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1958: The Opening of Macroom Irish Countrywomen's (ICA'S) Hall. (D. Dinneen)

Macroom Irish Countrywomen Association (ICA) Revival? See page 14

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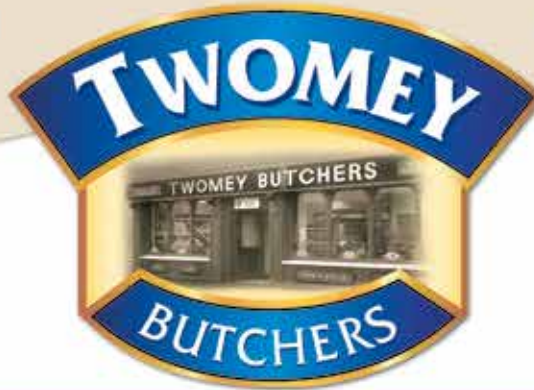
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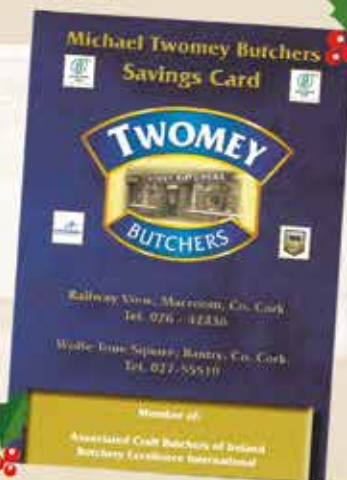
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We are a bi-weekly magazine; therefore, submissions must be on the Sunday before publication at the latest, if you want a piece included in the following week's edition. Due to print processes, late submissions will be

published in the following edition.

As always submissions as Gaeilge are always welcome too!

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Macroom Guide Leader elected National President of Irish Girl Guides

Deirdre Henley who founded Guiding in Macroom in 1980 has been elected National President of Irish Girl Guides and is a Director on the Board of Irish Girl Guides.

Deirdre is an extraordinary Guide Leader with Ardilaun Guides and MacEgan Senior Branch, Macroom and has completed over 50 years service as a volunteer Leader.

She has given dedicated volunteer service to many Units around Ireland including; Roslyn Park, Sandymount in Dublin, Tralee, Mallow, Douglas Cork City, Ballincollig and to all the Macroom Units for the past forty years.

Deirdre has a keen interest in camping and world Guiding events, having led groups to many international camps and to the World Centres on numerous occasions; Pax Lodge London, Our Chalet in Switzerland and most recently Senior Branch 100th anniversary trip to Sangam India. As a Camp Advisor, Deirdre delights in sharing her experiences and training and encouraging many Leaders to gain qualifications in outdoor skills.

Last year, Deirdre completed six years as Regional Commissioner of the South West Region and Director of the Board of Irish Girl Guides, and is looking forward to continuing to work with many

more young women and Leaders in the years ahead.

There was great excitement amongst the Guides, Leaders, parents, and all involved in Guiding in Macroom when news emerged of this singular and unique honour of one of our own taking up this prestigious position as National President of Irish Girl Guides. One of the most rewarding duties as President is presiding over the National Guide Award ceremonies and meeting so many amazing Guides from all over Ireland who have achieved the highest award in Guiding.

Having been involved in Guiding for over 50 years, Deirdre has been instrumental in Macroom and many other places in living out the Guiding principles of this amazing organisation whose tag line is "Giving Girls Confidence"

Huge CONGRATULATIONS to Deirdre from all at Irish Girl Guides. You are such an amazing role model for girls and young women across Ireland. We are very lucky to have you as a volunteer here in Macroom and wish you every success as National President of Irish Girl Guides

For information on Macroom Girl Guides please email macroomguides@gmail.com



Macroom Guide Leader, Deirdre Henley elected National President of Irish Girl Guides.

MACROOM GETS DEMENTIA DAY CARE CENTRE

The Alzheimer Society of Ireland together Macroom Senior Citizens have opened a Dementia Specific Day Centre at Lucey's Lane, Macroom. This service will run every Tuesday from 10am to 3pm. This is a place to enjoy a cup of tea and take part in social activities throughout the day such as Bingo and Music and enjoy a nice lunch. We take a particular focus on person centered care to ensure our clients feel at home and also work with each person to ensure that they feel comfortable and supported and their individual needs are met as far as possible. At the centre we offer a wide range of activities including reminiscence therapy, gentle exercises, arts and craft and personal care. Our



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service users must have a referral form completed before attending and for more information please contact Jerry Foley, Nurse Manager, Bessboro

Day Centre, Cork – Mobile 085/8565795 or email: jeremiah.foley@alzheimer.ie

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MCEGAN COLLEGE:

Celebrating the diverse cultures of McEgan College Students

Under the guidance of Ms. Warren, students celebrated their national and cultural heritage by creating a beautiful wall-collage in the school assembly area during October. As part of the World Religions and Cultures Project students shared their traditions & values. Thus, allowing them to get to know each other better and build further understanding of each other's traditions.

2nd Year History Trip:

On Monday 24th of October second-year students visited Independence Museum Kilmurry. History was brought to life for the students as they were able to view a collection of the Irish War of Independence and Civil War Artefacts. The students were told the story behind many of the artefacts on display. They were very impressed to see General Tom Barry's suitcase and an original wheel from a Black and Tan Crossley Tender burnt at the Kilmichael Ambush. The students all commented about the calm atmosphere in the museum which made the tour even more enjoyable.

Some of the comments that the students made about the museum:

"I really enjoyed learning about camogie in the 19th century. It was amazing seeing the camogie stick from over 100 years ago and how the sport has evolved" Tara Twomey

"All the artefacts from the War of Independence were pretty class! Our tour guide told us the story behind the guns and the weapons used". Niall O'Brien

"I really liked looking at the glass display of Michael Collins' artefacts and the gold cross that he held after he died. It was very interesting to see how different life was back then" Leah Buckley

Thanks to all the staff of Independence Museum Kilmurry for a very memorable tour.

After the museum, the students visited Béal Na Bláth where Mr Daniel Cronin told them about the events that led to the ambush of Michael Collins and some other local history of the area.

Senior Student Trip to London:

On October 18th 5th and 6th years went on a trip to London and we had a great time. On the first day we went on a bus tour and a Thames boat tour, so we got to see and hear about all the famous sights. We also visited the National Gallery. One of the main highlights of the trip for me was the next day, when we visited the Harry Potter Studios. The sets and props were amazing, and it was fascinating to see how the films were made. Afterwards, we went to the London Dungeon, a somewhat bizarre but very enjoyable thing to do in London. To finish off the second day, we went to the Lyceum Theatre to see the Lion King. On the last day, we went to Madam Tussauds.

The wax models of the various celebrities were excellent. Despite only spending three days there, we got to see and do so much in London.

Thanks so much to Mr O'Connor, Ms Morris, and Mr Clark for bringing us on such a brilliant trip.

By *Sadhbh McCarthy 5th Yr.*

Learning & Study Skills:

On Monday 24th Super Generation, leaders in



McEgan College 5th & 6th Yr students at Cork Airport as they headed off on school tour to London With Mr. A O'Connor & Ms. E Morris.

study skills and youth leadership seminars, visited McEgan to deliver workshops to all students in 1st 2nd 3rd 5th & 6th.

The timing of the workshop was apt as students were reflecting on recent assessment results received in October and setting target grades for the upcoming Christmas exams.

First years had a two hour workshop which provided them with strategies that will assist them in structuring and recalling information. Second- and third-year students were introduced to a unique study system using what is called the POKER methodology. Content included creation of study plans, note taking with a lot of emphasis on mind maps and memory techniques.

Senior cycle workshop focused on enhancing their existing study skills while introducing other elements such as Learning styles, active reading and well-being.

Participants of all programmes were provided with a study journal which they can continue to use to assist them throughout the remainder of this academic year. It is hoped grades going forward will reflect the benefits of hosting this initiative.

Climate Detectives: On Thursday 27th TY students travelled to Cork Mart, Fermoy to participate in a research workshop on developing a research question for their Climate Detective's project. They got time to explore their ideas and got advice from scientists on how to tackle a local environment issue in Macroom.

They met with scientists who shared their research on the effects of various farming methods on the environment at Teagasc/ Vistamilk, Moorepark, Fermoy. Research included the use of white clover to reduce the amount of chemical fertiliser needed, the genetic breeding of nitrogen efficient cows and the use of bacteria to convert whey (a waste product of cheese making) to lactic acid (used in cosmetics and food flavouring).

As students walked through the farm, they gained further inspiration whilst speaking with working scientists, on how to tackle the pressing issue of climate change. Climate Detectives is an initiative supported by the PDST and European Space Education Research Organisation & Science foundation Ireland

First year Subject Options Taster concludes

Since August, first year students have had the

opportunity to taste all subjects, each for a three-week period before choosing what they wish to carry forward for the junior cycle. During the final week of term parents attended a meeting to highlight to them the value of choosing certain subjects and how these choices would affect the choices available for Leaving Cert and application for colleges. The new model of tasters allows first year students to start their chosen junior cycle subjects after the Halloween break.

1st & 2nd year girls' Basketball, Soccer and Gaelic Football blitz

On Thursday 27th October McEgan College hosted a sports blitz in the Sports Complex for junior girls. Coláiste Dáibhéid, Terence McSweeney and Nagle Community College from the city provided the opposition. The purpose of the event was to encourage girls to play sports with the emphasis of developing friendships and working in teams. It was a great day enjoyed by girls who participated.

LCA visit to Library Macroom:

As part of the LCA Social Studies module LCA5 students visited Macroom Local Library. The manager, Lorraine Lynch, gave them a tour and some really wonderful insights into the workings of the Local Library.

Some of the groups supported by and using the library facilities include Baby & Toddler story time on Saturday mornings, Visiting artists who lead a variety of events, Knitting & craft groups, Giorcal Cainte, and School groups from all the local schools. Students were particularly interested in finding information on how to access Local History. Lorraine showed them the bay containing the many local history publications about Macroom town and surrounding areas. They also learned about the many manuscripts available in the library for viewing and copying which would be made available for local history research.

Halloween Fancy dress & Fundraiser.

5th year LCA students organised a fancy dress/ non-uniform day & bake sale to raise funds for Air Ambulance Cork/Kerry. €230 was raised for this worthy cause, thanks to all the staff and students who embraced the opportunity to dress for the festive occasion and add a bit of colour to the final day of this term.

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ST. MARY'S NEWS



St Mary's 5th and 6th Years at UL Open Day

A massive congratulations to our 8 projects who qualified for the **BT Young Scientist and Technology Exhibition** which will be back in person in Dublin, during January 2023. This is a huge number of projects to have qualified for this prestigious competition from our small school. Only 550 projects are chosen from almost 3000 that enter every year. A huge well done to these girls and their teachers Ms Butler, Ms Foley and Mr Hennessy.

Well done to the following students from Ms Murnane and Ms De la Cour's English Classes who represented our school in the **Soroptimist Public Speaking Competition** in Bandon Grammar School recently. Congratulations to Caoimhe O'Callaghan, Aoibhe McSweeney, Eimear Dineen, Cliona Burgoyne, Annah Devine and Geraldine Mc Carthy.

Our junior **Camogie Team** are continuing to train really hard in preparation for their next match after midterm. Training continues every Tuesday 4.15 - 5.15 in Tom Creedon Park - New players always welcome. Super well done to our Intermediate Camogie team, who had a great win against Loreto Fermoy recently. Well done girls.

St. Mary's First Year Football team played Coláiste Ghobnatan in a very closely fought match in Baile Mhúirne on Thursday the 27th of October. Coláiste Ghobnatan played some great football and really pushed the Macroom side to the pin of their collar. Some fine inter-play between Pippa Murphy, Evie McMahon and Róisín Ní Liatháin caused Col. Ghobnatan problems throughout the game but some fine goalkeeping by the Ballyjourney goalkeeper kept them in the game. In defence for the Macroom side, Sarah Kelleher, Emma Purcell and Jaymeann O'Donoghue put in

very solid efforts and Lorna Hodman in goals was outstanding and produced a number of fine saves also. St. Mary's had to dig deep to get the win and prevailed in the end. St. Mary's Macroom 3-8 to Coláiste Ghobnatan 3-5 Well done on a fantastic display of teamwork girls.

Our 5th and 6th years had an early start on Thursday the 20th of October as they travelled to the **UL Open Day**. It was a very productive & informative day for our students, where they attended many talks and tours ranging from Engineering, Performing Arts, Paramedics, Law, Accounting, Business, Teaching, Nursing, Science, Journalism, Criminal Justice, Physiotherapy, Architecture, Equine Science, Psychology, PE Teaching, Music & Dance, the list goes on. A great day had by all. Thanks so much to Ms McSweeney and Mrs Kelleher for organising this trip and for travelling with the girls on the day.

Transition Year Activities

Recently our Transition Years had a very informative presentation from John Lyons, on Wind Energy. This was followed by a visit to Orsted **Wind Farm** in Caherdowney, where the girls got access to the inside of the base of a wind turbine. The goodie bag (complete with a reusable water bottle made from sugar cane) was a welcome treat, having tolerated the inclement weather conditions on the day.

One of the Transition Year committees organised a **Breast Cancer Awareness** event on Monday last. A bake sale raised €200 in the morning. Juliette O Connell, from Breast Cancer Ireland gave an inspirational talk in the afternoon. A survivor of breast cancer herself, she impressed upon the girls the eight signs of breast cancer. Pink Ribbon pins and hot chocolate will be on sale on Friday to complete the fundraising. We are extremely grateful to the management

of Cuan Mhuire Addiction Treatment Centre for organising a visit to our Transition Year group recently. During the presentation, the girls heard the personal stories of three residents, all in their early twenties. This was an insightful seminar and one which highlighted the dangers of drinking too early or to excess.

The **TY Fundraising Committee** organised a "Sleep Over" in school last Friday night. Eager to spend more time in their school, the Transition Year group came in at 6pm. The year group was split into groups and were invited to visit five classrooms where several activities including Twister and Halloween games were organised. "Just Dance" and Karoke proved to be the favourite games, with students singing and dancing at the top of their voices. St Mary's was their new disco location! The group had ordered their preferred food from the town's take- aways, which they individually collected at 7.30pm. Having eaten, they watched a Halloween Horror movie. Well done to the organising committee for the entertaining and sociable evening. The proceeds raised (€235) will go to the Creeslough community in Donegal.

Our SEN Department, Ms Casey, Ms McSweeney and Mr Burns organised a fundraiser on our last day of school before Mid Term – Dress up for Dyslexia. All staff and students dressed up and paid €2, a total of €655 was raised for Dyslexia Ireland and great fun was had by all. Our very creative Leaving Certs decided to come in dressed as their Teachers! The winners for best dressed were:

- Best dressed Senior Student – Niamh Murray dressed as Ms O Donoghue
 - Best dressed Staff Member – Ms Queally
 - Best dressed Junior Student – Grace Mehigan
- Happy Halloween from all at St Mary's**



St Mary's Junior Music award winner Ellen Kelleher entertaining the crowd at our recent Catherine McAuley awards, accompanied by her equally talented sister Eugenie



St Mary's Dress up for Dyslexia - Leaving Cert Biology class with their Teacher Ms Foley



Aoife Lucey receiving the Gerard Healy sports award from Mrs Brid Kelleher at St Marys Catherine McAuley Awards recently

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CLINICS THROUGHOUT MUNSTER

ST. MARY'S TY Students Encouraged to Shine

Article By Sarah Murphy, Photography by Kate Brennan & Niamh O' Riordan (TY Journalism Club)

On the 12th of October 2022, St Mary's Transition Years took part in the Shine Festival. The Shine Festival is a very empowering, in person and online event. 100s of Ireland's most inspirational women tell their stories and provide advice because they believe in a positive future for the next generation of women. On the Shine Festival website you can watch live streams of inspirational women speaking at the in person event or you have the option to watch a pre recorded video on a wide range of useful and interesting topics. There are many 'stages' on the website where you can get these videos such as

the wellness stage, the careers stage, the women's health stage, the arts stage, the our world stage, the sound stage, the stress busters stage and the shine heroes stage- with links to many engaging speeches by some amazing women such as Emma Watson, Beyoncé, Michelle Obama and more. The website is really helpful in the sense that it gives great advice on how to boost your confidence. There is even a self-love wall where we were encouraged to write something that we like about ourselves. The Fourth Years in St Mary's were each assigned a chrome book that day, from 9-1.15, to watch

any video of their choice, found on the Shine Festival website. Personally, I have learned many positive things from the Shine Festival such as how to properly take care of my skin. The day also gave me a greater understanding of the nutrition that's vital for teenage girls. The Shine Festival was exceptional because it never got boring. There were so many options as to who to listen to and what to learn about. Definitely a hit with our class!



St Mary's TY students participating in the Shine Festival



St Mary's TY students participating in the Shine Festival

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Upcoming Events in Macroom Library

Creative Writing Group will meet on Friday November 4th at 11am.

Ciorcal Cainte will take place on Thursday November 10th at 11.30am.

Music Morning will take place on Friday November 11th at 11am. This Music Morning will be 'audience choice' which means members of the audience are invited to bring along a CD with their favourite song that they would like to be played for everyone. Please put your name and the number of the song on the CD and hand it up before the Music Morning begins.



War of Independence & Civil War Exhibition at Macroom Library

Bridge Club will take place on Wednesday November 16th at 10am.

Purlies Knitting Group will meet on Thursday November 17th at 11.30am.

Story Time takes place every Saturday at midday.

Late Opening – the library will open at 10am on Saturday November 12th.

LEGO Club – we recently received some brand-new LEGO sets so we're inviting children aged 8-12 years old to join our LEGO Club. It will take place over 4-weeks with the first LEGO Club meeting taking place on Saturday November 12th from 3-4pm. Places are limited so booking at the desk is essential, and please only book a place if you're able to commit to attending

all four LEGO Club meetings Saturdays November 12th, 19th, 26th, and December 3rd.

War of Independence & Civil War Exhibition – for the next few weeks, a part of Cork County Council's War of Independence & Civil War Exhibition will be on display in the library for visitors to view. Panels will display information on topics such as Béal na Bláth, Tom Barry, and Destruction of Property during the Civil War. It is a must-see for everyone with an interest in Cork and Irish history.

Library Calendar Competition 2023 – if you created an entry for the Cork County Library Calendar Competition 2023, don't forget return your drawing to the library or your school by the Tuesday November 8th deadline. Best of luck!

Period Pilot Scheme

Cork County Council Library and Arts Service launched a pilot period product scheme where free sanitary products are dispensed throughout 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.

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DE LA SALLE College Macroom



Teacher Mr. Shane Ryan and TY sports reporters in De La Salle College. The boys interviewed Mr. Ryan after his All-Star Goalie announcement



The Transition Years in De La Salle College on their paintballing trip

Transition Year Sports Reporters Adam Bradfield and Fionn Fitzgibbon interview maths teacher and All-Star goalkeeper Mr. Shane Ryan.

A big congratulations to Shane on his All-Star award, from everyone in De La Salle.

Do you prefer playing outfield or goalkeeper?

Probably outfield because you're probably in the action more compared to being goalkeeper. Importantly, the consequences are less, if you make a mistake like dropping the ball in midfield compared to in goals. Not that I don't enjoy being a goalkeeper but I probably prefer being outfield.

You played soccer growing up, what is the biggest difference between playing as a goalkeeper in soccer compared to GAA?

I suppose, in soccer the emphasis is on shot stopping, where as in GAA the emphasis is on restarts and kick outs. Compared to soccer, shot stopping is a very minor part of the game in Football.

How good did it feel to win an All-Ireland after losing one in 2019?

Relief was the major feeling! it was obviously something I had dreamt about since being a child. You can believe it will happen this year, this game, but it can be snatched away in the last minutes by one kick of a ball. So when the whistle blew, first it was relief, and then total joy.

Did you prefer playing the All-Ireland final in the Summer instead of the season ending in September?

I preferred playing it in the Summer. It allowed me to have August off and go on holidays, seems trivial but I've never got to have a Summer holiday before. Now I can also now focus on my club football in Kerry.

Does playing outfield for Rathmore help you in goals for Kerry?

As everyone can see, the role of the goalkeeper in GAA is changing. A lot of keepers now are scoring from play and it's not even a thing people are questioning. It helps you sharpen your skills and use your right and left leg. I have the confidence that my skills are there when playing in goals when I need them thanks to playing outfield.

When you were younger you had Soccer trials for Nottingham Forest and you choose not to stay, Why not?

I spent four days in Nottingham with my father and brother. I felt very homesick. I didn't see it as something I wanted to pursue in my professional career. When I came home from soccer I had to decide between soccer or GAA, I loved Kerry and I loved GAA so when I came home from Nottingham I decided to quit soccer altogether.

Would you rather beat Cork or Dublin in an All-Ireland final?

I'd rather win an All-Ireland full stop.

How did you recover from losing the All Ireland final in 2019?

2019 was my first year with Kerry and it was the same for a lot of lads on the panel. We were going up against a Dublin team, possibly the greatest team of all time, with the game going to a replay made it even tougher. You try to take little bits from every game and you learn more from losing than winning, but we always knew we had a good squad capable of winning, so I suppose a bit of luck last year and good work ethic helped us win. But it did take a couple of weeks to recover in 2019.

Do you ever think you'll ever play for Kerry outfield?

Tried it before in the U21's and tore my hamstring 3 times in 5 months! It's something that I'd love to do, but that ship has sailed I'd say!

Ty Updates

On Monday, October 24th, Transition Year students attended an important talk on road safety delivered by The Road Safety Authority and An Garda Síochána. They learned about the importance of safety for all road users. The event included a virtual reality experience of a car accident and Macroom Fire Department also did a demonstration of an accident. Thanks in particular to Garda Orla Doyle who organised this event. Transition Year students enjoyed a day of paintballing on Friday, October 28th. A nice start to mid-term for the boys!



Teacher Mr. Shane Ryan and TY sports reporters in De La Salle College. The boys interviewed Mr. Ryan after his All-Star Goalie announcement



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Macroom Irish Countrywomen's Association (ICA) Revival?

Will the ICA re-establish a Macroom Guild?



Macroom Irish Countrywomen Association (ICA) Revival?

By Con Kelleher

Cork ICA Federation hosted a meeting in Macroom Library on October 15th, 2022, to gauge the possibility of re-establishing a Macroom ICA Guild. Ms Monica O'Shea and Ms Annette Crowley, Ballinora ICA members, presented the case for a Macroom Guild. Two sister-members from Ballinagree Guild lent their support. Monica outlined briefly the history of the ICA, what its current activities are and the great benefits a local guild would bring. Apart from Ballinagree, the next nearest guild is in Boherbee. So, yes, definitely there is a space for a guild in Macroom. Annette showed an array of beautiful, handcrafted goods, some of which she created.

ICA's predecessor, The United Irishwomen (UI) was founded in Wexford in 1910 by two local Protestant women who wanted to address social issues. It quickly became aligned to the Irish Agricultural Association Society, better known as the Co-Operative Movement under Horace Plunkett. Co-operatives played a leading role in developing farming, farm-related activities and country living. Despite the disruptions of WW1, The War of Independence and the Civil War, the UI survived, was revived and flourished. Its principles of being non-sectarian and non-party-political, and the goals of women's development and social advancement stood it in good stead. In 1934, it was renamed the ICA. Thereafter it developed into a vibrant, effective and influential national organisation. For example the ICA was to the forefront of the rural electrification scheme and the provision of internal running water in rural houses. These two projects transformed rural living and reduced women's drudgery in running their houses and rearing families.

A Macroom ICA Guild was formed in 1953. In the first years, seventy to ninety women attended monthly meetings. While numbers reduced after a while, the Macroom ICA Guild remained very strong well into the 1980s. Sheila Sheehan has brilliantly and importantly preserved the Guild's minute books from its inception. The meetings gave a safe and acceptable place for women to meet. At that time, a woman's primary role was to in the home, be a wife and produce and rear children. Going to the pub or the cinema or plays on their own was not seen as behaving well. Attending Mass or church-related activities or shopping were often the only social

outlets for many women. Outside activity was frowned upon. From a socialization point of view, the ICA in Macroom must have been a godsend for more-or-less housebound women. Macroom Guild built a home of its own, An Grianán Beag, in 1958 but this was damaged by falling stone from Macroom Castle in 1967 which left the ICA again homeless. A high proportion of Macroom women initially enrolled and attended the ICA meetings: women from all walks of life were members. The minute books give a great insight into Macroom's life at that time as the Guild addressed many issues of the day. Its remit covered running meetings, public speaking, debating, arts and crafts, running card drives and helping various local charities and causes. Co-operating with other local clubs was a hallmark of its activity and it gave great assistance to Macroom Show Committee, the GAA Club and the Youth Club to mention but three. It undertook joint projects with the Tidy Towns' Committee and the GAA Club. Other features of the monthly meetings were monthly competitions, a roll-call and an entertainment section. Competitions were about old letters or button flower decorations or home-made Christmas cards and so on; the roll call was very democratic and allowed each woman to offer individually her opinion on such matters as 'the worst household chore' etc. An entertainment or social section was an integral part of the meeting and many a good night of singing, music and dancing, and story-telling was enjoyed. Enthusiasm and membership waned as time passed due to a number of factors. The advent of

television, the improved economy, the changing place of women in society, especially more women working outside the home, and the choice of rival attractions such as playing bridge are reasons cited. A new ICA Hall was officially opened in 1976 and it was again a great boost to the Guild. However, numbers continued to fall. Despite valiant efforts by women such as Eileen Collins, Peggy Buckley, Kathleen Murphy, Sheila Sheehan, Katie Dineen, Joan Kelleher and others, the Macroom ICA Guild was wound up in 2015.

Just seven years later, the void left by the cessation of ICA activity is increasingly felt and an attempt is being made at revival. Even since 2015, there have been major changes in society. The sad period of Covid emphasised the need for people to meet and mingle, talk and chat, and share times and activities with each other. While modern times demand a fresh approach, the ICA has been adept in the past in changing and adapting. Hopefully a new, vigorous and progressive ICA guild in Macroom will fill the void and provide a forum for women from Macroom and environs to come together in friendship and community activity.

Monica O'Shea's talk and Annette Crowley's display were very encouraging and great reasons for Macroom ICA Guild to re-form and renew some of the brilliant work of the past.

'Well Done' to the 'old' Macroom ICA, 1953-2015 and wishing the 'Best of Luck' to the new model, if and when it takes flight.



ICA Meeting at Macroom Library



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McEgan College and Youthreach

Macroom Gardaí pause for a photo after demonstrating the recovery of a casualty from a crashed car, for the students of McEgan College and Youthreach © Peter Scanlan



Aghinagh GAA lotto committee members Martin Healy, Shane Lehane and Ted Curtin present Antoinette Cullinane with her recent lotto jackpot win. Also included Breda McCarthy receiving her seller's prize from Caroline Corkery.



Nuala, Kathleen and Vera Leahy (O'Halloran) and Elizabeth Quinn at the Macroom Garda Talk. (C. Kelleher).

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Weaving & Basketry at Ballinagree NS

Children from all three classrooms at Ballinagree National School were delighted to learn about the ancient craft of basketry and weaving from Rosemary Kavanagh recently. After speaking to the children and entralling them with stories about the history of basketry in Ireland, Rosemary did hands-on sessions with all the children. The children learned how to weave a fish using willow and bullrush. This worthwhile project is part of the Heritage in Schools Scheme which provides a panel of Heritage Specialists, such as Rosemary, who visit primary schools to help children and their teachers learn about and appreciate their local heritage.



Ballinagree school Weaving for the Infants class



Ballinagree Middle room Weaving class with Rosemary Kavanagh



Ballinagree Senior Room Weaving class.

Coachford

Tadhg Kenefick Commemoration Committee after laying a wreath at Nadrid in Coachford recently to mark the centenary of the shooting dead of Capt Tadhg Kenefick by Free State forces in the Civil War in 1922. L-R; Brian O'Rourke, Ballinagree, Sean MacSullivan, Ballinagree, Matt Healy, Donoughmore, Pat Twomey, Rylane, Kay MacSullivan, Ballinagree, Breda Flynn, Killavullen, Ted Meaney, Carriganima, Pat McCarthy, Blarney and Tony McCarthy, Blarney



McEgans's Abby Mc Carthy (5th yr. LCA), Dian Moss (best dresses student), Ava Murray (best poster), Ms. Eimear Blavin (best dressed teacher), Sven Maurins (winner of skeleton hunt), Emily Barrett (5th yr. LCA).



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DROMLEIGH N.S.

Students from Dromleigh N.S. had a busy time leading up to the Hallowe'en break. Our first cohort of 'Buddy Readers' for the 22/23 school year received their participation certificates.

Our coach Sinéad, from School Fitness Ireland, put all classes through their paces with her weekly gymnastics classes.

Our Parents Association also organised a hugely successful Hallowe'en disco which was thoroughly enjoyed by one and all.

Keep up to date with all of our activities on www.dromleighns.ie or follow us on Facebook Dromleigh N.S Kilmichael



Dromleigh N.S. Buddy Readers receiving their certificates of participation



Senior students from Dromleigh N.S. with their gymnastics instructor from School Fitness Ireland



Spooktacular Hallowe'en costumes at Dromleigh N.S

CHURCH NEWS: Emergency sick call, please ring Fr. Jim on 085 8471249

Please note that the Parish Office at the Parochial House is open on Thursday mornings from 11am to 1pm

AGM CLONDROHID COMMUNITY HALL: This AGM was held last week. Major progress has been made in the upkeep of this great community facility. A new roof and a new heating system is required and this project, hopefully may be grant aided, if not its back to the drawing board!!!

Tributes were paid to all outgoing officers, especially to Peter, who has initiated Trojan work since becoming chairman. Peter's favourite sentence has always been 'it's a joint committee effort', so well done everyone

Anyone wishing to contact the hall for bookings etc. please do so on clondrohidcommunityhall@gmail.com. Rates range from €5 to €50 depending on what's required.

Our new Administrator Fr. Jim officiated at the election of officers.

The following officers were elected

Chairperson : Proinsias Creedon

V Chairperson Alan O'Riordan

Secretary : Mary Creedon

Asst. Sec : Peter Lane

Treasurer : Gary O'Brien

Asst Treasurer : Margaret McSweeney

CEILI FUNDRAISER IN AID OF DAFFODIL(NIGHT NURSES) IN MEMORY OF TEDDY KELLEHER R.I.P.

This fundraiser for such a very worthy cause will take place in the Abbey Hotel on Sat night Nov

CLONDROHID

19 from 9pm. Music by the Abbey Ceili Band, plus music and singing session in the bar. Donations accepted at any stage

SMART VILLAGE TRAINING: The 3rd session of this discussion group takes place in the Macroom e Park on Tues Nov 8 from 7 to 9.30pm. Anyone interested in the progression of Clondrohid village, is most welcome to attend. There is a questionnaire locally available to this end, please fill in and return. Or use the following link <https://forms.gle/gux31eyNFY4LA6>

SET DANCING FOR ADULTS: On Tuesdays 8pm to 10pm in Clondrohid Community hall. Every Tuesday night until Dec 13. €8 per night. Great nights assured. No better way to pass away a night, as long winter nights approach. Enjoy LINE DANCING; In the Community Hall every Thursday night 7pm to 8.30pm €5 everyone welcome. Plenty exercise for the week!!!

SILVER FOR CHRISTINE: Great celebrations in Kilnamartyra last week as they welcomed their STAR BOXER back home. Christine had been a late call up to this Ireland Team, and enjoyed an incredible week making it to the final. She faced tough opposition, but put in an impressive performance and just missed out on gold on a split decision. Well done Christine.

HALLOWEEN IN CARRIGANIMA: Congrats to all who put in trojan hard work to get the village looking so well decorated for this Feist. Super job, great entertainment in pub, the hub of the village.

Well done.

MACROOM SENIOR CITIZENS: Bonanza Day on Sat Nov 12, 11am to 3pm in Fr. Ryan Hall. Raffle, Christmas decorations, clothes and goods, all new. Proceeds in aid of Macroom Meals on Wheels, a very worthy cause, serving a wide area. Please support

LAOCHRA OG HURLING AND CAMOGIE CLUB: Fundraiser "CHASER" will be held in Abbey Hotel on Saturday Nov 12 at 7.30pm. Tickets €20, Family €50. Tickets pre purchase only.

GAA SNIPPETS: Congrats to club chairman Brian Kearns, a recent winner in the October Rebel Bounty Draw, and to local hairdresser Deborah Burns. Enjoy yer winnings.

Congrats to the boys of Clondrohid Nat School who took part in the final of Sciath Na Scoil in Pairc Ui Caoimh last week. Unfortunately their opponents Ballyvourney were just a bit too strong for them on the day. Well done everyone, great achievement to reach the final

LOTTO; Results for Oct 19

€70 Gary O'Brien Coolnadane

€20 Mike Mongovan c/o Evelyn Macroom

Martin & C Lehane Cabra, Matthew O'Leary Gortnalicka, Gerard Kelleher Moulnahorna.

Results for Oct 26. Jackpot of €4,000

€70 Peter Lane Clondrohid

€20 Ann McSweeney Clondrohid, Mike & Sheila Lucey Gortnalicka, MI .O 'Leary Clondrohid, Caroline Kelleher c/o Anne O'Mahony.

Tingling & Numbness in the Arms, Hands, Legs, or Feet?

Many people have experienced tingling or numbness in their hands, arms, legs and feet. "Pins and Needles" or "Going to Sleep" are two of the common phrases associated with this symptom.

These symptoms can occur while sleeping, sitting for prolonged periods or during a time where you might have to hold your arm over your head for long periods (like changing a lightbulb, or styling your hair).

If you look at the anatomy of our arms and legs, you'll see that the nerves and blood vessels travel from quite a distance in the body.

Nerves in the arm don't start in the hand - they start in your neck and end in the tips of your fingers.

If you think of the nerves and blood supplying your hands

as a river, your neck would be the reservoir. Normally a river would run smoothly from the reservoir into the surrounding areas.

In a healthy body, your nervous signals and blood flow smoothly from your spinal column into your hands and feet. But what happens if a tree falls across this river and stops the flow?

A pinched nerve or restricted blood supply dulls the signal your fingers and toes are getting- and can cause numbness along the way. By diagnosing a problem that originates in the wrist, you may be ignoring the blockage further up stream - constrictions in the neck, or larger restrictions occurring further up the arm.

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Seo cúpla focal ó Saoirse "Is éacht ollmhór é troid ar son na hÉireann agus táim an-sásta go bhfuair mé an deis. Rud nua a bhí ann ach bhí a fhios agam go raibh mé réidh mar gheall ar an traenáil ar fad a bhí ar siúl agam le mo traenálaí Tony Stephenson. Táim ag tnúth go mór le gach rud eile a mbeidh ag teach suas i mbliana."

Ceardlann Filíochta

Bhí an t-ádh leis an Idirbhliain páirt a ghlacadh i gceardlann filíochta ar an "Haiku" leis an bhfile aitheanta, Gabriel MacMuiris. Ar mbuíochas lenár gairde i Scoil Mhuire, Béal Átha an Ghaorthaidh a chur fáilte romhainn agus leis an Oifigeach Pleanála Teanga áitiúil, Eibhlín Ní Lionáird, a d'eagraigh gach rud dúinn.

Turas Bliain a Sé

D'imigh Muintir Bliain a 6 ar thuras go Zipit i gCoillte an Fhearainn ag tús mí Meán Fómhair. Fágadh na scoile ag a 9 a chlog agus sroicheadh ceann scríbe roimh a 10. Tosnaíodh an lá amach le taispeántas sábháilteacht ar an gcúrsa traenála. Bhí roinnt mhaith cúrsaí, idir dheachrachaí éagsúla, airdí éagsúla agus bhí cúrsa ann do gach duine. Cé go raibh scean ar roinnt mhaith don rang roimh na haird, tháinig gach duine anuas slán sábháilte, buíochas le Dia. Tríd is tríd bhain gach éinne sult agus taitneamh as an lá aoibhinn agus mholfaimis go hard é. Chun críoch a chur leis an lá, thug an rang cuairt ar an siopa ar an tslí abhaile do sólaistí breátha. **Aodhagán Ó Riordáin**

Turas Staire

Bhí an t-ádh linn mar bhliain grúpa dul ar thuras staire iontach. Ar an 3ú D.F chuamar go músaem Micheál Ó Coileáin i gCloch na Coillte. D'fhoghlaimíomar a lán rudaí nua faoi an Coileánach chomh maith le rudaí éagsúla a tharla in ár gceantair i rith Cogadh na Saoirse. Bhí an



Daltaí B16 ag baint sult as Ziplining



Darcy Ní Bhriain agus Aisling de hÍde ar an turas staire



Étain Ní Aodha agus Kayla Ní Éalaithe ag bronnadh bláthanna ar Saoirse Ní Fhógartaigh-Lithgow



Lá na nGeansaí le haghaidh GOAL eagraithe ag Comhairle na nDaltaí

chuid deantáin suimiúla istigh sa mhúsaem mar shampla gunnaí agus litreacha scríbhthe ag daoine tábhachtach ón am mar shampla Éamon de Valera. Anuas ar sin bhí taispeántas macasamhail ann ar na feithiclí a bhí in úsáid ag O Coileáin agus a ghrúpa ar lá Luíochán Béal na Bláth. I ndiaidh an músaem thugamar cuairt ar suíomh Luíochán Béal na Bláth an áit ina maraíodh O Coileáin, dhein an turas seo gach rud níos réalaí dúinn. Ansin bhogamar ar aghaidh go suíomh Luíochán Cill Mhichíl agus d'fhoghlaimíomar faoin luíochán rathúil ó thaobh an tIRA. Bhain an Bhliain go léir an taitneamh as an turas seo agus mholfaimis é go haird do gach duine. **Aisling de hÍde agus Darcy Ní Bhriain**

Bronnadh TEG

Ar an 3ú lá de Dheireadh Fómhair bhí an pribhléid againn bronnadh d'ár dteastais TEG a bheith againn anseo i gColáiste Ghobnatan. Tháinig triúr aionna speisialta ó Phleanáil Teanga Mhúscraí Eibhlín Ní Lionáird, Caroline Ní Nualláin agus Liadh Ní Riada chun ár dteastais a bhronnadh orainn. Bhí tae, caife agus cistí milse againn ina dhiaidh an tsearmanais. Bhí an t-ádh linn gur tugadh an deis dúinn an scrúdú TEG a dhéanamh anuraidh. Is rud iontach é d'ár dtodhchaí agus tabharfaidh an teastas seo a lán deiseanna náisiúnta agus idirnáisiúnta dúinn.

Áine Ní Dhuinnín agus Alohi Feachem

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Bhí Díolachán Cistí le déanaí a bhailigh €260 do Chomhairle na nDaltaí.

Bhí €320 bailithe ag daltaí Choláiste Ghobnatan le déanaí do GOAL. Bhí Lá na nGeansaí eagraithe ag Comhairle na nDaltaí. Maith sibh a dhaltaí.

Peil na mBan

Le déanaí bhuaigh peileadóirí Naomh Abán craobh an chontae Sóisear A in aghaidh O'Donovan Rossa ó Sciobairín. Tréaslaimid bhur mbua ó chroí libh – tá roinnt daltaí, iardhaltaí agus múinteoirí mar chuid den fhoireann. Tá siad anois i gCraobh na Mumhan – tar éis ceathrú craobh agus leath craobh buachan acu – go n-éirí go geal libh!

Bonn Airgid

Ba mhaith linn comhghairdeas a dhéanamh lenár n-iardhalta Christina Ní Dheasúna. Bhí sí ag glacadh páirt i gComórtas Dornálaíocht na hEorpa i Montainéagró agus bhuaigh sí bonn airgid. Is éacht iontach é!

Dáta le haghaidh an dialann

Oíche Oscailte 17ú Samhain idir 6.00 – 8.00 in Open Night 17th November from 6.00 – 8.00 pm.



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Kilmurry Active Retirement Association News

She asked us a question

She asked us a question. Now that is an unusual thing to find in an annual report. It is often enough that annual reports are less than stimulating. But then Anne Drury, President of Active Retirement Ireland, is a Westmeath woman. I have a long personal experience of the necessity of taking notice when a Westmeath woman asks questions!

Our President's question to around 500 Active Retirement Associations around the country with about 24000 members was this. The 17

Sustainable development goals "were adopted by the United Nations in 2015 as a universal call to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. I now pose the question; what can our organisation and members do to combat climate change and contribute to the implementation of the SDGs?"

It's a format familiar to me. What are we going to do, and then what are you going to do? Most often my usual reaction, is to think to myself, am I not retired? This seems like a big task for a retired man! But in this case, we notice that all we have to do is to make a contribution. We are being asked to make our contribution as an association, and for each of us to make our own contributions to the goals.

So, let's see what we can do. Now I expect that each of you could rhyme off the seventeen goals like the two times tables. So, just for my sake, let's have a look at them.

Now, if we were to achieve all that, wouldn't it be a better world! So, what can we contribute?

To start, perhaps we could have a discussion on just that at a meeting of our associations. Let's say we were to select the most relevant to retired people.

Perhaps these three could be considered most relevant, Goal 3 - Good Health and Well-being: Ensure healthy lives and promote well-being for all at all ages, Goal 4 - Quality Education: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all, and now also I suppose Goal 7 - Affordable and Clean Energy: Ensure access to affordable, reliable, sustainable and modern energy for all.

Could we focus on them and take it from there? We would not be alone in doing this. Many associations have been and are doing this. Can we learn from them? The Department of the Environment, Climate and Communications has set up the SDG Champions programme. In 2020 there were twelve champions. The purpose of the SDG Champions Programme is both to raise public awareness of the SDGs, and also to show practical ways in which organisations and individuals can contribute to achieving the SDGs, using Champion organisations' practices as examples. Each individual Champion promoted specific SDGs, so each of the twelve campaigns were distinct in terms of the goals they championed. However, all twelve campaigns are built around the core message that the Sustainable Development Goals are for everyone in society and that everyone can make a contribution, large or small, to their success. Men's Sheds are one such SDGs champion.

So, is that one option we could consider? Pick what is relevant to us, focus on those. Anything is better than

SUSTAINABLE DEVELOPMENT GOALS



nothing.

But wait, hold on there now!

Let's say we focussed on the three goals most relevant to us. Now let's imagine that each organisation and everyone in the world with equal enthusiasm did the same. And also, let's assume that at global level each goal was chosen with equal frequency. That would be a great achievement, but yet it would mean that just 3/17 (17.6%) of us would be focusing on each goal. That doesn't sound to me like a recipe for achieving the goals by 2030. So, what we are really being asked to do is to contribute to and support all goals, those that are relevant to us and equally those that are not, if there is to be a realistic chance of achieving them by 2030. It is in effect being suggested by the United Nations that it is our duty as global citizens to do so. Now that may seem like a big ask of everyone, and not just a retired man! One could see the SDGs as both a snapshot of the aspirations of humanity and the secular morality of our age.

It is always hard to argue against such a holistic approach. Yet I think we do need to be practical too. Some goals are just more urgent than others. There is a hierarchy of needs, and a hierarchy of rights. Climate change is according to António Guterres, Director-General, United Nations an existential threat. If this is so, and if we don't act, then none of the rights and goals that we may now hold dear may have relevance for our descendants. Nonetheless, let's not neglect combating hunger. Those in absolute poverty are either hungry or have no security that they will not be hungry. For these our other goals and rights are practically meaningless as life is the prerequisite for any quality of life. A threat to future unborn generations, and perhaps even an unquantifiable existential threat to human survival, certainly may trump many quality-of-life goals, but in my view does not trump our obligation to real people living but dying from lack of food now. In terms of rights surely the actual must trump the potential. So, it is absolute poverty and climate change that are the most urgent. We can notice now, that when we are thinking of ourselves, what we think is most relevant is not the most important. So, surely, we can agree with the focus of our President, Anne Drury. Let's end (extreme) poverty and protect the planet. My experience of Westmeath women has been vindicated!

We surely can't deny that working on all the SDGs is both a worthwhile and meaningful thing to do. We must learn, and we may have to invest. However, with climate change perhaps we all do know some things that we could do where no investment is required. We (semi)retired mightn't be sticking around here for as long as others, but we have been around longer! We have an advantage. Our advantage is that in some

instances, we don't have to imagine, some actions required of us just need us to recall our earlier days.

I am far from being a global warming sceptic. However, I do believe that the United Nations are overstating when it refers to an existential threat. Even if the earth burns or freezes, we have the technology and know how, to build underground air-conditioned caves with the capacity of supplying essentials. There would be a very high probability that a remnant of the human race will continue. When we look around, we see such beauty and abundance of life. Wouldn't it be devastatingly disappointing if this were to be the peak of our human civilisation?

It goes against everything we had believed, had hoped, to think that countless generations of our descendants may look on us now as their ancestors that lost their legacy, their garden of Eden.

In other news, the very, very, last copy of our publication, 'Much loved Songs from the Past as Gaeilge' is up for tender with the proceeds going to the Alzheimer's society.

So, please email, text, or call with your tender to 0894057676. If you are winning at 8pm on Sunday 27th Nov, you will be happy, if you don't win you will be happy too and can rejoice that something more is making its way to a great cause.

The Lee Valley Golf & Country club on Sunday evening 27th November is the place to be. It is our seasonal celebration. What happens there is to stay there, so I can't say much.

The Southern Region of Active Retirement Ireland is having a Christmas party too. It's on Dec 5th in the Springford hall, Mallow, and a bus is available, but you need to get booking your seat on that now.

I hear that our ceramic art class with Helen Quill, Tuesdays at 8pm in the museum is very enjoyable. Looking forward to seeing the output and creativity. Our thanks to Coachford ARA, who had invited us to go bowling there on Monday mornings. Some of us intend to join. If you want to try it out, contact me.

On Wednesday mornings at 10am, there is an aqua aerobics class for Active Retirement groups in the Castle Hotel. Our thanks are due to them.

On Wednesday afternoons our ACT (Activities, Chat and Tea) sessions are continuing. Our thanks to Garda Orla Doyle for an information packed presentation on what to do to keep ourselves safe, at home, out and about, in the car and online. Isn't it a great service that our gardai provide. Next up we are delighted to be having a demonstration on November 9th at 2pm on flower arranging by Ann Quinlan. It is in the Heritage room in Kilmurry museum. All welcome (non-members €5).

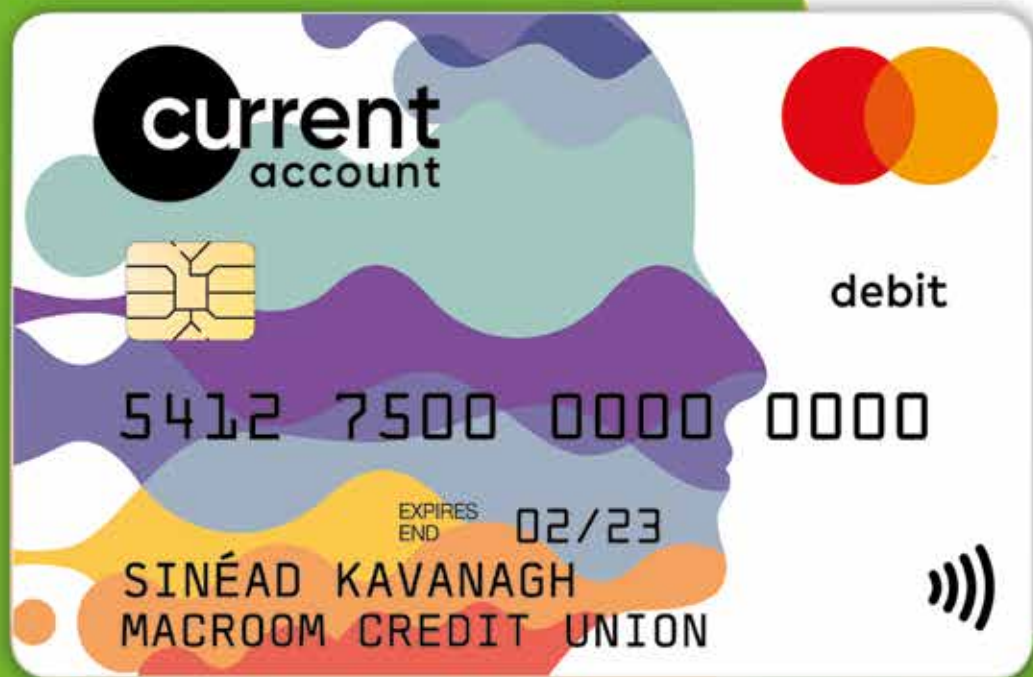
The Staying Fit for the Future courses given by Cork Sports Partnership are continuing both in Kilmurry and Crookstown. If you would like to join into the programme, or the next one, contact me.

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.

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The Macroom and District Environmental Group

Think Globally, Act locally

COMPOSTING MADE EASY

Today I have the great pleasure of speaking with Donal O’Leary of Waste Down. Donal is an environmental trainer who specialises in composting. He also sells composting supplies and makes and sells compost.

As the subject can be off-putting to some people including myself, I asked him to explain about composting in simple terms.

He told me that composting is the conversion of once-living materials from plants and animals into organic soil (humus). Sounded like a lot of work to me, but Donal put me straight.

The work is done for me by decomposing organisms, such as bacteria, fungi, moulds, millipedes and worms.

I did want to believe Donal, but I have experienced a very sludgy smelly mess when I have tried composting in the past.

It turns out that my compost needed moist airy conditions, with a mixture of ‘green’ and ‘brown’ materials.

The ‘green’ materials are kitchen and food waste, fruit and veg. peelings as well as grass cuttings. As I felt I had been OK with my green waste, I was interested to hear about the ‘brown’ materials. These include small twigs, sawdust, autumn leaves, paper, cardboard, and straw. These materials add bulk and structure to the compost to allow air to filter through and prevent the pile from being too

wet. I began to realise that it was the lack of ‘brown’ materials which caused my smelly mess.

Donal lets me know that a 50/50 mixture of green and brown materials should solve my problems by providing enough moisture and air spaces. Composting was beginning to make sense to me!

I even got a few extra tips. I can add water if things get too dry, and if it seems to be too wet or becoming smelly, I could turn everything over, and add more dry ‘brown’ material.

So practically I was still unsure what to do with my fruit and veg peelings, my husband’s numerous tea bags and our coffee grounds?

It turns out I could mix them into the compost pile (in a bin or open heap), with lots of brown materials, or even consider a ‘wormery’, which is a method of composting food waste quickly using composting worms.

I had heard it was not good to put cooked food, meat or dairy in my compost bin, but Donal told me about the ‘Bokashi’ method of pre-composting which is a means of fermenting food waste including meat and dairy, so that it can be added to compost either in a wormery or buried in a compost pile, without stinking or attracting pests. For my own needs, I might wait a while before trying the ‘Bokashi’ method for cooked food, meat and dairy until I have got more confidence.

However, it was good to learn that my grass cuttings could be spread out and allowed to dry which allows them to become more ‘brown’... and it sounds as if I

could avoid my smelly mess that way. To compost fresh green grass cuttings, they should be mixed 50/50 with ‘brown’ materials, turned frequently and watered as necessary to maintain a moist but not too wet compost pile. The pile is best kept covered. On the subject of cutting grass, it is noticeable recently that lawns that are cut short and the cuttings removed are suffering much more from drought than those that are allowed to stay a bit longer and where the cuttings are mulched back into the lawn. To promote local biodiversity and to reduce our climate impact, Donal says that we really should look at managing our grassy areas differently – cutting minimally and allowing the naturally occurring diversity of flowers and grass types to grow, flower, and go to seed.

I reckon even I could give composting another go with Donal’s advice and I would like to thank Donal for giving us some insight into the world of composting.

I am looking forward to speaking with him in the future and learning more from him in relation to grass-cycling and making leaf-mould.

If anyone would like to share their experiences of composting or contribute an environmental article to this publication, please contact me chriseevalley@gmail.com

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



Composting Made Easy



Blending materials for composting



3rd class, from St. Joseph’s Primary enjoying an Autumn Walk.

TARA BREEN FIDDLE PADRAIG RYNNE CONCERTINA JIM MURRAY GUITAR



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LEABHARLANN BHAILE BHÚIRNE

Library Groups November Dates:

Knit, Craft & Chat Group
Every Tuesday at 11am
Library Book Club
Friday 11th November at 11am
Creative Writing Group
Friday November 4th at 4pm

November, the penultimate month of the year. It can be a very busy month for a lot of people with Christmas preparations starting earlier every year. Some people will be starting Christmas baking while others have their cakes and puddings already baked and they are maturing nicely while they are stored away for the big event next month. Some people find November gloomy and dark with the nights stretching with the help of the clock change and darkness being out morning call and our evening companion. But November can also be a very cosy month, we need no excuse to bundle up warmly, make a cup of warm coffee, tea or hot chocolate and curl up near the fire, with a book or to watch TV or to have a chat with a friend whether by phone, Zoom or in person. This is the November I prefer and recently I was given the advice that there is nothing like a good Jigsaw Puzzle to while away a November day. With that in mind Leabharlann Bhaile Bhúirne has decided to make jigsaws available to adult members to take home, and complete in your own time. I am told that the best thing to do then is take a photograph before you break the puzzle up again. All I would ask is that if you lose a piece please tell me when you are retuning the puzzle that there is a piece missing so that I can take the puzzle out of circulation. There's nothing worse than doing a complete puzzle only to find that you cannot, in

fact, complete it because of a missing piece! A big thank you to the members who kindly donated puzzles so that we now have quite a varied collection of lovely puzzles for people to choose from.

The last meeting of the group Teaglaigh Mhúscraí was a lovely get together. The children enjoyed the stories, games, songs and activities while the parents were able to relax with a cup of tea or coffee and have a chat. These family get togethers are ideal if you are a family that uses all Irish, parents and / or grandparents are welcome to come along with the children. The next gathering will be at 1.30pm on 19th November. For more information please contact Roibeard on 087 376 2941 or Eibhlín on 083 0914719.

B'iontach an teacht le chéile a bhí ag an ngrúpa Theaglaigh Mhúscraí i mí Dheireadh Fómhair. Bhain na páistí taitneamh as na scéalta, cluichí, amhráin agus gníomhaíochtaí agus bhí na tuismitheoirí in ann a scíth a ligean le cupán tae nó caife agus comhrá a bheith acu. Is iontach an teacht le chéile an teaglaigh seo más teaghlach thú a úsáideann an Ghaeilge ar fad, tá fáilte roimh thuismitheoirí agus/nó seantuismitheoirí teacht in éineacht leis na páistí. Beidh an chéad chruinniú eile ag 1.30 - 2.30 in ar Dé Sathairn 19ú Samhain. Le haghaidh tuilleadh eolais nó clarú déan teagmháil le Roibeard ar 087 376 2941 nó Eibhlín ar 083 0914719.

For those of you who are busy preparing wonderful drawings for our calendar competition please make sure to bring your completed drawings together with your entry forms to Ballyvourney Library no later than Tuesday 8th November. I'm looking forward to seeing them all before they are sent to Library Headquarters where the winners will be picked out. I really hope that some of your

drawings are chosen so that Leabharlann Bhaile Bhúirne will be represented in the 2023 calendar – so I'll be keeping my fingers crossed for you all.

I have changed the Book Club time and date, going forward it will be the second Friday of the month at 11am. I hope this day and time might suit more people who are interested in joining the group. The Book Club is a lovely social group, totally stress and pressure free. It's suitable for adults of all ages, the more varied the group, the livelier the discussions will be. It would be lovely to see some new faces in the group so please do think about coming along on the 11th November at 11am and please feel free to bring your travel mug of tea or coffee with you.

"In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still."
 - Cynthia Rylant

Am Oscailte /Opening Hours

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(Dúnta/Closed 1.00 - 2.00pm gach lá/daily)

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Dúnta gach Luan agus Déardaoin
 Closed every Monday & Thursday

*Dúnta ar Shatharn Deireadh Seachtaine na Saoire Poiblí

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Rusheen N.S. pupils all dressed up for Halloween





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Tá cúpla seachtain an-bhruidiúil caite agam féin. Idir bheith ag eagrú ranganna éagsúla Gaeilge, nó trí Ghaeilge go háitiúil i Múscraí. Ó Aeróbaic i mBéal Átha an Ghaorthaidh go Ranganna Gaeilge trí Zúm i gCúil Aodha agus a lán eile.

Bhíomar ag ceiliúradh an bhua a bhí ag ár laoch iontach áitiúil, an spéirbhean **Christina Ní Dheasúna** ó pharóiste Chill Na Martra ... táim nach mór tagtha chugam féinig arís.

Tháinig Tina sa dara áit le bonn airgid i gcómórtas dornálaíochta na hEorpa, an Satharn seo caite, sa Tuirc. Dhein sí éacht. Táimid go léir i Múscraí an-bhrodúil aisti.

Is duine den scoth í. Bhí sí mar sin riamh ó bhí sí ina cailín óg ar scoil, nuair a thosnaigh sí amach ag traenáil sa dornálaíocht. Bhíodh sí éirithe go moch ar maidin chun bus a thógaint go BÁC ar a 6 chun lá a chaitheamh ag traenáil. Chomh maith leis sin nuair a bhí sí mar dhalt a gColáiste Ghobnatan is minic gur imigh sí ar scoil ag rith na 5 mhíle nó mar sin, agus thóg a leathchúpla Micheál a cuid leabhair is a mála ar scoil di. Geibheann sí go leór tacaíochta óna clann, a hathair Christóir, a leathchúpla Micheál agus a beirt deirfúiracha Louise agus Rachel. Ach cinnte gur threabhaidh sí a clais féin.

Bead féin, agus cinnte pobal Mhúscraí, ach go háirithe pobal Chill na Martra ag tacú léi agus í ag caitheamh a súl ar an gcéad sprioc is dúshlán eile ... na cluichí Oilimpeacha i bPáras, i 2024. Guím gach rath uirthi!

RANGANNA GAEILGE IS RANGANNA EILE TRÍ GHAEILGE:

Tá tús curtha le ranganna oíche i gceantar Mhúscraí le cúpla seachtain anois. Thosnaigh rang spraoiúil is fuinniúil i mBéal Átha an Ghaorthaidh ar an 17ú Deireadh Fómhair. Rang **Aeróbaic trí Ghaeilge**. Tháinig slua ban chun na ranganna ... seachtar agus fiche. Tá sé dochreidte an tsuim a chuir daoine ann agus cinnte tá an múinteoir **Caroline Uí Laoire** go breá ábalta iad go léir a spreagadh chun cleachtadh go briomhar. Maith thú a Charoline.

Cuirfead tús le trí rang éagsúil i mBéal Átha ar an 10ú lá de Shamhain i Scoil Mhuire.

Rang Gaeilge bunúsach le Clodagh Ní Dhuinnín, Rang Cócaireachta trí mheán na Gaeilge le Siobhán Sheridan agus Rang Adhmadóireachta trí mheán na Gaeilge le Tadhg Ó Duinnín.

Cuirfead tús le Ranganna Gaeilge i mBaile Mhuirne i gceann coicise. Rang Gaeilge Comhrá le Colman Ó Tuama ar an 15/11/22 san Ionad Lae.



sportsfile.com/2356656

By Ben McShane

Rang Gaeilge do Thosnaitheoirí i gCúil Aodha ar an 15/11/22 le Concubhar Ó Liatháin in Ionad Dhónail Uí Liatháin.

Beidh rang úrnua ag tosú ar an gcóras Zúm le Rachel Ní Riada, do thuismitheoirí le leanaí sna naíonraí agus sna bunscoileanna áitiúla.

Féachaigí ar na pósteir!

COGAR NÓIMÉAD!

Bhí oíche den scoth siamsaíochta agus amhránaíochta againn san Ionad Cultúrtha i mBaile Mhuirne oíche an 27ú Deireadh Fómhair. 'Sé a bhí ann ná réamhchleachtadh do rannpháirtithe áitiúla ó Mhúscraí, sula nglacann siad páirt ins na comórtais stáitse ag Oireachtas na Samhna 2022 i gCill Airne an tseachtain seo.

Bhí 37 mír ar stáitse idir amhránaíocht ar an tSean Nós, Agallaimh Beirte, Lúibíní agus Sceitsí. Bhain gach duine an-taitneamh as an gcur i láthair. Guím gach rath orthu go léir agus súil agam go mbeimid ag ceiliúradh leo taréis na bearta!

Dála an scéil tagaigí anonn chun bualadh linn. Beidh seastán agam féin OPT Mhúscraí, mar aon le Coiste Forbartha Mhúscraí. Beidh go leor féiríní le buachaint agus cuid acu saor in aisce. Brostaigí!!



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



RANGANNA ADHMADÓIREACHTA (Tri Ghaeilge)

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10/11/22 - Scoil Mhuire

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STRAITÉIS 20 BLIAIN DON
GHAELIGE 2010-2030
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Údarás na
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Le tacaíocht ó Oifigeach Pleanála Teanga Mhúscraí

S20

STRAITÉIS 20 BLIAIN DON
GHAELIGE 2010-2030
Ár dTeanga, Ár bPobal



Údarás na
Gaeltachta



Le Tacaíocht ó Oifigeach Pleanála Teanga Mhúscraí

RANGANNA GAEILGE COMHRÁ CONVERSATIONAL IRISH CLASSES

LE COLMÁN Ó TUAMA

IONAD LAE / DAY CENTRE
BAILE MHÚIRNE

DE MÁIRT / TUE 15/11/22
AM / TIME 19.30-2100

TAILLE / FEE
€ 40.00 / 10 RANGANNA



Eolas / Booking; Fón 083 0914719
ríomhphost / email; opt@muscraí.org

S20

STRAITÉIS 20 BLIAIN DON
GHAELIGE 2010-2030
Ár dTeanga, Ár bPobal



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Le Tacaíocht ó Oifigeach Pleanála Teanga Mhúscraí

RANGANNA CÓCAIREACHTA (TRÍ GHAELIGE)

COOKERY CLASSES THROUGH IRISH

LE SIOBHAN SHERIDAN

Áit - Scoil Mhuire
Béal Átha an Ghaorthaidh
6 Rang roimh an Nollaig



Táille/Cost €30 / 6 Rang
Registration/Clárúcáin 10/11/22
Eolas/Info; Fón 0830914719
ríomhphost/email; opt@muscraí.org

10/11/22
19.30- 21.00

S20

STRAITÉIS 20 BLIAIN DON
GHAELIGE 2010-2030
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Le Tacaíocht ó Oifigeach Pleanála Teanga Mhúscraí

Rambles in Eireann - Inisheer (Inis Oirr)

By PO'C

From my earliest childhood years I was always fascinated by three special things namely Football, Hurling and people who lived on the Islands off our coasts. Maybe it had something to do with the fact that the great Mick O'Connell has lived all his life on his beloved Valentia Island. He was special and different. He trained on his own, lived all his life with his close friends and neighbours and when he went to train and play for Kerry he had to "Row the Boat" ashore."

So when my daughter, who resides in London, said "Dad let's do something different this year - I have booked a short vacation on the Island of Inis Oirr," my heart as the song says "skipped a beat" and I was excited at the prospect of this adventure. From my school days with Maistir O Loingsigh at Scoil an Gurán Clondrohid I knew that the Aran Islands of Inis Mór, Inis Meáin and Inis Oirr were off the coast of Clare and in the territorial waters of Galway Bay. It was to prove a most enjoyable holiday. Collecting my daughter from Cork Airport to where she had flown from Stanstead which is on the outskirts of London, we travelled North through Mallow, Buttevant, Charleville and on to County Limerick all part of the Golden Vale. The new motorway allowed us to skirt around Limerick City through the Tunnel and onwards past the Cliffs of Dooneen and the beautiful landscape that is the west coast of Clare.

Soon we were on Doolin Pier and our trawler was far removed from the "lonesome boatman". The skipper regaled us with stories of his adventures with his Underage Soccer Squads. Before long his full contingent of enthusiastic holiday makers were on their way across the 8 kilometre passage to reach the pier of Inis Oirr and land safely on the island. The weather was beautiful and the scenery was fantastic as we jumped on our pre booked bicycles and embarked on our trip around this unspoiled place. The narrow twisty roads added to the mystique of the Island with its high limestone ditches enclosing the green pastures where the cows and calves grazed contentedly under the clear blue sky.

Inis Oirr is a small magical Gaeltacht Island off the mouth of Galway Bay. It is the most easterly of the three Aran Islands with close on 300 residents. To the North is Connemara, to the West is the wild Atlantic Ocean and on the South is the renowned Burren. It is sometimes the small things in the smallest places that have the most magical effect. The Island boasts of a spectacular landscape. The peace and tranquillity is enhanced by the beautiful but fragile language and culture of Inis Oirr where you can still hear the Irish language being spoken by locals daily. This special place contains stunning peaceful walks with amazing views of the Cliffs of Moher in Co Clare and the other Aran Islands. Visitors can spot the Kerry mountains to the South

on a clear day and generations of "Fr Ted" fans love to check out the "Plassey shipwreck" which looks out on the Burren. This is the rusted remains of a freighter that washed ashore in 1960, set on a rocky beach with scenic views.

The magnificent Fordurris Point Lighthouse is an active 19th Century building and a huge attraction. The ancient Cill Gobnait Church ruin is no doubt associated with our own local St Gobnait. She, we were told had been residing in Inis Oirr which she was visited upon by an Angel from Heaven and informed to build her Church where she came upon nine White Deer. Her journey eventually brought her to Clondrohid and finally to Ballyvourney.

With its white sandy beach, distinctive stone walls and excellent accommodation and eating options in the small main village, it is easy to understand why many people return to this unspoiled island year after year.

The Island has a School, Church, Football pitch, Shops, friendly Bars and Restaurants which cater for residents and visitors alike thus allowing it's very welcome guests to relax and enjoy their stay. All of the three Aran Islands combine to form their own Gaelic Football teams which compete successfully in the Galway League and Championship and of course in Comórtas Peile Na Gaeltachta. Being a GAA player on the Aran Islands is not exactly straightforward. Take for instance a typical match day. Players take the Ferry to the mainland at 10am and have breakfast. At 12noon they will do their warm up before the game throws in at 1pm. After the match the players will eventually get the Ferry back home at 6.30pm in the evening.

After a busy three hours cycle we came back to our excellent accommodation and completed the evening with a few drinks and lots of jovial entertainment. Musicians, singers and storytellers dropped in and a wonderful session passed all too quickly. We made a small contribution to the evening's entertainment and our poem "Miceál Mór" was well received. As we left the haunting sound of the tune "Inis Oirr" played on the Harp will remain long in my memory.

Next morning, after a hearty full Irish breakfast, we again took off for a cycle and a last look around the area. Following the return of our bikes to their owner we reluctantly began our return journey to the mainland with wonderful memories of an enchanting and very special experience.

Footnote: Inis Oirr is a hidden gem of unspoiled rugged beauty and well worth a visit. Eighteen months later in December 2017 as I proudly escorted my youngest daughter up the aisle on her Wedding Day, I shed a tear as I again listened to a harpist play that beautiful tune "Inis Oirr".

Nach lontach an tSaol í, Buíochas Mór le Dia nGlorra - It's a wonderful world.



The Lighthouse at Fordurris Point on Inisheer.



All set for cycle trip on Inisheer.



The Plassey shipwreck on Inisheer.



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Áit ? (where) - Ionad Dónal Ó Liatháin, Cúil Aodha
Am? - (time) 20.00

Date?(dáta) - Tue 15/11/22
5 classes before Christmas

Táille (Fee) - €25/5 Rang

Eolas (Info); fón 083 0914719
riomhphost (email); opt@muscraí.org

\$20

STRAITÉIS 20 BLIAIN DON
GHAELIGE 2010-2030
Ár dTeanga, Ár bPobal



Údarás na
Gaeltachta



Mhúscraí

Le Tacaíocht ó Oifigeach Pleanála Mhúscraí




RANGANNA GAEILGE COMHRÁ

CONVERSATIONAL IRISH CLASSES

LE CLODAGH NÍ DHUINNÍN

SCOIL MHUIRE
BÉAL ÁTHA AN GHAORTHAIDH

DÉARDAOIN / THUR 10/11/22
AM / TIME 19.30-2100
6 RANGANNA ROIMH AN NOLLAIG

TAILLE/COST € 30.00 / 6 RANG
REGISTRATION / CLÁRÚCHÁIN - 10/11/22

Eolas / Booking Fón 083 0914719
ríomhphost / email; opt@muscraí.org

\$20

STRAITÉIS 20 BLIAIN DON
GHAELIGE 2010-2030
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Commemoration for Volunteer Mick Cud O'Sullivan

There will be a commemoration at Kilquane Republican Plot, near Barradubh Killarney this coming Saturday 5th November at 3pm. Dr Tim Horgan author and historian will address a Commemoration to mark the one hundred year anniversary of the death of Volunteer Michael "Mick Cud" O'Sullivan who died in the fight against Free State Army forces.

Image right: Mick Cuds mother with the Kerry Brigade No 2 Commandant John Joe Rice. The picture was taken shortly after Mick Cuds death



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When.. → **Saturday 19th Nov**
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Is hosting an

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MEP KELLEHER ASKS CENTRAL BANK TO INVESTIGATE BANKS AND THEIR MORTGAGE SWITCHING PROCESSES

Fianna Fáil MEP Billy Kelleher has said it is very concerning that Irish banks are taking so long to process switcher mortgage applications, and that the Central Bank should investigate to ensure that all regulatory requirements are being adhered to, and that banks are not purposely dragging their feet to frustrate the process.

Kelleher, a member of the European Parliament's Economic and Monetary Affairs Committee, was commenting after it was reported in the national media that customers are being frustrated in their attempts to secure lower interest fixed term loans by processing delays in the banks.

"This really is not acceptable. Customers are rightly seeking to find lower interest rate loans for their homes and to reduce the impact of rate rises on their disposable income.

"Every month of a delay is a month of a higher interest repayment. That's money that should be in a customer's wallet rather than being given to a bank for interest.

"We need to find out who or what is slowing down the process. I can't imagine it's the new bank as they want new customers on their books as quickly as possible.

"The Central Bank of Ireland updated its mortgage switching rules in 2019 to try to ease the process and to encourage homeowners to consider mortgage switching. Under these rules, banks are required to give switchers all the information they need and be fully transparent on how long it will take.

"Only this month, the Central Bank announced a further review of these rules. Clearly there is a problem with mortgage switching in Ireland with just 1% of mortgage holders planning to switch this year according to a recent Daft mortgages report.

"Now is the time for a quick reaction from the Central Bank. Our mortgage market is lethargic and it's costing customers money.

"I will be writing to the Central Bank of Ireland's Consumer Protection Directorate requesting that they investigate this matter to determine whether

banks are respecting their duty to be transparent about the process and, more importantly, if they are being reasonable about how long it will take. I would request the Central Bank to remind banks of their obligations and duties to their customers.

"Home owners are under serious financial pressure right now. If someone finds a better, cheaper mortgage option, they need to have their applications processed and dealt with as quickly as possible. Every month counts in terms of money in people's pockets," concluded Kelleher.



Wheelchair for Hugo

Fundraiser is taking place on the 19th of November in The Pub Carriganima. Starting at 9:30pm. Music on the night by many talented musicians and singers including:

Peter Lane & Blackwater sound
Timjoe & Anne O'Riordan
Peader O Donovan
David Kelleher
Mike Sheehan & Shelia and many more

Raffle and spot prizes on the night
A wonderful night of entertainment guaranteed
Additional information: Hugo McQuaide a 5 year old young boy from Carriganima, Hugo is confined to a wheelchair and is in need of a new one, which is why we are raising money.



SNIPPETS | DIARY

Deadline: Monday before publication. **Email:** leevalleyoutlook@gmail.com

Rylane NS Fundraiser

On Sunday November 20th a Christmas Market will take place in Rylane NS school hall. This promises to be a wonderful event with stalls selling Christmas gifts, handmade crafts, fresh baking and much much more. Please come along and join us to start the festive season. For more information please email rylanenspa@gmail.com

RCPA (Rylane Community Park Association) Lotto results:

Oct 24th 2022 lotto results:
Winning numbers: 6, 21 & 39. Jackpot - €3,200
No winner.
Lucky Dips: John T. Roche (Coachford); Joan Kelleher (Rylane); Soccer Club (Rylane - yearly ticket); Jerry Keating (Rylane- online). Seller's prize: Crowleys (Rylane).

Next week's Jackpot will be €3,300.
Oct 17th 2022 lotto results:
Winning numbers: 12, 30 & 40. Jackpot - €3,100
No winner.
Lucky Dips: Orla Kelleher (Rylane); Liam & Helen Scannell (Rylane); Alan Browne (Rylane - yearly ticket); Eimear Kenneally (Rylane- online). Seller's

prize: Sheila O'Sullivan (Rylane).
Next week's Jackpot will be €3,200.

Macroom GAA Lotto Results:

25 October 2022
No Winner - €70. Pat Cregan, Coolyhane, Macroom. €20. Shelia Walsh, Carriganima, Macroom. €20. Maureen Foley, Moneycusker, Kilmichael. €20. Mgt Coackley, Inchigeela, €20. Con Kelleher, 24 Oakwood, Macroom. €20. Mary McSweeney, Chapel Cross, Macroom. Next Week's Jackpot €4000.
18 October 2022

No Winner - €70 Elaine Lynch, Sleaveen West, Macroom. €20. Colman Corrigan, Glen Park, Macroom. €20. Gerard Kelleher, Gortnalicka, Clondrohid. €20. Maria O'Shea, Castlecourt, Macroom. €20. Denise Cronin, Ardilaun, Macroom. €20. Jennifer Buckley, 8 An Gleann, Macroom. Next Week's Jackpot €3800

Coachford AFC Lotto Draw: 24/10/2022.

Jackpot: €3,000. Numbers Drawn: 25 - 27 - 28.
No Winner. €40 Damien O'Callaghan. €20 John O'Riordan (Yearly Ticket), Nora Ann Cotter, Lor & Anto, Natasha O'Connell (Online Ticket).

COFFEE MORNING

In aid of Radio Maria on the 4th November 2022 in The Parish Center Macroom at 10.45

COOLEA CHRISTMAS MARKET

Is on December 4th. 10am - 1pm.
Enquiries to Jean 0894170509/Mary 0876204781

Inchigeela Calendar 2023

Please send photos for next year's calendar to Inchigeelacalendar@gmail.com
All photos welcome, photos must be taken in Inchigeela in the last year, try to ensure file size is decent >1MB preferably 3MB, landscape orientation if possible. Proceeds go towards local historical project. Closing date mid November.



Lee Valley Enterprise Board

require a

PART TIME ADMINISTRATOR

Please forward your CV and cover letter by email to:

lventureboard@macroom.ie

or by post to:

LVEB, Macroom-e Business Centre, Bowl Road, Macroom by 25th November.



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- Purchase ledger, dealing with suppliers, invoice processing & schedule payments.
- Debtor's ledger, invoice processing, credit control.
- Lodgements, cashbook and a/c reconciliation.

Position may suit recent business/accounting graduate or candidate with accounts/admin experience looking for full or part time employment.

Skills & Requirements:

- A confident and warm manner with excellent communication skill,
- Microsoft Office skills including Excel and Word are essential.
- Organised, and flexible with the ability to multi task and strong attention to detail.
- Capable of working on own initiative and as part of a team.

CVs to:

darragholeary@olearyslissarda.ie



Bride Valley Walking group on charity walk at The Gearagh, in aid of Marymount Hospice



An old shop front sign, 'E. A. Brown' Macroom, any suggestions as to its origins would be welcome to leevalleyoutlook@macroom.ie



Cian Twomey, from Macroom Graduated BSc Industrial Physics



Dogs Trust



A New Home for Ukrainians? - The former Victoria/Terence/Penn Hotel. (C. Kelleher).



Autumnal scenes from Macroom's Castle Grounds. (C. Kelleher).



Autumnal scenes from Macroom's Castle Grounds. (C. Kelleher).



Autumnal scenes from Macroom's Castle Grounds. (C. Kelleher).



Séipéal Cuil-Aodha, ceiliúradh 150 bliain: An tAthair Séan Mac Cárthaigh agus an tEaspag Crean. pic le Nóra Uí Luasa.



Seosamh Ó'Críodáin, organiser and Garda Tom Daly, historian and speaker at the Macroom Garda Talk (C. Kelleher).



Fr. Con Murphy and Paddy Coakley whose parents were married in Toames church, on the same day 90 years ago. Pic John Kelleher.



Pictured at the S. M.A. Mass in the Abbey Hotel Ballyvourney. Pic. John Kelleher.



A Word of Victory

Welcome back dear student "Rise up, O God, and scatter Your enemies. Let those who hate God run for their lives. Blow them away like smoke. Melt them like wax in a fire. Let the wicked perish in the Presence of God. But let the godly rejoice. Let them be glad in God's Presence....filled with joy. Sing praises to God and to His Name! Sing loud praises to Him who rides the clouds. His Name is the Lord - rejoice in His Presence! A Father to the fatherless, a judge and protector of widows - this is God, whose dwelling is Holy. God places the lonely in families; He sets the prisoners free and gives them joy. But He makes the rebellious live in a sun-scorched land" (Psalms 68:1-6). For those who seek the Lord and live in obedience to His Word God assures that from His Presence flows joy, protection, provision and relationship.

The apostle Peter reminds believers that we are blessed by God as we are 'spiritually transformed (born again), renewed and set apart to a 'Living Hope' and confident assurance through the resurrection of Jesus Christ' (1st Peter 1:3). We have a Living Hope because Jesus is alive. Our flesh can look to man for help in times of trouble (looking to the mountains) but it's only from God that deliverance comes. "My help comes from the Lord - Who made heaven and earth. He will not allow your foot to slip. He who keeps you will not slumber" (Psalms 121:2-3). God sets the lonely in families. He brings help when we are in trouble. Shirley Valentine talked to the wall; Tom Hanks talked to a football. Neither of them ever got an answer from the object of their conversations. But when we pray to the Lord Jesus, God answers - because Jesus is Alive! God raised Him from the dead after He had taken our sin, sicknesses, shame and guilt as a guarantee that His Word is true and that He has power over sin, death and hell. This is the hope that we have - that God hears us and answers us (Psalm 91:15).

The Lord will deal with our enemies, and He will work out every situation once we hold on to the hope we have through faith (Hebrews 10:35). Jesus is our Redeemer. That means He will bring good out of bad situations. Sometimes it may feel like you are all alone - that there is no hope. Perhaps you have been told by doctors or bankers that your case is hopeless. Listen, "what is impossible with man is possible with God." (Luke 18:27). Others may mock you for your hope and faith in the Lord Jesus. More fool them. They may think your trust in God's love and promises are a fairytale. But they are the ones talking nonsense. And unless they repent on this side of the grave, they will unfortunately find out the truth too late. Friend, people may betray you or let you down, but God will not. When we know that our hope in God is valid, we live differently. Circumstances or disappointments won't rock us, because God is a very present help in trouble, therefore we will not fear (Psalms 46; Psalms 100:5). We can 'be still and know that He is God' and that He is good all the time!

Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

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



Check us out on Facebook.

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Macroom FC Notes

Munster Senior League Div 2, Macroom 3 Kilworth 2

The Seniors, sponsored by Murray's Bar, were back in league action against Kilworth in Murrayfield and emerged victorious in an excellent league encounter. The hosts got off to a flying start, Keith Holden slipped in Mark Corrigan who slotted home after 4 minutes. The chances kept coming, Dylan Twomey got in behind the Kilworth defence but he was unable to trouble the keeper with his effort. Darren Dineen also had a strike go just wide after cutting in from the left flank. The second goal finally came on 20 minutes. A super right wing cross from Daniel Buckley and Holden showed all his experience to loop a headed effort across the goal into the top corner. After a blistering start, there was a drop in intensity from Macroom. This allowed Kilworth back into the game and they pulled one back just before the interval, leaving it 2-1.

With the second half came the rain and the pitch conditions started to deteriorate making it a real battle and Kilworth levelled it up on 70 minutes when a good cross from the right was stabbed home from close range. Macroom kept plugging away in difficult conditions, substitutes Michael Fitton and Jack O' Donovan both had chances, O' Donovan scuffed his effort after some good build play and Fitton found space in the penalty area, but his decent effort wasn't enough to trouble the keeper. With a draw looking likely deep into injury time it was the evergreen Holden who got the winner. Dead ball specialist Craig Ronan delivered a fantastic corner and Holden rose highest to score from close range. A great battling performance and an excellent win for Macroom who are making steady improvements as the Munster Senior League season progresses.

CWSSL U15 league, Fermoy 1 Macroom 4.

Macroom U15 schoolgirls has an early start as they travelled to play Fermoy at their excellent new astro facility and collected a valuable 3 points. The visiting side started brightly with some accurate passing and Szonja Mora made the pressure count when she netted the opener. Macroom continued to press but in fairness were met by a resolute Fermoy defence. The home side then created a

couple of chances but were unable to level matters. Macroom then carved out some more half chances and Maisie Murphy's free kick came crashing back off the crossbar. Szonja Mora popped up to double the lead and it was 3-0 soon after. Fermoy to their credit kept plugging away and found a goal to leave the scoreline 3-1 to the visitors at half time. Macroom were comfortable enough in the second period with the 2-goal advantage never in danger and the points were wrapped up when a fourth goal arrived late on. This was a really big win for the girls and a fine response to the defeat in Youghal last week. It was also this team's first win in Fermoy after a number of previous attempts.

U16 Schoolgirls National Cup, Macroom 3 Riverside 3. Macroom won 4-2 on pens (aet).

Macroom took on Riverside, quarter finalists last season in a thriller of a game in Murrayfield and came out on top following a classic game and a penalty shoot-out. The home side took the lead early doors when the ball broke loose on the edge of the penalty box and Maisie Murphy whipped it into the top corner. Further chances were created but Macroom couldn't convert, and Riverside then equalized with a quick counterattack. This game was fast becoming a real traditional cup tie, where every challenge was contested, neither team gave an inch and both sides were fully focused on attacking football. Again, Macroom drove forward, and Mya O Sullivan expertly dispatched into the bottom corner. Players and spectators alike were then relieved to catch their breath following a terrific first half of football. The second half commenced and Macroom played good football in tough conditions but couldn't increase their lead due to a well organised Riverside rearguard. The visitors countered and got a corner which was expertly whipped in. This caused mayhem in the Macroom defence and ended up in the back of the net to make it 2-2. Then another quick counter from Riverside and they nearly took the lead but for Eimear Healy to thwart their striker coming off her line early with a wonderfully timed intervention. Macroom regrouped and again started to move the ball more quickly. The rewards followed when Lisa O' Donovan raced down the left flank, cut in and curled the ball beyond the keeper for a beautiful

goal. Riverside, to their credit, never gave up and battled for every ball and forced another corner at the death. Once more the inswinging corner fell loose and the ball was slotted into the back of the net to break Macroom hearts. Extra time followed. The hosts continued to probe, and an instinctive Murphy shot rocketed back of the crossbar. No one wanted to lose now, and it showed with players on both sides contesting every ball until the final whistle. Penalty kicks were the only way a winner could be found. Erin Kelleher, Lisa O' Donovan and Shauna O' Sullivan all scored for Macroom and keeper Eimear Healy made two fantastic saves. So Szonja Mora stepped forward, scored the decisive spot kick and Macroom are in the next round after a 4-2 shoot-out win. Well done to all involved from both sides in a fantastic game of football.

Recent Postponements

The poor weather of late has played havoc with fixtures with a large number of cancellations over recent weeks. This is certainly further evidence of the requirement for a full size Astro Pitch. Fundraising for this project along with a Community Walkway has received excellent support since its launch during the summer. Macroom FC wishes to sincerely thank all those who have contributed so far. It is hoped to build the Astro pitch and Walkway in 2023 and it will be a fantastic addition to the infrastructure of Macroom and the wider Lee Valley area. Further fundraising events are currently being planned. Support can be given by logging onto www.macroomfc.ie/astro-fundraising or by contacting club members Denis Murray 087 2941780, JJ Murphy 086 8434023, John Ronan 087 6458323 and James Neville 086 3843140.

Lotto Results

17/10/22. Jackpot: €9,000. Numbers drawn: 15, 29, 32. No Winner. €80: Daniel Fox Online. €20 each: Danny Twomey c/o Noel, Sheila Johnson c/o Lar's, Fionn, Ardan and Alex c/o Willie, Sean O' Connell c/o Lars.

24/10/22. Jackpot: €9,200. Numbers drawn: 11, 19, 27. No Winner. €80: Denis Murray. €20 each: Denis Noonan c/o Noel, Johnny and DD c/o Swanky, Katie Dineen c/o Evelyn, Roxanne O' Leary c/o Evelyn.

Bons Secours Hospital Cork County Football Championships

Premier Senior FC

Final: Nemo Rangers 1 - 16 St Finbarrs 2 - 9
Relegated: Newcestown

Senior A FC

Final: St Michaels 2 - 7 Knocknagree 0 - 6
Relegated: Bandon

Premier Intermediate FC

Final: Kanturk 3 - 11 Bantry Blues 1 - 10
Relegated: St Vincents

Intermediate A FC:

Final: Kilshannig 1 - 16 Aghabullogue 0 - 10
Relegated: Ballydesmond, St Nicks, Millstreet, St Finbarr's

Kilshannig 1-16 Aghabullogue 0-10

Kilshannig, County Junior Champions in 2019 (defeating Iveleary in the semi final 1-11 to 1-9 at Coachford), are County Intermediate A Football champions three years later as they deservedly defeated Aghabullogue in the Bons Secours Cork I AFC final at Páirc Uí Chaoimh. This was the third defeat in the intermediate football county final for Aghabullogue having previously lost to Grenagh in 2013 and to Cill na Martra in 2018.

The North Cork side gave an excellent performance and had too much of a physical advantage over Aghabullogue who fought to the last but were beaten by a better team on the day.

From the start, this was a high-quality game with strong tackling, played at a relentless pace and with outstanding accuracy from the forwards in a marvellously exciting first quarter.

Ciarán O'Sullivan had Kilshannig ahead after 16

seconds but John Corkery had Aghabullogue level just 60 seconds later. Kieran Twomey landed a 45 for the Avondhu side while David Thompson slotted over the only pointed free of the opening period for the Muskerry men.

Kilshannig began to display the greater power though, as good defensive work allowed them plenty of possession that Killian O'Hanlon, recovering from injury, Éanna O'Hanlon and Tom Cunningham were all able to profit from as they stretched into a 0-5 to 0-2 lead at the end of the first quarter.

Points in quick succession from John Corkery and David Thompson had Aghabullogue back to within one but gradually Kilshannig's greater physical presence began to tell with O'Hanlon and O'Sullivan on top at midfield while Eoin O'Sullivan was a constant thorn in Aghabullogue's side in



attack. Kilshannig tagged on three more points and they led 0-8 to 0-5 at the break.

Two further points increased the Kilshannig lead on the restart, and though Thompson and Paraic O'Sullivan soon cancelled those scores out, the decisive score of the game followed. Twomey tapped over a free to extend Kilshannig's lead to four before Conor McMahon fed Cunningham who in turn slipped the ball past John Buckley in the Aghabullogue goal to put his side in total control. Cunningham then added the next three points for Kilshannig while Cianan O'Sullivan kept the Aghabullogue scoreboard ticking over. The Mid Cork men needed a goal and when Evan O'Sullivan's shot went narrowly wide in the 52nd minute it was their last opportunity of getting back into contention.

Both sides added two points to their respective tally, David Thompson on the mark for Aghabullogue from frees but there was no doubt that it was Kilshannig's day, however, and few teams will want to meet them in the Premier Intermediate grade next year.

Aghabullogue scorers: D Thompson 0-6 (0-5 f), J Corkery 0-2, C O'Sullivan, P O'Sullivan 0-1 each.

Aghabullogue: John Buckley; Paul Dilworth, Shane Tarrant, Conor Smyth; Billy Casey, Paul Ring (c),

Denis Quinlan; Ryan Dennehy, Brian Dineen; Evan O'Sullivan, Mathew Bradley, Adam Murphy; John Corkery, Cianan O'Sullivan, David Thompson.

Subs: Páraic O'Sullivan 28, Niall Barry Murphy 42, Jack Murphy 54, Paudie Twomey 55.

AGHABULLOQUE LINE-UP

1	JOHN BUCKLEY	16	PAÍRÁIC O'SULLIVAN
2	PAUL DILWORTH	17	PÁRÁIC O'SULLIVAN
3	SHANE TARRANT	18	PAUDIE TWOMEY
4	CONOR SMYTH	19	NIALL BARRY-MURPHY
5	BILLY CASEY	20	JACK MURPHY
6	PAUL RING (C)	21	MICHAEL DENNEY
7	DENIS QUINLAN	22	KEONE CONROY
8	RYAN DENNEHY	23	NIALL BARRY-MURPHY
9	BRIAN DINEEN	24	TOM LANE
10	JOHN CORKERY	25	ADAM WHELAN
11	MATTHEW BRADLEY	26	STEPHEN HENNEY
12	ADAM MURPHY	27	JAMES FLYNN
13	DAVID THOMPSON	28	NIALL BARRY-MURPHY
14	EVAN O'SULLIVAN	29	DEAN BUCKLEY
15	CIANAN O'SULLIVAN	30	TADG BRADLEY
		31	JACK O'HEY
		32	CHRIS BRUCE
		33	DAVID BRUCE
		34	PÁRÁIC O'CONNELL
		35	DEAN BARRY-MURPHY

MANAGEMENT TEAM
 NIAL BARRY O'LEARY - MANAGER
 NICKY O'NEILL - ASSISTANT MANAGER
 JOHN O'NEILL - ASSISTANT MANAGER
 NICKY O'NEILL - ASSISTANT MANAGER



Aghabullogue Intermediate Football team from County IAFC finals

County Junior Football Championship

Quarter Final Results:

A Kilmurry 2-10 St James, Ardfield 2-7

B Kinsale 1-9 Urhan 3-9

C Cullen 0-5 Cobh 1-5

D St Michael's (Blackrock) 1-4 Buttevant 3-9

Semi Finals:

Kilmurry 1-10 Urhan 1-6

Cobh 2-7 Buttevant 0-9

County Final:

Cobh v Kilmurry, November 13th.

Kilmurry 1-10 Urhan 1-6

Kilmurry qualified for a first county final appearance since 2012 thanks to a marvellous first half performance against Urhan in the county junior football semi final at Bantry. The wind had a big part to play in the result as it was very strong and Urhan elected to play against it in the first half. They were severely punished for this decision as they conceded a goal after five minutes and, having been held scoreless, found themselves 1-7 to 0-0 adrift at half time.

Liam Wall had a point for Kilmurry within a minute of the throw in and ace goal poacher Pádraig Berhanu struck in superb fashion for Kilmurry's goal as early as the 5th minute to give the Mid Cork champions a massive boost.

Utilising a strong wind and with the midfield pairing Kyle Kelleher and James O'Mullane dominating, Kilmurry attackers got a plentiful supply of quality ball and the scores continued to flow. Dave McCarthy had a point in the 12th minute, James O'Mullane added another a minute later to make it 1-3 to nil at the end of the first quarter. Urhan were struggling to contain the winners and Liam Wall and Js O'Mullane had added a point apiece by the 20th minute. In the 25th minute Wall kicked over his third point and Tomás Collins tacked on another before the break, all the while Urhan unable to break down the Kilmurry defence. Kilmurry led by 1-7 to 0-0 at half time and while not assured of victory yet given the strength of the wind, were in a good position nonetheless with a lead of ten points.

Urhan improved in the second half but the Kilmurry defence remained very tight and hard working and the goal Urhan needed to spark a revival did not come until very late in the game. Tomás Collins had a point for Kilmurry in the 36th minute in reply to an opening point for the Bearmen, Urhan had two more in reply, 1-8 to 0-3 at the three quarter stage. James O'Mullane pointed for Kilmurry but Urhan got a goal from a penalty, 1-9 to 1-5 with time almost up and Tomás Collins fired over another to steady Kilmurry before the Urhan men finished with a point.

Kilmurry scorers: P Berhanu 1-0, L Wall, Js O'Mullane and T Collins 0-3 each, D McCarthy 0-1

Kilmurry: Jason McDonnell; Gearóid O'Mahony, Kevin Barrett, Fionn Warren; Brian Hinchion, William Ronan, Tomas Collins; Kyle Kelleher, James O'Mullane; Rory Duggan, Lawrence Aisling, Liam Wall; Paudie Hinchion, Dave McCarthy, Pádraig Berhanu. Subs: John O'Mullane, Daniel Cahalane, William Buckley, Jonathan Buckley.



2012 County Junior Final

Kilmurry 0-7 Rockchapel 1-4

Mid Cork Junior Football champions, Kilmurry are still on track to take the county title after two late points earned them a deserved draw in the final at Pairc Ui Rinn. Rockchapel were the bookies favourites to take the crown and they had a perfect start with a point followed by a goal inside the opening four minutes. Kilmurry then battled their way back into contention and they

led by a point at half time having denied 'the Rock' any further scores in the that first half. It was the Duhallow champions who dominated the second half however and Kilmurry went scoreless until the 53rd minute by which stage they had fallen two points in arrears. James White's point cut the deficit to the minimum and a point from a William Buckley free in the 57th minute levelled the scores and ensured that the teams would have to meet

again to decide where the 2012 title goes and who plays in the intermediate championship next year. Kilmurry: Pat O'Callaghan: William Barrett, Kevin Barrett, Eoin Barrett: Liam Long, David O'Leary, Ian Murphy: James White, Eoin Creedon: Dominick Creedon, David O'Halloran, Jonathan Buckley: Greg Barrett, James Kelleher, William Buckley. Subs: Alan O'Sullivan (34th min), Jason McDonnell(42), Finbarr Crowley (45) and Pat O'Sullivan (50).

2012 County Junior Football Final Replay

Kilmurry 0-7 Rockchapel 1-7

There was to be no happy ending to the 2012 Kilmurry march to glory at Pairc Ui Rinn as the Mid Cork champions went under to Rockchapel in the replay of the county final. Kilmurry may have some regrets about the outcome and think of what might have been, but they were beaten by the better team on the day after Kilmurry had given gave it their all in the best traditions of the club. Their season has been one of immense achievement and they over came earlier setbacks on the way to their Mid Cork title win like losing Liam Buckley and Stephen Down to emigration. Kilmurry had to line out without injured goalkeeper Pat O'Callaghan and more recent exile wing forward Dominick Creedon for this replay but they remained in contention all the way to the finish. Coach/Manager Sean Murphy and his fellow selectors Ray O'Sullivan, Pat Clifford, and Johnny O'Leary can be proud of what was achieved.

Kilmurry opened brilliantly with a point from

William Buckley free in the 6th minute, another from Pat O'Sullivan two minutes later and a third from another Buckley free in the 10th minute with no reply as yet from 'The Rock'. Rockchapel had their opening point in the 16th minute and followed immediately with a second and drew level two minutes later as their play improved. There was to be only one more point in the first half and that came three minute from the interval for The Rock. Kilmurry did have their chances in this period and will regret some wides from play and from frees and also better options could possibly have been taken when in possession. Rockchapel thus led by 0-4 to 0-3 at the break and worryingly Kilmurry had not scored since the 10th minute.

James White gave Kilmurry, now aided by the wind, a great boost on the restart with a superb point to level matters after three minutes and they then hit the front with a point from William Buckley. Kilmurry lost Greg Barrett to injury and Rockchapel struck for the decisive only goal

of the game in the 42nd minute and they now enjoyed a two point lead in a game where scores were hard to come by. They had a goal lead in the 50th minute when they added a point to their tally but back came Kilmurry with a point from William Buckley in the 54th minute. Rockchapel replied immediately with another point but Kilmurry had not given up the chase and Paudie O'Connell sent over the Rockchapel bar in the 58th minute to again leave two points between the teams. A Rockchapel point a minute later reopened the one-goal gap and try as they would Kilmurry could not get the goal to force another draw as Rockchapel defended in numbers.

Kilmurry: Jason McDonnell: William Barrett, Kevin Barrett, Eoin Barrett: Liam Long, David O'Leary, Ian Murphy: James White, Eoin Creedon: Pat O'Sullivan, David O'Halloran, Jonathan Buckley: Greg Barrett, James Kelleher, William Buckley. Subs: Alan O'Sullivan (36 mins.), Finbarr Crowley (46) and Paudie O'Connell (55).

Co-op Superstores Cork County Hurling Championships

Premier Senior Hurling Championship

Final: St Finbarrs 2-14 Blackrock 1-7

Relegated: Na Piarasigh

Senior A Hurling

Final: Fr O'Neil's 0-20 Courneys 2-12

Relegated: Ballymartle

Premier Intermediate HC:

Final: Inniscarra 1-12 Castlemartyr 0-15 - a draw.

Replay: Inniscarra 3-12 Castlemartyr 1-17

Relegated: Youghal relegated

Inniscarra 3-12 Castlemartyr 1-17

Inniscarra took the County Premier Intermediate Hurling title and gained promotion to Senior A ranks for next season with a sensational last gasp goal giving them victory over Dungourney. Long serving Colm Casey was the Inniscarra hero, his 65th-minute goal turning impending defeat into glorious victory in the final replay at Páirc Uí Chaoimh.

In a replay that can only be described as truly memorable, it came down to the last puck of the ball. The two final games have since been described as 'the Hurling games of the year in Cork'.

There was one change to the Inniscarra line up with Pádraig Holland, introduced in the drawn

match, continuing in attack. What an inspired decision this proved to be, as Holland finished with 1-3 and the Man of the Match gong.

The explosive start to the game set the tone for what followed, with three great goals in the opening quarter.

Inniscarra were quickly into their stride and had two points on the board from Eoin McCarthy and Colm Casey before Castlemartyr struck for their opening score, a brilliant individual goal in the seventh minute. Inniscarra got a goal of their own two minutes later through David O'Keefe, Sean O'Donoghue's pass making the opportunity. The Muskerry men remained on top, Pádraig Holland finding the net in the 14th minute taking a long clearance from Andrew McCarthy, 2-2 to 1-1 after quarter of an hour.

Inniscarra with points from Sean O'Donoghue and Eoin McCarthy extended their lead, 2-4 to 1-1. Castlemartyr narrowed the gap, but Inniscarra remained on top and led at the break, 2-6 to 1-5.

Pádraig Holland had a point on the resumption but East Cork men slotted five unanswered to achieve parity, 1-10 to 2-7 by the 40th minute. Both goalkeepers were immense, as the scoreboard remained deadlocked in the 50th minute, 2-10 to 1-13.

Owen McCarthy and Kieran Rice edged Inniscarra back in front but wing-back James Lawton upset their rhythm with a fine point to leave just one in it with five minutes remaining,

2-12 to 1-14.

When Joe Stack was fouled as he burst through on goal, referee Colm Lyons had no hesitation in awarding a penalty. Up stepped Barry Lawton and his well-struck shot was saved magnificently by a diving John O'Keefe, the sliotar going over the bar. Castlemartyr were on a roll and supplied the next two points to move ahead by two points meaning Inniscarra had to go for goal and in fairy tale fashion Casey after forcing a 65 was on the spot to lash the sliotar to the net when the ball came across from the left with the second last puck of the game.

Scorers for Inniscarra: P Holland 1-3, O McCarthy 0-5 (0-4 f), C Casey 1-1, D O'Keefe 1-0, S O'Donoghue, F O'Leary, K Rice 0-1 each.

Inniscarra: John O'Keefe; David Keane, Bryan O'Mahony, Jack O'Sullivan; Andrew McCarthy, Liam Ryan, Seán Sheehan; Joseph Enright, Jack Harrington; Colm Casey, Seán O'Donoghue, Fergal O'Leary; David O'Keefe, Pádraig Holland, Owen McCarthy.

Subs: John O'Callaghan 39, Kieran Rice 42

Intermediate A HC:

Final: Dungourney 1-16 Cloughduv 0-13

Relegated: Meelin

Premier Junior HC:

Final: Ballygiblin 2-19 Tracton 1-12

Relegated: Dripsey



MJK OILS - Mid Cork Junior Hurling Championship Semi Finals:

Ballinora 4 - 14 Inniscarra 2 - 9
Grenagh 1 - 16 Éire Óg 1 - 11

Final:

Ballinora 0-16 Grenagh 0-11

County semi Final: Ballinora v Nemo Rangers/
Éirins Own

Ballinora 0 - 16 Grenagh 0 - 11

Ballinora retained their MJK Oils Mid Cork junior hurling championship crown, taking the divisional title for the eighth time in all, with a deserved victory over dogged Grenagh at Ovens in a Sunday evening game under lights. Ballinora were pre match favourites and justified their rating but Grenagh, relegated from intermediate last season and appearing in their first Mid Cork final since 2013, made the champions earn their title with a spirited challenge which made for a most entertaining game for the fine attendance. Ballinora were never led in this contest, but only two points separated the sides at half time, three at the three quarter stage and it was not until the final ten minutes that Ballinora at last managed to put sufficient daylight between the sides to make victory assured.

Weather and ground conditions at Ovens were excellent as referee Jim McEvoy got proceedings under way. Liam Lyons had Ballinora in front after less than a minute, Seamus Cronin had Grenagh level a minute later. Ballinora were forcing the pace but could never shake off the Grenagh challenge. James Byrne edged Ballinora back in front, Grenagh missed a golden goal opportunity, and Kevin Murphy doubled the Ballinora advantage with a sweet point in the 8th minute. Ballinora were being made aware that they had a real contest on their hands but in fairness to them they were prepared to join battle and a rousing contest ensued.

Liam Lyons pointed a free in the 13th minute and after receiving a precision cross-field pass from Kingston a minute later, shot another point from play and Ballinora were four clear, 0-5 to 0-1 as the opening quarter ended.

Seán Joyce, hero of the Grenagh semi final win over Éire Óg, pointed a long range free in the 16th minute, Ballinora hit back with a brace, Shane Kingston and then Alan O'Shea each availing of quick deliveries in to gain possession and clip over points. Joyce pointed another Grenagh free in the 23rd minute, added another from play a minute later and had another from



Ballinora - MJK Oils Mid Cork Junior Hurling Champions 2022

a free in the 28th minute to reduce the gap to two points, 0-7 to 0-5. Liam Lyons eased the situation for Ballinora with a point from play in the 29th minute but back came Grenagh with a point from a Seán Joyce free to leave only two points between the teams at half time, Ballinora leading by 0-8 to 0-6.

On the restart, wing back Liam Walsh struck over a marvellous point for Grenagh, Shane Kingston striking a quick reply to maintain the Ballinora lead. Grenagh again cut the gap to a single point from a long range Joyce free, Liam Lyons pointed a free for Ballinora in reply but back came Grenagh and again Joyce pointed a free, 0-10 to 0-9 in the 39th minute. It was an absorbing contest and Ballinora began to show their experience and growing maturity with the manner in which they were responding to the Grenagh challenge. The Ballinora defence was rock solid under sustained pressure with James Lordan and Patrick Cronin magnificent, James Byrne and Neil Lordan were tireless workers at midfield and up front Liam Lyons was lethal from placed balls and along with Darragh Holmes and Shane Kingston was willing to graft hard to win possession. Neil Lordan took a pass from Alan O'Shea and struck over a Ballinora point in the 41st minute, Kingston was fouled and Lyons pointed the resultant free and at the three quarter mark the difference between the teams stood at three points, 0-12 to 0-9.

Centrefielder Neil Lordan took his second point for Ballinora in the 46th minute to open up a four point gap but back came the Grenagh reply from the stick of Seamus Cronin two minutes later. Ballinora had a vital point in the 51st minute to

go four clear, Liam Lyons setting up the chance for Shane Kingston and Lyons himself then pointed a long range free to increase the lead. Grenagh now clearly needed a goal to get back in contention but the next score came from the stick of Man Of The Match Liam Lyons from a free out on the right wing in the 57th minute. Grenagh battled on and were rewarded with the final score of the game, their ace fee taker Seán Joyce taking his seventh from placed balls in injury time.

Ballinora: Scorers: L Lyons 0-8 (0-5f), S Kingston 0-3, N Lordan 0-2, J Byrne, A O'Shea and K Murphy 0-1 each. Grenagh: S Joyce 0-8 (0-7f), S Cronin 0-2, L Walsh 0-1.

Ballinora: Barry Crowley: Kevin O'Regan, James Lordan, Ronan Barrow: Mike Lordan, Patrick Cronin, Darragh Crowley: James Byrne, Neil Lordan: Brian Murphy, Darragh Holmes, Liam Lyons: Alan O'Shea, Shane Kingston, Kevin Murphy. Subs: Tommy Burns 45, James Keohane 51, David Fitton 58.

Grenagh: James Walsh: Morgan McSweeney, Kelvin Cummins, Alex Kiely: Peter McSweeney, Paul BarryMurphy, Liam Walsh: Ted Twomey, Kevin O'Neill: Ultan Duggan, Darragh Kenny, Seán Joyce: David Coleman, Seamus Cronin, Christopher Buckley. Subs: Dara O'Shea 47, Michael White 55, Brian Walsh 51.

Referee: Jim McEvoy, Blarney
Ballinora now await either city champions Nemo Rangers or the Imokilly standard bearers Éirins Own in the county semi final.



Presentation of Man Of Match Award to Ballinora's Liam Lyons by Brian O'Donovan and Ger Kelleher, MJK Oils, sponsors



Presentation of Championship Cup to Ballinora captain Patrick Cronin: L to R; Ed Warren, Leas Cathaoirleach Mid Cork Board, Brian O'Donovan, MJK Oils sponsors, John Feeney Cathaoirleach Mid Cork Board, Patrick Cronin Captain Ballinora, Gerard Kelleher, MJK Oils, sponsors.



Camogie - SE SYSTEMS County Senior Camogie Championship final

Seandún 2-16 Sarsfields 1-17

A PULSATING second half in the SE Systems Senior Camogie final saw Seandún hanging in to win by two points in what was an outstanding senior final in Castle Road refereed by Ger Ahern of Cloughduv.

SE Systems Intermediate County Championship final:

Aghabullogue 1-11 Blackrock 2-8 - a draw

Replay:

Aghabullogue 2 - 17 (23) Blackrock 3 - 13 (22) aet

Blackrock 2-8 Aghabullogue 1-11

A dramatic finish ended with honours even as in the seventh minute of injury time Aghabullogue's Cliona Healy slotted over a free to send this SE Systems Intermediate Camogie final to a replay.

Leading by eight points three minutes into the second half Blackrock will wonder how they didn't finish the job, but tremendous Aghabullogue character saw them outscore their city opponents by 1-7 to 0-2 for the remainder of the game.

In a low-scoring first half, both defences did extremely well. Blackrock were creating the most opportunities, but Aghabullogue's Miriam Cotter, Meadhb Ring and Katie McCarthy were working their socks off to push them back.

Ten minutes in Bronagh O'Shaughnessy got Blackrock's first goal, in slippery conditions, a melee ensued and O'Shaughnessy got a touch to sneak it inside the post.

Blackrock looked to be slightly better with Aghabullogue's attacks sporadic, shots going wide of the post due to strong Blackrock defending, and not really threatening goal. O'Shaughnessy passed to Katelyn Hickey and from thirty yards she drove her shot low and hard into the net to give Blackrock a six-point lead. Healy scored her fourth point to leave it 2-3 to 0-4 at the break.

What a start for Blackrock in the second half. Hickey pointed a free, Hayley Ryan scored a lovely point from the wing before converting a free to really put Blackrock in the driving seat.

In wet, slippery conditions the title was tilting strongly in Blackrock's direction but after Ciara McCarthy goaled on 37 minutes for Aghabullogue, the fightback was on. A free-in led to a goalmouth scramble and a penalty and McCarthy drove the ball for the left corner and into the net. Kate Lenaghan replied for Blackrock which took the sting out of the goal, but Kelly Honohan and Cliona Healy (free) came back.

Aghabullogue weren't going to lose their third final in a row without a fight. Erin Curtin pointed for Blackrock with 13 minutes remaining but that was to be their last score of the day as Healy became the saviour for Aghabullogue. Two converted frees, an Emma Flanagan point, Healy (f) again as both sides fought for possession. As the clock ticked down, it looked as if Blackrock would just scrape home.

Aghabullogue won a free on 64 minutes but it fell short and the ball was cleared. Another free, the angle wasn't easy but Healy pointed and the final whistle sounded.

Aghabullogue scorers: C Healy 0-9 (0-6 f, 0-1 45), C McCarthy 1-0(pen), K Honohan, E Flanagan 0-1 each.

Aghabullogue: Nicola Moynihan; Erin O'Connell,



Aghabullogue Camogie Intermediate County Champions 2022



Aghabullogue Camogie Captain Ciara McCarthy receiving the cup

Miriam Cotter, Bríd Cotter; Meadhbh Ring, Katie McCarthy, Aoife Barrett; Ella Foley, Rachel Barrett; Aoife Twomey, Ciara McCarthy, Julie Tarrant; Cliona Healy, Emma Flanagan, Kelly Honohan.

Subs: Ella Curtin and Joanne Crowley both h/t, Erin O'Shea 40.

Co Final Replay:

Aghabullogue 2-17 Blackrock 3-13 AET

A thriller in Ovens saw Aghabullogue crowned SE Systems Cork intermediate camogie champions by a single point. They were forced to dig deep in this epic replay, as both themselves and Blackrock served up a magnificent spectacle.

In a nail-biting finale in front of a big crowd, Cork star Cliona Healy swung over the winning point from out the right wing in the dying moments of extra-time. It led to scenes of unbelievable joy, as senior camogie beckons in 2023. It was a fitting end to a marvellous afternoon for 22-year-old Healy who finished with 1-11 and an extra-special victory for the mid-Cork side as they lost the last two finals - including the 2021 decider to Fr O'Neill's by a solitary point.

Level eight times during regulation (2-11 each), it was Anne O'Farrell's goal in the first period of extra-time that put Blackrock ahead by the minimum, 3-12 to 2-14.

But there was a push left in Aghabullogue. Ciara McCarthy achieved parity before a Healy free edged her side in front. Katelyn Hickey's fifth placed ball levelled matters again.

And when it appeared the contest would be heading for extra, extra-time, Healy took on a difficult shot for the winner.

Spare a thought for Blackrock who suffered a heart breaking defeat for Blackrock after performing magnificently. Even though they fell four points



Aghabullogue Camogie player Cliona Healy receiving her award as player of the Match

to one behind, with the wind they drew level on the quarter hour mark, but when Cliona Healy found the net on the approach to half-time after an excellent line ball from Ella Foley, Aghabullogue led 1-5 to 0-6. There was still time for Erin Curtin to shoot a Blackrock goal, despite Nicola Moynihan pulling off a brilliant save at the first attempt, to lead at the half-way mark, 1-7 to 1-6.

The second-half started with a bang! First, the outstanding Aoife Barrett goaled from a Healy delivery. A couple of minutes later, danger woman Ryan pegged one back for Blackrock, 2-7 apiece.

The teams were tied four more times in a pulsating fourth quarter and it took a huge Ella Foley free to force extra-time at 2-11 each.

Anna Farrell swung the game back in Blackrock's favour, sending a ground shot to the net but Aghabullogue fired over two points, Emma Flanagan and Healy again to the fore. Blackrock led at halftime in extra time, 3-12 to 2-14.

A Ciara McCarthy point and a Healy free put Aghabullogue back ahead. Rockies hit back once more, pointing a long-range free and Blackrock struck the upright in their next attack.

Cliona Healy then landed what turned out to be the winner.

Scorers for Aghabullogue: C Healy 1-11 (0-8 f, 0-1 45), A Barrett 1-1, E Foley 0-2 (f), K McCarthy, C McCarthy and E Flanagan 0-1 each.

Aghabullogue: Nicola Moynihan; Erin O'Shea, Miriam Cotter, Bríd Cotter; Meadhbh Ring, Katie McCarthy (Capt), Ella Curtin; Ella Foley, Rachel Barrett; Joanne Crowley, Ciara McCarthy, Aoife Barrett; Cliona Healy, Emma Flanagan, Kelly Honohan. Subs: Ellie Buckley and Anna Foley, both on 60, Erin O'Connell 15 in xt.



Ballincollig Credit Union

Mid Cork Junior B Football Championship

Final: Blarney 3-10 Inniscarra 0-4

A tired Inniscarra, two days after their Premier Intermediate Hurling triumph were no match for a fresh Blarney at Ovens.

County JBFC quarter final:

Blarney 2-8 Kilmeen 1-11 - after extra time Blarney won 4-3 on penalties

A penalty shoot-out decided this county JBFC at Ovens. The teams finished normal time level at 2-7 to 1-10 and each added a point to their scores in extra time so the sides had to face a penalty shoot out to decide who would advance. Penalty shoot-outs, 5 kicks each, are nail-biting affairs. It was 1-1 after two kicks each, Blarney took the lead after the third round, and still held their lead after round four. When Kilmeen drew level at 0-3 each with their last kick it all depended on Blarney's Seán Crowley and his effort left the goalie stranded and Blarney

rejoicing as the ball hit the net. Shane Jordan was another hero, saving the first Kilmeen penalty to give his side the early boost.

Scorers: Blarney: K Costelloe 1-1, C Barrett 1-0, A McEvoy 0-4 (0-3f), Ds McSweeney, S Crowley, S Barrett 0-1 each. Penalty scorers: A McEvoy, Ds McSweeney, Stephen Mullane, Seán Crowley. Blarney: Brian O'Sullivan: David Lordan, Stephen Mullane, Brendan Halihan: Shane Barrett, Paul O'Connor, Vincent O'Mahony: Conor Foley, Olan Hegarty: Ray O'Donovan, Keith Costelloe, Denis McSweeney: Cian Barrett, Alan McEvoy, Cathal Hegarty. Subs: Shane Jordan ht, Sean Crowley, Mark O'Leary, Dan Quill, Kelvin Dunlea, Ciarán Sexton.

Rochestown Park Hotel Mid Cork Junior C Football Championship

Aghinagh 7-12 Kilmichael 2-4

Quarter Finals:

Donoughmore 3-18 Ballincollig 3-8
Grenagh 0-4 Béal Átha'n Ghaorthaidh 1-13

Clondrohid 0-7 Aghinagh 2-11
Dripsey 3-10 Inniscarra 0-11

Oriel House Mid Cork Junior B Hurling Championship

Final: Inniscarra 1-10 Blarney 1-7

Special JBH Plate Competition:

Laochra Óg 0-8 Grenagh 1-6
Plate Final: Gleann na Laoi v Grenagh

Ladies Gaelic Football - LGFA - Munster Junior Championship

Naomh Abán 2-10 Comeragh Rangers 0-6

NAOMH Abán are through to the Munster Ladies Football Junior Championship final after their win over Comeragh Rangers in Tipperary. Due to their own pitch being unplayable the Waterford champions had to give up home advantage but on the day they were beaten by a stronger side. Naomh Abán enjoyed the better of the exchanges in the first half and led by four points at half-time, but Comeragh came back at them early in the second half but found it difficult to reduce the deficit below a three-point difference. The sin-binning of a player in the 47th minute could have swung it in Comeragh's favour but Naomh Abán didn't let it upset them and when Lydia McDonagh's goal put six between the sides there was only going to be one winner.

McDonagh was outstanding all through and finished with 2-5. Muireann Dineen rock-solid at full-back, Rosie Corkery also impressed in defence, Grainne Lucey and Amy McDonagh worked tirelessly at midfield, Grace Murphy and Colleen Phelan prominent in attack.

The game was just 20 seconds old when McDonagh got her first of the afternoon and a minute later she added a second white flag. Naomh Abán led 0-5 to 0-1 at half-time and with 45 minutes gone they were leading by 0-8 to 0-4. Two minutes later they were down to 14 Naomh Abán they didn't let it bother them as a sweeping move, involving Maher and Allanagh Hoare, put McDonagh through on goal and she gave Cailin Power no chance of saving, making it 1-8 to 0-5. Comeragh had a player sent to the

bin on 53, making it 14 apiece and with three minutes to go Naomh Abán got their second goal, this time Maher setting up McDonagh. Scorers for Naomh Abán: L McDonagh 2-5, G Murphy 0-2 (0-1 f), A Maher, J Kelly, G Lucey 0-1 each.

Naomh Abán: L Hughes; U Twohig, M Dineen, A Creedon; E Kelly, R Corkery, M E Kelliher; A McDonagh, G Lucey; A Hoare, E Murphy, C Phelan; A Maher, L McDonagh, G Murphy. Subs: J Kelly ht, C Murphy 40, L O'Brien 51, N Murphy 58.

Boxing

Cork's Christina Desmond Desmond enjoyed an incredible week making it all the way to the European finals in Montenegro and in spite of facing a tough prospect in the shape of Armenian Ani Hovsepyan, the southpaw put in an impressive performance before missing out on light middleweight gold medal on a split decision

Having excelled against Swedish opponent Malena Hede, the Cill na Martra native delivered again, this time overcoming Italian Melissa Gemini in the light middleweight 70kg category to qualify for the final.

The Waterford based Garda previously secured a bronze medal in 2016 in the middleweight division but was only called up to travel to this championships as a replacement for the injured Lisa O'Rourke.

Christina Desmond has been flying the Cork boxing flag since first emerging as a promising fighter with Macroom BC and then training at Fr Horgan's. She's a former Youth Olympian, multiple Irish title holder and now a two-time European bronze medalist.

Earlier this year, Desmond returned with the golden belt after a very prestigious international

tournament in Romania. It was a major boost for the Leesider, whose career was heavily impacted by the Covid pandemic and the restrictions on indoor sports.

While Cork's Christina Desmond and Belfast native Caitlin Fryers settled for silver as they lost their deciding bouts, the final tally of three golds, a pair of silvers and two further bronze medals mark this as the most successful major championships for any Irish team.

Cloughdub N.S. - Sciath na Scol final

The boys football team from Cloughdub N.S. claimed the Allianz DF7 Football title in Páirc Uí

Chaoimh with a win over Canovee. It was a very exciting and close game between 2 well matched

teams. The final score was Cloughdub 2-3 to Canovee 1-5.



Ten Years Ago - 2012

County Senior Hurling Championship Final:

Sarsfields 1-15 Bishopstown 1-13

Premier Intermediate Hurling Championship Final

Ballinhassig 1-19 Bandon 1-15

Intermediate Hurling Championship

Final: Kilworth 2-15 Kanturk 2-13

Senior Football Championship

Final: Duhallow v Castlehaven -

Premier Intermediate Football Championship

Final: St Vincents v St Michaels

Intermediate Football Championship

County Final

Castletownbere 1-12 ÉIRE ÓG 0-13

Eire Og were strong favourites to lift their first ever County Intermediate Football title when they met Castletownbere in the final at Pairc Ui Rinn but the Beara men, appearing in their second successive final, atoned for last year's disappointment and deservedly took the title, their first success after five final defeats over the past 22 years. They came into the final unheralded with the spotlight on the Mid Cork men who had Cork All Ireland medal winners Ciaran Sheehan and Daniel Goulding in their attack. Early points from Ciaran Sheehan, Daniel Goulding and John Dineen had Eire Og in a three point lead in the opening ten minutes. Back came Castletown with five points in quick succession to lead by 0-5 to 0-3 by the end of the first quarter but two points from Daniel Goulding, one a free, the other from a '45', had the sides level in the 17th minute. Castletown captain Alan O'Regan then punched a point but Alan O'Mahony had a point for Eire Óg to level matters in the 29th minute and in injury time Daniel Goulding pointed a free to put his side 0-7 to 0-6 in front at half time.

Alan O'Regan had a 'Town point to level on the restart and was then a central figure in the games defining moment in the 4th minute. Castletown midfielder Dave Fenton sent a long ball into the Eire Óg goalmouth, O'Regan got possession and was fouled and a penalty was awarded. Andrew O'Sullivan lashed the spot kick to the net and when he followed on with a point from a '45' in the 38th minute the Beara men were four point clear, 1-8 to 0-7 and a surprise began to appear possible. Back came Eire Og with a point from Daniel Goulding, his fifth, and Castletown were reduced to 14 men when they had a forward red carded after receiving two earlier yellows. Daniel Goulding had a superb point from a long range free and at the three quarter mark pointed from play to leave only a point between the teams and it was now anybody's game. In the 48th minute the teams were level when Ciarán Sheehan won possession at midfield and parted to Kevin Hallissey who kicked over and Eire Og hopes soared once again.

Castletown dug deep however and Alan O'Regan put them back in front from a 53rd minute free and they followed up with two further points to lead by three with five minutes remaining. Aidan O'Connor had a point for Eire Óg in the 57th minute, and two minutes later Kevin Hallissey cut the deficit to a single point after taking a pass from Dineen. As the game went into two minutes of injury time Eire Óg kicked a wide and then Castletown broke up field and their wing back kicked over a point to ease their situation.

Eire Og: Joseph Kelleher: Ronan Dennehy, Cian O'Mahony, Shane McCarthy: Mike O'Shea, Alan O'Mahony, Eanna Lowney: Liam Murphy, Ciaran Sheehan: Aidan O'Connor, Paul McDonagh, Kevin Hallissey: Daniel Goulding, Dermot O'Herlihy, John Dineen. Subs; Dan O'Connor (half time), Philip O'Sullivan (50 mins), Brian Darcy O'Sullivan (57 mins.)

2012 County Junior Football Championship

Semi final: Kilmurry 2-12 Ballyclough 1-10

Kilmurry junior footballers are back in the County Final for the first time since 1986, the year they won the title and gained promotion before they went on to have a fairly successful run in Intermediate ranks before regrading to junior ten years ago. This year's Mid Cork success was their first divisional title win since 1986 and the Muskerry champions are now after progressing to the county final with two further victories, this latest over Ballyclough being a fine achievement. The North Cork side had been relegated from Intermediate at the end of last season and had signalled their intent on a quick return to the higher grade by deposing the divisional champions, the highly rated Mitchelstown side, in the Avonduh final. They had Cork star Colm O'Neill in attack and former county player Paul O'Flynn in defence and were highly rated. Kilmurry however are growing in confidence, played well, and were full value for their five point winning margin.

Kilmurry hit the front almost from the throw in, Dave O'Halloran racing through and sending over the Ballyclough bar. The North Cork men quickly equalised and further points from William Buckley and Dave O'Halloran (from a '45') were also answered to leave the sides level at 0-3 each after 20 minutes play. Kilmurry then got a major boost when the in form James Kelleher banged in a goal and he followed up quickly with a point to open up a four point gap. Ballyclough came back with two points to match a point a piece from Greg Barrett and Dave O'Halloran but in injury time Colm O'Neill showed has undoubted class by firing in a great goal to leave only a point between the teams at the break, 1-6 to 1-5 in favour of Kilmurry.

On the restart, Jonathan Buckley increased the Kilmurry score with a point but Ballyclough replied immediately. James Kelleher and Dave O'Halloran then pointed for Kilmurry, Ballyclough replied with two points. In the 47th minute Kilmurry broke clear at last when William Buckley slammed a high ball in to the roof of the Ballyclough net and then Buckley added a point to give Kilmurry a lead of 2-10 to 1-8 with ten minutes remaining. Ballyclough never gave up and cut the gap to a goal but the Kilmurry defence held firm with Kevin Barrett doing well on O'Neill and Liam Long also outstanding, and two further points, one each from James Kelleher and Alan O'Sullivan, helped give the Mid Cork champions a five point winning margin at the finish. Kilmurry scorers: James Kelleher 1-3, William Buckley 1-2, Dave O'Halloran 0-4 (0-1 '45'), Jonathan Buckley, Greg Barrett and Alan O'Sullivan 0-1 each.

Kilmurry: Pat O'Callaghan: William Barrett, Kevin Barrett, Eoin Barrett: Liam Long, David O'Leary, Ian Murphy: James White, Eoin Creedon: Dominick Creedon, David O'Halloran, Jonathan Buckley: Greg Barrett, James Kelleher, William Buckley. Subs: Finbarr Crowley 38 and Alan O'Sullivan 46.

2012 County Junior Hurling Championship

Semi Final: Grenagh 0-13 Brian Dillons 0-14

Grenagh, who recently broke the Cloughduv grip on the Mid Cork crown, desperately want to win a county hurling title but their dreams of doing so in 2012 disappeared at Ballincollig when in perfect weather conditions they lost out by a point to newly installed city champions Brian Dillons. Grenagh conceded seven points from frees to the city men, they themselves only had one point from a free, and this statistic alone can largely explain why they did not succeed on this occasion.

Grenagh started well and with points from Tom Kenny and Niall O'Doherty they led by three points after six minutes. Dillons then got motoring and four points in a row saw them in front and at half time the city champions were leading by 0-8 to 0-6. Dillons added three further points on the resumption to one for Grenagh and by the start of the final quarter they led by five points, 0-14 to 0-9. John Russell had just been introduced for Grenagh and he made a huge difference to their attack as Grenagh staged a major come back. Russell struck over two points and with Niall O'Doherty and Colm O'Neill chipping in with one each the gap between the teams was down to the minimum with time running out. Grenagh had a chance to draw level but it was not to be and so at the final whistle the city side still held their one point advantage. Grenagh must wait at least another year for county honours.

Grenagh: Mark Kenny: Liam Walsh, Ray Dorgan, Paul McCarthy: Diarmuid Dorgan, Gerry Russell, Kelvin Cummins: Niall O'Doherty, Dean Dalton: Colm O'Neill, Tom Kenny, Kevin O'Neill: Conor Fitzgerald, Seamus Coleman, Tadhg Walsh. Subs: Padraig Sexton (22), John Russell (45) and Martin Barry (53).

2012 Mid Cork Junior B Football Final:

Eire Óg 1-9 Kilmurry 0-9

A strongly fancied Eire Óg side duly won this MJK Oils Mid Cork 'B' Football championship final at Ballincollig but Kilmurry really put it up to them to the finish. Eire Óg looked good for an easy victory early on but Kilmurry recovered from a poorish start and were bang in contention by half time. In the third quarter Kilmurry continued with their recovery and had drawn level by the start of the final quarter. Eire Óg regained the lead with a 46th minute Fintan Brennan point and in the 50th minute Philip O'Sullivan found the Kilmurry net with a well placed drive. Kilmurry kept up the pressure but the Eire Óg defence was not found wanting with Shane Murphy at centre back and Kieran O'Sullivan at full back rock solid and they had a goal to spare at the final whistle. Philip O'Sullivan and Fintan Brennan had early points to get Eire Óg off to a good start but the accuracy of the winner's attackers subsequently left a lot to be desired. Liam White pointed a free for Kilmurry but back came Eire Óg with points from Fionn O'Rourke, Brennan and Vincent Coffey to take a four point lead after 20 minutes. Kilmurry finished the half strongly, benefiting from a strong midfield showing from Pat O'Sullivan and Colm Crowley, and with points from Dan Buckley, White and Pat O'Sullivan the deficit was down to a single point. Eire Óg finished with a point from a free from Fintan Brennan and they led by 0-6



to 0-4 at the break.

Shane Murphy eased Éire Óg further ahead on the restart with a point from play but in the subsequent passages of play it was Kilmurry who were in control and with points from Colm Crowley, Michael John O'Mahony and Liam White they were on level terms by the 45th minute at 0-7 each. Brennan's point and then the goal put Éire Óg back in command ten minutes from time but Kilmurry battled on and two Liam White pointed frees left only two points between the teams. In injury time Philip O'Sullivan had the final score of the game, a point for the winners and they held their three point advantage till the final whistle soon after.

Éire Óg Richard Scally: Sean O'Connor, Kieran O'Sullivan, Colm Murphy: Dave Sheehan, Shane Murphy (0-1), John Kelleher: Kieran Hutchinson, Fionn O'Rourke (0-1, free): John Malone, Fintan Brennan (0-4, 0-2 frees), Philip O'Sullivan (1-2): Vincent Coffey (0-1), Eamonn Cantillon Murphy, Paul Ryan. Subs: Daniel O'Shea, Denis O'Keefe and Andrew O'Herlihy.

Kilmurry: Jason McDonnell: Daniel Cahalane, Diarmuid McSwiney, Adam Healy: Martin O'Sullivan, Joseph O'Dowd, Robert Cahalane: Pat O'Sullivan (0-1), Colm Crowley (0-1): Michael John O'Mahony (0-1), Michael Linehan, Colm Ryan: Daniel Buckley (0-1), Kevin Crowley, Liam White (0-5, 0-4 frees). Subs: Sean Murray and Johny O'Leary.

Referee: John Ryan, Macroom.

Rochestown Park Hotel Mid Cork Junior Football League 2012 Division One Final

Kilmurry 2-8 Iweleary 1-8

Mid Cork champions Kilmurry completed the double by adding the premier divisional league title (and

the Jack Fitzgerald Cup) to their championship crown at Macroom after a closely contested final. This win means that Kilmurry have swept the board in Muskerry this season, having taken the Muskerry Cup earlier in the year to add to the two major titles recently won. Kilmurry also were the reigning league champions having won the 2011 title late last season. Unfortunately for Iweleary it was they who were the losing side in all these four finals, undoubtedly a disappointing outcome for a club desperate to get their hands on some silver ware at Junior A level again.

On the run of play Kilmurry probably deserved their win on this occasion but Iweleary did have quite a few golden goal chances which yielded no reward due to weak finish or the splendid goalkeeping of Kilmurry's Pat O'Callaghan who had a very busy afternoon.

Ger McSweeney had Iweleary off to a good start with a point from a free after three minutes but this score came after Pat O'Callaghan had denied Brian Cronin of a goal a minute earlier. William Buckley equalised from a free in the 9th minute and after Iweleary had missed another good goal chance, Greg Barrett put Kilmurry in front in the 18th minute with a point. The play had been subdued up to this but in the 22nd minute James White set the encounter alight with a magnificent goal, the in-form midfielder taking possession from Eoin Creedon in full flight before lashing a low shot just inside the Iweleary post from 20 metres range. Cathal Vaughan got a point back for Iweleary almost immediately and when Dominic Creedon had a subsequent point for Kilmurry, Vaughan again replied for Iweleary to leave the score at half time at 1-3 to 0-3 in the winners' favour.

Three points from William Buckley in the first ten minutes of the second half, two of which came from

frees, had Kilmurry in good position but Iweleary kept their hopes alive with a point from Edward Buckley and one from a free from Cathal Vaughan to which Alan O'Sullivan replied in the 50th minute. Cathal Vaughan pointed another free but in the 54th minute a Dave O'Halloran '45' for Kilmurry came in at crossbar height and whether or not Greg Barrett got a touch to it, the ball ended in the Iweleary net to put Kilmurry 2-7 to 0-6 in front. Within a minute Iweleary hit back with a fine goal from Denis O'Leary but William Buckley pointed a Kilmurry free to maintain this sides strong position as the game went into the final minutes. A series of fine saves from goalkeeper O'Callaghan and a blazing shot from Edward Buckley which skimmed the Kilmurry crossbar were the features of the time remaining but at the final whistle Kilmurry were still a goal clear and league champions once again. **Kilmurry:** Pat O'Callaghan: William Barrett, Kevin Barrett, Eoin Barrett (capt.): Liam Long, David O'Leary, Ian Murphy: James White, Eoin Creedon: Dominick Creedon, David O'Halloran, Jonathan Buckley: Greg Barrett, James Kelleher, William Buckley. Subs: Finbarr Crowley and Alan O'Sullivan. **Iweleary:** Joseph Creedon: Sean O'Leary, Kevin Manning, Kevin Hourihan: Gerard O'Riordan, Donal Cotter, Shane Galvin: Edward Buckley, Daniel O'Riordan; Finbarr McSweeney, Cathal Vaughan, Denis O'Leary: Sean Lehane, Gerard McSweeney, Brian Cronin. Subs: Barry Murphy and David Hourihan. Referee: Hugh Kelleher, Canovee.



Éire Óg - Mid Cork JC Football champions 2012



Grenagh - Muskerry JH champions 2012



Kilmurry Junior footballer Muskerry champions 2012



Referee Jim McEvoy with his team of officials at MJK Oils Mid Cork JHC final - Linesmen Peter Cotter and Colm Vaughan and Umpires Mark Lynch, Thomas Martin, Colm Sheehan and Brian Sheehan



Referee Jim McEvoy with team captains at MJK Oils Mid Cork Junior Hurling Championship Final at Ovens, Patrick Cronin (Ballinora) and Paul Barrymurphy (Grenagh)



St. Val's u12A team and coaches who won the County A Final recently beating Ballincollig in the Final.



St Mary's First Year football team who played a great game against Colaiste Ghoibnatan recently



Macroom Ladies U14's won the Autumn League last Thursday in Pairc Uí Chaoimh. They were playing Grenagh and won on a score line of 5-12 to 0-5

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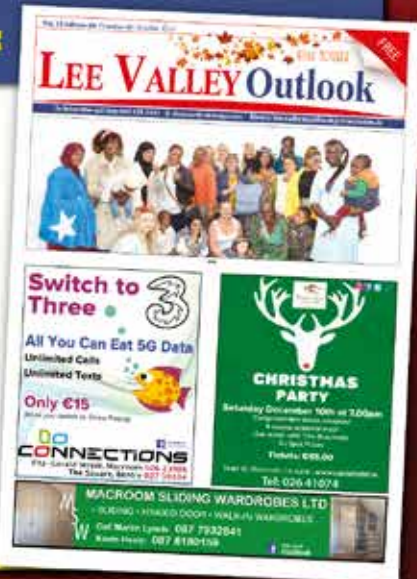
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3rd ANNIVERSARY



Remembered with Love

**SHEILA
KELLEHER
(NEE LORDAN)**

“Launa View”, Ballinagree, Macroom.
Who died on 14th of November 2019.

*We thought of you today,
But that is nothing new,
We thought of you yesterday,
And will tomorrow too,
We think of you in silence,
And make no outward show,
For what it meant to loose you,
Only those who love you know,
Remembering you is easy,
We do it everyday,
It's the heartache of losing you,
That will never go away.*



Sheila's 3rd Anniversary mass will be held in St John the Baptist Church Ballinagree on Sunday 13th of November @ 11.00am

Loved, remembered and missed everyday by her loving husband Tommy, daughters Elaine, Jennifer, Jacqui, Sons Tomás & Trevor. Son in laws Gerald, Hugh & Gerard. Daughters in law Tracey & Victoria. Her loving grandchildren Keoin, Kyle, Tommie, Arlene, Mia, Gearóid, Callum, Freya, Kyra, Saoirse & Baby Thomas.

**NOVENA TO
ST. ANTHONY**



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

2nd ANNIVERSARY



In loving memory of

**DENNY
MURPHY**

whose 2nd Anniversary occurred on
26th of October 2022.

*Just a prayer from the family
who loved you,
Just a memory fond and true,
In our hearts you will live forever
Because we thought the world of you.
Loving you is easy,
We do it every day,
Missing you is a heartache,
That never goes away.*



Deeply loved, sadly missed and always remembered by his heartbroken wife Caitriona, precious daughters Gráinne and Ríona. Brother Stevie, sisters Noreen, Mary, Anne and their families.

**NOVENA TO
ST. ANTHONY**



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

100th ANNIVERSARY



In loving memory of

**TADG SEAN
O'LEARY**

Sean's Corner, South Square, Macroom
Killed in action in Ballineen on 3rd
of Nov 1922 RIP

Always in our thoughts and prayers



Remembered by his nieces and nephews Nora Mullane San Francisco, Sr. Kittie O'Leary Essex, Sr. Margaret O'Riordan Knock, Timmy O'Leary Douglas, Con Murphy San Francisco, Michael O'Riordan Sean's Corner and Cobb, Grand nieces and Grand nephews.

25th ANNIVERSARY



Treasured memories of

**PAT
O'SHEA**

Coolkisha

Who died on 13th November 1997

*Time and years slip quietly by,
But love and memories never die.*



Fondly remembered by his wife Eily, sons Stephen, Kieran, Alan and their families.

11th ANNIVERSARY



In loving memory of

**FLORENCE
LEHANE**

Monkstown and Railway View
Macroom, Whose anniversary occurs
on 5th November

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



Forever in our hearts and always in our thoughts her loving son Pat, twin sister Mary, nephew Denis, daughter in law Carol, grandchildren Conor, Jennifer, Lucy and Richard.

13th ANNIVERSARY



In loving memory of

**MICHAEL
DINEEN**

6 Oakville Cloughdub
whose 13th Anniversary occurs on
9th of November.

*Along the road of suffering
You found a little lane
They took you up to heaven
And ended all your pain
You may be out of sight
We may be worlds apart
But you are always in our prayers
And forever in our hearts*



Loved and missed always, your loving daughter Mary and loving son Michael.

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. **SM**

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.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

ANDREW O'SHAUGHNESSY
Carrig na muck Farm, Coachford,
Died 2nd November 2021

As we lovingly remember ANDREW on his First Anniversary, we, his family, would like to express our heartfelt gratitude to family, neighbours and friends for the kindness, support and love we received at the time of Andrew's death and throughout the past year. We wish to thank the staff of Coachford Family Practice, CUH, Mercy Hospital, Care Choice, the home help team, Fr. Peadar, Fr. John, and Fitzgeralds Undertakers.



11th ANNIVERSARY



In loving memory of

MAUREEN O'SULLIVAN

Crookstown

Died on the 8th of November 2011

*The moment that you left me
my heart split in two,
One side filled with memories,
The other died with you.
Remembering you is easy I do it everyday
But missing you is heartache
That never goes away.*



Missing you always, Marguerite.

2nd ANNIVERSARY



In loving memory of

KITTY HORGAN (NEE SPILLANE)

Oughtiherra, Rylane.

In Loving memory of Auntie Kitty
whose 2nd Anniversary occurs on
7th November

*Deep in the heart lies a picture
of a loved one laid to rest,
In memory frame we keep it
because she was one of the best.*



Always remembered by Nephew Oliver
and Helen

5th ANNIVERSARY



Treasured & Loving Memory of

MARY TWOMEY

Ballymacorcoran, Clondrohid,
Macroom

Who passed away on the
5th November 2017

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

Rest in Peace



Fondly remembered always by your
loving family

9th ANNIVERSARY



In loving memory of

PADDY (BOBBY) COONEY

Gurthinaden, Kilnamartyra
who died on 11th November 2013

*Gone from our home that smiling face,
the cheerful happy ways,
the heart that won so many friends,
in bygone happy days.*



Always remembered by his daughters
Siobhán and Sheila, son in law Pat and
grandchildren Hannah, Bobby and Julie

4th ANNIVERSARY



In loving memory of

BESSIE HEALY

Rahalisk, Ballinagree

Who died on the 13th November
2018

*A silent thought, A quiet prayer
For a special person in God's care.*



Fondly remembered always by relatives,
neighbours and friends.

Anniversary Mass will take place on Sat
5th Nov at 8pm in Ballinagree Church.

4th ANNIVERSARY



In loving memory of

VALERIE O'DONOGHUE

Lyrenageeha, Ballingearry

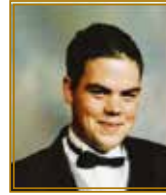
Who died on 8th November 2018.

*Happy memories we will keep forever,
Of days when we were all together.*



Sadly missed by Sean, John, Brid and Síle.

18th ANNIVERSARY



In loving memory of

EAMON HORGAN

Lyrenageeha, Ballingearry
who died on 12th November 2004

*To us you were someone special,
Someone set apart.
Your memory will live forever,
Engraved within our hearts.*



Fondly remembered and sadly missed by
all his family and friends.

Ar dheis Dé go raibh a hanam dílis.

MEMORIALS
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18th ANNIVERSARY



Precious memories today and always of my eldest son and brother

ALAN HEALY

Late of 5 Belmont Place, Crookstown who died on the 7th November 2004, aged 31

*Our thoughts and prayers we send today,
To a star in the sky not far away.
Engraved in gold on a cloud above,
Just for you with all our love.
Every day in some small way,
We miss you more than words can say.
In our hearts you will always stay,
Loved and remembered everyday.*

*Too dearly loved to be forgotten.
Forever in our Hearts.*



Sadly missed by his loving mother Noreen, sisters Christine and Caroline and brother in law Derek.

ANNIVERSARIES



In loving memory of

MARY & SEAMUS CRONIN

Dún An Óir, Ballygeary
Mary died on 7th November 2019
Seamus died on 18th December 2002

*If Tears Could Build A Stairway
And Memories A Lane
We Would Walk Right Up To Heaven
And Bring Ye Home Again.*



In our thoughts and hearts forever Lovingly remembered today and always by their family Aileen, Geraldine, Crothur (Con) , Colette, Christin and their adored grandchildren and greatgrandchildren.

I Smaointe agus I bpaidreacha do chlann i gconai.

2nd ANNIVERSARY



Remembering with love

ANTHONY O'SULLIVAN

Kilmurruy
Who died on 30th October 2020

*The clock of life is wound but once
and no man has the power,
To tell just where the hands will stop
at late or early hour.
To lose ones wealth is sad indeed
to lose ones health is more,
To lose ones soul is such a loss
and no one can restore .
The present only is our own live love
and toil with will,
Place no faith in to-morrow for the clock
may then be still.*



Loved and missed more than words can say. His loving wife Mary and family.

REST IN PEACE



Deeply regretted departure of

JEAN MAY HEALY

Devoted wife of John. Cooledevane, Kilmichael & Tottenham. London.
Who died Friday 14th Oct. 2022
Aged 89 Years.

*A cheerful, intelligent and
compassionate lady.
An inspiration to us all.*



Sadly missed by her children Nora, Jilly, John & Anthony.
Grandchildren Allessa, Johnjoe, Ben, Kajeanna, Jessica, Louise, Frank, Rosemary, Ruby, Sean, Corinne, John Micheal, Rubeca, Joanna.

10th ANNIVERSARY



In loving memory of

OWEN CAFFERKEY

Commons Road, Cork, Late of Rylane
Who died on November 1st 2012

*Those who think of Owen today,
A little prayer to Jesus say.*



Sadly missed by his wife Margaret and his kids Caroline, Noel, Anthony, Grandkids Kia, Donagh, Ellie, Eoin, Conor, Sadhdbh, Hughie, Hayleigh. Daughters in law June & Elaine, son in law Aiden.

ANNIVERSARY



In loving memory of

CON KELLEHER

Ardeen, Clondrohid
Whose anniversary occurs on
November 1st.

*Remembering you always with love.
Forever in our hearts
Always by our side.*



Sheila and Eoin

40th & 41st ANNIVERSARIES



In loving memory of

JOHNNY COONEY

Johnny's 40th Anniversary occurs
on 13th November



In loving memory of

MOLLY COONEY

Molly's 41st Anniversary occurred
on 25th June

Ballyvoige, Kilnamartyra

*Together forever and forever remembered with Love
May their souls and the souls of all our departed family
and friends*

Rest in Peace



Masses Offered

THE MIRACLE PRAYER



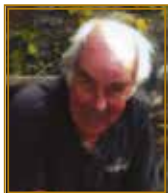
Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **MORC**

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.

12th ANNIVERSARY



In loving memory of

SEÁN O'SULLIVAN

Murray's Lane, Monallig, Carrigadrohid, Co. Cork
Whose 12th anniversary occurs on the 3rd November.

*You are more than a memory
silently kept.
You are part of our lives
we will never forget.*



Always remembered by his family

14th ANNIVERSARY



In loving memory of

CATHERINE KELLEHER

Late of Rylane and Carriganima
Who died on 5th November 2008

*Your life was a blessing,
Your memory we treasure,
You are loved beyond words,
And missed beyond measure.*



Loved and remembered by Mom, Ann, Mort and Celina.

3rd ANNIVERSARY



In loving memory of

EILEEN CREEDON

Coolea
Who died on 14th November 2019

*May the winds of Heaven blow softly
And whisper in your ear
How much we love and miss you
And wish that you were here.*



Love always, Johnny and family xxx

11th ANNIVERSARY



In loving memory of

RICHARD CAHILL

Crookstown, Co. Cork.
Who died 5th November 2011

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



Fondly remembered by your wife and family

2nd ANNIVERSARY



In loving memory of

BERNADETTE O'FARRELL (NEE HEALY)

Derrylahan, Dunmanway.
Who died on 07th Nov 2020.

*Though her smile is gone forever,
And her hand we cannot touch,
We still have so many memories,
Of the one we loved so much.
Her memory is our keepsake,
With which we'll never part,
God has her in his keeping
We have her in our hearts.*



Sadly missed and forever loved by your sister Gobnait and brothers Denny and John.

14th ANNIVERSARY



Treasured memories today and always of a dear niece and cousin

CATHERINE KELLEHER

Late of Rylane and Carriganima

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

In Gods arms rest in Peace.



Aunty Mary, Connie, Trina, Sheila, Niall and families.

5th ANNIVERSARY



In loving memory of

JERRY COTTER

Coolnadane, Macroom, Co.Cork
who died on October 25, 2017

*Close in our hearts
You will always stay
Loved and remembered
every day.*



Sadly missed by Ellen, Kathleen and Families

BIRTHDAY REMEMBRANCE



In loving memory of

DENNY O'SULLIVAN

Cooldaniel, Toames, Macroom.
Whose 92nd birthday occurs on November 1st.

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



Lovingly remembered by Kitty, Finbarr, Angela, Paul and their families.

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