes mental health, general health and farm safety awareness throughout the rural community.

The fun Table Quiz promises to be a great night and kicks off at 8pm on Saturday, 24th September. A team of 4 costs €40 and there are great prizes to be won, as well as a raffle on the night.

For further information, contact 087 4370466. To find out more about the charities being supported, visit www.awarenessheadtoe.com and www.pieta.ie



Declan Sheehan, Macroom and District Lions Club, with Caitriona Murphy, wife of the late Denny Murphy, and their two daughters Riona and Gráinne Murphy at The Abbey Hotel, Ballyvourney

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Ed 19 - 22nd September
2022

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THE MACROOM FOOD FESTIVAL IS BACK!

As you know, the food festival, like so many other events, was cancelled in 2020 and last year we hosted a much smaller event than our usual festival (although this gave us the opportunity to create a virtual food tour of the area, which is available on Youtube), so we are thrilled to be back in action next Sunday.

For anyone who'd like to get the party started early, we are celebrating **Culture Night** on Friday 23rd with music and comedy from 8pm with the Piledrivers. All are welcome and this is a free event. This year is a little different too, in that it is the first time that there will be a **crafts section** included – we are excited to welcome some of our most talented local crafts people who will host stands alongside our typical food and drinks traders. We will have everything from jewellery to candles and crochet, soaps, antiques and wooden kitchen utensils. There will also be some interactive workshops where people can try their hand at arts and crafts, under the creative supervision of the Chapel Hill School of Art.

Don't worry, there will also be a great variety of delicious **food and drinks** traders that people have come to expect from Macroom Food Festival: the ever-favourite buffalo burgers that have become synonymous with Macroom, homemade ice-cream, meat pies, a range of super confectionary, excellent baristas, cheeses and so



much more. We're getting hungry thinking about them!

We've also joined forces with SECAD to host what promises to be a really beautiful event. From 12.00 – 3.00, there will be a free **WORLD FOOD TOUR** on the Main Square, showcasing typical traditional food from over 10 different nationalities who will prepare food for the public to sample free of charge... these will include Georgia, Ukraine, Nigeria, Iraq, El Salvador, South Africa, Albania, Mauritius, Somalia, Botswana and Nicaragua. These countries and more are represented by our international neighbours living here in Macroom, some within the Direct Provision system. It promises to be a wonderfully vibrant multicultural

celebration and an opportunity to connect through the universal language of food.

Of course, all of this will be complemented by a great musical soundtrack, as usual – there are a number of buskers lined up to play us through the day and the Fermoy Brass and Reed band will also be making their Macroom debut.

For the kids, Aaron the balloon man will be with us again, along with some great face painters, the art workshops I mentioned earlier and a carousel. And of course, the Pitch'd Circus Factory are back – these guys have been with us since our first festival in 2012 and just get funnier every year with their interactive, wacky shows.

As you know, we're so close to the **Gaeltacht** here in Macroom, so we're delighted to have produce of the Gaeltacht area showcased at a special Gaeltacht stand. There will be local honey, leather goods, crafts and foods and we're inviting everyone to come along, have a browse and practice their cúpla focal.

Really hope to see you there - Sunday September 25th from 11 to 6pm in the Town Square.

Have a look at our website and social media channels for more details – www.macroomfoodfestival.com and Instagram and Facebook

T: 026-20544 | W: www.macroomfoodfestival.com | E: info@macroomfoodfestival.com



Macroom Food Fest is back!



Cork County Culture Night 2022, TO THE LETTER, At Leabharlann Bhaile Bhúirne, Friday 23rd September, 6.30pm to 7.30pm. © Dolores Lyne

Cultural Night

Friday, Sept 23rd at 8pm
Castle Hotel, Function Room

Music By:
Our Local Group - The Piledrivers

Comedy With:
Nonie & Donie (Kevin & Pdraig)

and Storytime with:
Jim

SEE YOU THERE!!
A great night of Ceol & Craic

FREE EVENT



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 FOOD Tour

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



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

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CENTENARY OF AN GARDA SIOCHANA MACROOM GARDA DISTRICT 1922-2022

Macroom Garda station held an open day on Saturday 3rd September to celebrate its centenary.

Despite the inclement weather, the event was a great success with large numbers turning up on the day to experience first-hand specialised Garda units such as the dog unit, armed response unit, roads policing and scenes of crime. Medals to mark the centenary were distributed to Gardai, civilian staff and retired members. An Garda Siochana memorabilia was on display on the day, dating back to August 1922 when the first Gardai were deployed throughout the country. Cork city saw the first of the Gardai to arrive by

chartered steamer on the 9th November 1922 and in the following days their dispersal throughout the county began. April 1923 saw the arrival of a small contingent of young, unarmed Gardai into the town of Macroom. First occupying two buildings in Masseytown, they later moved into the current, former RIC barracks following its restoration, to begin a century of service to the people of West Cork.

Michael Staines the first Garda Commissioner stated that "the Garda Siochana will succeed not by force of arms or numbers but on their moral authority as servants of the people." As Ireland has grown and evolved, so has the service provided

by An Garda Siochana. The organisation that will enter its second century bears little resemblance in technology or appearance to the young recruits who arrived to Macroom 100 years ago. However, their ethos and values remain the same.

The current Macroom Garda district consists of district headquarters at Macroom Garda Station, Stuake, Coachford, Crookstown, Tarelton, Beal Atha an Ghaorthaidh, Baile Bhuirne, Millstreet, Rathmore, Ballydesmond and Boherbue Garda stations. Macroom Gardai would sincerely like to thank all those who contributed and attended this event.



Laying of the wreath and salutation for deceased members Garda Jonathan Coveney, Superintendent Joseph Moore, chief Superintendent Con Cadogan, Garda Ciaran McCrory



Crag on a Garda motorbike at Open Day, 3 Sept., Macroom. Pic Con Kelleher



Jerry O'Leary, Aidan Coughlan, Aidan O'Driscoll and Garda Michael Kelleher.



Superintendent Joe Moore, Alice McSweeney, Denis McSweeney and Con Cadogan Chief Superintendent Cork County.



Gardai Tom Daly and Tom Lehane sporting original and current Garda uniforms with Garda medals of honour and ribbons. Pic Con Kelleher



Sergeant Tom Lehane, Lisa O'Sullivan and Luke O'Sullivan.



Centenary of An Garda Siochana Macroom Garda District 1922-2022 Pics. Peter Scanlan

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CLINICS THROUGHOUT MUNSTER

MCEGAN COLLEGE:

Congratulations to the Leaving Cert Class of 2022 at McEgan College

Congratulations and best wishes to the Leaving Cert students of 2022. When the results were published early September, it was a very exciting moment for our students, parents and teachers as we shared their good news together. Following on from this, another important date on the calendar was the first round of CAO offers. Upon students receiving their chosen courses and colleges, we decided to invite back any student who received over 500 points, along with H1 and H2's in various subjects. We wish to acknowledge the outstanding academic achievement of these students throughout their time in McEgan College.

Kate Clarke will study Level 8 Business in MTU – Cork Campus

Eleanor McCarthy will study office administration Cork College of FET

Celine Harmon will study Level 8 Visual Communication in MTU – Cork Campus

Katelyn Harrington with study Level 8 Biological Sciences in MTU – Cork Campus

Cerys Culkin will study Level 8 Arts International in UCC

Aidan McCarthy will study Level 8 Public Health Services in UCC

Due to college commitments Clarissa Bai and Aoife Sheehan were unable to be present on the day.

Clarissa received top marks in Maths, Geography, Italian, Physics and Biology. Aoife received top marks in Construction and Business. All subjects were taken at higher level. Well done to their teachers Ms. Noonan (Maths), Mr. Devane



Trish Lyman McEgan College, (Principal) and Iggy Dineen (Deputy Principal). Kate Clarke will study Level 8 Business in MTU – Cork Campus. Eleanor McCarthy will study office administration Cork College of FET. Celine Harmon will study Level 8 Visual Communication in MTU – Cork Campus. Katelyn Harrington with study Level 8 Biological Sciences in MTU – Cork Campus. Cerys Culkin will study Level 8 Arts International in UCC. Aidan McCarthy will study Level 8 Public Health Services in UCC



From left to right, pictured with their teacher Mr. O'Connor: Celine Harmon, Aidan McCarthy, Katelyn Harrington and Kate Clarke all received top Marks in Higher Level English

(Geography), Ms. McAdam (Physics), Ms. Shannon (Biology), Mr. Cronin (Construction) and Ms. Creedon (Business).



Mr. Mark Sheehan with students Cerys Culkin O'Sullivan, Katelyn Harrington & Kate Clarke who achieved top marks in Music HL.

We were delighted to celebrate with these outstanding young people, who will no doubt continue to shine in their next chapter at 3rd level.

Off to School 2022



Naíonáin Bheaga 2022 Scoil Fhionnbarra Béal Átha'n Ghaorthaidh



Following in the footsteps of their parents and grandparents. Pupils walk to Ballyvongane NS in Bealnamorrive.



Chloe Hubbard - Rylane National School who won the North Cork U14 Road Bowling Final



Méabh Fitzgibbon and Cara O'Brien practicing for Mercy Day Mass

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ST. MARY'S NEWS



Second Year students on their Ecology Field Trip



TY PYSICS CLASS CHANGING CAR TYRE

CIORCAL CAINTE

Chuireamar fáilte roimh ár gcailíní iontacha i mbliaín a sé chuig an gciorcail cainte don chéad uair i mbliana. Chuir Miss Watkins an seomra Ealaíona ar fáil dúinn ag am lóin ar an Déardaoin. Chabhraigh Trish leis an uisce beirthe a bheith réidh duinn. Bhain na cailíní idir thaitnemh agus thairbhe as an gcomhra Gaoluinne. Tá cailíní diograsacha againn atá sásta a n-am saor a thabhairt suas leis an deis a thapú chun a gcuid Gaoluinne a chleachtadh agus a fheabhsú. Maith sibh a chailíní. Beatha teanga í a labhairt.

SPORT IN ST MARYS

Camogie Training – Fantastic numbers turned up for camogie training on Tuesday the 17th of September in Tom Creedon Park. We are so grateful to Ms McSweeney and Liam Slattery for training the girls again this year. The future of Camogie in St Mary's is bright! Football training for all students will be starting soon. Thanks so much to Mr Burns, Mr Quill, Mr Hennessy and Mr Galvin for their continued commitment to training our footballers. Basketball – Basketball training has started again. All of our students who are interested in Basketball will train every Wednesday with Paul Keohane from Neptune Stadium.

CONGRATULATIONS

Congratulations and best of luck to our 5th year student Clodagh O Keeffe who is playing on the Munster U18 Rugby Team. Clodagh is absolutely delighted to be starting at Number 7. Clodagh is excellent in this position. Congratulations to Leaving Cert student Nicola Kiernan who

participated at The Dublin Horse Show recently. There were only 11 from the whole country who qualified to compete and Nicola had to win the qualifier to be able to compete. Nicola participated on the Friday and Saturday. On the Friday she had dressage, getting a great score of 70% and was lying in 7th place going into the jumping. On Saturday, herself and her horse jumped a great clear round to finish in 6th place overall. Well done, Nicola. Congratulations also to Amelia Scott who came 4th in the Eventing Ireland National Championship in Lisgarvan, Carlow. Amelia was competing in the EI100 pony class. The competition was over the course of two days with dressage and show jumping on the Saturday and cross-country on the Sunday. Amelia's regional team also came 4th at this event. Well done also to Amelia's sister Harriet who was also competing at this event. Well done to all of you girls, we are so proud of your fantastic achievements in your sport.

TY ACTIVITIES

Karina Falvey (5th Year) gave a presentation to our TY Students recently about the benefits of taking part in The Future Leaders Programme. Co-operation Ireland Future Leaders is the flagship leadership and peacebuilding programme at Co-operation Ireland, which is committed to levelling-up the leadership potential of outstanding emerging leaders across the island of Ireland. Co-operation Ireland has recruited a significant number of private Ambassadors from business communities across this island as well as from Britain and the United States to fund

the new programme. This Accredited leadership programme is connecting emerging leaders and building the next generation of peacebuilders on the island of Ireland. Mr Cooke was in school last week to register our TY students to take part in Gaisce. Gaisce –The President's Award is a self-development programme for young people aged 14 -25 which has been proven to enhance confidence and wellbeing through participation in personal, physical and community challenges. It is a direct challenge from the President of Ireland, Michael D. Higgins, to all young people to dream big and realise their potential. Thanks so much to Mr Cooke for continuing to help our TY's to achieve this award. Our TY's also had a day of First Aid training facilitated by Gerard McAuliffe last Thursday and they had a talk on suicide prevention on Monday.

TY PROMO TEAM

All of our Transition Years were invited to apply to be a member of our TY Promo Team for this school year. The girls had to send in a letter of application to Ms Foley. All applications were of a very high standard and a group of 8 students were selected. This group of girls will be busy all year creating videos, writing articles and taking pictures of all school events. They will have a planning meeting once a week with Ms Foley and Ms O Donoghue. We are really excited to see how this team will promote our school over the next few months. Well done girls and we look forward to working with you.



First Years at Camogie Training.3rd Sept 2022.



First years ready for Basketball Training



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BOBAIRO / A Wild Fellow

Imeachtaí Eile / Other Events

Taispeántais/Exhibitions

Súil Siar le Aidan Coffey – 8ú Meán Fómhair.

Dath an Dochais – 22ú Meán Fómhair. Taispeántais ag ceiliúradh ealaíon an Ghaeltachtaí.

'Tacaíocht' - ranganna ealaíona do Sheanáirí sna hionaid Lae i nGaeltacht mhúscraí.

Ranganna & Ceardlanna

- Ranganna fíodóireachta agus caoladóireachta traidisiúnta. (Weaving & traditional basket making classes)
- Ranganna Ceoil le Henry Cronin.
- Ceardlanna drámaíochta le reáchtáil san fhómhar
- Ceardlanna Rap Gaeilge le GMC Beats a bheidh á soláthar do dhaltaí meánscoile.
- Ensemble Mhúscraí – Ceolfhoireann faoi stiúir Oisín Morrison le ceol nuachumtha.
- Tá fáilte roimh daltaí Meán Scoile páirt a ghlacadh.

Ealaíontóirí Cónaithe

Pauline Scanlon: Is tionscadal comhoibríoch amhráníochta traidisiúnta idir Barry Kerr as Ard Mhacha agus Pauline Scanlon ón Daingean atá i gceist le 'The Longing' / 'An tsireacht'.

Tá an tionscadal bunaithe ar stór amhrán ina bhfuil an 'tsireacht' ina bunteama. I measc na dtéamaí a ndíreoidh siad orthu mar chuid den tréimhse chónaitheach RESONATE tá cumha i ndiaidh an bhaile, tóraíocht na sairse, agus mianta an duine síocháin agus suaimhneas a aimsiú. Cuirfear an tionscadal i láthair ag ceolchoirm in Ionad Cultúrtha an Dochtúir Ó Loingsigh, Baile Mhúirne i gcomhar leis an amhránaí agus an cláirseoir Síle Denvir agus leis an gcnagcheoltóir Eamon Murray.



Mary MacSweeney MA is a fulltime Voice Lecturer and Director of the Opera Platform Ensemble in MTU CSM. Previously she was Voice Lecturer at the Hochschule Für Musik und Theater in Munich. Having qualified with a Post Graduate Diploma at the Guildhall School of Music and Drama in London.

Her concert repertoire includes the great works of Bach, Handel, Haydn, Mozart, Schubert, Brahms, Kodaly, Poulenc, Stravinsky, and others. She has sung the main roles of her Lyric Soprano Fach.



Clár a Autumn

Ionad Cultúrtha

Aoine/Friday 09.09.2022

Ceolchoirm Traidisiúnta le Aidan Coffey, Paddy Tutty, Caomhín & Séan Ó Fearáil



Satharn/Saturday 17.09.2022

Oíche speisialta ceoil traidisiúnta le Ma Mhaonaigh - Fídlí/Guth, Cormac De Búrca, Guth, Mark Redmond – Piobal Uileann

'Where tradition and innovation meet, on an adventurous voyage in melody and sound'



Aoine/Friday 23.09.22

Oíche Chultúir / Culture Night

Ócáid Saor /Free Event: Scoiláirí Henry Diarmuid Ó Meachair buaiteoir Ghrada - Ceoltóir Óg na Bliana; Nóta Stóta – scannán 'Portraits of wild wisdoms' le Séan Ó Gráda.

Aoine/Friday 30.09.2022

Greenshine & Padraig Jack

RTÉ Radio 1 Folk Awards - Best Group



Greenshine



an Fhómhair

Programme 2022

ha, Baile Mhuirne

Ensemble Mhúscraí



Aoine/Friday 07.10.2022

Opera le Mary Mac Sweeney & a cairde. Tráthnóna uathúil leis an amhránaí opera idirnáisiúnta Mary agus a cairde.

Opera Platform with Mary McSweeney & friends. A unique evening of opera with International opera singer Mary & friends.



Aoine/Friday 11.11.2022

Pádraig Rynne & Tara Breen with Jim Murray

Incredibly talented trio with melodies from the past and present. Not to be missed.



Domhnach/Sunday 16.10.2022

'Ten Old Songs' – Hammy Hamilton

Initially conceived as an idea to put a few songs on record, at a night of many songs after a good meal, this idea developed as project shared between old friends Pat "Herring" Ahern, Johnny McCarthy, Yseult Cooper Stockdale and Hammy Hamilton.



With great assistance from An Ionad Cultúrtha, who commissioned the renowned Cormac McCarthy to do the arrangements, and calling in friends who straddled the classical and traditional worlds to form a string quartet, here are old songs that Hammy has known since his teens in the north, presented in a way that's both new and old.

Aoine/Friday 18.11.2022

Pauline Scanlon le Síle Denvir agus Barry Kerr

Is tionscadal comhoibríoch amhráníochta traidisiúnta idir Barry Kerr as Ard Mhacha agus Pauline Scanlon ón Daingean atá i gceist le 'The Longing'/'An tSireacht'.

Tá an tionscadal bunaithe ar stór amhrán ina bhfuil an 'tsireacht' ina buntéama. I measc na dtéamaí a ndireoidh siad orthu mar chuid den tréimhse chónaitheach RESONATE tá cumha i ndiaidh an bhaile, tóraíocht na saoirse, agus mianta an duine síocháin agus suaimhneas a aimsiú.



Cuirfear an tionscadal i láthair ag ceolchoirm in Ionad Cultúrtha Bhaile Mhuirne i gcomhar leis an amhránaí agus an cláirseoir Síle Denvir agus leis an gcnagcheoltóir Eamon Murray.

A collaboration of traditional songs where the theme of longing is explored.

Aoine/Friday 21.10.2022

Diarmuid Ó Meachair

Buateoir Gradam Ceoil TG4 - Ceoltóir Óg na Bliana 2022 – Exclusive Seoladh/ Launch of CD agus tunes!



Domhnach/Sunday 23.10.2022

Sunday Afternoon Concert with David Syme, International pianist living in Ireland - performed all over the world including Carnegie Hall. 4pm – 5.30pm.



Aoine/Friday 16.12.2022

Seán Keane

Is iontach an rud é Seán Keane a bheith ar ais san Ionad linn athuair, cinntíonn a ghuth draíochtúil agus a stór amhrán oíche iontach ceoil i gcónaí. Bíg cinnte ticéid a chur in áirithe go luath mar ní leanfaidh siad i bhfad.



Great to have Seán Keane back performing in the Ionad, his magical voice and store of songs always ensure a great night. Book early to avoid disappointment.

Aoine/Friday 28.10.2022

West Ocean String Quartet

In November 1999, we in The West Ocean String Quartet - Seamus McGuire and Niamh Crowley/violins, Kenneth Rice/viola, Neil Martin/cello - set sail on what has become an endlessly fascinating journey of experimentation and collaboration, of seeking out other ways, of finding our own voice.

Satharn/Saturday 17.12.2022

Piano Recital le Scoláirí Aileen Flanagan

Ceiliúradh bliantúil le hardán a thabhairt do scoláirí Aileen Flanagan agus iad ag foghlaim an piano.

y i dteannta le ghail.



airéad Ní rra – Cláirseach/Flúit.

on an ng.'



y Cronin; m Ceoil TG4 raith gearr-ceol ó Conal

o Nominee.



An Roinn Turasóireachta, Cultúir, Ealaíon, Gaeltachta, Spóirt agus Meia Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media



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www.ionadculturtha.ie
eolas@ionadculturtha.ie



OPEN DAY

AT CHAPEL HILL SCHOOL OF ART

The second annual Open Day at Chapel Hill School of Art, celebrating the reopening of the art school for Art classes was a lively day of creativity, learning, art experimentation and fun for all ages.

The smoke and alchemy of the Blacksmiths of PPP Forge, clay head modelling and pottery throwing, willow basket and textile weaving, bee hive and lace making demonstrations provided a great day of entertainment for all. With music from The Fresh Air Collective and food from local Artisan producers the day proved a crowd pleaser to the 260+ attendees under sunny blue August skies. Attendees came from a cross section of places from the UK and Germany, Limerick to Dublin. Chapel Hill is delighted to be sharing and honouring our local talent and cultural heritage by collaborating with our project partners in the Heritage Council, Cork Craft Month and August Craft Month for the second year. Twenty-three teachers, volunteers and workshop facilitators worked together to bring the day to fruition.

Bernadette Tuite School coordinator said 'Many thanks to everyone who attended our Open Day. We have a beautiful amenity here in the former convent and we are committed to sharing the facility with our community. The former convent purchased by Joe Neeson and John Mc Cormack that has been carefully restored and repaired so that our community can participate in art classes and events which greatly benefits both themselves and our local economy. Up to 10 artists educators are employed parttime at the school as well as support staff and the conservation and restoration team. We are set to expand our offering of Art classes with a state-of-the-art Ceramic and sculpture facility to open in St. Catherine's Hall in early 2023.' You're Invited! Culture Night on September 23rd from 5.30 pm to 8pm, supported by Cork County Council and the Arts Council marks the second last event of 2022 at Chapel Hill. The evening will open with world music from the fabulous Fresh Air Collective in the walled garden followed by Latin Music and Salsa dancing lessons with the Colin Mc Lean Latin Trio from 6pm upstairs in our Community Room. We have an stunning Exhibition from wood sculptor Denis Lynch and textile artist Ann Mechelinck. In the beautiful stained-glass prayer room, we have four Art teachers sharing their skills in a have-a-go art experience. All Welcome, All fun, All Free! To encourage our young Filmmakers and Actors we are delighted to announce that the Michael

O'Loinsigh Memorial Youth Film Competition is now open for entries. This a film making competition and award incorporating an Irish language element open to all young people from 14 years to 25years. This is an opportunity to get your work in front of international film director Donal O Cellichair and Chris Hurley of Cork Film Centre. The Award and Film Screenings will take place in early December. Details and the Entry Form are available on our website.

<https://www.chapelhillschoolofart.ie/newsandevents/the-michael-o-lionsigh-memorial-youth-film-maker-award>

We are really looking forward to the school is reopening for classes on September 24th. We begin the new session of classes with Children's Art Club for 11 am to 12.30pm for 5 to 7year olds, and for our older artists at 2pm to 3.45pm for 8yrs to 12year olds with our lovely art teacher Gemma Harris. We have both morning and evening classes for adults as well as several one-day Workshops in many disciplines from basket weaving to photography. We look forward to meeting you at an event or Art class soon.

Get in touch at 026 20927 | 085 8706202
www.chaplehillschoolofart.ie
email : schoolofart@chapelhill.ie
Call in, Office Hours: Wednesday, Friday, Saturday 9 to 5pm



MACROOM LIBRARY:

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

Culture Night – Aghina Comhaltas will be performing on Friday Sep 23rd from 6pm – 7pm.

Adult Book Club will meet on Wednesday Oct 5th at 11.30am.

Creative Writing Group will meet on Friday Oct 7th at 11am.

Music Morning is making its long-awaited return to Macroom Library on Friday Oct 14th at 11am.

Culture Night is a special night each year when people are invited to come together to discover and celebrate the richness and diversity of culture in Ireland.

Culture Night is for everyone, everywhere, and is a time for people from different backgrounds to share

their customs, traditions, and talents with special events, workshops, and exhibitions, with the support of the Arts Council of Ireland, and local authorities and organisations.

To celebrate Culture Night 2022, the Aghina Comhaltas will be performing in Macroom Library on Friday 23rd from 6pm – 7pm. You are all more than welcome to attend and enjoy a fun hour of traditional Irish music!

Period Pilot Scheme

Cork County Council Library and Arts Service launched a pilot period product scheme where free sanitary products are dispensed through its 29-branch network from 2nd September 2022. This initiative has been funded by the Department of Health. 'We Are Riley' will supply sustainable (products made in Europe with an ethical manufacturer using 100% certified organic cotton in compostable packaging) sanitary products to the 29 library branches and mobile libraries.

There is a dispenser located in the public bathroom in Macroom Library and the products are free for the public.

MACROOM HISTORY GROUP'S TALK ON "KILMICHAEL AMBUSH – AN EVENT OF A CENTURY", CON KELLEHER.

Macroom History Group held its opening meeting of the 2022-23 season with a presentation by Colum Cronin, Coppeen on Kilmichael Ambush. Colum is well-known in many fields such as music, photography and local history. He has been interested in Kilmichael Ambush for many years – the event occurred only a

few miles from his home and the Auxiliary patrol set out from Macroom. Colum has also completed a Masters course in Local History in UCC, and Kilmichael Ambush was his dissertation topic.

Before an audience of about forty, Colum gave an informative and fascinating account of the Ambush. He did so dispassionately, scholarly and in great detail. He explained much about the terrain, logistics and the mentalities of the combatants. He used beautiful photos of the Ambush, new and old, which further enlightened our understanding of what happened. Much controversy about what really occurred has arisen and Colum gave his informed and perceptive view of the real story with the caveat that no one fully knows; there will always be versions.

Following questions and answer, Colum, over an informal 'cuppa', mingled with the audience and discussed any further queries people had on his talk and indeed other matters. The Castle Hotel venue was excellent and the refreshment lovely and very welcome. After the meeting Marcella Creedon, Macroom Group organiser, proposed a vote of thanks to Colum. The other organisers were Joe Creedon, Douglas Kidd and Con Kelleher.


The next meeting is on 'The Garda Síochana – Ireland and Macroom' on Monday, October 10th, 8- 9 in the Castle Hotel (€5). Garda historian, Garda Tom Daly will be the speaker and we hope to show photographs of Gardaí who served in Macroom.



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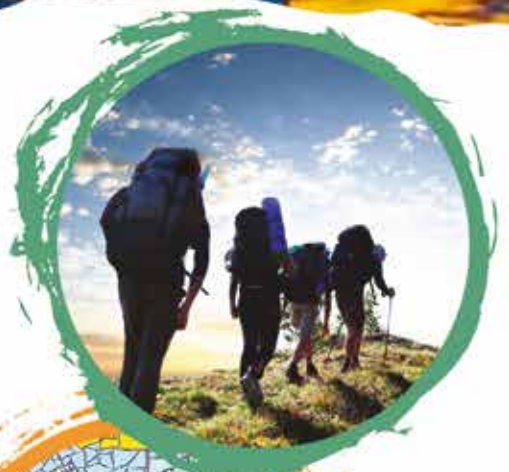
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EXCITING NEWS FOR FURTHER EDUCATION IN MACROOM!



Cork College of FET
Cork's Further Education & Training Service
MACROOM CENTRE
A Pathway for Every Learner

Further Education is now operating under the new name of Macroom F.E.T Centre. We are excited to be running courses in conjunction with Morrison's Island campus so that students can now avail of the same courses in their own community. No need to travel for your studies as we have the same quality assured courses on your doorstep. In addition, we are now under the Management of Ms. Helen Ryan, Principal of Morrison's Island Campus (formerly known as Cork College of Commerce) and one of the largest Further Education Colleges in Ireland. For the coming year we are concentrating on the following QQI Day courses:

- Office Administration/ Business Administration,
- Healthcare Assistant (Health Services Skills),
- Nursing Studies &
- Special Needs Support (Intellectual Disability Practice) –(SNA Course) NEW – all at QQI Level 5. We still have a few places left on some courses.

Meet the New Team: Veronica Long (Early Years Tutor), Laura Kirwan (Nursing & Healthcare Tutor) and Joanne Breegan (Nursing & Healthcare Tutor). Existing Macroom staff include Bernie Angland (Business, IT and Special Needs Tutor) and Pdraig O'Driscoll (Business and Accounting Tutor).

Veronica Long is one of our new teachers who is joining Macroom FET centre. Veronica has been teaching Early learning and care (formerly known as Early Years education) for many years in the Morrison's Island campus and will now share her time between both centres. Veronica also has experience in module development and in 2021 she was one of the Curriculum writers and developers for the new ELC awards at both stage 1 and 2. She has also taught at QQI Level 4 right up to Level 6. Veronica is a significant part of our exciting new course in Special Needs Support with an emphasis on Intellectual Disability. Veronica Long, Special Needs Support Tutor

Joanne Breegan completed a Bachelor of Science in General Nursing in UCD and graduated in 2016. She then went on to work in the Mater Hospital in Dublin before moving to Australia to nurse in Melbourne for two years. Joanne returned home in January 2020 and began her Postgraduate Diploma in Arts in Educational Practice in Teaching for Further Education in NCI. She graduated from NCI with a first-class honours in 2021. Joanne has worked in Inchicore College of Further Education in Dublin for two years and now she has moved to Cork to join the team here in the Cork College of FET. Joanne is now working between the Macroom Centre and the City Campus teaching Nursing and Healthcare modules. Joanne Breegan, Nursing

Tutor

Laura Kirwan Laura is a registered General Nurse and worked in many areas of nursing such as oncology, haematology, rheumatology, and care of the older person. She has worked in the community setting for five years where she gained a lot of experience in patient education. Laura's passion for teaching grew from there and lead her to complete my Postgraduate Diploma in Adult and Further education. Laura is really looking forward to this new adventure working in Cork College of FET Macroom Campus and Morrisons Island Campus.

Pdraig O'Driscoll Pdraig brings a vast knowledge and experience from his previous business based in Macroom & Millstreet to the new F.E.Centre in the E Business Park Macroom. He has been teaching in McEgan College and the College of Commerce for the past five years He studied Accountancy in M.T.U. and did his Teacher Training in U.C.C.

Bernie Angland is now in her seventeenth-year teaching in Macroom. Bernie has an honours Bachelor of Arts in Business Information Systems, along with honours in her Teaching Post Graduate Diploma from the University of Limerick well over 20 years ago. Bernie taught in the National Learning Network, Tralee for students with disabilities during her first year out, she then returned to mainstream teaching and joined Cork ETB in 2000. Bernie taught Business and Secretarial studies in St. Colman's Community College Middleton where she taught to both second level and FE students from 2000-2006. In September 2006 Bernie transferred to McEgan College where she continued to teach both second level and FE students until June 2022. In September 2022 all adult education students QQI Level 5 are now in a separate centre in the eEnterprise Centre, Bowl Road Macroom. Bernie has taken up the role of the Centre Co-Ordinator where she is the main point of contact for all courses in the Macroom F.E.T Centre. Bernie has returned once again to the University of Limerick where she is currently completing her MA in Career Guidance and Lifespan Development on a part time basis. Bernie is very excited about this new venture and is really looking forward to being so involved with this new structure, as Bernie can now dedicate all her time to her first love of Adult Education and concentrate on where her true passion lies.

Finally, we would like to acknowledge and Thank Mrs. Catherine Kelleher for all her commitment and dedication for the last 18 years, where she



Gobnait Buckley Deputy Principal of Morrison's Island Campus, Bernie Angland and Ms. Helen Ryan Principal of Morrison's Island Campus (formerly Cork College of Commerce)



Joanne Breegan and Laura Kirwan



Veronica Long and Bernie Angland

Co-Ordinated the Adult Education department in McEgan College in more recent years. We wish our good colleague Catherine the best and we look forward to her return.

All interested applicants — please apply at <https://morrisonislandcampus.ie/macroom/> Email Bernie: BAngland@ccoc.ie or Pdraig: Podriscoll@ccoc.ie Or call us on 086-0140217, eBusiness Park, Bowl Road, Macroom, P12 FV30



Garda Eoin Mullins, Sr Loyola Macroom and her sister Kathleen Cahil Crookstown.



Centenary of An Garda Siochana Macroom Garda District 1922-2022 Pics. Peter Scanlan



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INDEPENDENCE MUSEUM KILMURRY

Michael Collins Bus tour

As Ireland commemorated the centenary of Michael Collins death in Bealnablath, it once again highlighted that interest in this historic event hasn't waned, in fact, if anything, interest continues to grow, particularly since the Neil Jordan film was released in 1996.

The location of Independence Museum Kilmurry is particularly relevant to this period of Irish history, as this rural area became central to the national situation, culminating in the death of the Free State's first Commander-in-Chief.

While everyone knows what happened in Bealnablath on the 22nd August 1922, there are many details which have not been generally recognised or discussed. With this in mind, on Sunday, 4th September, Independence Museum Kilmurry ran two guided coach tours retracing the Collins convoy from once it entered Kilmurry Parish on that fateful morning and the little-known details of the convoy's desperate efforts that evening to return to Cork following the ambush, through anti-Treaty territory. The tour is skilfully guided by local enthusiasts (Sean Crowley, Mary O'Mahony, Deirdre Bourke, Bríd McSwiney and Michael Goulding) some of whom have spent a lifetime studying the events of that day, the routes, detours, mishaps and nightmare of returning to Cork with the body of their dead leader, whilst severely hampered due to damaged bridges, treacherous roads, detours and the vehicles involved. The feedback from both tours was so positive that Independence Museum Kilmurry already has a waiting list for another tour which will take place on Sunday, 2nd October at 12 pm. If you are interested in taking this final tour, please contact Independence Museum Kilmurry at Tel: 021 7336932 or email: khaamuseum@gmail.com.



Independence Museum Kilmurry; Michael Collins Bus tour at Beal na Blath

Bus tour approximately 3 hours @ €20 pp which includes refreshments at museum on completion of the tour.

Do visit our temporary exhibition, Bealnablath – The Local Story which opened on 12th August and the permanent exhibition, opening hours and details at kilmurrymuseum.ie

Republished book by the late Edward O'Mahony, Michael Collins: His Death in the Twilight available at museum and local bookshops @ €10

We wish to thank everyone involved on the day, our supporters, KHAA members, museum guides, bakers and caterers. A special thank you to Niall Cronin of Cronin Coaches for skilfully negotiating the route and his helpfulness on the day and to George Lehane who oversaw the smooth running of the event.

Evening Performance

On Friday 30th September from 8pm, we will be hosting two very special performances in the

Heritage room at the Museum: Karen Minihan will be performing 'Extraordinary, Ordinary Women: Live!'; a play about some of the untold stories from the founding of the state, and Pauline O'Driscoll will be performing a short play, Home Rules. Tickets are €10 and booking can be made by contacting 0217336932 or emailing khaamuseum@gmail.com

Clothes Collection

Our clothes collection fundraiser will take place from Friday 23rd September to Sunday 25th September, inclusive. We accept any clothes, bags, shoes, hats, belts, towels, curtains, bed sheets, pillow case, duvet covers etc. Clothes and linen can be torn or have holes but must be clean. No quilts or pillows. Bags can be dropped to museum between 12 and 5 pm on Friday 23rd, Saturday 24th and Sunday 25th. All funds raised go towards the running costs of the museum



Norma, Aoife, Theresa and Marcella at the Kilmichael Ambush Talk.



Kate, Jerry and Maura at the Kilmichael Ambush Talk.

UIBH LAOIRE

PIFC Win

Well done to the men of the Intermediate team and their mentors who easily defeated Nemo Rangers recently and comfortably managed Rockchapel last weekend to secure a place against Bantry in the semifinal of the Bons Secour Premier IFC competition. Both games saw some stunning play from the Iveleary team members in all parts of the Banteer pitch and from subs when called upon. The semifinal game is scheduled to be played in Dunmanway on Sat Oct 1st at 4pm. Best of luck lads.

Book Swap is Back

The very successful book swap continues in the hall on Thur 29th of Sept from 7.30 to 8.30pm. Please bring books (maximum of 3) in reasonably good condition.

Gougane Sunday

St Finbarr's Feast Day or Gougane Sunday as its also known will be on this Sunday 25th of September and has always been a very special day in our parish. The rosary will be recited at 2.30pm and Mass will be celebrated by Most Rev Fintan Gavin, Bishop of Cork and Ross at 3pm. This year

marks the 120th anniversary of the dedication of St Finbarr's Oratory, Gougane Barra. The Oratory, built in 1900 and opened in 1901, was dedicated on 15th of August 1902. Among those present was Padraig Pearse, who was on a cycling tour of Ireland at the time.

Parish Visit.

Bishop Fintan Gavin will be visiting the parish this weekend. He will celebrate mass in Ballingearry on Sat night at 7pm and 10am Sunday and the 11am Inchigeela Sunday mass as well as the Gougane mass at 3pm

Could This Be Causing Your Headache?

There are many culprits blamed for headache triggers; certain foods like chocolate, sunlight, stress and tension for example.

Whatever you consider to be the trigger for you – please remember that headaches are common but they are not normal.

Medication only masks the symptom instead of addressing the problem.

As Chiropractors we determine if the root trigger for headaches is related to poor function of the spine, caused by perhaps an old injury, poor posture or as a result of nerve irritation.

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Correcting your neck and back will help alleviate pain, tension and help prevent future headaches and migraine.

We also advise on positive lifestyle changes to enhance your wellbeing.

The body has an amazing ability to function better and heal when the brain and spinal cord functions at optimal capacity. Headache sufferers deserve to know that there is another answer beyond the bounds of drugs and pills which keep them trapped in a cycle of medicinal pain management.



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Crookstown Social Club

Over a Score of Golden Years

Almost a quarter of a century ago, in the Cornerstone Bar of Crookstown a group of likeminded people started organising social outings and get-togethers for those living in rural areas.

The club's members numbers grew quickly and word of the exciting opportunities to travel and experience local and country wide activities spread. Rural transport came on board and the tiny pilot scheme burst out and is now an all-Ireland affair.

Fundraising became a hugely enjoyed and welcome challenge for every member. They worked hard and raised money for vastly different charitable organisations such as digging wells in Kenya to Guide dogs, Cancer connects, Enable Ireland and a fill of oil for Cuan Mhuire. No fundraising effort was a chore, it got the members active in their locality and gave them something to be proud of.

Many activities other than fundraising took place, with the support of the ETB and others; yoga, swimming, art classes, cooking afternoons, nutrition talks, exercise classes and chiropody were all offered and gladly taken up by the members.

To top it all off the group produced a film featuring stories of pastimes and present, called Route 67 and a book, the Way we Were, compiled by the members, rounded off an extraordinary quarter of a



Crookstown Social Club - Over a Score of Golden Years

century of social inclusion and recorded interesting lifetimes of the members.

Despite the onset of the pandemic the smaller number of members returned and strengthened their group by amalgamating with the Kilmurry

Social Club, Active Retirement, based in the Museum in Kilmurry. I am confident there will be more exciting times ahead.

Mary Mullins

DROMLEIGH N.S.

Students and staff of Dromleigh N.S. have had a busy start to the new school year. We were pleased to welcome our new students to Bright Beginnings Pre-school as well as our Junior Infant class to the school.

Our Green Schools Committee welcomed new

members to the team. The committee is also organising a Clothes Recycling Fundraiser at the school (P12DY26) on October 20th, 21st and 24th. Bagged donations may be handed in between 9-10am and 2-3:15pm. Contact 026-46212 or office@dromleighns.ie for further information.

CLONDROHID

MRS. NELL KELLEHER R.I. P.: On September 3, the death took place of one of Mid-Cork's oldest and well-known citizens, Nell Kelleher, of Gortnalicka, Clondrohid. Only a few weeks earlier, she had celebrated her one-hundredth birthday. Nell was born on August 10, 1922 in nearby Mullinroe, the eldest of five girls. Her childhood was not without its difficulties. She was just 8 years of age when her father died suddenly, leaving her mother to rear a young family and run a small farm at the same time. Nell was a bright student, and her alert mind and bookkeeping skills were a key part in the success of the business run by her late husband, Michael Kelleher, whom she married in July 1945. Nell did the books and returns for more than 50 years as the business evolved from egg exporting to feedstuff manufacturer to sugar dealer and, finally, oil distribution. She was always the one that met accountants and auditors. At one time she was Ernest & Young's longest serving client!!!!

Nell was an amazing mother, grandmother, shopkeeper, petrol & diesel pump operator, phone answerer, bookkeeper, VAT returns expert, restaurant operator, tour operator, charity organiser, devout Catholic, daily mass participant,

staunch pioneer, and lots more. She had seven words of advice that she constantly repeated to her family " Say your prayers and do your best". Advice that is as good today as it ever was. Her religious devotion led her to construct the very lovely and well-maintained Grotto at Gortnalicka, across the road from her house. Through her community involvement and business dealings, she became well known, not only locally but in Mid Cork. Her passing truly marks the end of an era. The esteem in which she was held was clearly demonstrated by the large attendance at her funeral, over the 3 days, not just from her beloved parish but from much wider circle. Ar dheis De go raibh a h anam dilis.

REMEMBERING DENNY MURPHY FUNDRAISER:

A Fun night for all the family on this Sat Sept 24 at 8 pm in the Abbey Hotel Ballyvourney. Teams of 4. €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
The CART bus will leave Carriganima at 7.15pm, and Clondrohid at 7.30pm.

MILLSTREET VINTAGE CLUB: Tractor Run on Sunday Oct 16 in aid of CART Carriganima Rural Bus Service.

Registration at the Pub Carriganima from 11am. Run will leave at 12 noon sharp. Entry fee €20 per tractor, all tractors both old and new are welcome. Refreshments after in the Pub. For more info, contact Danny Lane on 0872213848, or Dan O'Riordan on 0872452569. All passengers must wear seatbelts.

LAOCHRA OG CHARITY TRUCK RUN: On Sunday Oct 2 in aid of pitch development and Irish Community Air Ambulance

Meeting at Glenview CVRT and Vehicle Repair Centre, by kind permission of Michael and Nora McCarthy. Register on the day, €30 per truck, includes ticket for driver's raffle. Refreshments served, gates open at 10.30am, convoy leaves at 12.30pm

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OPEN NIGHT

Thursday 29th September 6.00pm – 8.00pm

Principal's Address at 6pm

Céad Míle Fáilte

All prospective pupils and their parents welcome.

We will be accepting applications from October 4th to 28th

Application forms will be available from the School Office and on our website

www.stmarysmacroom.ie



"Congratulations to every single member of our Leaving Certificate Class of 2022 on their outstanding exam results. Their hard work, talent, perseverance and resilience served them well. We wish each and every one of them the very best for the future."

Kilmurry Active Retirement Association News

Alzheimer's, the Science of Prevention

Over the summer months I took a course entitled Alzheimer's, The Science of Prevention. I was motivated by a fear of Alzheimer's/dementia disease, and by family history. The course was given by American scientists. It ran over twelve consecutive days, about forty-five minutes each lesson. I took notes, some of which I promised to share with you. These scientists and doctors were repeatedly emphasising throughout the course that, while there is no cure, we ourselves can do much to avoid Alzheimer's/dementia. They contend that as much as 90% of the incidence of late onset of the disease (at 65+) can be prevented. They claim that we can reduce our odds to this extent by deciding to change our lifestyles. Their recommendations, if applied as a whole, do involve a substantial change to the typical lifestyle of most of us living in the western world. However, their recommendations are relatively easy to apply. They claim that each recommendation improves our general health and wellbeing and reduces the odds of falling victim to this disease.

Their recommendations dealt with diet, gut biome, stress, exercise, sleep, toxins, and supplements. I will deal with just diet here.

At the outset one scientist outlined her work experimenting on mice. The experiment involved depriving their brains of insulin. They expected that the changes in the brain would equate to what we see in human brains with advanced alcoholism. To their surprise what they found instead were changes that correlated with Alzheimer's disease, and this led to a swift change in the direction of their research. The providers of this course express the belief that Alzheimer's could be considered as diabetes type 3, as they contend it is like a combination of diabetes types 1 & 2. Their claim is that in most cases it is due to inflammation – a result of insulin resistance, and this together with the changes it produces to the blood brain barrier leads to insufficient insulin in the brains of sufferers. Insulin is a hormone produced in the pancreas. Its function is to keep blood sugar levels reasonably constant. If we have a diet which constantly has too much sugar, we produce a lot of insulin, and eventually our cells get used to it, or resistant to it. So, we end up producing more to less effect. The claim that the cause of most Alzheimer's has linkage to the causes of diabetes, has animal and some human science studies to back it up. It was previously shown through largescale studies that undiagnosed or untreated diabetes is a significant risk factor for Alzheimer's disease. However, the claim remains controversial and other scientists and medics say that more research is required.

As advocates of the claim, it is not surprising that their advice on diet revolves around reducing inflammation within the body. Effectively they advise a diet close to that as recommended for type 2 diabetics. Sugars, refined carbs, and most processed foods, foodstuffs that can contribute to insulin resistance are their enemies of long-term brain health. If you want to lower the odds of Alzheimer's, then eliminating sugar, and reducing refined carbs is their recommended starting point. I changed my diet including cutting out all sugar in 2018 to help deal with polymyalgia, an auto immune inflammatory disease. It does not sound easy. Our



culture does not help. So much of life nowadays is based around the sweet tooth and convenience processed food. I could not find anything that was sugar free in a hospital shop! It took me about six weeks to get used to the change. However, it comes with great benefits. I felt so much better, I was no longer hungry an hour or two after eating, and I was not as cranky! After a few months I noticed that all my food was much tastier. I could detect subtle flavours. Flavours are more intense. In my view sugar and salt are not flavour enhancers as claimed but flavour maskers.

Another diet-based recommendation they make is to introduce fasting. Fasting has become more popular with increasing science-based research supporting its benefits. Research in the 1980s found that rats fed every other day lived 1.8 times longer, and this was followed with research on mice which lived a less impressive but significant 15% longer. There has been much animal and some, but limited, human research since which supports its benefits. Most of the recent interest in fasting has been around delayed ageing and longevity. The scientists who gave this course though are recommending it as they say fasting reduces insulin resistance and inflammation in the body, and thereby also in the brain. Its benefit is that the body does not constantly require insulin production. The pancreas can get a little rest, and consequently insulin resistance is reduced.

If you want to investigate fasting the internet is full of often contradictory fasting articles, so best advice, as always, is to talk to your doctor. Fasting regimes need to be specifically tailored for people who have diabetes and many other underlying conditions, are underweight or have eating disorders. Many find that they lose some weight, which may be good or bad depending on the objective. Some fast for a period of 72 hours each month, some eat normally 5 days a week but just 500 calories on two days, and some choose to fast on alternate days. More popular is the 16/8, fasting 16 hours and eating as normal within 8 hours. Professor Rose Ann Kenny, one of Ireland's foremost gerontologists, and one of the senior researchers behind TILDA -the Irish Longitudinal Study on Aging, is an advocate of fasting and applies the 16/8 herself. You can hear her being interviewed on the Active Retirement Ireland podcast, 'The Old Country', episode 6.

I am looking forward to a talk we are having from the Alzheimer's society. I will be interested in learning what their view is on the emerging research. They are experts on living a full life with the diagnosis. Most do so for many years. That is reassuring. The

talk will be part of an evening event in the Heritage room, Kilmurry Museum on Tuesday 11th October. We want to make a presentation of funds to the Alzheimer's society which we secured from the sales of our booklet 'Much loved Songs from the Past as Gaelige'. Hopefully we will be able to add a little extra from a raffle on the night. We will begin the night at 8 pm with a special treat, a debut performance from a new choir which was just formed over the summer and is based in the museum. All are welcome, admission free, but if you wish, buy a ticket and win a prize!

In other news, our thanks to Coachford ARA, who invited us to go bowling there on Monday mornings for a few sessions, so come along if you want to try it out.

We are enjoying line dancing with Debbie and Frank. It is a taster for the four Tuesday evenings in September at 8.30pm in Crookstown hall. The fee is just €5/session for members and €8 for non-members, adults of all ages are most welcome to come and try it out.

On Wednesday afternoon the 14th of September, our ACT (Activities, Chat and Tea) sessions started. Margaret Ahern gave a flower arranging demonstration. It proved most enjoyable to all. The next session on 21st will include a talk by Anne O Donovan from Citizens Information. It will take place in the Heritage room in Kilmurry museum at 2.30, and all are welcome. Then Rose Mc Carty will be giving her 4-week course starting 28th on Tai Chi, Yoga, (& Chair Yoga) meditation, followed by tea chat and then talks on nutrition, sleep, stress, and supplements, varying each week. These will be in Crookstown at 2pm. All welcome (non-members €8).

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/1n01tV8HPO>

Our association is open to all. Our philosophy is that age makes no difference, but health does. 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



New Arts Education and Exhibition Centre

Art Classes

- Junior Art | Saturday | 17th Sept | 12:30-1:45pm (12 wks) €160
- Junior Art | Tuesday | 18th Oct | 3-4:15pm (8 wks) €120
- Senior Art | Tuesday | 20th Sept 4:30-5:45pm (12 wks) €160
- Teens Art | Monday | 19th Sept | 4:30-6pm (12 wks) €190
- Adults Art Beginners | Monday | 10th Sept | 7-9pm (6 wks) €130
- Adults Art | Thursday | 13th Oct | 7-9pm (6 wks) €130



Stage School

- Junior Stage School | Saturday | 15th Oct (8 wks) 10-10:45am €110
- Senior Stage School | Saturday | 15th Oct (8 wks) 11-12pm €120
- Parent & Toddler Play & Storytelling 1-4 years
Thursday | Oct 20th (6 wks) 11-11:45am €110
- Teens Stage School | Thursday | Oct 20th (8 wks) 5-6:30pm €140
- Adults Stage School | Wednesday | Oct 19th (8 wks) 7-8:30pm. €150



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The Macroom and District Environmental Group

Think Globally, Act locally

HEDGEROWS – Our Forgotten Dispensary

Hi! Chris Barret here, fortunate to be able to bring you a follow-up article with Ted Cook, our local Heritage Specialist.

In a previous article Ted profiled Ireland's Hedgerows (30/06/22) for us – their origins, functions and benefits.

Here he will explore our Dog Rose (Irish – Feirdhris) – also known as the Wild Briar; the Wild Rose and Hip Tree that reaches 3 metres with spreading straggling thorny stem. Like Honeysuckle and Ivy, it climbs host trees along woodland margins.

For 'Rosa Canina' contributions to Ireland's ecology, Ted recommends the "Irish Beast Book", by James Fairley.

In her "Grandmother's Secrets", (translated from French in 1995), Jean Palaiseul names this highly scented rose as "The Queen of Flowers". Flowering after Summer Solstice through July, and pollinated by insects, (though capable of self-pollination), the eye-catching, red, egg-shaped 'hips' that swell through Autumn, possess 10 times more Vitamin C than lemons (i.e.100 grams of hips contain the equivalent of 1 kilo of lemons).

Mairin Ui Chonchubhair (Maureen O'Connor,) Botanist, Dun Chaoin (Dunquin, West Kerry), records in her 1995 "Flora of Corca Dhuibhne", that the 'Rose Hip' has a history of cultivation, reaching into antiquity, in the West Kerry Ghaeltacht.

Nursarymen use this wild rose as rootstock for cultiver garden roses.

Experience shows that the gathering of the hips ought to wait out a few morning frosts to stabilise the ascorbic acids (Vit. C).

During the outbreak of 'Ricketts' in Great Britain in WW2, it was found that bruised or split hips deteriorated rapidly. Countryside voluntary 'hip-gatherers' promptly brought over 1,800 tons to



the specialised 'hip-factories' annually. This yielded about 4,500 tons of jarred 'Rose Hip Syrup', for distribution through Health Centres across the U.K. Ted tells us that another scientific source reveals that Vit.C increases in the more northerly 'hips. Norway has developed an indigenous Vit.C industry from the 'Queen of Flowers', and harvests about 800 tons a year.

Ted now shares his own recipes for us to enjoy. He tells us that Medical Herbalists recommend the syrups and jams should be stored as a 'Tonic 'till Springtime to increase the body's resistance to infectious illnesses, particularly influenza.

Rose Hip Syrup

- *Crush the whole Hip.
- *Add to 1/2 litre boiling water (preferably non-chlorinated).
- *Let it seep through Muslin/linen (bags if you have them).
- *Add sugar
- *Evaporate down by low pressure boiling.

Rose Hip Jam

- *Remove the extremities of the berry.
- * Split in two to remove seeds and hairs
- *Leave in a cool airy place for 24-48 hours
- *Cook as ordinary jam using 1lb. of fruit to 1.5 lb sugar.
- (If you use sugar pectin, the ratio will be considerably less)
- Fresh or dried Carrigeen Moss Seaweed may be added to the boiling mass as a natural organic thickener.

Rescue Remedy

- *3 grams of finely cut hip rind boiled for 5-10 minutes in 100grams of water.
- *Allow this to infuse as it cools for 5-10 minutes.
- *Take one cupful midday and evening directly after meals.
- *It's 'undeniable action' on our intestinal mucosa binds a loose bowel.

When the Summer is fading and the Harvest is coming,
Our hedgerows hang with Secrets Untold-
The Hips on the Dog rose gleam rich with the bramble,
Our Rowan Trees shine out in scarlet and gold

I would like to thank Ted Cook for once again sharing his knowledge about hedgerows, this time concerning their splendid harvest. Remember you can contact the Environmental Group by emailing macroomenv@gmail.com You can find the Macroom District Environmental Group on Facebook. If you or anyone you know would like to contribute an environmental article to this publication, please contact me at chriseevalley@gmail.com

CENTENARY OF AN GARDA SIOCHANA MACROOM GARDA DISTRICT 1922-2022



Chief superintendent Con Cadogan, retired Sergeant Kevin Donnelly, Superintendent Joseph Moore



Chief superintendent Con Cadogan, retired sergeant Mary Cadogan, Superintendent Joseph Moore



Chief superintendent Con Cadogan, Garda Siobhan o Dowd, Superintendent Joseph Moore



Chief superintendent Con Cadogan, Garda staff Ailish Murphy, Superintendent Joseph Moore



Chief superintendent Con Cadogan, Cllr Eileen Lynch, Superintendent Joseph Moore



Retired Garda Sergeants Kevin Donnelly and Michael Nyhan



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LEABHARLANN BHAILE BHÚIRNE

Cork County Culture Night 2022
'TO THE LETTER'
At Leabharlann Bhaile Bhúirne
Friday 23rd September
6.30pm to 7.30pm

Do you remember when you were young and being allowed to stay up late? Maybe a special visitor in the house or some sort of festivity that you were allowed take part in? I remember things like a special trip to the cinema or around Christmas a trip to the pantomime. When I was 4, I was flower girl at my aunts wedding, I have vague memories of it and I always thought I was out all night, partying, but my sister recently reminded me that she had had to take me home early to mind me. I got the distinct impression that she blamed me for her having to leave the wedding fun! I remember once in the late 60's we had American relatives visiting. Some of my aunts, Uncles and cousins gathered in our house. A white sheet was hung on the wall and with the help of a projector we had a slide show of photographs showing us their homes, families and neighborhoods'. Of course, there was lots of chat too and I remember my grandmother and her sister, one of the American visitors, singing Apple Blossom Time. Being allowed up late while on holiday in West Cork was always a treat too. There was a farm near where we stayed, and I used to spend the evenings playing with the children who lived on the farm. We played card games and board games and traded stories. Then I would run down the lane in the pitch darkness to get home – the sounds of bats, owls and small creatures turned me into an Olympian. When I was about 12, I camped in the back garden with a couple of my friends, we giggled, snacked and laughed into the early hours and then we decided to sleep. Once we were all silent, we began to hear rustling, the wind was blowing, all the little noises that are inaudible during the day suddenly seemed so alarming. It hadn't helped that we had been telling ghost stories earlier either. We considered retreating to the safety and familiarity of the house but none of us were brave enough to stick our heads out of the tent and make the short dash up the garden to protection and security. We just had to sit there for the night but eventually fell asleep. It's no notice so that I an excited to tell you that Leabharlann Bhaile Bhúirne will be staying open

late on Culture Night, Friday 23rd September. As one of Cork County Culture Night 2022's hub towns Baile Bhúirne will be home to several Culture Night events and Leabharlann Bhaile Bhúirne is hosting one of these. So, you are all invited to join us in Leabharlann Bhaile Bhúirne at 6.30pm for TO THE LETTER.

Join artist Dolores Lyne and historian Michael Twomey for a discussion and display of Dolores's artworks based on letters written by her grand-uncle General Liam Lynch during the War of Independence and the Civil War. The pieces evoke the Cork locations where they were written, and General Liam Lynch's strong connection with the people and places of Baile Bhúirne.

Bígí i dteannta leis an ealaíontóra Dolores Lyne agus an staraí Michael Twomey le haghaidh plé agus taispeáint ar shaothair ealaíne Dolores bunaithe ar litreacha a scríobh a seanuncail, an Ginearál Liam Lynch le linn Chogadh na Saoirse agus an Chogaidh Chathartha. Dúisíonn na píosaí na láithreacha i gCorcaigh inar scríobhadh iad, agus an ceangal láidir a bhí ag an nGinearál Liam Lynch le muintir agus áiteanna Bhaile Bhúirne.

This is a free event and is open to all, you do not have to be a library member. Space is limited so please come early and do please attend some of the other events throughout the village, details of which can be found online at <https://culturenightcorkcounty.ie/whats-on/baile-mhuirne/>.

Cork County Council Library and Arts Service is delighted to launch its pilot Period Poverty Programme. The programme will distribute free period products through the 25 library branches and 4 mobile libraries. This programme is funded by the Department of Health. Leabharlann Bhaile Bhúirne is participating in this programme and free period products are available in the library toilet. The eco-friendly period products are being provided by Cork-based start-up We Are Riley. We Are Riley was launched in April 2021 and produces 100% certified organic cotton tampons and pads. The products are made in Europe by an ethical manufacturer and come in compostable packaging. We Are Riley is also committed to fighting period poverty, providing free sanitary products as well as sponsoring doctor-led school visits to educate young girls in rural Kenya about menstrual health.

If you haven't already availed of the Local History

Workshops on offer you still have one opportunity to attend. Cork County Council invites people to participate in a free local history workshop with Historian-in-Residence Tony Harpur. The workshops began on Wednesday September 7th and were repeated on Wednesdays September 14th, 21st with the final one on 28th from 11am - 4pm in the Local Studies section in the Cork County Library Building, Carrigrohane Road, Cork. No experience or knowledge of local history is necessary. By taking part, you will be shown sources that will help you begin your journey into exploring local history, primarily focusing on sources from the Local Studies Library collections, and sources that are free to use online. These workshops and the Historian-in-Residence programme are funded by Creative Ireland. To take part, please email creativeireland@corkcoco.ie. Leabharlann Bhaile Bhúirne's library groups continue, and all are welcoming to new members. Although I cannot provide refreshments at these gatherings you are welcome to bring your own. If you require any further details, please phone Leabharlann Bhaile Bhúirne, during library opening hours, at the number below.

Craft, Knit & Chat Group:

Every Tuesday at 11am

Library Book Club:

Wednesday 5th October 10.30am

Creative Writing Group:

Friday 14th October at 4pm

*"The sky is already purple;
the first few stars have appeared,
suddenly, as if someone had thrown a handful of
silver across the edge of the world."*

Alice Hoffman, *Here on Earth*

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*Dúnta ar Shatharn Deireadh Seachtaine na Saoire Poiblí

*Closed on Saturday of Public Holiday Weekend

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Dan and Jack Collins and Troy Duggan at Coppeen Tractor and Car Run in aid of Cancer support to CUH, Cork Cancer Research and Mary-Mount Hospice. © Peter Scanlan



Members of the O'Driscoll, O'Callaghan, O'Sullivan and Ford Families at Coppeen Tractor and Car Run in aid of Cancer support to CUH, Cork Cancer Research and Mary-Mount Hospice. © Peter Scanlan

KILMICHAEL VINTAGE & HARVEST FESTIVAL

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Off to School 2022



First Day of School for Junior Infants in Rylane National School with their Class Teacher Ms. Healy



New Junior Infants at Kilbarry NS - September 2022.



Junior infants 1st day in Canovee NS



The Junior Room with their teacher Mrs Dennehy in Ballyvongane NS.



Inchigeela National School Junior Infants 2022



Dromleigh N.S. Junior Infant class 2022



May Horgan and James Galvin, the new Junior Infants Class at St Enda's NS, Kilmadur



Cúpla Jake & Charlie Ó Laoire a thosaigh i Scoil Fhionnbarra le déanaí.



First day back at Scoil Fionnbarra, Ballygeary, where nine members of the Twomey Family including cousins and Siblings are attending this year.



Céim ar Chéim

Scoil Mhuire OÍCHE OSCAILTE OPEN NIGHT



Scoil Mhuire, Béal Átha'n Ghaorthaidh
Déardaoin, 29ú Meán Fómhair 4:30—6:30.
Thursday, 29th September 4:30—6:30pm

Óráid an Phríomhoide @ 6 i.n.
Principal's Address @ 6pm

Fáilte Roimh Chách - All Welcome

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CARRIGAPHOOKA AMBUSH COMMEMORATION

By Con Kelleher

The Carrigaphooka Ambush took place on 16 September, 1922 and resulted in the deaths of eight young Irishmen, killed by other Irishmen and all fighting for Ireland. A Free State Army patrol was defusing a landmine: six of their men were killed at the scene and another died later that night in a Cork hospital. An IRA volunteer captured near the scene was later killed while in National Army custody. On Sunday 18 September 2022, their deaths were commemorated with a wreath-laying and an oration by Mr Michael Creed, T.D. in the presence of a Local Defence Force contingent and a piper.

Thomas Keogh, 23, (Kehoe), Daniel O'Brien, William Murphy, Raphael/Ralph Conway, Thomas Manning, Patrick O'Rourke, John (O') Riordan lost their lives; the IRA volunteer James Buckley was arrested nearby and lost his life in custody. Buckley was from Clonfadda, Manning from Droumduff and Riordan from Bawnmore – neighbours and almost certainly known to each other. Keogh was one of Collins's Squad members or 'Apostles' and had been involved in the Bloody Sunday IRA assassinations of British intelligence officers on the morning of the Croke Park killings on Bloody Sunday, 21 November, 1922. He had also taken part in The Custom House Attack and several more actions during the War of Independence. Despite being only twenty-three, he was Colonel and commander of the convoy. The others who died were in their twenties and thirties. Michael Lucey ('Gampie'), Barrett Place, should have been there but was temporarily indisposed (YouTube video interview).

The context of the Ambush is as follows: hostilities in the Civil War opened on 28 June 1922 when Free State troops bombarded the Republican-occupied Four Courts in Dublin. By July 7th, most of the Dublin Republican forces had withdrawn to Wicklow. Within about six weeks, according to the new RTÉ Civil War series preview in the Cork Opera House (13 September, 2022), most of the Republican strongholds such as Limerick, Kilmallock and



Cork were under Free State control and the war as a contest was effectively over. Macroom Castle was vacated and burned by the Anti-Treatyites in August, 1922. The IRA had largely retreated to the Cork-Kerry Mountains, Kerry and parts of Mayo and Donegal. This was the situation when Michael Collins was killed in Béal na Bláth and when the Carrigaphooka Ambush took place. After Collins's death, the Provisional Government prosecuted the war seriously, vigorously and effectively, and many assert that it was after his death that many of the nastier episodes of violence took place. Pro-Treaty parties had received overwhelming electoral support but the government had to operate from behind fortified and permanently guarded buildings. All war is savage and brutal but civil war is perhaps the worst of all, and is anything but civil. Brother attacks and kills brother and neighbours slaughter each other.

In the Carrigaphooka Ambush a land-mine was placed on the main Macroom-Ballyvourney road and detonated when being defused and led to seven casualties. Buckley was captured nearby and was killed in custody. The greater convoy that left Macroom that day also included three other 'Apostles' - Jimmy Conway, Johnny Wilson and Jim

Slattery. The last claims to have been present at Keogh's death and he was nursed in his last hours by Mary Collins-Powell, sister of Michael Collins.

Michael Creed T.D. laid a wreath at the monument which stands on the right-hand side of the road, about a mile from The Auld Triangle and about 500 metres before the new Carrigaphooka intersection. A little nearer to Macroom is a monument to IRA Volunteer James Buckley. Councillor Michael Creed was MC and introduced the Local Defence colour party and the piper, Donal Kelleher. In a well-researched and poignant address, Michael Creed T.D. recalled the lives, contributions and circumstances of those killed, and he was particular in paying equal respect to James Buckley before laying a wreath. Afterwards, Mrs Burke, Carrigaphooka led a Decade of the Rosary and piper Donal Kelleher played the National Anthem. All the victims died for their cause and their principles.

The commemoration day was blessed with fine weather and the site was beautifully prepared and in immaculate condition. Tribute was paid to the neighbours, current and past, who maintained the monument over the years. A crowd of about seventy attended. Local Defence personnel Brian O'Connor, Helena Cullinane and Ger Harold formed the military party. Piper Donal Kelleher is from Balingeary and played beautifully.

In an intimate and quiet setting, this respectful ceremony again emphasised the horrible reality of war, the 'madness' of losing idealistic and capable young men, all fighting for Ireland but one against another. Their ultimate sacrifice was acknowledged and fittingly remembered. One hundred years later, despite our many current problems, and thanks to the sacrifice and efforts of many, we are fortunate to live in a stable, peaceful and democratic country. Those who died at Carrigaphooka were partially responsible for laying the foundations for our current good fortune.

Go mBeannaí Dé a nAnam Dilís.

Ms Grett O'Connor, Michael Creed T.D.'s office, was the researcher.

SURRENDERED PUP SAVES FAMILY FROM FIRE

A normally quiet dog barking, alerted family to house fire that led to their safe evacuation. Surrendered to the charity as a puppy, Wilbur thanks new family for rescuing him by repaying the favour.

A former resident of Dogs Trust Ireland is being hailed a hero after saving his sleeping family from a terrifying house fire.

Wilbur was surrendered to the charity as a young puppy in December 2021 after his original owners realised that he wasn't the Spaniel cross that they were promised, but a much larger breed. Luckily this case of mistaken identity led to Wilbur's adoption in January of this year and his new forever family never looked back.

When his adopters heard the usually quiet dog barking frantically, they immediately knew something was wrong. Thanks to Wilbur raising the alarm, the family quickly realised that their house was being engulfed in flames, and they were able to quickly and safely leave the burning property.

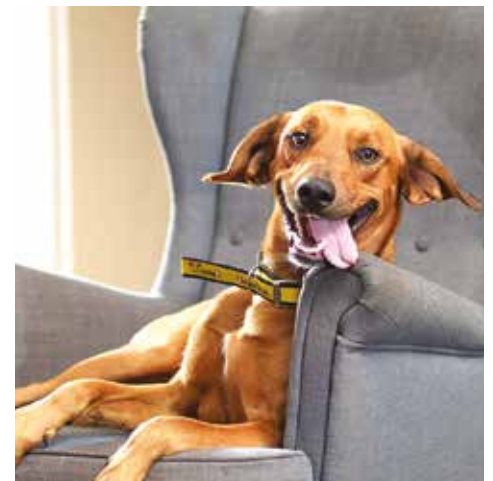
Speaking about the frightening event, Wilbur's

adopter explains: "It's really quite simple, Wilbur saved both me and my son's life. If it wasn't for the fact he barked until I woke to alert us something was wrong, I would never have known the house was on fire until it was too late. He is undoubtedly a hero in our eyes and forever our most loyal friend." Sandra Ruddell, Assistant Manager at Dogs Trust Ireland continues: "Wilbur's family gave him a second chance in life by adopting him, and in turn he saved their lives and their home. We are so grateful that everyone is okay, and that the family and Wilbur could get to safety.

Rhodesian Ridgebacks were originally bred for their bravery and to protect the family home, so it's no surprise that Wilbur lived up to his heroic heritage. All our dogs are special, but Wilbur's story really goes to show you how loyal our canine companions are. If you are looking to add a dog to your life, choose rescue and you never know, that dog might just come to your rescue one day too." Dogs Trust Ireland currently has over two-hundred dogs in their care, just like Wilbur, who are

searching for new homes.

If you are interested in adopting, please visit www.DogsTrust.ie/Rehoming to see some more heroic hounds.



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Oíche Cultúrtha 2022

Mar is gnáth an t'am seo den bhliain beidh oíche cultúrtha 2022 againn amárach Dé hAoine 23ú de Meán Fómhair. Tá mórán imeachtaí iontacha saor in aisce á fhógairt, a bheidh ar siúl in áiteanna éagsúla i gCeantar Mhúscraí. Anois ina seachtú mbliain déag, tagann Oíche Chultúir, imeacht naisiúnta bliantúla poiblí, a thugann deis do phobal na tíre an chultúr a cheiliúradh. Idir gnéithe ársa dár gcultúr thraidisiúnta agus gnéithe nua-aoiseach eicléictiúil.

Mácromtha Ionad an tSuláin

Cuirfeadh 'Fáilte Uí Cheallaigh roimh cách' ar ann lá agus oíche. Beidh imeachtaí ar siúl óna a ceathair a chlog san iarnóin go dtí a naoi a chlog san oíche. Beidh imeachtaí fíor spéisiúil curtha ós cóir an pobal. Beidh taispeantas ar an gceird traidisiúnta Caoladóireachta; Beidh taispeantas ar rince le drumaí agus drumadóireacht; Beidh scéalaíocht agus ceol tíre chomh maith le amhránaíocht ar an sean-nós leis an triúr deirfiúr Na Chróinínigh. Gealltar oíche den scoth nach féidir a shárú. Beidh na h'imeachtaí luaite ar siúl ag Ionad an tSuláin, láthair Teagaisc Bord Oilíúna Chorcaí.

Na Chróinínigh

Cé h'iad na mná seo ar a tugtar Na Cróinínigh? Bhuel is triúr deirfiúr iad as naonúir clainne a bhí ag Dan Cronin agus a bhean chéile Ghobnait. Bhí seisear cailín agus triúr buachaill sa chlann acu.

B'í Eibhlís an ceathrú leanbh, Mairéad an t'ochtú agus Seosamhain an 9ú agus an duine i' b'óige. Rugadh agus tógadh iad sa 'Phlantation' i gCharraigh an Adhmaid nó Baile Mhic Íre mar a tugtar ar anois. Tá sé i bparóiste Baile Mhúirne. Tá an cheol go smíor ag an clann seo agus cén fá nach mbeadh nuair gur gar iníonacha iad don amhránaí iomráiteach cáiliúil ar a bhfuil aithne ag daoine uirthi go forleathan mar 'Bhanríon an tSean Nóis', sí sin Bess Cronin (Elizabeth Herlihy) nó (Auntie Bess mar a thugaimid uirthi sa bhaile mar bí mo shean aintín, deirfiúr le mo sheana mháthair Eibhlín Ní Iarlaflaithe).

Fuair Bess a cuid amhráin ag a baile óna h'aintín is uncail a bhí ag cónaí leo sa Ráth. Chomh maith le sin is minic a tháinig bakaigh chuig an tí nuair a bhí sí óg is iad ag lorg déirce agus chanaidís amhrán nó dhó mar mhalairt ar an ndeirc. Agus dá réir thug Bess na h'amhráin seo léi. Cinn i mBéarla chomh maith le cinn



i nGhaolainn. Nuair a bhí cónaí uirthi sa Phlantation is minic a bhí oíche scoraíochta is ceoil is amhránaíocht acu. Tháinig go leor ceoltóirí aitheanta chun an tí na hoicheanta seo, ar nós an veidhleadóir Paddy Cronin, Pádraig O'Keefe agus fear áitiúil an t'amhránaí John Connell. Tháinig daoine ó chian is ó chongar chun éisteacht le Bess agus deineadh go leor taifead uirthi ag casadh amhráin is ag insint scéalta.

Tá an triúr deirfiúr ag canadh le chéile anois le roinnt blianta. Deir Eibhlís gur thosnaigh siad mar ghrúpa de seisear deirfiúr. Bhí an chéad gig acu san Inse Geimhleach ag deire seachtaine Dónal ó Corcra thart ar cúig bhliain deag ó shin. Ach ó 2012 níl ach an triúr acu anois ag canadh le chéile de gnáth. Is minic iad ag canadh ag feilte an tOireachtas agus go leor gradaim bainte amach acu síos tríd na blianta. Tá an triúr acu mar bhaill de Cór Ban Chúil Aodha agus ghlac siad páirt sa chór a thug taispeantas Príobháideach Do Uachtarán na hÉireann an t-uasal Micheál D. Ó Higgín is a bhean chéile Sabine, thuas in Áras an Uachtaráin le déanaí. Is teagascóir í Eibhlís agus Seosamhain san scéim Aisling Geal. Múineann siad na h'amhráin sean nóis do leanaí scoile Mhúscraí, agus dá réir ag tabhairt seod saibhir oidhreachta don ghlúin óg.

Nach iontach go bhfuil siad ag coimeád agus ag teagasc amhráin dúchasach a sheanmháthair beo, go bríomhar ceolmhar agus geallaimse dhíbh go gcuirfidh siad taispeantas bríomhar ós cóir an pobal Dé hAoine 23ú Meán Fómhair 2022, Oíche Cultúrtha. Bígí ann!

Foclóir

Scéalaíocht	storytelling
Ceol-tíre	Folk music
Den scoth	The best
Nach féidir a shárú	Can't be beaten
Go smíor	to the core
Iomráiteach	famous
Oíche cultúrtha	Culture night

Imeachtaí	events
Iontach	wonderful
Éagsúla	different
Gnéithe	aspects/species/kind
Nua-aoiseach	modern
Eicléictiúil	eclectic
Fáilte uí Cheallaigh	a great big welcome
Iarnóin	afternoon

Spéisiúil	interesting
Caoladóireachta	basket making
Drumadóireacht	drumming
Forleathan	far-reaching
Bacaigh	Beggars
Déirc	charity/alms
Scoraíocht	social get together
Taifead	recording
Dúchasach	native/inherited

Feedback/Suggestions please email ... lena.cronin@corketb.ie





CultureNight

September 23rd 2022

Fáilte Uí Cheallaigh roimh chách!
A Night for All!

Amhránaíocht, Scéalaíocht agus a Lán Eile

Celebration is the theme for Culture Night, 23rd September (tomorrow night) at The Sullane Centre, New Street, Macroom (or Ionad an tSuláin as it's so aptly named).

The evening encompasses song, music, craft and commemoration. The concert begins at 7pm, but there are two workshops in the afternoon starting at 4pm. Rosemary Kavanagh explores the art of basket making and Urs Wenk, of Drum Dance Ireland, brings a playshop on drumming. No experience necessary. Just come and play a variety of drums or percussion instruments with like-minded people. As the name suggests, it's a play event not a workshop. All instruments are provided, or bring your own favourites if you wish.

Oíche gan Sarú Geallta - a great night is guaranteed. This is no idle promise if we look at the programme which features the best of local and Cork musicians. Joe Creedon of Inchigeelagh, (*Fear an Tí* for the night) brings his own inimitable wit and humour to the evening. Seosamh O Criadáin, (the well-known sean-nós artist) will sing, and Na Cróinínigh (Bess Cronin's grand-daughters) continue to keep their grand-mother's heritage alive for the next generation. Joe McSweeney of Baile Mhúirne, does a wonderful rendition of *The Town I Loved So Well* and nearer home, John Lyons knows how to make the harmonica sing.

First time to the The Sullane stage are Cork musicians (The Two Tones) Tony Davis and Ant Kayley. Both have a wealth of experience in music ranging from classical to folk and have played with such well-known musicians as Seán Keane, Moving Hearts and Freddie White. Expect some nostalgia and sing along to old time favourites from the 60's and 70's including numbers from the Beatles, Simon and Garfunkel and Paul Brady. Good company, good cheer and the weather promises sunshine! Hope to see you there.



Tony Davis on guitar and
Ant Kayley on keyboard

tel: 086-8239097



email: info@fet.corketb.ie



First Year 2022/2023 De La Salle College



Transition Year Sports Reporters from De La Salle College, from left: Ben Hinchion, Adam Bradfield, Gavin Leahy, Fionn Fitzgibbon, Cormac Bourke and Michael Downey.



Centenary of An Garda Síochána Macroom Garda District 1922-2022
Pics. Peter Scanlan



Macroom dog Cooseyhall wins the G.P.W. 525 Gala Night at Curraheen Park. Photo includes James Kelleher, Katie Kelleher, Lilly O'Shea and Alan O'Shea.



New Garda Recruit Timothy O'Connor from Farnanes.



Larry McCarthy National President of the GAA cutting the tape at the official opening of Canovee GAA new pitch. © Peter Scanlan



Vincent Cronin who has volunteered on 250 different events at Castle Demesne Park run in Macroom. Well done and thanks from all his friends at park run!

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**MACROOM
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*Where Drama also
'plays a part'*

Macroom School of Art was founded by art facilitator Brian Crotty in 2020. The ethos of the school is to connect art and community, by encouraging adults and children of all ages to explore different forms of artistic expression.

The school provides this outlet through weekly workshops facilitated by experienced art teachers. The school also reaches out to the local community through exhibitions, screenings, demonstrations and open days; and welcomes students of all levels of experience to take part.

As well as facilitating classes in art, there are a range of drama classes on offer too for students of all ages. Drama tutors Angela Doherty, and Elaine Lombard, are both highly experienced in their field. Angela Doherty has a degree in drama education and holds a Diploma of Licentiate from the Irish Board of Speech and Drama. She has also been a member of the teaching council of Ireland since 2014. She has taught workshops and directed shows for over twenty years. Angela will be facilitating the drama classes for teenagers as well as adults in the 2022/2023 terms. She began teaching with Macroom School of Art in September 2021 and is very much looking forward to collaborating with new and familiar faces in the terms ahead. This coming year she will be expanding the drama courses on offer to include adult classes. Again, the level of experience is unimportant to the process as the main focus remains enjoyment, taking part and meeting new friends. According to Angela; 'There can be a reluctance to try new things as we get older. We put a lot of focus on our perceived abilities instead of our enjoyment from the experience. Our hope for the drama courses for teenagers and adults is that participants enjoy the freedom to be expressive and to engage in whatever capacity they feel comfortable with. Its about gaining a bit of confidence more than anything and having fun in the process'

Elaine Lombard has a Diploma, Associate, Licentiate and Fellowship of acting with the Victoria College of Music & Drama, London with honours. Bronze, Silver and Gold medals for acting with the London Academy of Music and Dramatic Art. She also has acted in the Cork Arts Theatre, The Everyman & Opera House stages. She has taught drama classes previously in Goggin's Hill National School Ballinhassig, producing shows and recitals, preparing for Feis Maitiu competitions and Lamda examinations from Grade one to Gold medal.

Elaine teaches Junior Kids 5-7 years and Senior Kids 8-12 years. She started teaching in Macroom School of Art in 2021. The classes include drama games, speech exercises, mime, poetry, improvisation, scene work, storytelling and puppetry and movement through music. She is looking forward to the year ahead and is delighted to announce that there will be a new drama class for 3-5 years old. This is a parent and child class. The classes will be imaginative and fun and will include drama games, mime, and will bring storytelling to life with visual pictures, puppets, toys, percussion instruments and instrumental music. The class will have a different theme each week.

Elaine believes that 'Creativity is very important for a child so they can explore their imaginations, have fun and gain a genuine love for drama'. She is excited to get to know her new cohort of students as well as welcome back familiar faces from last term.

Art tutors Norah and Aoife will also continue to provide an excellent standard of art workshops for all ages in the coming 2022/2023 school year. Many more community-based projects, exhibitions and talks are also on the cards so it promises to be an exciting year ahead at Macroom School of Art.

Places are booking up fast so contact Norah on (086)2553216 or email info@macroomschoolofart.ie



BALLINAGREE FUNDRAISING CAR & TRACTOR RUN Sunday October 9th 2022

Ballinagree Community Alert was set up in 2014, We have a local Community text Alert with over 60 participants in the area. We erected Community alert signs in all four corners of our Ballinagree Surrounding Areas for Crime prevention, in 2018 we erected Driver Feedback signs on either side of our 50km signs.

In 2018 we got a credit union loan to fund for extra lighting and the Driver Feedback Signs. We hope to raise money to pay off an existing loan

which was taken out for the erection of lighting & Driver Feedback Signs in our village in Ballinagree. If our day is successful we will give remaining monies to local community, which includes our local National School, and our Grotto for up keep & lighting which is located in the village, All monies raised will go back into our Community.

Ballinagree Community Alert.



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The very latest news from WEST CORK KICKBOXING CLUB

In just 2 weeks time 5 of our Junior fighters who qualified for the Irish kickboxing team back in April will travel with the Irish national kickboxing team to compete in the World Junior championships in Jesolo Italy.

The tournament will run over 9 days. Our athletes include Markuss Bogdanovs and Saoirse Fogarty Lithgow from Ballyvounrey, Evan Collins from Skibbereen, Dylan Green from Bantry and Anthony Cronin of Ballingearry. All have been training meticulously all summer under the watchful eyes of their trainers Ian Kingston and Tony Stephenson. All 5 are seasoned competitors nationally and have been training for at least 6 years but for most of them this year marks their first year competing internationally. Their first taste was the world cup in Budapest back in May where Markuss won double gold and Saoirse earned herself double gold. Updates on their progress over their time at the world championships can be followed on our facebook page as well as live stream links to their fights. We wish all our boxers and the Irish Kickboxing Team the best of luck and every success in Italy.



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

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



Marykate Ní Ailleacháin agus Doireann Ní Murchú tairis traenáil Naobh Abán faoi 6 agus faoi 8



Traenáil Naobh Abán faoi 6 agus faoi 8



WEST CORK KICKBOXING CLUB

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HALLA BÉAL ÁTHAN
GHAORTHAIDH
KIDS CLASS 4-5pm
JUNIOR CLASS 5-6pm

MACROOM
WEDNESDAYS
AT THE MACROOM LEISURE CENTRE
KIDS CLASS 6.15-7pm
JUNIOR CLASS 7-8pm
SENIOR CLASS 8-9.15pm

BAILLE MHÚIRNE
THURSDAYS
SCOIL NAÍSIÚNTA
BAILLE MHÚIRNE
KIDS CLASS 3.30-4.15pm
JUNIOR CLASS 4.15-5.15pm

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Online FUNDRAISING AUCTION

15th Oct - 22nd Oct 2022



<http://galabid.com/wmaa22>

1. What is it?

It's an online fundraising auction to raise funds to improve the facilities for the young athletes, including paralympic athletes and Special Olympic athletes, of West Muskerry Athletics Club.

2. When is it?

The auction opens at 10am on Saturday the 15th of October and closes at 6:30pm on Saturday 22nd of October

3. What will the money be used for?

The money will go towards the installation of sprint lanes at the club grounds at Ummera.

4. What type of items are being auctioned?

Items such as sports memorabilia, meetings with celebrities, hotel stays, artwork, vouchers, gym memberships and much more, all with starting prices of much less than their retail value.

5. How do I access the auction and register to bid?

Use the link: <https://app.galabid.com/wmaa22> OR use the QR Code (I've attached it to this email)

On the homepage just click register and fill in a few simple details

6. Can I take a look at the items for auction in advance of the opening?

The auction website is open to browse right now and up until the actual opening of the auction. You are welcome to click into the site to see what some of the really attractive items are.

Some examples of items are:

1. Cork jersey signed by Sean Og and Graham Canty
2. 90 minute talk by Chief instructor of RTE's Special Forces Hell Week, Ray Goggins, for any Team or Corporate Group. he will travel to the location.
3. Signed shirt from Asafe Powell, the 2nd greatest sprinter of all time 9.72 sec and the holder of the most sub 10 sec 100m ever.
4. Framed artwork by critically acclaimed artist, Madeline O'Rourke.
5. Photo of Munster Rugby Team 2022 signed by the entire squad.
6. Liverpool T-Shirt signed by goalkeeper Caoimhin Kelleher

There will also be an option to make a donation, for those who don't wish to bid for an item.



Andrais Moynihan Td, T. J. Lyons, Ted Lucey Deputy Mayor, Paddy Murphy, Larry McCarthy National President of the GAA, John Feeney Chair of Mid Cork GAA board and Mark Sheehan Chair of the Cork County Board at the official opening of Canovee GAA new pitch. © Peter Scanlan



Larry McCarthy National President of the GAA with members of the St Val's Ladies Football, at the official opening of Canovee GAA new pitch. © Peter Scanlan



Mrs Caulfields Ciorcal Cainte



Louise O'Brien of The Mercy Hospital Foundation Cancer Appeal accepting a cheque of €27,000 at the Con Lynch Memorial Event at The Mills Inn. (€28,000 was raised in total).



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- **TECHNICAL OFFICE SALES**
- **SHIPPING AND INCOMING GOODS**

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 May also involve visits to sites where our equipment is installed.

Requirements:

- Advanced Certificate Craft – Electrical with equivalent industrial electrical experience or equal relevant experience in an Electrical discipline.
- Experience working on commercial/Industrial projects.
- Working as part of a team to identify and resolve systematic equipment issues.
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Application before Wednesday October 5th.

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Decontamination Unit Operative - Macroom

Description of Role:

- The successful applicant will work in O'Flynn Medical's in-house Decontamination Unit based in Macroom, processing equipment coming from healthcare facilities nationwide.
- Carry out quality checks on equipment prior to products being dispatched back to site.
- Update asset management system on goods being processed through Decontamination Unit.
- Adhere to all Health & Safety rules and regulations.
- This is a 5 day per week role. Working Hours are 8.30am to 5pm (Monday to Thursday) and 8.30 am to 4 pm on Friday.
- Candidates must have good computer skills and must be fluent in English – both spoken and written.
- The ideal candidate will have excellent attention to detail and be willing to work as part of an excellent team.

Please forward your CV to info@oflynnmedical.com

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Sunday 9th October 2022

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Leaving Village at 1pm sharp

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GAELTACHT SERVICE TOWN:
MACROOM

Tá deis ag Maigh Chromtha aitheantas a fháil mar Bhaile Seirbhíse Gaeltachta faoi hAcht na Gaeltachta 2012.

Tá fáilte romhat chuig cruinniú poiblí le tuilleadh eolais a fháil maidir leis na céimeanna atá i gceist leis seo agus cén dóigh le páirt a ghlacadh ann. Fáilte roimh gach duine, beidh aistriúchán comhuaineach ar fáil.

Macrooom has the opportunity to gain recognition as a Gaeltacht Service Town under the Gaeltacht Act 2012. You are welcome to public meetings for more information on the steps involved and how you can get involved.

All are welcome, simultaneous translation will be available.

Maigh Chromtha

28/09/2022

7.00pm

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AN PRÓISEAS
PLEANÁLA TEANGA





LAOCHRA ÓG SOD TURNING EVENING



Laochra Óg Sod Turning at their new pitch

We recently had a sod turning event in Ballymacorcoran the new home of Laochra Óg Hurling and Camogie Club. Our club chairperson, Ian Keoghan addressed all those in attendance on the evening.

We had our committee, coaches, sponsors, adult players, neighbours, supporters, local T.D. Aindrias Moynihan, Councillors Eileen Lynch, Michael Creed, Gobnait Moynihan, Ted Lucey, Muskerry Board Chairperson John Feeney, Muskerry Board Secretary Enda Linehan, Muskerry Camogie Representative Michelle Cooney, Cork Camogie Association Representative Mary McSweeney with us. Our Chairperson Ian Keoghan, Club Secretary Mary Kelleher and Club Treasurer Eddie Walsh turned the sod on the night.

The sod turning was held on the grounds of the new development site where Laochra Óg are about to embark on the development of two pitches. A full-size pitch which will serve as our main and a slightly smaller training pitch. Many hours of challenging work have led to this point.

Many lengthy discussions, tough decisions, compromises, and endless amounts of co-operation have made this development a reality for the club.

Founded in 2014, the club has been extremely lucky with the generosity of many, especially Michael and Nora McCarthy for the use of Teerberg and Coláiste Ghobnatan for the use of their school pitch. Without their support we simply would not be here. On behalf of Laochra Óg, Go Raibh Mile Maith Agaibh.

We would like to thank our closest neighbours and partners in the project, Pat and Margaret Buckley for being patient and for being extremely easy to work with over the last 12 to 18 months. They have made this process extremely straight forward and stress free.

We would also like to thank the Committee, past and present, players, coaches, parents, loyal supporters, our sponsors, our lotto ticket outlets, without you we could not function. The dedication, the commitment, nobody knows or could quantify

the resources, time and effort put in over the years. From our committee right through to present day. You should be immensely proud of what you have achieved so far, and you should be extremely excited about our future.

To the many club members who have donated their own time, effort, and materials over the years. On behalf of Laochra Óg, Go Raibh Mile Maith Agaibh.

The recent awarding of the Sports Capital Grant has made a 12-month pitch development project a reality. We would like to thank Sports Capital and our local political representatives for supporting our application through the various stages. On behalf of Laochra Óg, Go Raibh Mile Maith Agaibh. We look forward to working with our pitch developers, Kelly Brothers and with our engineer James Healy. Over the next 9 – 10 weeks they will turn this field into two high quality pitches, playable hopefully by this time next year. This will be ensuring a future for hurling, camogie and Laochra Óg in the area and providing a place for all Laochra Óg players and members to call home. Over the coming months ahead we will be running fundraisers to help complete the pitches and further develop the site. The fundraiser will be a Truck Run and an evening with "The Chaser." We look forward to your company and support at these events. Exciting times ahead.



MACOOM FC

Girls Round Up

It was great to see all the girls back training again over the last number of weeks. The majority of training sessions took place at the excellent Town Park venue.

Our under 12 Premier team gave a great performance against College Corinthians. Macroom took the lead early but Corinthians came back to equalise soon after. It was looking like the game would finish level but Douglas based side fashioned a late winner with just a couple of

minutes to play.

The Under 15 schoolgirls fixture was cancelled, however they will be playing this coming Saturday at Murrayfield.

The Under 17's travelled to Madden Park to play Kinsale, had several chances but were unable to get the goal their football deserved. Also, Macroom gave an excellent defensive performance in this tie, kept a clean sheet and returned home with a well earned point following a 0-0 draw.

Carrigaline hosted the Under 19 team in the

league. Last seasons league winners came out on top but Macroom gave a fine display, capped off by 2 Ava Ronan goals. Macroom were missing a few regulars for this tie, and although defeated, will take a lot of encouragement into the season ahead.

Munster Senior League Division 2

Sponsor: Murray's Bar
Buttevant 1 Macroom 4.

It was Friday night delight for the Senior men



Macroom FC U19 girls who played Carrigaline.



The U11 schoolboys of Macroom FC who took on Ringmahon Rangers at Murrayfield.



in Buttevant. Lloyd Asling, Darren Dineen, Mike Fitton, Dylan Twomey & Greg Fitton all linking well to be a handful for the home side. In the opening minutes, Craig Ronan played through an arrowed pass to Dineen who saw his shot well saved by the Buttevant number one. On 10 minutes, Asling broke the deadlock with an effort from distance beating the keeper to his left. Only minutes later Michael Fitton cut in from the right to finish well with his left. 2-0 Macroom. The second half saw much of the same from Macroom, with Dineen playing in a great ball only for Twomey to be denied from a point blank save. Just minutes later, Asling fired home from close range for his second of the night and Macroom's third. Asling turned provider

allowing Dineen to get in on the act as he took it past the oncoming keeper to slot home with his left foot.

Macroom's defensive unit of Danny Kelleher, Shane Keane, Cathal O'Riordan, Ryan Creed and Caleb Dineen stood strong against any Buttevant attack. It was only in the final minutes, a wicked deflection allowed the home side to get their consolation. The game finished 4-1, a great result for Macroom who get their first 3 league points on the board.

*Please keep an eye on the Macroom FC Facebook and Instagram pages for updates on fixtures, match reports, team photos and general club news.

Darragh Deasy, Lelia Graham and Declan Kiely. (Macroom FC PROs).

AGHINAGH

Aghinagh U15 team that narrowly lost out to Castlehaven in Div. 2 championship semi-final

Back row from left: Darragh O'Shea, Ben O'Leary, Cathal McCarthy, James Twomey, Gavin Leahy, Cormac O'Riordan, Ronan Murphy, Jacob Barry, Rian McSuibhne, James Cuddihy, Sean Cummins, Gearoid Twohig, Jack Manning.

Front row from left: Pierce Lynch, Andrew Egan, Evan O'Riordan, Timmy Buckley, Christopher O'Leary, Michael Twomey, Ruadhan McCarthy, John Kelleher, Michael Buckley.

CLONDROHID GAA

Clondrohid Under 15's played Cill Na Martra in Championship last week in Clondrohid.

Thankfully the rain stopped just before throw in and things looked up as we started the better of the two teams and scored a couple of points. With 20 minutes gone the score was 3 points apiece and we were right in the game but just before the half time whistle Cill Na Martra scored 1-01 while we

smashed a shot off the crossbar and that was as good as the evening got for us. Half time

Clondrohid 0-03 Cill Na Martra 1-04.

Second half got underway and Cill Na Martra got off to a flyer scoring a goal and a couple of points. While our boys tried hard, things just weren't happening for us and Cill Na Martra ran out worthy winners in the end.

Well done to our under 9 footballer's who took on Inniscarra last Sat at home in a challenge game, some great football was played in the 3 games, a big thank you to all the parents for supporting their kids and to bringing them to training and matches throughout the season so far.

Bons Secours Hospital Cork County Football Championships

September 19th 2022

Premier Senior FC

Quarter Finals:

Ballincollig 4-11 Carbery 1-15 (division)
Nemo Rangers 2-4 Carbery Rangers 0-9
Castlehaven 2-14 Mallow 0-13

Semi Finals: St Finbarr's v Castlehaven: Nemo Rangers v Ballincollig
Relegation Playoff: Éire Óg 2-10 Newcestown 0-14
– Newcestown relegated

Ballincollig 4-11 Carbery 1-15

'Goals win matches' is the old saying and Ballincollig with two in each half saw off the challenge of Carbery, the divisional section winners, in the Premier senior championship quarter final at Páirc Uí Chaoimh before a very small attendance. The Village will now meet Nemo Rangers in the county semifinal, their first such appearance since 2016. Ballincollig had been lucky to emerge from the group series when they were in danger of relegation going into their last game but now here, they are on the threshold of a county final appearance.

Ballincollig had led by 2-6 to 1-6 at the break, and it could have been a greater lead had they taken their chances. Their two goals came from the penalty spot, Liam O'Connell fouled for the first in the second minute, with half-forward Sean Dore fouled for their second on 11 minutes – Cian Dorgan sending both spot kicks to the Carbery net. Carbery responded strongly to the first Ballincollig

goal, scoring 1-3 without reply to move 1-3 to 1-2 in front on 10 minutes, the goal coming from Ruairi Deane. Dorgan's second penalty then had Ballincollig back in front, and they stayed in front for the remainder of the half thanks to points from Darren Murphy, Luke Fahy, and Dorgan again.

Darren Murphy had both second half goal for Ballincollig, the first on 40 and the second six minutes later. Ruairi Deane had narrowed Ballincollig's lead to a point 2-7 to 1-9 on 38 minutes, but then Ballincollig hit a purple patch and added 2-3 to their tally without reply to lead 4-10 to 1-9. Murphy's first was a rebound effort after Carbery 'keeper Cian Ryan had done well to keep out Liam O'Connell's effort, the second when he himself cut through the centre.

Brian O'Driscoll kicked four points in a row for Carbery in the final quarter to bring the deficit back to six, but there was never any danger of Ballincollig being caught.

Scorers for Ballincollig: Cian Dorgan 2-4, (2-0 pen, 0-1f); Darren Murphy 2-3; D O'Mahony 0-2; Luke Fahy, Liam O'Connell 0-1 each.

Ballincollig: C Walsh; G O'Donoghue, N Galvin, L Jennings; L Fahy, H Aherne, C Kiely; E Cooke, S Kiely; S Dore, L O'Connell, D O'Mahony; D Dorgan, C Dorgan, D Murphy. Subs: P O'Neill for Cooke (36); J O'Connor for Dore, S Wills for D Dorgan (both 52); S Dore for O'Neill (55, inj); P Kelly for Jennings (57).

Éire Óg 2-10 Newcestown 0-14

Éire Óg retained their place in the Bons Secours

Hospital Cork Premier SFC for next season in the relegation play-off at Brinny, as a goal in each half gave them the edge against Newcestown, who will now drop to Senior A for next season.

Éire Óg led by 1-6 to 0-6 at half time, the goal from Mark Griffin coming just before the break. The Ovens side had kicked eight wides but Daniel Goulding was in fine form from frees.

Within five minutes of the restart, though, Newcestown had drawn level but Joe Cooper put Éire Óg back in front and Daniel Goulding's fifth point put them two ahead before the second goal, Colm O'Callaghan linking with Dylan Foley after a fast break and finishing to the net. Newcestown subsequently outscored the Ovens side, but they just could not draw level as Éire Óg defended well with John Cooper, back from injury, impressive at centre-back and former Kerry star Mark Griffin doing well at midfield with Ronan O'Toole.

There was only a point in it in the 58th minute but then Kevin Hallissey set up Joe Cooper for his second point to ease their situation and they held out to the final whistle.

Scorers for Éire Óg: D Goulding 0-6f, M Griffin 1-1, C O'Callaghan 1-0, Joe Cooper 0-2, John Cooper 0-1. Éire Óg: C Kelly; D O'Herlihy, M Corkery, J Mullins; J Kelleher, John Cooper, D McCarthy; M Griffin, R O'Toole; K Hallissey, C O'Callaghan, Joe Cooper; D Foley, D Goulding, R O'Flynn. Subs: J Murphy for Corkery (52), D Kelly for Foley (57).

Senior A FC

Quarter Finals:

Béal Átha'n Ghaorthaidh 0-14 Knocknagree 1-14
O'Donovan Rossa 0-13 Dohenys 0-8

Semi Finals: Clyda Rovers v Knocknagree: St Michaels v O'Donovan Rossa

Relegation Playoff: Newmarket 5-11 Bandon 1-8
– Bandon relegated

Knocknagree 1-14 Béal Áth'n Ghaorthaidh 0-14

After a brilliant contest in SAFC quarter-final at Millstreet, Béal Átha'n Ghaorthaidh bow out of the competition for this year and Knocknagree

march on. The Duhallow side won thanks mainly to a productive opening half but they were given a severe test by the Béal Átha boys.

Knocknagree started well and had two points on the board before the Gaeltacht men opened their account with a lovely Ben Seartan score. Knocknagree then had a run of points, and in



Aghinagh runners up Ross Oil Mic Cork JFC 2022



Kilmichael MJK Oils Mid Cork JHC 2022

the 18th minute, a Fintan O'Connor blast was deflected to the net by Michéal Doyle to leave Béal Átha seven points in arrears. Béal Átha responded with points from Seamus Ó Tuama, Seartan and Diarmuid MacTomáis to cut the deficit to 1-9 to 0-7 by half time.

On the restart, Knocknagree added a point to their tally before Béal Átha upped the tempo and O Loingsigh and Andrias Ó Coinceannáin landed three consecutive points to narrow the arrears to the minimum 1-11 to 0-13.

Knocknagree answered with two points, Ben Seartan had one for the Muskerry men. As the tension and excitement mounted, Béal Átha missed a few chances and Knocknagree looked a bit sharper going forward and had two further points. Béal Átha needed a goal but Knocknagree stood firm and had three points to spare at the final whistle.

Scorers for Béal Áth'n Ghaorthaidh: Ben Seartan 0-4 (0-2 f), Aindrias Ó Coinceannain 0-4 f, C Ó Loingsigh, D Mac Tomáis 0-2 each, S Ó Tuama, L Ó Conchúir 0-1 each.

Béal Átha'n Ghaorthaidh: Darren Ó Coill; John Ó Donnchú, Eanna Ó Duinnín, Ciarán Ó Nunáin; Cian Ó Duinnín, Matt Ó Riordáin, Liam Ó Criodáin; Aindrias Ó Coinceannáin, Conchuir Ó Loingsigh; Seamus Ó Tuama, Donagh, Liam Seartan; Diarmuid Mac Tomáis, Ben Seartan, Dara Ó Ceallacháin. Subs: Leonard Ó Conchúir h-t, Seán Ó Luasa 40, Amhlaoibh Ó Loingsigh 42, Eoin Ó Coill 56.

Premier Intermediate FC

Quarter Finals:

Uibh Laoire 1-16 Rockchapel 0-12

Cill na Martra 3-14 Aghada 1-7

Semi Finals:

Iveleary v Bantry Blues

Cill na Martra v Kanturk

Relegation Playoff: Naomh Ában 0-8 St Vincents 0-7

Iveleary 1-16 Rockchapel 0-12

Iveleary remain in hot pursuit of the Bon Secours Premier IFC after claiming a merited quarter-final victory over Rockchapel at Banteer. Having taken back-to-back county titles at Junior A and Intermediate grades, Iveleary now make their debut in the PIFC semifinal and who will say they cannot go further.

The huge crowd and traffic congestion caused the start to be delayed by 10 minutes but Iveleary quickly got on the scoreboard through Cathal Vaughan's point. Rockchapel were denied by a

fine Joe Creedon save and the Uibh Laoire men doubled their advantage with a Chris Óg Jones point before Rockchapel opened their account with a point.

Rockchapel added three more points to lead by 0-4 to 0-3 but Iveleary regained the initiative, Barry O'Leary pointed before the Jones brothers combined for the game's only goal in the 18th minute, Chris Óg's perfect pass set up brother Ian who blasted to the Rock's net. Back came The Rock with two points to make it 1-6 to 0-6 at half time.

On the restart Seán O'Leary increased the Iveleary advantage further with a point, Cathal Vaughan had to withdraw injured but goalkeeper Joe Creedon and Chris Óg Jones converted frees to open up a six-point gap, 1-10 to 0-7. Rockchapel responded with a point but Iveleary had two more from Barry and Conor O'Leary and although Rockchapel tried to get back into contention, Iveleary retained control and now move on to a semifinal clash with Bantry Blues.

Scorers for Iveleary: C Óg Jones 0-4 (0-1 f); C Vaughan 0-4 (0-3 f); I Jones 1-0; B Cronin, B O'Leary 0-2 each, S O'Leary, J Creedon (f), C O'Leary, L Kearney 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: J O'Donovan 35, Donal Cotter 44, Lar O'Sullivan 52, Liam Kearney 58.

Cill na Martra 3 14 Aghada 1 - 7

Cill na Martra were impressive in their Premier Intermediate football championship quarter final win over Aghada at Ballincollig and now progress to a semifinal meeting with Kanturk, last year's

beaten finalists and a bogey side for the Muskerry Gaeltacht man for the past few seasons. Cill na Martra were in very determined form and fully focused all through the game, the lesson of their first group game defeat to Nemo Rangers acting as a warning about lack of concentration and its dire consequences. Here they were clearly a better side than Aghada, defended very well and broke forward at speed and displayed lethal finish. They need not fear the upcoming clash with Kanturk.

After a hard hitting open quarter, Cill na Martra began to put scores on the board, got the major boost from a Damien Ó hUrdail goal in the 27th minute and leading by 1-9 to 0-2 at half time they were in a very strong position. Two goals from Mike Ó Deasúna early in the second half effectively killed off the Aghada challenge, Cill na Martra maintained the pressure by introducing eager substitutes and were still playing at full speed when the final whistle blew.

The opening quarter was played at breakneck speed, defenders were quick tackling and uncompromising and the play was fairly even. Cork senior, Daniel Ó Duinnín opened the scoring for the Gaeltacht side in the 6th minute, Fintan Cody equalised immediately for Aghada. Both sides kicked wides before Mike Ó Deasúna placed Damien Ó hUrdail for a lead point for Cill na Martra in the 11th minute, Antóin Ó Cuana won the kick out and parted to Dan Ó Duinnín who doubled the winner's advantage. Dan Ó Duinnín then had a close range shot blocked by Ciarán O'Shea at the expense of a fruitless '45' and the respective defences were performing heroically. The Aghada attack was however very wild with its shooting and several fine scoring opportunities were lost as a result.

The second quarter saw Cill na Martra at their



Cill na Martra who defeated Aghada in the PIFC at Ballincollig



Kilmurry- Ross Oil Mid Cork JFC Champions 2022



Mid Cork JFC Final- Dave Lee, Enda Linehan, William Ronan, Tim Holland Ross Oil, John Feeney, Ed Warren, Fionn Warren

best. Mike Ó Deasúna pointed a free in the 18th minute, Damien Ó hUrdail added a point immediately, Mike Ó Deasúna had a superb point in the 23rd minute, Ó hUrdail had another and then had a goal for Cill na Martra to make it 1-7 to 0-1 five minutes from the break. Cill na Martra had further points from Ó Deasúna and Danny Ó Conaill, Aghada's Timmy Hartnett had one in reply but at the interval Cill na Martra were in a very strong position, leading by ten points and clearly on song.

Aghada started the second half with a Danny Creedon point but were rocked by a goal from Mike Ó Deasúna in the 34th minute, Maidhchí Ó Duinnín providing the assist. Aghada replied with a goal from Jamie O'Hanlon on 38 but within a minute Ó Deasúna struck again, taking a delivery from Gearóid Ó Goillidhe and lashing to the net. The score was now 3-10 to 1-3 and the game was over as a contest. Cill na Martra added two points to extend their lead, Aghada staged a mini revival with four points on the trot, 0-3 from Danny Creedon frees, but Cill na Martra wrapped up proceedings with two late points and will now focus on how to turn the tables on Kanturk.

Scorers: Cill na Martra: M Ó Deasúna 2-4 (0-1f), D Ó hUrdail 1-3, D Ó Duinnín 0-3, D Ó Conaill 0-2, S Ó Duinnín and A Ó Loinsigh 0-1 each. Aghada: J O'Hanlon 1-0, D Creedon 0-4 (0-3f), T Hartnett

0-2, F Cody 0-1.

Cill na Martra: Pádraig Ó Críodáin: Tadgh Ó Corcora, Graham Ó Mocháin, Finén Ó Faoláin: Danny Ó Conaill, Seán Ó Foirréidh, Cianie Ó Foirréidh: Antóin Ó Cuana, Gearóid Ó Goillidhe: Fionnbarra Ó hEaluithe, Ciarán Ó Duinnín, Daniel Ó Duinnín: Maidhchí Ó Duinnín, Micheál Ó Deasúna, Damien Ó hUrdail. Subs: Shane Ó Duinnín 43, Colm MacLochlainn 47, Aaron Ó hUidhir 52, Eoin Ó Conaill 54, Antaine Ó Loinsigh 56.

Naomh Abán 0-8 St Vincent's 0-7

Naomh Abán maintained their Bon Secours PIFC status with a nail-biting win over St Vincent's at Cloughduv.

St Vincents from the northside of Cork city will now be competing at IAFC level next year having enjoyed senior status in 2014, an indication of how merciless this new format has become for struggling clubs. Naomh Aban have not had a good season so their relief at winning this one was very understandable.

In a poor opening half, one could see sense the tension of both sides as they went long periods without registering a score. Blake Murphy had the city side ahead in the second minute but Naomh Aban were level within two minutes through Niall Ó Ceallaigh. Both sides were conscious of keeping possession and not

conceding scores but Aodhán Ó Luasa kicked three consecutive points for N Aban to give his side a 0-5 to 0-3 lead with seven minutes remaining to the interval, Vincents got a late point back and the Baile Mhuirne men led by the minimum at the break, 0-5 to 0-4.

On the restart Naomh Abán registering the opening two points in the fourth minute and goalkeeper Paddy O'Shea made two point-blank to keep the Saints in contention. Blake Murphy had a point in the 36th minute he was denied a goal by a superb Finley Walker save.

Naomh Abán did not score for the last 22 minutes and with only the minimum between the sides had to survive the tension of a last minute Vincents free kick which went narrowly wide. But survive they did and can look forward to better fortune in 2023.

Scorers for Naomh Abán: A Lucey 0-4 (0-1 f), D Kelly 0-2, N Kelly, M Lyons 0-1 each.

Naomh Abán: Finlay Walker; Tomás Ó Catháin, Tomás Ó hAilíosa, Ronan de hÍde: Dara M Ó Loinsigh, Eanna Ó Críodáin, Colm de Roiste: Caoimhín Ó Donnchú, Micheál Ó Liatháin: Seán Ó Riordáin, Aodhán Ó Luasa, Niall Ó Ceallaigh: Piarais Ó Liatháin, D Ó Laoire, Diarmuid Ó Ceallaigh. Subs: Donal Ó Ceallaigh 10, Wayne MacCarthaigh 55, Ciarán Ó Luasa 60.

Intermediate A FC:

Quarter Finals:

Aghabullogue 3-9 Kildorrery 1-10
Mitchelstown 1-9 Dromtarriffe 0-11
Adrigole 1-14 Boherbue 1-15
Glanworth 1-8 Kilshannig 1-12

Semi Finals:

Aghabullogue v Boherbue in Millstreet, October 1st at 4pm

Mitchelstown v Kilshannig in Fermoy, October 1st at 3pm.

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

Aghabullogue 3-9 Kildorrery 1-10

Aghabullogue are through to the semi-final of the Bon Secours IAFC where they will meet Boherbue after a deserved quarter final win over Kildorrery at Mallow.

In a low-scoring start, Kildorrery had the opening point after five minutes but in the 9th

minute Aghabullogue were awarded a penalty for a foot block on David Thompson who then slammed the spot kick to the net.

Evan O'Sullivan added a point from a free as they led 1-1 to 0-1 with 11 minutes gone.

Kildorrery had a point in reply, then added two more to draw level after 24 minutes before a Thompson free put his side back in front. Again Kildorrery responded and two points made it 0-6 to 1-2 but in injury time David Thompson pointed from another free to level the scores at half time make it 1-3 to 0-6.

In the 39th minute David Thompson pointed from play, Cialan O'Sullivan added another and the Mid Cork men led 1-5 to 0-6 with 40 minutes gone. Two minutes later Cialan and Evan O'Sullivan set up a goal chance for David Thompson who made no mistake and blasted the ball to the net. Kildorrery had a point but points from Thompson and John Corkery kept Aghabullogue in control as they led 2-7 to 0-7 with 10 minutes to go.

Aghabullogue goalkeeper John Buckley denied

Kildorrery a goal, points were then exchanged, Niall Barry Murphy increased Aghabullogue's lead before Kildorrery got the goal they had been seeking to revive their hopes. Aghabullogue quickly dashed these again when Brian Dineen score their third goal and they emerged winners by five points, 3-9 to 1-10 winners.

Scorers for Aghabullogue: D Thompson 2-5 (1-0 pen, 0-3 f), B Dineen 1-0, E O'Sullivan, C O'Sullivan, J Corkery, N Barry Murphy 0-1 each.

Aghabullogue: John Buckley; Paul Dilworth, Shane Tarrant, Tom Long; Billy Casey, Paul Ring, Denis Quinlan; Ryan Dennehy, Brian Dineen; John Corkery, Conor Smyth, Pádraig O'Sullivan; Cealan O'Sullivan, Evan O'Sullivan, David Thompson.

Subs: Mathew Bradley, Adam Murphy, both 30, Paudie Twomey 48, Niall Barry Murphy 53, Ian Barry Murphy 58.



Ross Oil Mid Cork Junior Football Championship Final

Kilmurry 3 – 10 Aghinagh 1 – 8

Kilmurry are Ross Oil Mid Cork Junior Football Champions for the first time since 2017, after their win over reigning champions Aghinagh in the final played before a big crowd at Coachford. Aghinagh, who had defeated Kilmurry on their way to last year's victory, scored first and the sides were level at 0-3 each as late as the 27th minute but then Man of the Match Pádraig Berhanu struck for his first goal and Kilmurry had added three further points before the half time whistle sounded to lead by 1-6 to 0-3 at the break and it was fairly clear at this stage that Kilmurry would emerge the ultimate winners.

Kilmurry were to dominate the centre of the field area, largely curtailed the threat of Liam Twohig the Aghinagh centre forward, so often their match winner, and had the Aghinagh defence under severe pressure with long probing balls into the dangerous attacking inside trio of Berhanu, William Buckley and Joe Ryan, and the pace of Liam Wall on the '40' made life very difficult for his opponents.

Both sides settled quickly and the opening quarter was very even. Gearóid O'Sullivan had the opening score, a point for Aghinagh after three minute, William Buckley kicked the equaliser from a free in the 6th minute and immediately after Liam Wall sent Kilmurry into the lead with a fine point from play. Thomas Morgan kicked over a fine equaliser, Joe Ryan put Kilmurry back in front but Liam Twohig took a pass from Aodh Twomey and levelled the scores at 0-3 each in the 20th minute.

The sides were still level in the 27th minute before Kilmurry hit a purple patch which effectively decided the contest.

The first goal resulted from when Liam Wall drove at the Aghinagh defence before firing the ball in to Joe Ryan who passed on to the lurking Pádraig Berhanu behind his marker and in a flash the net was shaking. Berhanu then collected a pass from Pádraig Hinchion and added a point, William Buckley pointed a free, and Berhanu fired over another point as the Aghinagh defenders were struggling to cope with the incessant pressure. Half time saw Kilmurry leading by 1-6 to 0-3 and they were in a strong position.

Five minutes into the second half Kilmurry applied the absolute killer blow when Joe Ryan collected a ball wide on the Aghinagh end line, turned his marker, advanced, drew the last defender and then floated over the ball over to the inrushing Pádraig Berhanu who palmed the ball to the net. James O'Mullane quickly added a point and with the score at 2-7 to 0-3 and with Kilmurry in the ascendancy all over the field there was only going to be one outcome.

Liam Twohig pointed a free in the 38th minute to end a 20 minute scoreless period for his side, Liam Wall replied for Kilmurry, Twohig and substitute Ryan Leahy exchanged points, Darragh McCarthy for Aghinagh and Wall again did likewise, 47 minutes gone, 2-10 to 0-6 for Kilmurry.

In the 50th minute, Liam Twohig had another point from a free for Aghinagh and four minutes later Aghinagh were awarded a penalty and Twohig's

spot kick was excellently taken. Another Twohig point from a free reduced the gap to five points as the game went into 'time-added' and six minutes into that period Liam Wall buried the ball in the far corner of the Aghinagh net to complete an excellent day for himself and for Kilmurry.

Scorers: Kilmurry: P Berhanu 2-2, L Wall 1- 3, W Buckley 0-2 (f), J Ryan, Js O'Mullane, R Leahy 0-1 each. Aghinagh: L Twohig 1-5 (1-0 pen, 0-4 f), T Morgan, G O'Sullivan, D McCarthy 0-1 each.

Kilmurry: Jason McDonnell: Brian Hinchion, Fionn Warren, Gearóid O'Mahony: Tomás Collins, William Ronan, Pádraig Hinchion: Kyle Kelleher, James O'Mullane: Rory Duggan, Liam Wall, Lawrence Asling: Pádraig Berhanu, William Buckley, Joe Ryan. Subs: Seán Curzon for R Duggan ht, Ryan Leahy for W Buckley 38, Daniel Cahalane for L Asling 49, Seán Warren for Berhanu 58, Patrick Grainger for G O'Mahony 61.

Aghinagh: Jason McCarthy: Donagh O'Riordan, Dermot O'Callaghan, Luke O'Leary: Donal Corkery, Dave Barry, Declan Ambrose: Gearóid O'Sullivan, Euan Coughlan: Mathew McCarthy, Liam Twohig, Aodh Twomey: William Coakley, TJ Buckley, Thomas Morgan. Subs: Sean Kelleher for E Coughlan 19, Michael O'Brien for G O'Sullivan inj ht, Adam O'Leary for M McCarthy 38, Shane Corkery for T Morgan 42, Darragh McCarthy for TJ Buckley 43.

Referee: Brendan BarryMurphy, Aghabullogue. Ross Oil Man of the Match: The Man of the Match award, sponsored by Ross Oil, went to Pádraig Berhanu, scorer of 2-2 for Kilmurry all from play.



Mid Cork JFC final Man of the Match Pádraig Berhanu receives his award from Tim Holland Ross Oil sponsor with John Feeney cathaoirleach Muskerry Board



Referee Brendan Barry Murphy and officials at Ross Oil Mid Cork JFC Final



Macroom U-13 Girls who beat Ballinora in August, 2022 in Tom Creedon Park. Pic. Con KelleherWarren, Fionn Warren



Ballinora U-13 Girls beaten by Macroom. Pic. Con Kelleher



HURLING - Co-op Superstores Cork County Hurling Championships

Premier Senior Hurling Championship

Quarter finals: Douglas 0-18 St Finbarr's 0-22; Glen Rovers 0-23 Newtownshandrum 1-23, Blackrock 5-23 Imokilly 1-26
Semi finals: Erins Own v Blackrock: St Finbarrs v Newtownshandrum
Relegation Playoff: Na Piarasaigh 0-13 Charleville 2-27

Senior A Hurling

Quarter Finals: Bride Rovers 4-24 Cloyne 2-11; Ballyhea 0-16 Courcey Rovers 0-17
Semi finals: Fr O'Neill's v Bride Rovers, Fermoy v Courceys
Relegation Playoff: Killeagh 1-16 Ballymartle 0-13

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 2-18 Bandon 1-19; Castlemartyr 1-16 Carrigaline 0-17
S F: Inniscarra v Ballinhassig, Castlelyons v Castlemartyr
Relegation Playoff:

Éire Óg 3-21 Youghal 3-11

Éire Óg live maintained their status for 2023 in the Co-Op Superstores Premier Intermediate Hurling Championship as they emphatically defeated Youghal 3-21 to 3-11 in their relegation play-off in Caherlag.

Éire Óg started well with a first point of the game from Ronan O'Toole followed by a goal from Colm O'Callaghan.

Youghal quickly responded with two points but they couldn't deal with the pace and the physicality of their opponent's forwards as Lar Considine soon raised a second green flag for Éire Óg to help make it 2-7 to 0-6 by the 20th minute.

Youghal though came back with two goals before the break when only a single point separate the teams, Éire Óg leading by 2-9 to 2-8.

Éire Óg restarted with vigour and added six of the next seven points with Kevin Hallissey continuing to show his quality from dead ball situations, 2-15 to 2-9. At the beginning of the third quarter, Colm O'Callaghan fired home to complete his brace, points were added and the Ovens men led by 3-18 to 2-9 and were not going to lose that lead.

Scorers for Éire Óg: L Considine 1-6, K Hallissey 0-8 (0-7 f, 0-1 65), C O'Callaghan 2-0, J Cooper 0-3, R O'Toole, J Cooper, D Coakley, O O'Shea 0-1 each.

Éire Óg: D Desmond; D Kirwan, J Kelleher, J Mullins; D McCarthy, D O'Herlihy, D Dineen; R O'Toole, Joe Cooper; D Coakley, K Hallissey, John Cooper; C O'Callaghan, L Considine, J Kelleher. **Subs:** M Brady 22, O O'Shea ht, D Foley 48, J Sheehan 58, D Casey 64.

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.

Q Fs: Lisgoold 0-22 Kildorrery 0-12: Midleton 1-14 Dungourney 1-15

S F: Cloughduv v Lisgoold: Sarsfields v Dungourney

Relegation Play off: Douglas 2-24 Meelin 1-25

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 1-20 Tracton 2-19: Russell Rvrs 1-19 Argideen R 1-12.

Sf: Kilbrittain, Ballygiblin and 2 QF winners - draw to be made

Relegation play off: Dripsey 1-16 St Finbarrs 1-27 - Dripsey relegated

MJK OILS Mid Cork Junior Hurling Championship

Quarter final draw is:

A Éire Óg v Blarney,
 B Inniscarra 1-20 Kilmichael 0-14.

Semi Finals:

Grenagh v Blarney/Éire Óg
 Ballinora v Inniscarra

Éire Óg and Blarney meet in the remaining quarter final game on Saturday Sept 24th at Grenagh, throw in at 4pm. Both semi finals are scheduled for the October 8/9th weekend with the final to be played (if possible) a week later on.

Mid Cork Hurling Championship Quarter Final:

Inniscarra 1-20 Kilmichael 0-14

Inniscarra are through to the championship semi final after a fairly comprehensive victory over Kilmichael at Ballinora. Inniscarra revelled in the perfect ground conditions and in Aidan O'Mahony they had an ace marksman, the wing forward finishing with a personal tally of 0-11, 0-5 from frees.

Inniscarra's ability to put the ball over the bar was the main difference between the sides in the opening half. Aidan O'Mahony opened the scoring from a free after two minutes, Conor Cotter

equalised from play before points from James Murphy and Ardel O'Connell put Inniscarra clear by the 7th minute. Ronan Murphy had a fine score for Kilmichael, Inniscarra hit back with three points in a row, two from Aidan O'Mahony and when Chris O'Connell pointed for Kilmichael, again Inniscarra hit back with a brace to lead by 0-8 to 0-3 at the end of the first quarter. Inniscarra forward had the ability to convert opportunities into scores, Kilmichael did not have that level of penetration up front and relied on frees.

The teams shared ten points equally between them in the second quarter, Darragh Foley landing four points from frees for Kilmichael, O'Mahony taking two points for Inniscarra and roving full forward Pádraig Holland also on target. The score was 0-13 to 0-8 in favour of Inniscarra at half time and Kilmichael would need a goal or two to remain in the game.

On the resumption Darragh Foley pointed another Kilmichael free but then came the only goal of the game, Pádraig Holland blasting the sliotar to the Kilmichael net from close range. Aidan O'Mahony had added two more points before Kilmichael replied with three points in a row, Foley, Peter Kelleher and Conor Cotter the scorers, to leave the score at the three quarter stage 1-15 to 0-12 but Inniscarra with a slight edge.

Kilmichael needed a goal but seldom looked likely

to succeed in their aim. Inniscarra substitute Michael O'Connell fired over two points to push Inniscarra well clear and Aidan O'Mahony continued to torment them from frees. Late points from Trevor Tobin and Darragh Foley were some reward as Kilmichael battled on to the finish.

Scorers: Inniscarra: P Holland 1-2, A O'Mahony 0-11 (0-5f), A O'Connell and M O'Connell 0-2 each, J Murphy, C O'Leary, J O'Brien 0-1 each. **Kilmichael:** D Foley 0-7 (frees), C Cotter, C O'Connell 0-2 each, R Murphy, P Kelleher, T Tobin 0-1 each.

Inniscarra: Dave Óg Coleman: James Roche, Stephen Olden, James Buckley: John O'Brien, Mark Linehan, Rob O'Callaghan: Colin O'Leary, Seán Ahern: James Murphy, Mark Nagle, Aidan O'Mahony: John Casey, Pádraig Holland, Ardal O'Connell. **Subs:** Andrew McCarthy ht, Brian Gould ht, Eddie O'Connor 35, Michael O'Connell 45.

Kilmichael: Stephen O'Leary: Luke Hennigan, Donal Kelly, Finbarr Dromey: Kieran Murphy, Cathal Foley, Seán Buttimer: Conor Cotter, Ronan Murphy: Darragh Foley, Finbarr Buckley, Chris O'Connell: Brendan Cotter, Shane O'Donoghue, Eoghan Murphy. **Subs:** Peter Kelleher and Andrew Kelleher both ht, Trevor Tobin 51, Tom Downey 53.

Referee: Colm Uas Ó Mocháin, Cill na Martra



Camogie: Cork County Championship

SE SYSTEMS SENIOR CHAMPIONSHIP ROUND 4

Éire Óg 0-14 St Catherine's 1-6 ; Inniscarra 3-7 Killeagh 1-12; Cloughduv 1-13 Ballygarvan 2-8 Cloughduv 1-13 Ballygarvan 2-8

CLOUGHDUV were leaving nothing to chance by ensuring they took all three points in the SE Systems Senior Camogie clash in Castle Road.

They finished their group on nine points after three wins from four and head into the quarter-finals.

Cloughduv led from the second minute but had to fight all the way to hold onto their lead after a tremendous battle with Ballygarvan.

Behind by six at halftime, Ballygarvan outscored Cloughduv in the second by four as both sides left it all out on the pitch.

Cloughduv were the better side in the opening thirty minutes, their teamwork evidently improved over the course of the championship with some good moves. They led 0-4 to 0-1 after 10 minutes, after having a couple of goal chances cleared off Ballygarvan's line.

Ballygarvan made sporadic attacks, but Cloughduv's defence was up to the task with Laura Buttimer leading. With Niamh McNabola, Rachel Hurley and Lisa Lynch causing problems up the flanks, Ballygarvan defensively were also coping well, led by Ellen O'Regan and Susan O'Donovan.

Cloughduv, despite a few wides, were keeping the scoreboard ticking over and led by seven points to

three on 21 minutes.

Then two minutes of high activity with a goal at either end. Briege Corkery got the first for Cloughduv before a rocket from Tara Crowley ricocheted off the back post and raised the green flag. Cloughduv responded with two further points from Laura Bateman and a Lisa Lynch free. Six points looked a comfortable enough lead considering the tight battle. But the sides swapped points before Michaela Buckley gave a massive kick into Ballygarvan's comeback as she hit the net. It was tit for tat, Ciara O'Leary pulling off a couple of fine saves for Cloughduv.

Amy Sheppard's halftime introduction was a big plus. Buckley hit a mighty point as Ballygarvan kept chasing but it wasn't enough and Cloughduv advanced.

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

Cloughduv: C O'Leary; A Buckley, L Buttimer, A Corkery; L Bateman, C Hughes, M Twomey; A Barry Murphy, A Kelleher; R Hurley, M Corkery, N McNabola; N O'Leary, B Corkery, L Lynch.

Subs: A Sheppard for N O'Leary (h-t), C Sheppard for L Bateman (56).

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, Carrighoun, 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.

Macroom U 21 County Football Champions 1982

Macroom U 21 County Football Champions 1982 at their 40th anniversary reunion at the Castle Hotel Macroom. Back Row: Gerard Creedon, Michael O'Riordan, Gerard O'Leary, Noel O'Riordan, Tom Murray, 2 Ladies, Noreen and Sile Coughlan, (representing their brother, the late John), in middle behind them Ed Warren, Willie O'Riordan, Kevin Hinchion, Eddy Goold, Gus Kelleher, Conor Goold, Tim O'Sullivan, Michael Creed. Front Row: Hugh Twomey, Gerard O'Leary, Connie Foley and Colman Corrigan.



County Intermediate Football Champions 1982

Macroom - County Intermediate Football Champions 1982 at their 40th anniversary reunion at the Castle Hotel

Back Row (L to R): Timmy McSweeney (selector), Patrick Goold (sel), Bernie Deasy (Representing her late husband, Jimmy (sel), Tadgh O'Mahony, Michael O'Riordan, Noel O'Riordan, Gus Kelleher, Colm Cronin, Colman Corrigan, Gerard O'Leary, Tony O'Sullivan, Finbarr O'Leary, Tim O'Sullivan, Tom Creedon Jnr. (son of the late Thomas Creedon team captain), Brendan Kenneally (sel), Barry Lynch. Front Row: Michael Hinchion, Peter O'Halloran, Leo Goold, Gerard Buckley, Connie Foley, Mickey Browne, Michael Moloney, Paul Kingston, Morgan McSweeney (1982 Mascot), On ground: Kevin Hinchion.





Sullane FC U14 Boys, WCSSL U14 Supervalu Cup who defeated Castlelack FC on 03/09/2022



Foireann Fé-7 Naomh Abán a d'imir i 'Monster Blitz' Rebel Óg i mBaile Mhúirne le déanaí



Foireann fé 11 a bhuaiigh Corn Mick Goold. Naomh Abán 6-7 Macroom 1-3 Captaen Rory Ó Murchú



Macroom under 10s who recently took part in the TJ Lyons tournament hosted by Canovee GAA.



Mick Goold U-11 Boys Blitz, Macroom GAA, Runners-up. Pic Con Kelleher



Macroom FC U10 schoolboys who played Coachford away recently.



Iveleary team at the Macroom GAA, Mick Goold U-11 Boys Blitz, Pic Con Kelleher

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Fundraising Draw Results Newsletter

Hi Sarah Murphy,
This Weeks Jackpot
No Winner

€ 80 : Johnny O Driscoll C/O Maryannes
€ 20 : Matty Noonan C/O Maryannes
€ 20 : Denis Dineen C/O Lars
€ 20 : Padjoe Buckley C/O Hound
€ 20 : Eileen Creedon C/O Darrin

Your Last Entry
3, 7, 27
Entry Status: Expired

Entry has Expired
Click here to play again and continue your support!
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26 September 2022
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Next week's Jackpot will be €2,700.

CLONDROHID LOTTO G.A.A.:

LOTTO RESULTS RESULTS FOR AUG 31
€70 Ned Hubbard Bealnamorrive.
€20 John McSweeney Coolnadane, Rebecca O'Brien Coolnadane, Breda McCarthy Baile Mhic Ire, John McSweeney Coolnadane
Results for Sep 14. Jackpot €2,800
€70 Mary Creedon Kilnamartyra
€20 Neil Corkery Lioscreassig, W. Neville Dromree, Eileen Neville Kilvoultra, Neil Corkery Lioscreassig.

MACROOM G.A.A LOTTO:

06 September 2022
No Winner - €70. Noel Twomey, West Square, Macroom. €20. Ray O'Sullivan, Kilmurry, Co.Cork. €20. Fintan Goid, Sullane Weirs, Macroom. €20. Paddy O'Brien, Canovee, Macroom. €20. Jennifer Murphy, 9 Cork Street, Macroom. €20. Peggy O'Connell, Railway View, Macroom. Next Week's Jackpot €2600.
13 September 2022
No Winner - €70. Sean O'Sullivan, Dromtariffe GAA Club. €20. Ann Casey, Rusheen, Macroom. €20. Abbey Piku, C/O Patrick Goid. €20. Tim O'Sullivan, 14 The Glenties, Macroom. €20. Denis Murray, Railway View, Macroom. €20. Carmel Goid, Killarney Road, Macroom. Next Week's Jackpot €2800. Tickets available from usual outlets or online at www.macroomgaa.ie

COACHFORD 200

The next Coachford Village Tour (a Coachford 200 event) will take place at 4.30pm on Sunday 25th September. The meeting place will be St Patrick's RC Church car park in the village. This is an outdoor event, so please dress appropriately for the weather. Free admission, and all are welcome.

AGHINAGH GAA:

LOTTO RESULTS 5TH OF SEPTEMBER, 2022
The jackpot was €4,000. The numbers drawn were 3, 15 and 29. There was no jackpot winner. Consolation prizes: €50.00 to Martin and Sean (c/o Martin Hubbard). €20 each to Laura Barry, Lahern (Online Winner), William Ambrose, Caherbaroule, Annie O'Rourke, Rylane and Jerry Sullivan, Carrigadrochid.

LOTTO RESULTS 12TH OF SEPTEMBER, 2022
The jackpot was €4,150. The numbers drawn were 33, 35 and 36. There was no jackpot winner. Consolation prizes: €50.00 Tim Byrne, Carrigadrochid. €20 each to Denis O'Driscoll, Horsemount; Anna O'Rourke, Annagannihy; Dan Ambrose, Caherbaroule; Kieran Leahy, Ballinagree (Online Winner).

COACHFORD AFC:

Coachford AFC Lotto Draw: 12/9/2022. Jackpot:

€1,800. Numbers Drawn: 10 - 11 - 26. No Winner.
€40 Anna O'Riordan. €20 Patrick O'Callaghan, Jenny Crowley, Tim O'Leary (Yearly Ticket), Diarmuid O'Riordan (Yearly Ticket).

RCPA (RYLANE COMMUNITY PARK ASSOCIATION) LOTTO RESULTS:

MONDAY SEPT 5TH 2022 RCPA LOTTO RESULTS:
Winning numbers: 7, 28 & 40. Jackpot - €2,500
No winner. Lucky Dips: Con O'Sullivan (Kilcullen); Joan Kelleher (Rylane); Mary Browne (Rylane - yearly ticket); Triona Dineen (Peake- online). Seller's prize: Crowleys (Rylane).

Next week's Jackpot will be €2,600.
MONDAY SEPT 12TH 2022 RCPA LOTTO RESULTS:
Winning numbers: 13, 26 & 39. Jackpot - €2,600
No winner. Lucky Dips: Mairéad Manning (Stuake); Elisa & Alison Carroll (Rylane); Rylane Soccer Club (Rylane - yearly ticket); Trish Long (Rylane- online). Seller's prize: Crowleys (Rylane).

Macroom Flower & Garden Club

Macroom Flower & Garden Club returned to Coolcower House for Autumn Club Meeting with a Floral Demonstration by Margaret Ahern AOIFA. It was wonderful to see a large attendance. Our Chairperson welcomed all present and outlined upcoming Club activities and AOIFA events. Our Demonstrator Margaret had some fabulous plant material from her garden, her first design was an abundance seasonal flowers and foliage including

Sedum, Nandina, Fuchsia, from the garden staged in Cornucopia mechanics. Margaret continued to entertain the audience with her designs and stories culminating with Halloween. The Club will host a Gala Charity Floral Demonstration Coolcower House on Thursday 10th November 8.00p.m. with Alan Beatty (NIGFAS) supporting AOIFA National Charity The Alzheimer Society of Ireland and local Charity. Tickets for this event available

shortly contact 087-9821708 or any Club officer. October Club meeting will be a Gardening Talk on Thursday 13th of October at 8.00p.m. Coolcower House. The Club enjoyed many visits to Gardens over the past few months including Mary Keenan at Gash Gardens Co. Laois

Letter from little fairy Luna from TINY FEET FAIRY GARDEN MACROOM




Hi my name is Luna, one of the many fairies that live in the Tiny Feet Fairy Garden in Macroom P12C447 and my friends and I need your help! Many of our houses are old, broken or damaged. Some of my

friends are even thinking of leaving this beautiful place because their houses are too run down for them to stay in for the winter. We love it here in the Tiny Feet Fairy Garden, we love love the people that come to visit us, especially the wonderful children. I hope they know that their laughter makes us so happy and the more they laugh the more energy they give us. We love gathering all their wishes and trying to make them come true. We especially gather around the older people that visit and sit and reminisce about the olden times, they have such wonderful thoughts. We are so happy here but unless we get some help some of us might have to leave and that would make us sad. The wonderful volunteers that fix and look after us, our homes and

the garden do an amazing job but everything is gone very expensive now and they are finding it very hard to buy the materials needed for our upkeep. They have now started a go fund me page <https://gofund.me/6e974b9e>. Also on the Tiny Feet Fairy Garden Facebook Page there is a poster with a barcode that will take you directly to the gofundme page. Please if any of you lovely readers can help in any little way we would be ever so grateful. Please help me to keep my family and many many friends together in the Tiny Feet Fairy Garden and we promise if you do we will always try make everyone of you as happy as possible in our little Fairy paradise! A huge thank you from Luna and all the other fairies!

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A Word of Victory

Welcome back dear student what does it mean to be trapped? The dictionary defines it as 'when someone or something is trapped, that person or thing is unable to move or escape from a place or situation'. God's Word has much to say about being trapped. And God sent His Son the Lord Jesus to save and set the captives free (Luke 4:18-19). Poachers set traps for animals by disguising them – blending them in with the surrounding environment so that the victim is ensnared before they know it. And then there's no escape. Ultimately the defenceless animal will die from its wounds, or is imprisoned by its captor. Though human beings are rarely snared in these traps, throughout the world there are many hundreds and thousands of innocent men, women and children who are treated no differently from trapped animals - trafficked as a mere commodity and held as slaves by corrupt and evil people whose god is the devil. It is widespread in every nation, and let me tell you that Almighty God will hold those people accountable - not only the traffickers, but also those who use the services that they are providing. There are many brothels operating even here in this nation that have young men and women enslaved, and people are using these services - enabling the evil maggots that are running them to enrich themselves at the misery of human beings whose lives have no worth in their eyes. People travel to foreign nations for sex tourism, abusing little children as a treat! Listen, if you are reading this and you have part-taken in it, here is a warning to you – Repent! Repent, while you have breath in your body and get right with God! And then do whatever you can to make things right for the victims who are prey, trapped and snared by vicious predators.

It is a sad thing to say but often people are far more likely to protest and march and set up organisations to help sick donkeys or little kittens, but will turn a blind eye to human suffering for fear of what might happen to them, or because it seems like too big a problem to overcome. This industry has gotten so huge because so few in authority are willing to confront the issues. And I'll tell you why – because some leaders are corrupt or part-taking of it themselves. It is an 'old boys club' mentality. But – bully's need to be stood up to! Corruption needs to be exposed and put right because one day we will all face the Most High God, the Creator of the Heavens and the earth, and He won't be interested in the shallow 'good deeds' we have done, if we have not carried out His greatest desire - to set the oppressed free (Isaiah 58). Mankind has a way of living to line our own nests – an 'I'm alright Jack' mentality but there are others suffering around us. There are godly organisations who rescue those caught in the sex-trafficking industry such as Christine Caine's 'A21', or Life Outreach's 'Rescue Life' and many others. We CAN do something, by supporting them financially - because these ministries are out on the frontlines rescuing people and housing them safely, and setting them up for moving forward out of their past. It's not enough to rescue someone - they need help to escape from whatever circumstances (usually poverty) that had them end up there in the first place. Think about it.

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

DENIS (DENNY) CORKERY

Gortnapeasta, Clondrohid who died on 24th September 2021

As we remember Denis on his first anniversary his wife Geraldine son Jerome, granddaughter Saoirse, sisters Elizabeth, Julieann, Joan, brother, Paddy and extended family would like to express our sincere thanks to all who sympathised with us on our sad loss.

Thanks to all our friends and neighbours who brought food and drinks to our house and helped us in any way. Thanks to those who attended the funeral ceremonies and sent Mass cards.

To those who stood at the roadside and gathered at the churchyard. Thanks to all the staff at Danone for the guard of honour. To the Oncology Team at CUH who looked after Denis.

The team in Marymount who looked after us in our short stay. Thanks to the Sullane family practise and the staff of Matt Murphy's. The emergency service helicopter team who came to our house. Thanks to Father Joe and everyone who took part in the mass for Denis, Fitzgerald's funeral home for their professionalism and support on the days

Sadly missed and loved by your wife Geraldine, son Jerome, Granddaughter Saoirse and family.

Anniversary Mass St Abinas Church clondrohid Saturday the 24th of September at 7.30.



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

2nd ANNIVERSARY



In loving memory of

LIZ TWOMEY-Mc CARTHY

Deshure, Terelton, Kilmichael, formerly of Rusheen, Coachford Co. Cork who died on October 3rd 2020

"Although you cannot see me now and though we seem apart, I'm closer than I ever was, I'm there inside your heart.

I'm with you when you greet each day and when the sun shines bright, I'm there to share the sunsets too, I'm with you every night.

I'm with you when the times are good to share a laugh or two, and if a tear should start to fall, I'll still be there for you!

And when that day arrives, that we no longer are apart, I'll smile and hold you close to me, forever in my heart".



Lovingly remembered and missed everyday by your husband and Anam-Chara Denis, brothers Hugh and John, sisters Mary and Aileen, and the extended Twomey & McCarthy Families.

Liz's Anniversary Mass will be held in Dunmanway Church on Monday October 3rd at 10am.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

MICHAEL COTTER

Bawnmore, Macroom, Co Cork, Who died on 29th August 2021

As we lovingly remember Michael on his first anniversary, a father, grandfather & brother, we his family would like to express our heartfelt appreciation and gratitude for the kindness and support shown to us at the time of Michaels passing.

A sincere thank you to our extended family, our good neighbours and friends, all who supported, sympathised and helped us. Your presence, your generosity, your help at the house and at the funeral, mass cards, floral tributes, phone calls, text messages, online condolences and kindness meant so much to us and brought us so much comfort. We will be forever grateful & humbled.

Our heartfelt thanks to all those who participated in the mass, especially Fr Joe O' Mahony, for a beautiful funeral Mass, Fr Pat Kelleher concelebrant, Macroom parish church, Cyril Casey of Casey Undertakers, Martina Ring music, and all those who formed a Guard of honour at the house, church and graveyard.

Our sincere gratitude to the healthcare workers, nurses & doctors of CUH and Marymount hospice for the great care to our father and support to us in his final weeks, we would like to thank Sullane family practice and Matt Murphy pharmacy who always showed great care to Michael.

As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our gratitude and appreciation. The holy sacrifice of the mass will be offered for you intentions.

May He Rest In Peace.



Lovingly remembered by his Daughters Tina, Kate, Marion, his son Thomas, sons in law, Grandchildren and extended family.

Michaels first anniversary Mass will be celebrated on Sunday September 25th at 11.30am in St Colmans church Macroom.

25th ANNIVERSARY



In loving memory of

MARY COTTER

Bawnmore, Macroom, Co Cork Who died 13th September 1997

Those we love don't go away, they walk beside us every day. Unseen, unheard, but always near, still loved, still missed and very dear.



Lovingly Remembered by her daughters Tina, Kate, Marion, her son Thomas and extended family.

Marys 25th anniversary Mass will be celebrated on Sunday September 25th at 11.30am in St Colmans church Macroom.

BIRTHDAY REMEMBRANCE



In loving memory of

EILEEN KELLEHER

Whose Birthday was 7th of September

For Your Birthday In Heaven Birthday's in Heaven decorations of gold Where the years come and go and you never grow old.

Where you celebrate with Angels and past family there With no illness in sight just love everywhere..

We don't need to worry how your Birthday was spent cause you're safe in Heaven and our wishes are sent.

Though we know you are safe even though you're away We Love and we miss you Especially on your Birthday Love Always

Wonderful Mom and Grandmother



From your Loving Family

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.

4th & 12th ANNIVERSARY



In loving memory of

EILEEN O'CALLAGHAN & TADHG O'CALLAGHAN

Knockroe, Killnamartyra, Macroom

**Eileen who died on
7th September 2018**

*Yere life was love and labour,
Yere love for your family true.
Ye did your best for all of us.
We will always remember ye.*



**Tadhg who died on
27th October 2010**

*Looking back with memories,
Upon the path ye trod,
We bless the hours we had with ye,
And will leave the rest with God.*



Fondly remembered by Their Family, Grandchildren, Great Granddaughter and extended Family, Friends and Neighbours.

20th ANNIVERSARY



In loving memory of

EDMOND DORNEY

**Knock, Coachford & late of
Courtbrack, Vicarstown on this his
20th Anniversary.**

*It doesn't take a special day
To bring you to our mind.
For days without a thought of you
Are very hard to find.*



Cherished memories of a loving husband to Noreen and devoted dad to Denise, Marella and John.

12th ANNIVERSARY



In loving memory of

MARGARET (MAMO) O'CONNELL

**Shean Dair, Ballymakeera, Co. Cork
Whose anniversary occurs on
25th September**

*To hear your voice, to see your smile,
To sit and talk to you for a while
To be together in the same old way,
Would be our dearest wish today.*



Sadly missed by her loving husband Tadhg, children, her cherished grandchildren, extended family and friends.

2nd ANNIVERSARY



In loving memory of

KATHLEEN DINEEN

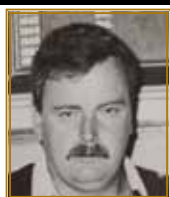
**6 Oakville, Cloughdub
Whose anniversary occurred on 30th
of August.**

*Your hand we cannot touch
Still we have so many memories
Of the ones we loved so much
Your memory is our keepsake
With which we'll never part
God has you in his keeping
We have you in our hearts*



Missed and loved always your loving daughter Mary and loving son Michael

30th ANNIVERSARY



In loving memory of

DAN DEASY

**Sleaveen Road, Macroom
who died on September 25, 1992.**

*Lovingly we treasure the past
Memories that will always last
When we cease to think of you
Will be when God has called us too.*



Always remembered never to be forgotten.

Your loving brother Goalie, sister-in-law Mary, nephews Martin & Mark, niece Julie Anne and their families.

30th ANNIVERSARY



In loving memory of

DAN DEASY

**Sleaveen Road, Macroom
who died on September 25, 1992.**

*Memories of you are loving kept,
Someone too special to ever forget,
Your wish today would be no fuss,
Just to be remembered by all of us.*



Always remembered and sadly missed by Marian, Shane, Daniel, Liam and Imelda.

4th ANNIVERSARY



In loving memory of

SHEILA COONEY (NEE LEHANE)

**Gurthinaden, Killnamartyra
who died on the
27th September 2018.**

Your gentle face and patient smile with sadness we recall,
You had a kindly word for each and died beloved by all.



Sadly missed by her daughters Siobhán & Sheila, sister Kate, son in law Pat, grandchildren Hannah, Bobby & Julie, nieces, nephews, extended family, neighbours & friends.

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2nd ANNIVERSARY



In loving memory of

**JOAN TWOMEY
(NEE O'RIORDAN)**

Konopogue, Ballinagree

Who died on 23rd September 2020

*I thought I saw her face today
in the sparkle of the morning sun.
And then I heard the angels say
"her work on earth is done."*

*Dearest Aunt you're special,
you're precious & you're dear.
Our thoughts of you & love for you
grow stronger every year.*



Lovingly remembered by her sister-in-law Josephine, nieces Maria, Ann, Siobhan, Claire, nephew John & their families.

5th ANNIVERSARY



In loving memory of

**SHEILA
KELLEHER**

Cornera, Inchigeela

Passed away 27th September 2017

*We won't forget the face we loved,
or the memory of your smile
or the countless things you did for us
to make our life worthwhile.
You shared in all our ups and downs
and helped to see them through.
You made the good things better
by what you'd say or do.
You were someone we could talk to
and on whom we could depend.
You were more than just our Mother,
you were also our Best Friend.*



"Always in our Thoughts and in our Prayers"

Fondly remembered by her loving sons Dan & Michael, daughters Sheila & Margaret and all the family.

8th ANNIVERSARY



In loving memory of

**DIARMUID
O'LEARY**

Kealvaugh, Ballingearry, Co Cork
Who died on 26th September 2014

*A beautiful life that came to an end,
You died as you lived, everyone's friend,
In our hearts your memory
will always be kept,
Of one whom we loved
and will never forget.*

"Ar dheis Dé go raibh tú"



Missed so much by Abbie & family, grandchildren, relatives & friends.

6th ANNIVERSARY



In loving memory of

**KITTY
O'DONOGHUE**

O'Connor Park, Masseytown,
Macroom, Who died on 29th
September 2016

*If your wondering where to find me,
I'll tell you where I'll be,
I'm in that inbetween bit
that space where sky meets sea.
In the whispers of the trees,
And the edge of your dreams.
Close enough to almost touch
But slightly out of reach.
I'm in the moon and in the stars
But never really far, And always, always
I'm there inside your heart.*



Loved, remembered and missed everyday by her loving husband Danny, daughter Liz, sons Anthony and Gary, son-in-law Jer, daughter in law Aoife and Kitty's three angels Jamie, Zara & Charlie.

We never wanted you to be a memory. We also remember Kitty's daughter-in-law Caroline. May they both rest in peace.

5th ANNIVERSARY



In loving memory of

**MARGARET
(PEG) BURKE**

Rahoona, Ballymakeera, Co.Cork
Died 20th September 2017

*Though your smile is gone forever
And your hand we cannot touch,
Still we have so many memories
Of the one we loved so much
Your memory is our keepsake
With which we will never part,
God has you in his keeping
And we have you in our hearts*



Sadly missed by your loving family Liam, Siobhan, Jack and Joanne

10th ANNIVERSARY



Remembering with love

**BARRY
KIRBY**

23 St. Colman's Park, Macroom,
who died 29th September 2012

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



Sadly missed by your mother, Carmel and all your family

12th ANNIVERSARY



In loving memory of

**EVELYN
O'RIORDAN**

Curraghanearla, Macroom
Whose anniversary occurs on the
27th September

*Time and years slip quietly by,
But love and memories
never die.
In our hearts you will
always stay,
Loved and remembered
every day.*



From all your loving family and friends.

2nd ANNIVERSARY



In loving memory of

**TIM
O'SHEA**

Kilpatrick, Macroom

*I miss you from your fireside chair,
Your loving smile and gentle air.
Your vacant place no one can fill,
I miss you Dad and always will.*



Always and forever remembered by your loving son Conor

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14th ANNIVERSARY



In loving memory of

**CON
KELLEHER**

Lissacreasig, Macroom
Co. Cork

Who died on 20th September 2008.

Aged 47 years

*Everyday in some small way
Memories of you come our way
Though absent, you are always near
Still missed, loved and always dear.*



Always remembered by your loving wife
Joan, Diarmuid, Sean and Siobhan.

ANNIVERSARIES



In loving memory of

**JOHN &
KITTY RING**

Carriganima, Macroom.

John who died on the
27th September 1997

Kitty who died on the
23rd September 2007

Always in our thoughts and prayers



Your loving families

25th and 16th ANNIVERSARIES



In loving memory of

**OLAN
KELLEHER**

Who died 27th September 1997



In loving memory of

**INA
KELLEHER**

Who died 28th September 2006

Nettleville, Carrigadrohid, Co. Cork



*As time unfolds another year,
Memories keep you ever near.
Silent thoughts of time together,
Hold memories that will last forever.*

Remembered today and always by Hugh, Kaye, Teresa, Maureen and their families.

**2nd & 24th
ANNIVERSARIES**



In loving memory of

**MARY
HORGAN**

13.09.2020

**MICHAEL
HORGAN**

16.09.1998



Lovingly remembered by Margaret,
Thomas, Peig, Ann and Jerry.

3rd ANNIVERSARY



In Loving Memory of

**TIMOTHY
KELLEHER**

Slievreeagh, Ballyvourney
Who died on the
26th September, 2019

*God has you in his arms
We have you in our hearts.*



Loved and Remembered every day
From Mom, Dad and Anthony
X X X

Anniversary Mass on Saturday 24th
September at 6.30 pm in St Gobnait's
Church Ballyvourney.

5th & 2nd ANNIVERSARY



In loving memory of

**WILLIAM
KELLEHER**

Who died on 2nd August 2017



In loving memory of

**CORNELIUS
(NEILIE)
KELLEHER**

Who died on 3rd October 2020

Aharas, Ballingearry, Co. Cork

*The world it changes year to year,
Our lives from day to day.
But the love and the memory of you will never fade away.
Though heaven and earth divide us,
We are never far apart.
You are always in our thoughts and prayers,
And forever in our hearts.*



Missed by Danny Kelleher and their brothers and sister. Missed by their good friends and neighbours and back benchers in Ard na Laoi of Neilie Kelleher.

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