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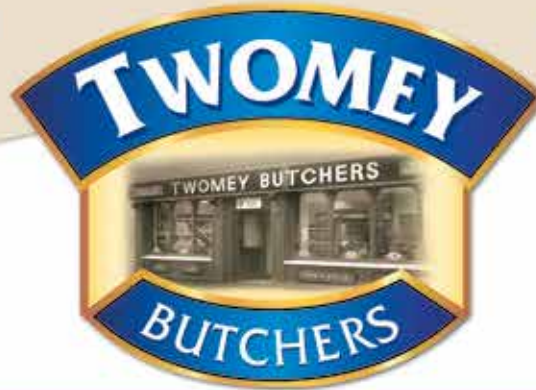
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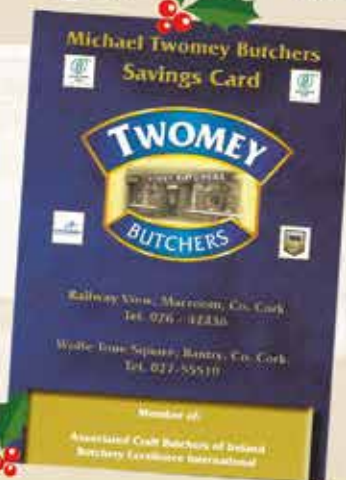
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# Get in Touch

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

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

<https://www.outlookmags.com/archives/leevalley-outlook/>

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

published in the following edition.

As always submissions as Gaeilge are always welcome too!

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## WORKBASE COWORKING HUB to open on Main Street Macroom this December

In more good news for the town of Macroom, it has been announced that a new Coworking Hub will open above Deasy's Pharmacy on Main Street.

The hub will be a collaboration between Cormac Deasy of Deasy's Pharmacy and the operators of the HQKerry and Workbase Hubs in Kerry and Limerick.

The new hub will see the opening of a state-of-the-art Hotdesking facilities for remote workers, along with purpose built Office and Wellness suites opened in the heart of the town. The team behind the Workbase Hub already operate four hubs across County Kerry and Limerick under the Workbase and HQKerry brands, and this is their first such facility in County Cork.

Speaking about the new Hub, Ken Tobin Director of HQKerry and Workbase said "We are excited about this opportunity to open our first hub in County Cork and were delighted when Cormac Deasy reached out to us about developing the potential of his space in the middle of Macroom. We have been operating hubs since 2016, and have seen the positive economic impact our hubs have had on the towns we have located in. Our hubs directly bring new employment into the town, as well as providing valuable spend in local businesses. Particularly our hubs provide an opportunity for Remote Workers to work locally,



as well as providing a chance for a town to attract new businesses.

A key for us in the development of any new hub is to work with local business leaders and public representatives to attract new companies into a town."

Cormac Deasy, of Deasy's Pharmacy outlined "Since we began planning this new hub I've begun to appreciate the huge opportunity this provides for people to work locally. The hub will have dedicated HotDesk spaces, along with purpose-built office suites for different size and types of businesses. We are providing all of the modern services you can expect in any large city office base.

Obviously being above our own Pharmacy here in Macroom, there is a unique opportunity for businesses in the Health, Wellness and Treatment industries to base themselves here, but also, we have modern offices for Freelancers, Professionals and Technology companies".

With an official launch in the pipeline, the hub will be open for businesses and remote workers to move in from early December this year, and the team are now welcoming expressions of interest for businesses and remote workers looking for a space.

Contact and further information can be made through [www.workbase.ie](http://www.workbase.ie)



Macroom Tidy Towns celebrated a highly positive adjudication report and were awarded a silver medal in 2022. A map was devised by the entrants, which allowed the visitors to admire the many different sites and projects in continuous development. Judges suggested that more local clubs and groups become involved with the activities of the Tidy Towns, and as such it will be a priority for the coming year to explore possible

## LOOKING AHEAD TO 2023

collaborations and shared initiatives, broadening the scope of the projects further and bringing together a multitude of voices and ideas to reflect the town's ever-growing vibrancy and diversity. We are looking forward to the positive changes that will result from developments such as the much-awaited bypass and the redesign of the Briery Gap. 2022 also saw the launch of a heritage brochure for the town, which will surely enrich the tourist experience and give sites such as the Castle Demesne the attention and platform they deserve to truly emphasise the value of our town's historical and cultural treasures. The Tidy Towns works closely with schools in the context of the 'Green Flag' sustainability

programme. The Tidy Towns volunteers are working on myriad projects, from seating areas to litter picking, to nesting boxes for swifts, and the breadth and sustenance of this work is crucial not only for the cleanliness and quality of life of our town, but also broader matters of sustainability, biodiversity and innovative community initiatives. As with any undertaking with so many different strands and sections, the more volunteers and helpers who contribute to the Tidy Towns in whatever capacity they can, even from time to time, the more ground we can cover, the stronger our efforts and the more we can enjoy the results of our projects. As a volunteer, you can contribute to the enhancement and upkeep of your town, as well as shaping its future in the years to come.

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**MACROOM**

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# Old Mac Suibhne negatives have positive impact for cancer charity

Black and white photos which capture life in Macroom and the surrounding Lee Valley hinterland from the early to mid-1980s are now available to buy locally with a share of the cost of each print purchased going to the Irish Cancer Society's Night Nursing service.

The images, all taken almost 30 years ago by Sean MacSuibhne, have already provided members of the public with a nostalgic trip down memory lane through their publication in batches for months on the 'Macroom Yesterday' Facebook group.

Other photos released to group members also appeared in the family's 'Muskerry through the MacSuibhne Lens' photographic collection which was launched almost two years ago. The entire proceeds of sales of this book went to Macroom Tidy Towns.

The recently shared collection on the nostalgic Facebook page includes pictures from sporting and social events, Scouts, Guides, Macra, Drama events and so much more from 1983 to 1986. The photos are numbered and are now available to order and print for €10 each through 'The Bigger Picture' in Macroom. €6 from each 8"x 10" print sold goes directly to the charity. The remainder covers costs incurred by the photo printing shop.

Sean and his family took photos for local papers from 1983 up to 2002. After that, Sean and his late wife, Maire, volunteered as photographer and editor with the Lee Valley Outlook for almost 18 years. They only stood back when Maire fell ill in late 2019. The donations to the Irish Cancer Society Night Nursing service are made in lieu of the support the family received in Maire's final days in June 2020.

Sean says it's been a pleasure to share the photos. "There was no point keeping the negatives in the attic, never to be seen again. It's great to help raise funds for this charity. These photos have brought so much joy to so many people. My son Micheal has scanned thousands of negatives and has been



Donoughmore GAA travel to the USA 1985

releasing them in batches on the Facebook page. "About 3,000 have already been shared and there are another two or three thousand to come from this era," Sean explained.

Irish Cancer Society Head of Fundraising, Rosemary Simmons, said; "We're so thankful to Sean and Micheal for their efforts in preserving and sharing these beautiful photos, both in memory of Maire and as a way of providing valuable support to our Night Nursing service.

"Our Night Nurses provide end-of-life care to cancer patients in the comfort of their own home, where they can stay in the company of their loved ones in their final days, and the service relies mostly on donations which are so important to continuing this crucial work."

Micheal said: "There's a reference number on each photograph on the Macroom Yesterday Group and all the scanned files are at The Bigger Picture. If someone wants a print it can be bought through their website or the shops.

"Just as Vinyl Music Records are making a comeback, printed photographs and indeed 35mm photography are also in vogue. In the negatives scanned from 83-86 there are many pictures which were never published or printed before. They are bringing great joy to people."



We started in 1982, obviously, as this was the opening of the last Mountain Dew Festival!



Those who saw that Daltai Kilnamartyra we provided with a valuable Primary Education for most of the 20th Century



Macroom Town Hall late 1982, Note the Advert for the Victoria Hotel



An Expressway Bus passes Lower Massytown on Aug 6th 1986 as residents try to dry out rugs ruined by the big flood



Macroom 10 Road Race passes into Masseytown in 1986, Could it happen again after the Bypass Opens



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# MACROOM SENIOR CITIZENS FUNDRAISING EVENTS



**Volunteer's helping at our Christmas Sale.**  
L/R Theresa Buckley, Peggy Lynch, Patricia Jackson, Terry Kelleher, Margaret Mullane, Kathleen Curtin.

Macroom Senior Citizens will hold some fundraising events over the next couple of weeks to help raise funds for the running of their services at their complex at Lucey's Lane, Macroom. With the present economic climate and the massive increases in Heating Oil, Electricity and Food Supplies we find it necessary to organise some fundraising events at this time. All of our services which include Meals on Wheels, Sheltered Housing, Residential Accommodation, Laundry, Chiropody, Tai-Chi and Bridge are all back up and running. Our Meals on Wheels service is extremely busy, and we are now delivering hot meals seven day per week to the following areas – Macroom Town, Clondrohid, Carriganima, Ballinagree, Bealnamorive, Coachford, Canovee

and Crookstown. We have just launched our 2023 12-page colour calendar, and these are on sale at a cost of €10 in shops in Macroom and across the Lee Valley. On Sunday November 27th West Muskerry Athletic Club are hosting a once off-road race, 10K/5K and a family 5k fun run/walk on the new section of the Macroom Bypass in association with Macroom Senior Citizens and Tiny Feet Fairy Garden. On Friday December 2nd we will have a stall at the switching on of the Macroom Christmas Light's and Christmas Market in the Town Square and on Wednesday December 7th our Annual Christmas Tea Party will take place in Fr. Ryan Hall at 8.00pm and tickets are €10. We would appreciate your support for some of these events.



**Organizers of the Sullane Haven Bonanza day.**  
Pic John Kelleher.



**Nora Casey and Pat O'Connell at the Launch of 2023 Calendar.**

## CHAPEL HILL SCHOOL OF ART

### Youth Filmmaker Opportunity & Award 2022

Chapel Hill School of Art is excited to announce the Micheál O'Loinsigh Youth Film Competition and Award 2022.

This is an amazing opportunity for young people to explore their creative abilities through film making and get their work before experienced industry professionals Chris Hurley of Cork Film Centre and Director Donal O Céilleachair of Anu Pictures.

**About Micheál O'Loinsigh**

Micheál O'Loinsigh was born in the Bronx, New York in 1931 and returned to Ireland when his father bought a farm in Berrings, Co. Cork, circa 1937. Though they settled and farmed in

Berrings, his people were from Derrynasagart and Clonkeen and his connection to this gealtacht area was strong. He attended De La Salle college in Ballyvourney where his love of the Irish language was nurtured and after his third level education in U.C.C. he became a secondary school teacher in Irish and History. After several years teaching, he became a Primary School's Inspector and was relocated to Abbeyfeale in West Limerick and then Ennis, Co. Clare. His passion for place, history, language and sense of oneself never waned until his death in February 2022.

This award is kindly supported by Denis Lynch and Michael Lynch

**The Youth Film Competition & Award**

This is a youth film competition in two categories 14 to 18yrs and 19yrs to 25yrs. We are looking for films with an identifiable Irish language element of 3-to-5-minute duration. This competition is open to young people all over Cork. We are looking for your experience of your cultural environment expressed through film.

The competition closes November 21st at 5pm. Entries forms are available on our website <https://www.chapelhillschoolofart.ie/newsandevents/the-michael-o-loinsigh-memorial-youth-film-maker-award>

## CLOYNE DIOCESAN YOUTH SERVICES

### MACROOM GOOD LIVES PROJECT

This year's work placement ran between February and April and marked the fourth year in which some of our learners have used the Castle Demesne as an optional venue for the work placement module.

During the learner's time spent in the castle Demesne they were able to learn new skills such as Wildflower ID, Tree ID, and planting within a designed landscape. This year we were delighted to work on a new site next to the GAA pitch where our learners could hone their skills in the planting of a number of different trees (Apple, Rowan and Oak). The learners helped set up a tree nursery under the supervision of Ted Cook, on one of the

sites where they planted two different types of saplings, oak and apple which they then staked off with wire to protect from the number of wildlife which has made the Demesne their home. We can return and lift them at a future date and plant them on site within the Demesne. We would like to thank the trustees of the castle Demesne for their consent in facilitating us and their GAA tenants for the provision of the new site. Thank you to Ted Cooke



**C.D.Y.S. Work Placement in the Castle grounds**

who educates and looks after our learners every year and to Damien Quill who leads the group and assists Ted.



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CLINICS THROUGHOUT MUNSTER





# DE LA SALLE College Macroom



The new School Library at the De La Salle College Macroom

## MACROOM POPULATION GROWTH LEADS TO REVISION OF PLANS FOR NEW SCHOOL

The Department of Education has revised the size of the original plan to build a new school on Sandy Hill for De La Salle College Macroom.

The review completed by the Department is based on the expected future demand and allowing for projected housing developments in the future. The Department is now proposing to increase the accommodation brief for De La Salle College Macroom, which will result in the new school being able accommodate up to 500 pupils, plus four ASD classrooms. In addition, the design team will make provision to accommodate further expansion should the need arise.

The Department is now making arrangements to revise the existing brief. Rogerson Reddan Associates Ltd have been appointed as the project management team for this 7,000m2 structure. The revised size will, among other things, result in additional classrooms, Science Labs and practical

rooms for Graphics and Technology. Additional social space for our students will be warmly welcomed, as will the PE Hall facility, which will extend beyond 1000m2.

The Department of Education's review came about as a result of the huge amount of investment in the development of Macroom, in both infrastructure and housing, in recent years. The Location of a Macroom Town, being 20 minutes from the Cork City boundary and 30 minutes from Killarney, now make it the most attractive commuter town for the 2 locations for a variety of people of various age profiles.

### NEW SCHOOL LIBRARY

The school has recently renovated some old unused rooms into a fresh new library and a relaxing reading space for all students to enjoy.

This week we had our first-year students in the new library. Students have been visiting the library during different times

throughout the week. Students get time to have a look at the great new selection of books from all reading genres.

Some fourth-year students have been making sure the library books are checked out and returned properly each week. The fourth-year students volunteered to help catalogue all the new books. They have done a brilliant job in making the new library and reading seating area an enjoyable space for all De La Salle College students.

We hope it will encourage all the students to read more for enjoyment and keep visiting to choose more books throughout the year. A very big thank you to all who donated books which made this space possible. If anyone thinks they have unwanted books of interest to teenagers and young men from 12-18 years, all donations would be warmly welcomed and appreciated! Robert Collins (Fourth Year)

## MACROOM LIBRARY

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

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- eNewspapers
- eMagazines
- Online courses and language courses

The best news is that it's completely free to become a library member. You just need to bring Photo I.D and Proof of Address with you to the library, fill out a registration form, and you will become a member in a matter of minutes. For more information on Cork County Library Service, please visit [www.corkcoco.ie/en/resident/libraries](http://www.corkcoco.ie/en/resident/libraries)

### NO MORE FINES

Did you know that you no longer need to pay fines for

overdue books?

If you have books from the library at home, you can return them to any branch or mobile library (anywhere in Ireland) with absolutely no charges!

Not only that, you also no longer need to pay replacement charges for lost or damaged children's books.

### UPCOMING EVENTS IN MACROOM LIBRARY

Sustainability Workshop with Cork Environmental Forum on Thursday November 17th at 3pm.

Ciorcal Cainte will take place on Thursday November 24th at 11.30am.

Creative Writing Group will meet on Friday December 2nd at 11am.

### MUSIC MORNING

We were delighted with the turnout for our recent Music Morning on Friday November 11th when audience members were invited to bring along some of their favourite songs to be played. We're already looking forward to our next Music Morning in December when we're sure to hear some lovely Christmas songs, and we hope you can join us. Keep an eye out for the details in the next Lee Valley Outlook.

### CORK COUNTY CUTS CARBON

For the month of November, Cork County library branches are running a series of events and activities to encourage people, young and old, to "make one change" to reduce the effects of climate change.

In Macroom Library, we are hosting a Sustainability Workshop with Muriel of Cork Environmental Forum



**For the month of November, Cork County libraries are running a series of events and activities to encourage people, young and old, to "make one change" in an effort to reduce the effects of climate change.**

on Thursday November 17th at 3pm. By coming along to this event, you will hear advice and learn tips on the slight changes you can make that can add up to improving sustainability and reducing your energy bills.

For children aged 6-12 years old, we are running a nature-themed bookmark competition. We invite them to create a bookmark that shows how amazing nature can be. Entry forms are available at the desk and entries must be returned to Macroom Library by Wednesday November 30th. The best entries will be in with a chance to win prizes!



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# MCEGAN COLLEGE



McEgan College second year history trip to Independence Museum Kilmurry



Some of the McEgan College students who went to see Jersey Boys at the Bord Gais Energy Theatre.

## MATHS & SCIENCE WEEK IN MCEGAN

This year McEgan decided to combine Maths Week & Science Week which respectively are held nationally in Oct & Nov each year. This Year McEgan Celebrates STE(A)M [ Science Technology Engineering Art & Maths] from 14th Nov to 18th Nov. A packed schedule of activities and competitions linking Math & Science have been organised for the week. The week started off with Orienteering skills under the guidance of Mr. Sean Cotter of Bishopstown Orienteering Club in Conjunction with Cork Sports Partnership. TY students partnered with 1st Year students for the duration of the activity following a 19 station map of the Castle Demesne. A fun morning was had by all while learning the skills of map reading. At Lunch time in the Science department Students got to make volcano using household substances Bread Soda, Vinegar & food colouring.

## #ANDSHECYCLES BY NIAMH O'CALLAGHAN TRANSITION YEAR

When I wrote my entry form for the #Andshecycles I really did not expect to be chosen. Now I am officially an #Andshecycles ambassador, and I am very excited and delighted to have this opportunity. The 1st country wide gathering of the ambassadors was held in the Hilton Hotel Kilmainham. The main issue discussed on the day was about why boys cycle more frequently than girls and how to change this. We also enjoyed some fun activities. I am really enjoying this campaign and it has only just started. I am looking forward to continuing the journey as a #andshecycles

ambassador.

## READING CLUB

With the very wet and windy weather lately students are enjoying a number of lunchtime clubs and activities indoors. On Friday 11th November the Reading & Hot Chocolate Club started.

## ROAD SAFETY

On Wednesday the 19th of October the Transition years took part in a RSA road safety initiative organised by Macroom Garda station and Macroom fire station. Firstly, there was a talk with students on general road safety in the GAA hall then the students were split into two groups.

One group watched a demonstration by the fire department on what steps they would take in the event of a car crash. They removed the roof and doors to extract the dummy victim from the crash. The second group did different activities such as watching the Garda show how a drug test would work and then with a breathalyser demonstrating the alcohol test.

All the students learned a lot about road safety and thoroughly enjoyed the event.

## JERSEY BOYS

135 students and staff left Macroom on Wednesday 9th Nov on a convoy of 3 buses to travel to Dublin to experience Musical Theatre at Bord Gais Energy Theatre in Dublin. The performance of Jersey Boys was amazing and the music of Frankie Valli & the Four Seasons entralling a new generation of fans. It was a long day, but everyone enjoyed themselves.



Abbey Bradley making Volcanos at McEgan Collee Science & Math Week Lunchtime activities.



Daphney Dubre & Jake Crowley McEgan College Students enjoying Jersey Boys at Bord Gais Energy Theatre Dublin.



McEgan College second year history trip to Independence Museum Kilmurry



McEgan College Students enjoying Jersey Boys in Bord Gais Energy Theatre. Noa Fuentes, Martina Taccolini, Tristan O'Driscoll, Cian O'Donovan, Filip Pilarski Morgan McGrellis & Edda Hildebrandt.





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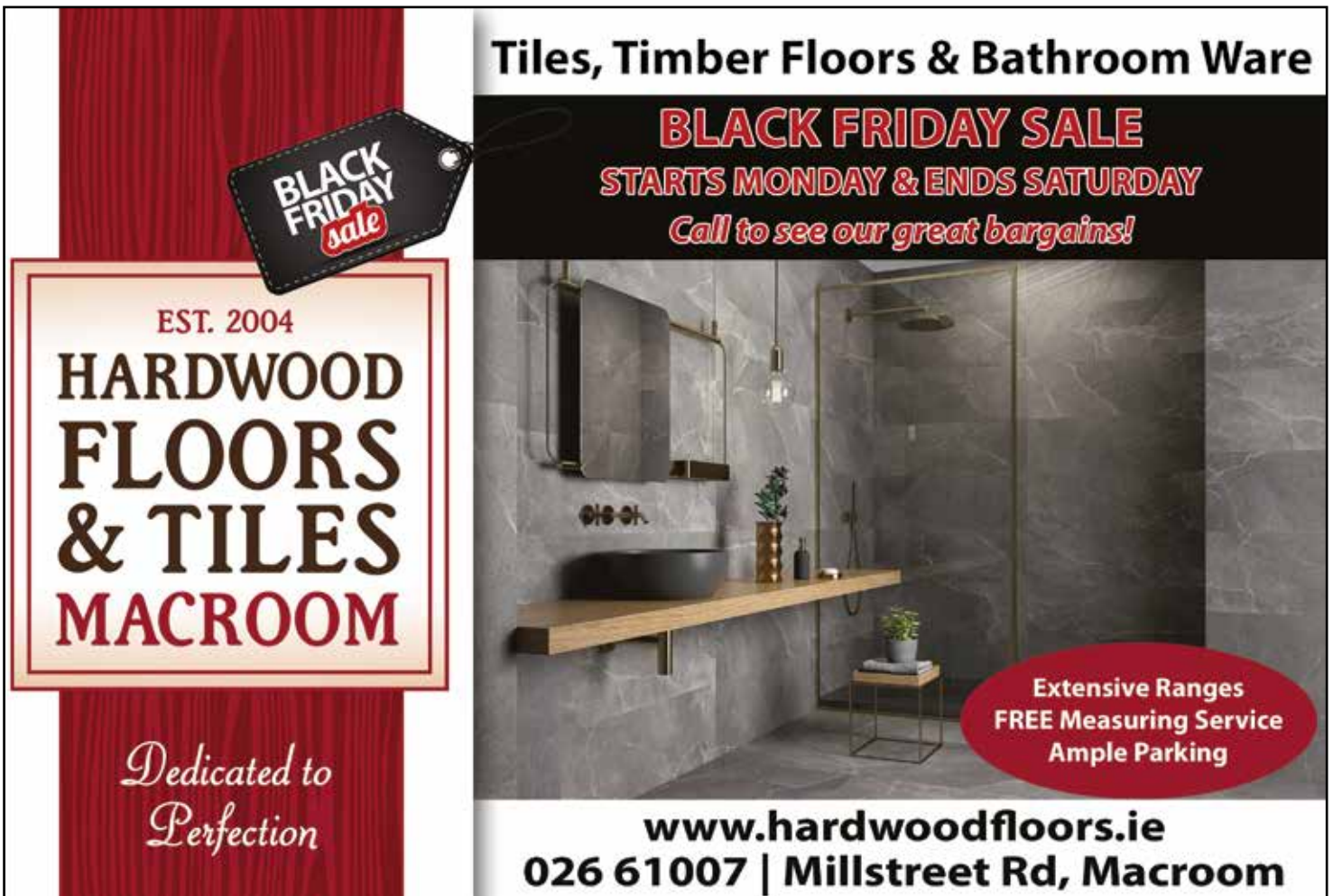
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# MACROOM SECTION OF N22 BYPASS TO OPEN IN DECEMBER



The new roundabout at Coolcower. Pic Peter Scanlan



The new roundabout at Coolcower on the 27-3-22. Pic Peter Scanlan

It has been announced that the Eastern Section of the new bypass from Coolcower to Carrigaphooka will be officially by An Taoiseach Michael Martin TD and the Mayor of Cork County Council, Danny Collins on Friday December 9th, 2022. The 8Km section of the road includes a tie-in roundabout at Coolcower on the eastern side of Macroom, a grade separated junction on the Millstreet Road at Gurteenroe on the Western end of Macroom and a temporary tie-in roundabout at Carrigaphooka allowing traffic to merge with the existing N22. Macroom has been waiting for this bypass for many years' said Pat O'Connell, Chairman of the

Lee Valley Enterprise Board who welcomed the new section of the road being opened and paid tribute to our local T. D's, local County Councillor's/Macroom Municipal Council and former members of Macroom Town Council who went on several delegations to different Ministers for Transport in Dublin to secure a bypass for Macroom. Macroom has now an opportunity to develop and expand and the bypass Sub Committee of the Lee Valley Enterprise Board will be working with Fusion Communications over the next 12 months to support the Public Relations, Communications and Marketing of the town. Macroom has a massive

catchment area and a large amount of free parking spaces so hopefully with all the heavy traffic gone from the town it will encourage people to come into Macroom where you will find some fine Retail Stores, Restaurant's, Hotel, B&B's Café's and Bar's. At present the New Briery Gap Theatre and new County Library are being constructed and hoped to be open in 2023. Funding has also been secured for the continued restoration work on the former Church of Ireland in Castle Street. Our Motto is 'Keep your business in Macroom to keep Macroom in Business'

## MACROOM GIRLS GUIDES

## Macroom Guide Selected for the National Youth Assembly of Ireland



Emily Mehigan who has been selected for the National Youth Assembly.

Emily Mehigan is a Guide with Ardilaun Guides in Macroom and has been a member of Irish Girl Guides since joining Ardilaun Ladybirds when she was 5 years old. Emily was recently selected as a member of the National Youth Assembly of Ireland.

The Department of Children, Disability, Equality, Integration and Youth (DCEDIY) has established a National Youth Assembly of Ireland to act as a consultative forum for children and young people between the ages of 12 and 24 on important topics. Delegates to the Assembly were nominated by Comhairle na nÓg (local youth councils) and youth organisations across the country. Emily recently attended a National Youth Assembly on Artificial Intelligence, on 12th Oct 2022 at Tangent Ideas Workspace, Trinity College Dublin. The National Artificial Intelligence (AI) Strategy for Ireland sets out how Ireland can be an international leader in using AI to benefit our economy and society, through a people-centered, ethical approach to its development, adoption, and use. This Assembly was part of the process of engagement and building trust through Strand 1 of the Strategy, AI, and Society, which commits the Government to open a conversation with

children and young people about AI. In advance of the assembly a preparation session was held where several guest speakers addressed the delegates, including Prof. Barry O' Sullivan, Dr. Patricia Scanlon, Dr. Susan Leavy and Prof. Patricia Maguire. On the day of the assembly the delegates examined and made recommendations on four out of the eight Strands of the National AI Strategy. This was facilitated by various workshops, presentations, and discussions. The recommendations from the assembly were presented to Minister D. Calleary on the day. Emily will be a member of the National Youth Assembly until August 2023 and is looking forward to attending further assemblies. Huge congratulations and well done to Emily from all at Irish Girl Guides.

## HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie

## Apology

The Lee Valley Outlook wishes to apologise sincerely and unreservedly to Hugo Quaid and his parents for an article carried in our last edition - 3rd November 2022. The information printed was untrue and done so without their consent .



# MACROOM TOOL HIRE & SALES



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OPENING HOURS: 8.30am – 5.30pm Monday to Friday Saturday 8.30am – 1pm



# ST. MARY'S NEWS



St Mary's Basketball Team.



St Mary's u16 and a half camogie team who had a very comprehensive win against Scoil Mhuire, Cobh recently.

## MUSIC WORKSHOP

Aoife Burke and Matthew Berill from West Cork Music visited us last Wednesday for an hour-long workshop. All our music students gathered in the canteen to hear this very talented duo (Cello, Clarinet, Keyboard, Saxophone). Aoife and Matthew got the girls working, recognising and performing snippets of improvisation, call and response rounds amongst many other typical features of jazz and classical music. The girls had a fantastic afternoon! A huge thank you to West Cork music for offering such a great programme every year! Thanks to Ms Donovan and Ms Queally for organising this very worthwhile workshop for the girls.

## CREATIVE WRITING EVENT

Louise O'Neill, author and Maynooth Writer University in Residence 2022, hosted an online creative writing event for Cork County secondary school students on Thursday November 10th. Louise answered questions from students about her own writing, the creative process and how to improve writing skills. All fourth-year students attended and found Louise's advice really beneficial. Hopefully her talk will inspire their own creative writing! Thanks to Ms Murnane for organising this event for the girls.

## CIORCAL CAINTE

Táimid sona sásta a bheith thar nais arís sa tarna leath den téarma. Cuirimid fáilte roimh ár gcailíní i mbliain a 6 chuig an gcorcal cainte. Is iontach an rud é go bhfuil cailíní chomh iontach sin againn is go bhfuilid sásta teacht chuig comhrá Gaelainne

ag am lóin, gach Déardaoin. Beatha teanga í a labhairt. Gabhaimid buíochas le Trish as gach rud a bheith réidh duinn agus as Bean Uí Chathmhaoil as é a eagrú.

## FUNDRAISING FOR BREAST CANCER IRELAND

Just before midterm, our TY students were fundraising and raising awareness for Breast Cancer Ireland. On the Monday the girls all wore pink, organised a bake sale at break to raise money, received a talk from Juliette O Connell of Breast Cancer Ireland about being breast aware, then held a poster competition and enjoyed a cup of tea together. Throughout the week they sold Breast Cancer Ireland pink ribbon pins to the whole school and finally on the Friday they sold hot chocolate at break. They raised money for Breast Cancer Ireland and spread awareness to the school community. A big thank you to Juliette for the talk and well done to the breast cancer awareness committee for organising these fundraising activities.

## BT YOUNG SCIENTIST

The first of our BT Young Scientist projects through is Lily O'Shea, Grace Kelleher & Caoimhe O'Brien with their project entitled 'Passenger transport emissions modelling to inform local and national school sustainable transport policy'. They aim to calculate the total carbon dioxide emissions as a result of school transport in Macroom town. They also aim to examine the role that increased walking, cycling and public transport could have on school transport carbon dioxide emissions. Best of luck in the competition girls.

## SPORT IN ST MARYS

Congratulations to our U16 and a half Camogie Team who had a very comprehensive win last week against Scoil Mhuire Cobh. Thanks to Ms Kelleher for going to the game with the girls on the day. Our U16 and U19 basketball teams were also playing recently and had some fantastic wins!  
 U16 St Marys 41 - Scoil Mhuire 12  
 U19 St Marys 34- Scoil Mhuire 8  
 U16 St Marys 54- Edmund Rice 35  
 U19 St Marys 51- Edmund Rice 37  
 Well done to all teams and coaches.

## CAREERS EVENING

Our career guidance teacher Ms McSweeney is organising our very successful Careers Evening again this year. This event will take place on Thursday the 1st of December from 6.30 - 8.30. If you are willing to attend and help us on the night, please contact caroline.mcsweeney@stmarysmacroom.ie

If you are interested in helping out on the night you will just be sitting at a desk, those students who are interested in your college course or your career will come sit with you and ask you informal questions. No preparation for this evening is required, so if you can spare two hours of your time on Dec 1st, we would greatly appreciate it and you would be really helping our students who are currently in the process of making very important career choices. To help out, it isn't necessary to be a past pupil and it doesn't matter how long ago you graduated either - a mix of youth and experience is most welcome. Thank you most sincerely.



Music students enjoying a music workshop hosted by West Cork Music.



L-r Grace Kelleher, Lily O Shea and Caoimhe O'Brien who are one of 8 Projects to get through to the BT Young Scientist Exhibition This Year



TY students with Juliette from breast cancer Ireland Niamh Foley and Anna Devine



## What Do You Do When you Get a Headache?

**What do you do when a red light comes up on the dashboard of your car? Do you ignore it by placing a sticker over it or do you call a mechanic?**

Ignoring it or placing a sticker on it is the same as when you get a headache and you take over the counter medication to numb the pain or hide it.

A headache is your body's way of telling you that something isn't right and it's vitally important if you have recurring headaches to pay heed to these red lights.

**Yes, headaches are common but they are not normal.**

A study\* produced in the mid-1990s revolutionised headache research. A Russian-

born researcher named Dr Nikoli Bogduk determined that all headaches shared a relationship with the neck.

He noted that every single headache sufferer shared an important connection; abnormal nerve function in the upper neck. Dr. Bogduk embarked on years of study and published numerous findings that proved the connection.

Sadly, despite massive amounts of research over the past 25 years, the medical community remains largely focused on using medication to target symptoms without ever addressing the source of the pain.

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for headaches is related to poor function of the spine, caused by perhaps an old injury, poor posture or as a result of nerve irritation.

The Chiropractic adjustment helps restore essential spinal curves to reduce nerve irritation as well as improve circulation.

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Please Note; When you ring to book this special offer our team will request €40 to secure the appointment. Thank you.

\*Biomedicine & Pharmacotherapy 1995;49(10):435-45 "Anatomy and physiology of headache." N. Bogduk

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## ST. MARY'S JOURNALISM CLUB

## CATHERINE MCAULEY AWARDS 2022



Sports Award winners I-r Annie O'Brien, Caoimhe Foley and Aoife Lucey



Daria receiving her CEIST Award from Mr McLaughlin

**St. Mary's TY Journalism Club****Article by Annie O'Brien****Photographs sourced by Leah Coakley.**

What are the Catherine McAuley Awards and how did it all begin?

Catherine McAuley was an amazing woman and one of a kind. She got an unexpected inheritance which she used to buy a property on Baggot Street in Dublin. This is where she built her House of Mercy to help shelter the homeless and founded her first school; the Mercy Order, in 1831. She was particularly interested in providing education for poor, young girls that couldn't access it at the time. Our school was founded in 1866 by this very same Mercy Order.

We have named our school's awards after Catherine McAuley because these awards seek to recognise the qualities Catherine McAuley carried with her when she formed the Mercy Order. These qualities include kindness, generosity, friendliness, courtesy, willingness to volunteer and to participate, self-motivation, attendance, punctuality, participation in sports and extra-curricular activities, community involvement, leadership skills, ability to work as a team, enterprise and initiative, commitment to studies and academic achievements.

Here's this year's low down:

This year the Catherine McAuley Awards were held on Friday the 14th of October. The evening began with an opening address from our principal, Mr McLaughlin. Each year head took to the stage to present the student council awards to their year group's representatives. Ms Collins then acknowledged the work the TY buddies do in helping the new first years settle into our school. Lauren Barret Melleney got an award for her national success in the journalism competition 'Press Pass'. Aine Sheehan got an award for her achievements in the 'Irish Young Philosopher' competition. Mrs. Murnane gave an award to Chloe Lehane as she came 2nd in the 'National Write a Poem' competition. Mrs. O'Donoghue gave a business award to Emma Cahill, Nicola Dromey, Ciara Manning and Aine Sheehan for going to Brussels for the 'European Parliament Competition'.

Sadhbh Bourke, Cara Moloney, Gemma Monroe and Anna O'Mahony received an award for excelling in Irish Debating. Katie Purcell, Cara O'Brien, Clodagh Murray and Kayla Casey were part of the Minor Athletics team for St. Mary's as they came 2nd

in the Munster Championship and were awarded for this. Caoimhe Foley received the certificates on behalf of the senior camogie team after they won the Intermediate Munster final against Carrigaline. Liadh McMahon received the Junior football certs for the junior football team. Danielle O'Neill received the U16 1/2 camogie certs on behalf of the Junior camogie team who won the U16 1/2 county final against Regina Mundi. Ms. Donavan gave the Junior music award to Ellen Kelleher.

Ellen and her sister Eugenie then performed a trad piece for the audience to highlight this talent and entertain us all.

The second half of the evening began with Ms. De La Cour presenting the Junior Sports Award to Annie O'Brien. Caoimhe Foley received the Senior Sports Award and Aoife Lucey received the Gerard Healy Sports Award. All of these awards are presented to girls that excel and commit to the school's teams and sports throughout their time at St. Mary's.

We then moved outside of school to extracurriculars. Emily Cronin, Fern Mullane, Cara O'Brien and Saoirse Twomey received Athletics certs. Lily O'Shea and Annie O'Brien got camogie certs for representing Cork in The U14 All Ireland Final against Wexford. Nicola Kiernan and Laura O'Sullivan received Equestrian certs. Isobel Dwyer got a cert for figure skating. Meabh Kelleher got a football cert for representing Cork in the Minor All Ireland Final.

Emer O'Connor got a Gaisce award as she earned a silver medal during the year. Holly Wenger received a cert as she represented Ireland in gymnastics. Mai Buckley, Amy Mc McCullagh and Nora Twomey got certs for being part of Girl Guides. Niamh O'Riordan and Kealan Kate O'Shea received certs as they do Irish dancing at national level. Clodagh O'Keeffe was part of the Munster Rugby team and was awarded for this. Ciara Bradley, Meabh Bradley and Anna O'Mahony also received certs for musical achievements. Saoirleith Murphy was awarded for her success in shot and putt. Maise Murphy

represented Cork City for soccer. Aisling Crowley was part of scouts. Daria Smolen and her sister Gabriela were awarded for their involvement in volleyball. Niamh Deasy received the Stryker award. Dr. Michelle O'Leary, who is a past student of St. Mary's, was our guest speaker on the night. Michelle is a very inspirational woman as she managed to pursue a successful career as a surgeon even though she didn't get her first CAO choice having completed her Leaving Certificate. Her speech on the night highlighted the importance of pursuing your goals regardless of the results you get in your final exams, a strong message for the students of St. Mary's.

Dr. Michelle O'Leary presented our students with the coveted Catherine McAuley awards. These awards go to people who demonstrate similar traits to Catherine McAuley i.e., generosity, kindness, hard work and leadership skills. In first year, the Catherine McAuley awards went to Clodagh Browne, Lillie Chambers and Chloe Lehane.

In second year, to Emily Cronin, Oragh Mc Bride and Saoirse Twomey. In third year, they were awarded to Annah Devine, Leah Coakley and Roisin Carroll. In fourth year, Meabh Bradley, Leah Lynch and Danielle O'Neill. In fifth year, Brigin Kelleher, Claire Manning and Nicole McCarthy. Finally, in sixth year, the Catherine McAuley awards went to Rose Flannery, Daria Krawczyk and Katie Lynch.

The Senior subject awards were then announced. 5 students in St. Mary's received 625 points in their Leaving Certificate in 2022 and were acknowledged for this huge feat. These students were Ellie Cooney Lynch, Marian Creedon, Aoibhe Kelleher, Grace Lucey and Meghan Molyneux.

Marian Creedon and Saoirleith O' Leary were awarded for their efforts as Head Girl and Deputy Head Girl and the last award of the night went to Daria Krawczyk; the CEIST award: This student is good at creating community, shows respect for everyone, strives for justice and takes responsibility and finally seeks a meaning and purpose to life through developing their spirituality and human relationships.

The awards were concluded by Mr. McLaughlin and all in attendance were invited for tea, coffee and delicious cupcakes in our school kitchen. It was an enjoyable and entertaining night with music, laughter and chat. One to remember.



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# Leabharlann Bhaile Bhúirne

## LIBRARY DATES FOR YOUR DIARY

- Knit, Craft & Chat Group  
Every Tuesday 11am to 12.30pm
- Cork County Cuts Carbon  
Friday 18th November 11am
- Teaghlaigh Mhuscraí  
Saturday 19th November 1.30pm to 2.30pm
- mSong Writing Workshop  
Friday 2nd December 10.30am to 12.30pm
- Library Book Club  
Friday 9th December at 11am to 12pm
- Creative Writing Group  
TBC for January 2023

No matter what we do or where we look, we are faced with the inevitable – Christmas is coming! As I get older it seems to come around faster and faster every year, its haste enabled by the earlier, and earlier arrival of Christmas stock in the shops and Christmas advertising everywhere. I wouldn't be surprised if I saw Easter Eggs on sale soon! But I have given in, and I purchased some Christmas cards as I was enthusiastically advised by the lady in the shop that they were flying out the door. This pleases me! I am a great advocate of Christmas cards although I know that postage has made this tradition a little prohibitive due to the expense. I think it's lovely to get Christmas cards, sometimes it is the only communication I have with some relatives and friends every year but I'm still happy that they have kept me on their Christmas Card list, and I look forward to hearing any little bits of family news they might include with the card. Over the years I have tried to cull my own Christmas card list so I decided to omit the people I meet regularly and can wish Happy Christmas to them when I see them. But others who I rarely or never see or those living abroad have stayed on the list, I hope receiving a card gives them as much pleasure as receiving cards gives me. Many people find it hard to fill the long November evenings so why not start on some Christmas letters to pop in with your cards? I think most people would love to receive a few lines giving them an update on what you and your family are up to. A handwritten, heartfelt wish is a lovely gift in itself. In addition to the expense of postage I know social media and emails have reduced the number of cards people send and we must move with the times but sometimes I think the old ways still have a place in our lives. The same can be said about the library services, we offer so many free online services now it's wonderful. But for those of you who prefer reading a physical book Leabharlann Bhaile Bhúirne

has over 10,000 to choose from! Remember, membership is free, and all members have access to all public libraries in the Republic of Ireland plus all the advantages of our online services. Treat yourself now and join up so that you can explore all the services and it will be another thing for you to do in the evenings. One thing that people are worried about when joining, are the fines. But there aren't any fines!! In fact, if you are or were a library member and you have kept items out well beyond their date, you might be feeling a little embarrassed or worried about fines if you return the items now. Please don't be, we are just delighted to get old stock back. And we are always delighted to see old members coming back to re-join the library.

Leabharlann Bhaile Bhúirne has a few events coming up over the next few weeks. In association with Cork County Cuts Carbon and CFM we will have an information session in Ballyvourney Library on Friday morning 18th November at 11am. Information will be available on energy saving. A light bulb exchange will be included where you can exchange a bulb to get a new LED bulb free, with a maximum of 3 bulbs per person. Information and forms in relation to the 'Better Homes Warmer Homes Schemes' will be available, and information will be available PV panels. Advice on how to be Winter Ready and SEAI Home Energy Upgrades information will also be available.

I gcomhar le Cork County Cuts Carbon agus CFM beidh seisiún eolais againn i Leabharlann Bhaile Bhúirne ar maidin Dé hAoine 18 Samhain ag 11am. Beidh faisnéis ar fáil faoi shábháil fuinnimh. Áireofar malartú bolgán solais áit ar féidir leat bolgán a mhalartú chun bolgán LED nua a fháil saor in aisce, agus 3 bolgán ar a mhéad in aghaidh an duine. Beidh faisnéis agus foirmeacha maidir leis na 'Better Homes Warmer Homes Schemes' ar fáil, agus beidh faisnéis ar fáil ar phainéil PV. Beidh comhairle ar fáil freisin faoi conas a bheith Réidh don Gheimhreadh agus Uasghráduithe Fuinnimh Baile an SEAI

The next Teaghlaigh Mhuscraí activity hour is on Saturday 19th November at 1.30 am. This is for families who are Irish speaking, and all the activities are through Irish.

On Friday 2nd December between 10.30am and 12.30pm we will have stories and songs with Sweetbird Workshops. Áine O'Gorman and Victoria Keating will be visiting Leabharlann Bhaile Bhúirne to facilitate a two-hour song workshop, for adults, exploring how our own personal stories can resonate universally. They will show how these stories can be accessed through the creation of

song. Áine and Victoria believe that everyone can write a song, and with their experience of song writing workshops they are certain that there is magic in a creative collective. This benefits everyone, even people who have no experience in song writing. The workshops are set up to accommodate group collaboration. Áine and Victoria have an easy and relaxed approach which encourages participation. Their workshops are fun and dynamic. The first forty- five minutes will feature a performance of original songs from Áine and Victoria which will incorporate discussion on how the songs came to be. The stories and themes contained in the songs, from historical figures to personal stories, will spark each participant's memory and imagination. This is where things get very lively! The whiteboard comes out, and ideas and themes are shared, and the writing gets underway. Participants can bring instruments if they choose, but this is not essential as there is no musical or singing experience required. This promises to be a fun filled morning, so I hope you come along.

Finally, thank you to all the junior members of Leabharlann Bhaile Bhúirne who supported the recent calendar competition. All your drawings have been forwarded to Library Headquarters where they will be judged. I wish you all good luck. I'll keep my fingers crossed in the hopes that some of you will win and Leabharlann Bhaile Bhúirne will again be represented in the 2023 calendar. But not everyone can be a winner so I hope you enjoyed creating the beautiful drawings which I thought were all fantastic and I know judging them will be very difficult.

**"Glac bog an saol," a dúirt sí liom  
Is an féar ag fás cois abhann,  
Ach níor thugas-sa cead a cinn di  
Is anois tá mo chroí gan ghreann**

- Diarmaid Ó Tuama

## AM OSCAILTE /OPENING HOURS

Dé Máirt, Dé Céadaoin, Dé hAoine  
Tuesday, Wednesday, Friday

10am to 5.30pm

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

Dé Sathairn 10.00am - 1.00pm\*

Dúnta gach Luan agus Déardaoin

Closed every Monday & Thursday

\*Dúnta ar Shatharn Deireadh Seachtaine na Saoire Poiblí

\*Closed on Saturday of Public Holiday Weekend  
Eolas : 026 45767



We had great fun celebrating Math's Week 2022 in Muinefliuch. There were daily challenges for each class and we rounded off the week with a Math's Trail around the school grounds.



Pumpkin Carving at Muinefliuch school for Halloween



Lee Valley Enterprise Board supported by  
Macroom Municipal District Council  
proudly present

# Christmas In Macroom



## FRIDAY 2ND DECEMBER: TOWN SQUARE SPECIAL CELEBRATIONS WILL INCLUDE.....

### Christmas Market 5pm - 8pm

Food Stalls, Arts & Crafts, Xmas Disco with Jonathan, The ever popular Aaron the Balloon Man and the Christmas carousel. Fun for all the family and plenty of opportunity for a spot of browsing for gift ideas.

### Special in store Promotions on

Thursday 8th, Friday 9th and Saturday 10th December

Formal switching on of  
Macroom Town Christmas Lights at 7pm  
by Cllr Eileen Lynch Chair Macroom Municipal Council

Tuesday 13th December

Macroom Municipal District Council will also be promoting a

## Special Christmas Market in the town Square

The Lee Valley Enterprise Board members  
would like to thank all their loyal Patrons for their support.

Come and join in the fun and get in the Spirit of Christmas

Keep your Business in Macroom - To Keep Macroom in Business





# Black Friday Sale



**Olten**  
**2+1+1** All for Just  
**€999**



**Leon**  
**2 Seater**  
Recliner  
**€899**

**Leon**  
**3 Seater**  
Recliner  
**€1099**

Reclining Chair Available €559



**Mabel**  
1.5m Glass  
Dining Table  
**€299**



**Beckett**  
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3 Seater  
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Windemere Sofas - Cushions & Delivery Included



3 Seater  
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2 Seater  
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Limited Stock

Toledo Reclining Sofas - Delivery Included

Amanda Sofa - Different Colours Available



3 Seater  
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# Kilmurry Active Retirement Association News

Time now lads!

So, are you a person who says that time moves faster the older you get? The weeks fly by. Can't believe it's Sunday again. Surely it can't be Christmas around the corner?

If so, let me give you a bit of advice. Stop saying it. Don't admit to such a thing.

We used to think that time is constant. It was like as if the universe had a single big clock and everything moved forward according to it. But Einstein came along and proved that was hogwash. Not so he said, time is relative. It is not acting alone but is integrated with space and is relative to speed and to gravity.

But since you all know everything already about Einstein's special relativity and quantum theories, we will leave that simple stuff there and get on to more challenging pursuits.

We can, if we go to the space station slow down time a little, less gravity from the earth. If you are interested in that let us know. If there is enough demand we can investigate, we will see can we organise the bus.

But why is it that we feel time goes faster as we age? Well, perhaps unfortunately, there is a very good reason that science can tell us. We become lazy. We make excuses as we are too fond of resting! So, if you feel time is moving too fast, oops! We can though, from our own perspective anyway, slow down the passage of time. Nothing to do with science or time, but how fast or slow life feels to us. Doing new stuff, having new experiences, being in new environments can actually make time seem to pass slower. Scientists don't know why this is. It is probably to do with the amount of information our brains have to take in and process. Children feel time moves slowly as they are always being stimulated and learning something new. As we get older and get into a routine, the days and years seem to speed by. So, it's that routine, and our addiction to it, that is the problem.

But you may say 'I want my routine, leave me alone, I have worked enough, I have seen enough, experienced enough, I deserve a bit of comfort, and I like being comfortable'.

Hogwash! You will be comfortable enough in your grave. When you get there, all you will then have to do is turn once or twice when your family does that which you had warned them not to do. But by the time your great, great, grandchildren are around, whatever they do won't bother you. So, not even turning will be needed, and time will surely fly by for you then. So, I say, now that you can, arise, arise from your slumber. Some give advice to go do what you always dreamt of doing. Well, I'm not so sure about that! We hear reports that some of those who do may end up disappointed. Perhaps it is because some dreams may be of external gains, like money, fame, and power, which may deflect us from internal gains that come from reflection and re-evaluation. Neither are we always great at knowing what we want to do now, what we are dreaming of now, and not everyone has a clear vision of what they were always dreaming of doing, indeed, if they were at all. If that is true for you then leave that following of dreams to others. Instead set about doing that which you



Garda Orla Doyle speaking about keeping safe to the Kilmurry Active Retirement

never dreamed of. Does the five-year-old get up in the morning and say, I will do that which I always dreamed of. No way. It is the unexpected, the undreamed, the completely novel that they encounter. Set about doing the same. Seek novelty, not for its own sake, but for the possibility that it might shake loose some of automatic thinking. We just might discover that we have long fixed views, and addiction to certain comforts, or routines, that we could do better without. And how would one, having already seen much and done much, seek novelty? Cultivate curiosity, the curiosity of the child. Don't worry, you do have the time. You will have the time, because by so doing, you will feel as if you have made more of it for yourself. Isn't it worth a try? And what, you may ask, is it that you, Aidan, there preaching at us, what undreamed stuff have you been getting up to?

What just is it that you been doing?

That's it, great, getting curious now, aren't you!

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 more.

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 classes with Helen Quill, Tuesdays at 8pm in the museum are 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.

Our members were delighted too with the demonstration on flower arranging by Ann Quinlan.

Next up for us in the Heritage room in Kilmurry museum is Karen Fennell on the 16th at 2.30pm, with a talk on targeted brain nutrition. 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 aidanbarry@outlook.com.



Bridget Goulding Author and Una Leahy Artist who painted the cover for "Fallen Leaves" © Peter Scanlan



Bridget Goulding and Michael Flynn at the Launch of Bridget Book "Fallen Leaves" © Peter Scanlan



# Uibh Laoire

## ACTIVE RETIREMENT

The parish Active Retirement group had a night out at Bingo in Inchigeela and a good night's fun was had. Members had a few wins, and the proceeds of the raffle were donated to the group by the hall committee to give them a good start with fundraising. Big thank you to the hall committee, to all who donated prizes and to those who bought tickets. Registration to become a member of the active retirement group is still available. Or if you know of anyone who might benefit by joining up, please tell them to contact Gussie O Riordan, Breda Quill O Leary or Finbarr Cronin.

## THANK YOU ALL

A special "Thank You" night is being held in the hall Inchigeela on 3rd of December to convey a sincere thank you to all who helped in any way with the

amazing success of the 2022 community festival.

## ANNUAL BOOKLET

The annual Croi na Laoi end-of-year booklet is being prepared at the moment. Anybody with a story or poem and who would like it included please do so by contacting any member of Croi na Laoi committee asap.

## INCHIGEELA CALENDAR

Photos, taken locally, are sought for the 2023 calendar. Photos must have been taken in Inchigeela and during the past year. Please send photos with horizontal orientation, if possible, to: inchigeelacalendar@gmail.com

## MUSIC

The music sessions in Creedon's Hotel are proving to be very popular. The Folk club /singsong is on every fortnight and there's live music to look out

for on Sunday nights.

## BINGO

The bingo games continue at 8.00pm each Friday evening. The snowball stands now at €185 in 54 calls.

## CARDS

Games of 45 every Sunday night at 8.30pm.

## CEOLCHOIRM/ CONCERT

Keep your night free for the concert in the Halla, Béal átha, on 19th of November at 7.45pm. Local talent, children and adults performing.

## FÉILIRE /CALENDAR

Entries of pictures taken locally in the Ballingearry area should be sent to bealathaabu@gmail.com or to Brandy Twomey for the 2023 calendar

## Nuacht ó Choláiste Ghobnatan



Aisling Ní Dheasúna agus Breandán Ó Ceallacháin le Christina Ní Dheasúna

## DÍOSPÓIREACHT UÍ CHADHAIN

le Claire Ní Aodha, Doireann Ní Mhocháin, Aobha Ní Mhuimhneacháin agus Niamh Ní Laocha

Ghlacamar páirt sa chéad bhabhta de Dhíospóireacht Uí Chadhain i nGaelcholáiste Chiarraí i dTrá Lí ar an 27ú lá de mhí Dheireadh Fómhair. Táimid an-bhuíoch go bhfuair seans páirt a ghlacadh sa chomórtas agus go bhfuilimid ag dul ar aghaidh go dtí an chéad bhabhta eile. Bhí a lán obair i gceist ach chabhraigh ár múinteoir iontach Iníon Ní Bhriain linn agus bhí toradh maith ar deireadh thiar thall. Ar aghaidh linn anois go dtí an chéad bhabhta eile!

## CUAIRTEOR SPEISIALTA

Roimh an bhriseadh meán téarma bhí sé de phribhléid againn cuairt a fháil ó Christina Ní Dheasúna, a bhuaigh an Bonn Airgid Eorpach i nDornálaíocht. "Nuair a tháinig Christina chuig an scoil, dhéanamar tionóil. Sa tionól bhí Christina ag caint faoi cad a bhí sí ag déanamh. Tar éis an thionóil thógamar roinnt grianghraif. Cuntas ó Aisling Ní Dheasúna (col cheathrair Christina)

## OIREACHTAS

Bhí roinnt daltaí ón ár scoil ag glacadh páirt in Oireachtas na Samhna i gCill Airne. Is éard atá i gceist leis an Oireachtas ná féile ealaíona bhliantúil de chultúr na hÉireann agus tionóladh an chéadfhéile Oireachtais i 1897, i mBaile Átha Cliath. Bíonn roinnt comórtas éagsúla ar siúl; amhránaíocht ar an sean-nós, ceol san áireamh. Bhuaigh Ellen de Búrca an Chéad Duais san Fheadóg Stáin. Bhuaigh Méabh Ní Chonaill (iardhalta) & Aodhagán Ó Riordáin an Tríú Duais san Agallamh Beirte. Fuair Finín Ó Conaill an chéad duais sa chomórtas liteartha - dán (faoi 16) agus an Tríú Duais san aithriseoireacht (14 bliana). Fuair sé áit sa Steip ar TG4 - rince ar an sean-nós freisin. Bhí a lán daltaí ón scoil ag glacadh páirt - Orlaith Ní Loingsigh, Donagh Ó Mainnín, Seán Ó Súilleabháin, Conor Ó Súilleabháin, Hannah Ní Mhocháin, Eimear Ní Shuibhe, Sadhbh Ní Cheallaigh agus Mary Ellen Ní Chéilleacháir. Comhghairdeas ó chroí libh!

## PEIL NA MBAN

Le déanaí bhuaigh peileadóirí Naomh Abán Craobh na Mumhan Sóisear A. Seo cuntas ó Kate Ní Urdail agus Fia Ní Mhainnín faoin gcluiche "Bhí sé ar



Claire Ní Aodha, Doireann Ní Mhocháin, Aobha Ní Mhuimhneacháin agus Niamh Ní Laocha ag glacadh páirt i nDíospóireacht Uí Chadhain

siúl ar an 5ú Samhain i Mala i gcoinne Ulla ó Luimneach. Bhí tríocha cailín ar an bpainéil. Bhí slua mór sa lucht féachana, an scór deiridh ná 0.07 go 0.05. Cluiche den scoth a bhí ann agus níor stop ár gcroithe go bualadh go dtí gur chuaigh an séideadh deireanach. Chuireamar ár ndícheall isteach agus bhí an t-ádh linn ar an lá an lámh in uachtar a bhaint amach. Bhí gach duine chomh bródúil agus bhí ceiliúradh ollmhór againn timpeall na háite. Lá iontach nach dhéanfaimid dearmad ar go deo na ndeor. "Tréaslaímid bhur mbua ó chroí libh - tá roinnt daltaí, iardhaltaí agus múinteoirí mar chuid den fhoireann. Tá siad anois i gcluiche leathcheannais na hÉireann anois - go n-éirí go geal libh!



Sadhbh Ní Cheallaigh, Hannah Ní Mhocháin, Mary Ellen Ní Chéilleacháir agus Ellen de Búrca ag glacadh páirt san Oireachtas



# KILMURRAY BOOK LAUNCH



Mary O'Mahony, Michael Galvin and John Fitzgerald speaking at the Launch of Bridget Goulding Book "Fallen Leaves" © Peter Scanlan

Michael Flynn who launched Fallen Leaves, Dr John O'Mahony and Bridget Goulding author, at the Launch of Bridget Goulding's Book "Fallen Leaves" © Peter Scanlan

The launch of Bridget Goulding's book, *Fallen Leaves*, drew a large crowd at Independence Museum Kilmurry on Thursday, 3rd November on what turned out to be a most enjoyable evening. Michael O'Flynn, CEO of the O'Flynn Group was the guest speaker. Other speakers were Michael Galvin, local historian; Mary O'Mahony, Chairperson KHAA; John Fitzgerald, Honorary President KHAA and Dr. John O'Mahony, SC.

*Fallen Leaves* is Bridget's second book, following her 2016 publication of *Kilmurry Felds*. Based on her genealogy research, this new publication tells a broad range of stories about her ancestors. Ranging from her grandmother in Cumann na mBan to a shoemaker grandfather who was sentenced to 5

years in an industrial school aged 13 years. Another grandfather was a gardener on the Warrenscourt Estate. There are relatives who left Kilmurry to work in the mines in Butte, Montana, while eight of the eleven children of her great-grandparents emigrated to Massachusetts from Dunmanway. While the girls of this family assimilated well into new lives and a new environment, America was not all it promised for their three brothers. Although having German fathers, there were sons who fought Germany in both WW1 and WW2. With links to a 500-year-old castle (tower house) in West Cork to a Lord Mayor of Cork and a particular landmark building in the city, these are all too human stories of failure and success, of tragedies and loss, the

trials and tribulations of ordinary people who lived in extraordinary times. With many reunions of descendants across the Atlantic, one of whom, Drew Allison, was instrumental to the publication of this book, Bridget encourages families to discover their roots and firmly believes that long-dead ancestors want to be found.

With thanks to everyone who helped on the night. *Fallen Leaves* is available @€20 from Independence Museum Kilmurry; Super-Valu Macroom; Sheila's Shop, Kilmurry; O'Leary's, Lissarda; MacSwineys Shop, Crookstown; Crookstown Post Office and Bandon Books Plus at Riverview Shopping Centre Proceeds from sales to Independence Museum Kilmurry.

## MUINEFLUICH NS NEWS



Scarecrow Festival, The whole school worked very hard making hessian patches for our scarecrow "Scary Mary" who we entered into the recent Ballinagree Scarecrow Festival.



Team Hope Shoebox Appeal, There has been a great response to the Team Hope Shoebox Appeal from families in the school. First Class were delighted to show off all the boxes collected by everyone in school.

### CROCUS PROJECT

Our Senior Room have planted Crocus bulbs which we are hoping will flower in the springtime with some beautiful yellow flowers.

### MATHS WEEK

We had great fun celebrating Maths Week 2022 in Muinefliuch. There were daily challenges for each class, and we rounded off the week with a Maths Trail around the school grounds. Each team was made up of children from each classroom who all worked hard together to answer the questions and solve all the problems.

### SCARECROW FESTIVAL

The whole school worked very hard making hessian patches for our scarecrow "Scary Mary" who we entered into the recent Ballinagree Scarecrow Festival.

### DEBATING

Our debating team and researchers prepared

their speeches and debated against the motion "Households should be fined for food waste". Unfortunately, they were defeated, but they all did a super job!

### HALLOWEEN

The day of the Halloween break, we enjoyed some super Halloween festivities. Everyone dressed up in their costumes and the Parents' Association organised lots of fun games for each of the classes.

### HERITAGE VISIT

After mid-term, we had a very exciting visit from Geraldine, who is a weaver. She showed us how to use a spinning wheel and some children even got to model some clothes she had made. They also made some beautiful arts and crafts from wool.

### TEAM HOPE SHOEBOX APPEAL

There has been a great response to the Team Hope Shoebox Appeal from families in the school. It is great to see such a great cause so well supported!



Our debating team and researchers prepared their speeches and debated against the motion "Households should be fined for food waste". Unfortunately they were defeated, but they all did a super job!





sweet magnolia  
GARDEN CENTRE



# CHRISTMAS OPEN EVENING

Thursday 24th November  
5pm to 8pm

COMPLIMENTARY MULLED WINE  
& MINCE PIES

**20% OFF** CHRISTMAS SHOP ON THE NIGHT

*Extended*  
**OPENING HOURS**

*Free*  
**PARKING**

#### CONTACT DETAILS

Email: [info@sweetmagnoliagardencentre.ie](mailto:info@sweetmagnoliagardencentre.ie) | tel: 021 7335871 | Lissarda Co.Cork

#### OPENING HOURS

Tues - Sat: 10am - 6pm    Sundays: 12 - 6pm.  
Closed Mondays

SweetMagnoliaGardenCentre





## INCHIGEELA NS NEWS

On Friday October 28th boys and girls in Inchigeela NS held a Dress Up Dress Down day for Mercy Hospital Heroes. Thank you to all who supported this fundraiser, a total of €337 was raised.

Over the Mid Term Break the boys and girls were busy wrapping and filling boxes for Team Hope Christmas Shoebox Appeal 2022. Forty-five Christmas shoeboxes were collected. They will be shipped all over the world over the next few weeks. Thank you for helping make a child smile with joy this Christmas when they open your thoughtful present!

**Right: Forty five Christmas shoeboxes were collected and filled by the Children of Inchigeela National School**



**Boys and girls in Inchigeela NS held a Dress Up Dress Down day for Mercy Hospital Heroes. Thank you to all who supported this fundraiser, a total of €337 was raised.**

## DROMLEIGH NS NEWS

Dromleigh NS Green Schools Committee would like to thank all those that supported our clothes recycling drive recently. An impressive €480 was raised for school funds along with textiles being saved from landfill sites. Well done to all involved! All classes have been hitting all the right notes since September as we continue to enjoy weekly music lessons with Mr Ger Wolfe.

We were also pleased to participate in the annual Maths Week initiative recently. All classes were kept busy completing challenges and maths games developed to promote awareness, appreciation and understanding of the place maths has in our everyday lives.

Students were proud to take part also in the Team Hope's Christmas Shoebox Appeal. This campaign has seen the delivery of 2.1 million gifts globally to children affected by poverty since 2010.

Keep up to date with all of our activities on [www.dromleighns.ie](http://www.dromleighns.ie) or follow us on Facebook Dromleigh N.S Kilmichael

**Senior students from Dromleigh N.S. pictured with music teacher, Mr Ger Wolfe.**

**All smiles for Maths Week recently in Dromleigh N.S.**



**Dromleigh N.S. students proud to support the annual Christmas Shoebox appeal.**








## HOST FAMILIES WANTED

We're looking to expand our **Host Family database in Macroom** to host future international secondary school students.

Students must have their own **private bedroom** and families with children would be advantageous.

ELP Ireland is a local family-run agency and provides full 24/7 support.

To register your interest and get further information, please contact Richie:

**086-8489909 / info@elpireland.com**



## THE ALZHEIMER SOCIETY OF IRELAND

**THE ALZHEIMER SOCIETY OF IRELAND  
DEMENTIA SPECIFIC DAY CENTRE IN MACROOM IS  
NOW OPEN**

This will run every Tuesday from 10am to 3pm.  
*Our service users must have a referral form completed before attending.*

- 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.
  - We work with each person to ensure they feel comfortable and supported and their individual needs are met as far as possible.
  - We offer a wide range of activities including reminiscence therapy, music sessions, gentle exercises, arts and crafts and personal care.



For more information please contact:  
Jerry Foley, Nurse Manager, Bessboro Day Centre, Co. Cork  
Mob: 085-8565795 | Office: 021-4972504  
E-mail: jeremiah.foley@alzheimier.ie

# FIREWOOD FOR SALE

**DONAL O' RIORDAN, KILNAMARTYRA**



Three bags of Softwood €200



Two bags of Softwood plus one bag of Ash €240



Two bags of Softwood €135



**3 BAGS OF SOFTWOOD €200**  
**2 BAGS OF SOFTWOOD + 1 BAG OF ASH €240**  
**2 BAGS OF SOFTWOOD €135**  
**10' X 6' TIPPING TRAILER, 2 CUBIC METERS OF SOFTWOOD €190**

## 087 2848352

# Back to BLACK

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Professional Cleaning company based in Newmarket, Co. Cork. We are a Specialist Contract Cleaning company that caters for the Commercial and Domestic market. We specialise in removing Moss, Stains from Tarmac, Brick Paving, Concrete, Power washing, Roof restoration. We restore the surface back to its original colour. No job too big or too small.

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- Tarmac Restoration / Repair / Sealing
- Covid 19 Disinfecting
- Algae Removal
- Traffic Management
- Hoist available for Work at Heights
- On-Site Contract Cleaning

• DRAIN JETTING
• C.C.T.V. PIPE INSPECTIONS



Before      After



Before      After

Contact **GER** on **087 2860837** or land line **029 22765**  
[www.backtoblackmossremoval.com](http://www.backtoblackmossremoval.com)



## CLONDROHID

### 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. The annual Mass for the Deceased will take place on Wednesday Nov 23 at 7.30pm in Clondrohid church. The names of those who died in the parish during this year will be remembered and a candle will be lit for each of them, and after that a candle will be lit to remember all our faithful departed loved ones.

### CLEAN UP

A clean up of leaves in Clondrohid Church grounds will take place this Sat Nov 19 at 10am. Please bring shovel, brush, wheelbarrow.

### CART BUS

The weekly trip to Macroom takes place on Tuesdays, departing Carriganima at 10am via Clondrohid village. Returning at 1pm. Contact 086 3900886 for more info.

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

### 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.

### LINE DANCING

In the Community Hall every Thursday night 7pm to 8.30pm €5 everyone welcome  
Plenty exercise for the week!

### SMART VILLAGE TRAINING

The 3rd session of this discussion group took place in the Macroom e Park on Tues last Nov 8. It was a very informative session, The next one will be held on Tues Dec 6. Anyone interested in the advancement of our village is 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/gux31eyNFYY4LA6>

### CLONDROHID DEV GROUP

Their next meeting will be held in Community Hall on Monday Nov 21 at 7.30pm. Everyone welcome.

### CLONDROHID NAT.SCHOOL

There will be a Big Table Quiz in aid of Droichidin ASD Classrooms, in the Castle Hotel Macroom at 7.30pm on Fri Nov 18. €40 for table of 4  
1st prize is an amazing 4 Apple Watches.  
Raffle on the night. Your support would be appreciated.

### CARRIGANIMA COMMUNITY DEV GROUP

They are looking for your help. They are looking for gnomes to add to their family of gnomes in the village. Design your own.

### CARRIGANIMA AND CORK PENNY DINNERS

It's that time of year again, when items can be dropped into the pub in Carriganima between Fri Nov 18 to Fri Dec 9 after 8.30pm

A list of ideas for this drop off can include the following. Tins of beans and peas, tins of fruit, jelly, tea, coffee, sugar, salt, biscuits, cereal packets, toilet rolls, tin foil, and much more.

### CARRIGANIMA TRACTOR RUN

This was held recently and was a great success. The proceeds raised in aid of CART Bus will take place in the Pub on Friday night Nov 18 at 8.30pm. All are welcome.

### MACROOM AND DISTRICT LIONS CLUB

They are organising a Christmas Floral Demonstration by the Ladies from Betsy's in the Chapel Hill School of Art on Nov 25 at 7.30pm. Tickets available locally in Macroom or ring 0874370466. A good night assured.

### GAA NEWS

Clondrohid U16s were away recently to Ballinhassig in the Championship quarter final.

Luckily the weather turned good even though underfoot was heavy going.

Clondrohid did not delay in taking the game to Ballinhassig and registered their first score within the opening few minutes. Ballinhassig found it hard to keep possession with Clondrohid pressurising and coming away with scores.

As the half wore on Clondrohid didn't let up and came in at half time leading on a scoreline of 2 - 6 to 0 - 2. Second half resumed and Clondrohid were first on the scoreboard. Ballinhassig got some good scores too. Substitutions were made on our side which fresh legs was very welcome to have on the heavy conditions. Clondrohid lads ran out deserved winners on the day of a scoreline of Clondrohid 4 - 11

Ballinhassig 2 - 07

Thanks to the supporters and parents who

travelled. This same team was at home last Sunday to Kilbrittian in the Championship Semi-final.

After a very wet morning thankfully it dried up in time for the game. The ball was thrown in and it was game on. Kilbrittian got on the breaking ball and went on the attack but were dispossessed which Clondrohid worked forward and got the first score of the game.

The game was a good competitive one with both sides battling hard for possession, but it was Clondrohid that kept picking off the points.

Kilbrittian went on some good movement of the ball and got inside our defence to score the first goal of the game.

Credit due to Clondrohid they came back up the field immediately and put it over the bar.

Both sides kept the scoreboard ticking over to half time.

Half time the scoreboard read

Clondrohid 1 - 10

Kilbrittian 2 - 03

Second half resumed with Kilbrittian turning up the intensity and getting on the scoreboard and starting to close the gap on the home side.

Substitutions were made on our side to freshen up some tired legs. Clondrohid kept focusing on working hard and weathered the pressure by Kilbrittian to again get on top and earn their well-deserved place in the Final on a scoreline of Clondrohid 1 - 17

Kilbrittian 2 - 07

Well done to the panel of players who now advance into the Championship Final.

Thanks to the parents and supporters today in which we look forward for having your support again in the Final.

### JUNIOR C LEAGUE

Well done to the Junior C's who defeated Kilmichael last Sunday in a quarter final. Some very competitive football was played. Good luck in the semi-final v Donoughmore.

### LOTTO

Results for Nov 2

€70 Jerh Buckley Coolnadane €20 Jackie Spillane Mounahorna, Pat O'Brien Cur Raleigh, Aidan O'Brien Caherkeegane, Mark Loughrey Online Results for Nov 9. Jackpot of €4,400 €70 Con O'Keefe Lissarda €20 Diarmuid Kirwan Eire Og, Mary Ann Healy Gortnalicka, Heather Adair Bawnmore, Brenda Lehane Clondrohid.

## COACHFORD

### COACHFORD PLAYERS PRESENT A NIGHT OF THEATRE

Coachford Players will perform four one-act plays on Saturday and Sunday November 19th and 20th in the GAA Hall, Coachford.

The four short plays will feature some new actors to the group as well as some who are not so new.

Admission is only €10 and there will be free tea and coffee available during the interval. Curtain opens at 8pm both nights

It promises to be a great night of theatre and drama.

The Four plays being performed are:

- You will never outrun your past by Michael Manley
- Excerpt from War of the Worlds by HG Wells
- Clause 14 by David Pollard
- The Tarantino Variation by Seth Kramer

### THE COACHFORD CHRISTMAS SHOW

A show full of Christmas carols, festive songs, choral music, and wonderful performances will take place at the GAA Hall, Coachford on Saturday and Sunday, December 3rd and 4th. From the people who brought you 'A night at the Musicals', The Christmas Show promises to be even better. The show kicks off at 8pm and will transport everyone immediately to the joy and magic of Christmas and fill even the hardest of hearts with the Christmas spirit. Bring your family and friends to this amazing show in aid of Coachford Christmas Lights and start the Christmas season with a feelgood night of music and song. After all, "It's the most wonderful time of the year".

### COACHFORD AFC CELEBRATE ON THE DOUBLE

Coachford AFC are planning a massive celebration night at the Lee Valley Golf & Country Club on December 10th. The Victory Dance is being held to honour the Premier team's hugely successful



John McCaffery, Kaitlin Donovan and Peter Dineen in rehearsals for Coachford one act plays this weekend.

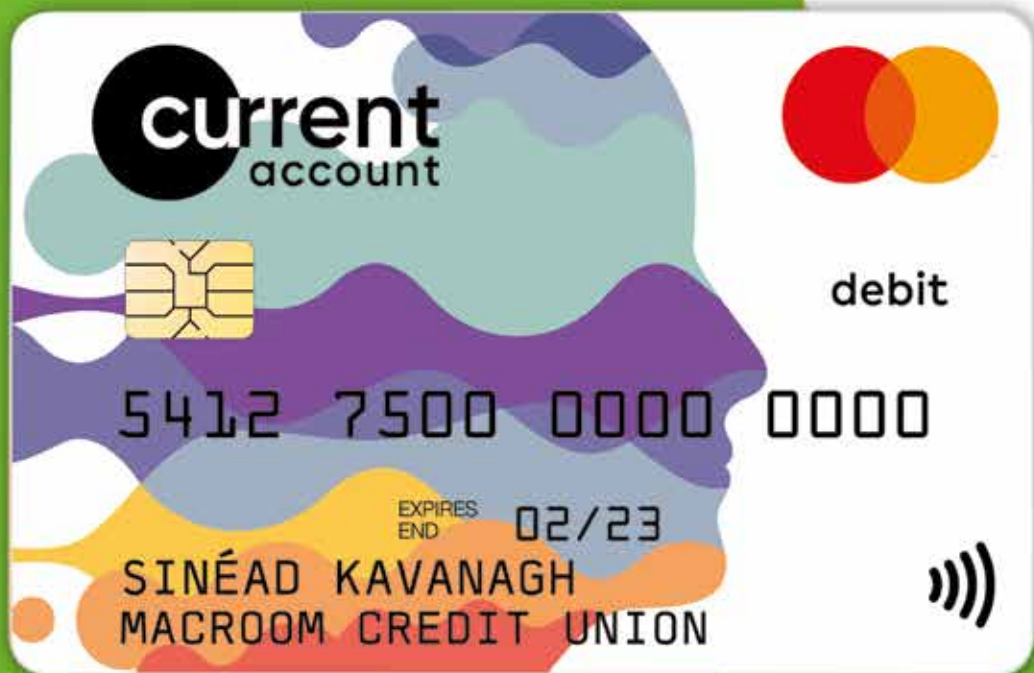
season when they won the AOH Cup and the Premier League. This unique double is rarely achieved so Coachford AFC is hoping that loads of their supporters, players, explayers and friends join them on the night for this great celebration. Tickets are only €40 and can be purchased from any of the club committee members.



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# The Macroom and District Environmental Group

## Think Globally, Act locally

### Medicine Plants of the Hedgerow and River Bank



Hi! It is good to be back in the Lee Valley after spending a number of weeks away with my husband travelling around Northern Europe.

Due to the wonders of the Internet, I was able to prepare articles in advance, and send them in at the appropriate time over my phone. I equally was in awe when I was able to see for myself in the Netherlands how many people happily use bicycles every day. This is in part because the Dutch have clearly marked smooth cycle paths, with separate lights and signs for those on two wheels. In many cities the paths are completely segregated from cars. At roundabouts, those using pedal power have priority, and cycling proficiency is a compulsory part of the Dutch school curriculum. As of 2019 it was estimated there were about 22.9 million bikes in the Netherlands which has a population of 17.1 million people...and before you say Ireland is too hilly, this includes some 2.4 million electric bikes.

36% of Dutch people list cycling as their most frequent way of getting around on a typical day, as opposed to the car (45%), and public transport (11%).

It was then no surprise that even 17% of over 65year olds cycle every day. No excuse for me then! In the Netherlands there is at least 33,000 to 35,000 kilometres of dedicated cycling infrastructure which must be so beneficial to all humans and nature, including trees.

And when I think of trees, my mind is drawn back to enormous numbers of trees, I saw in Germany particularly. Seventy-seven species grow in German forests with Spruce, Pine, beech, and oak taking up almost 3/4 of the forest area.

Forests in Germany cover 32% of Germany's surface area, and so they shape the character of the country's cultural landscape. They fulfil a variety of functions for nature and society and play an important role in the context of climate change.

When in 2020, more trees died in Germany from droughts, bark beetle and forest -fires than in any

year before, the Government set up a support programme worth 1.5 billion euros to help private and municipal forest owners cope with forest damage, invest in reforestation and adapt forests to climate change.

This enthusiasm for trees is one of the reasons I am always so keen to hear from Ted Cook in relation to our own trees in Ireland. In this article he will speak on one of our most commonly encountered Irish species, the Willow.

He tells me that readers who would like to check out the chemicals in Aspirin, will note that Salicylic acid is the pain-relieving active ingredient.

Salicilin was identified in 1828 in the leaves and bark of the Willow/Sally tree by a French pharmacist, Henri Leroux. The Italian chemist Mr. Pina succeeded in separating the Salicilin into its pure state in 1839. In 1896, a German chemist created the version we know today by creating the Willow extract which he marketed as 'Aspirin'.

Of Ireland's five indigenous (native) willow species, our Grey willows appear our most commonly encountered variety along damp field boundaries and riverbanks (riparian zone). Our Sullane River (Saille Abhann or Sally River), flows through Macroom Town and Grey Willow comprises most of the riparian linear woodland as seen from the Town Park's western bank and upstream of the footbridge.

Some hundreds of Willow Tree species have been introduced from overseas to Britain and Ireland. We know of over 500 species and sub-species in Europe. Because most Willows cross and back cross 'promiscuously', our Willows are nearly impossible to classify. The introduced 'White willow' mostly gives us our basketry.

Willows flower before their leaves emerge, to facilitate pollen dispersal by wind during very early Springtime. The golden male flowers yielding rich pollen protein for our hungry bumblebees during mid-March. Like Rowan, Yew, Aspen, Juniper and Buckthorn, male and female flowers occur on separate species. Our two oak species, and their

hybrid swarm, support most native insects, but our Willow comes next, supporting 266 native insects. The latin or scientific name for Willow is 'Salix' (Sailleach in Gaeilge).

At the present time, Willow, all species, are especially relevant. They colonise toxic sites where little or nothing else can grow. They uptake heavy metals which is of huge help to nature. They restore soil health and water quality to areas of intensive agriculture and Plantation Forestry with their associated phosphate leachate.

I am pleased to hear that Ted is working on future article where he will talk about Meadowsweet and Honeysuckle, which also contain Salicin.

In conclusion, I would like to thank our Local Heritage Specialist, Ted Cook, for sharing his knowledge with us once again and to remind you that you can contact The Environmental Group by emailing [macroomenv@gmail.com](mailto:macroomenv@gmail.com)

If you or anyone you know would like to contribute an environmental article to this publication, please contact me [chrisleevalley@gmail.com](mailto:chrisleevalley@gmail.com)



**Spideog – Robin** A familiar garden and woodland bird. Robins are a gardener's friend and will often approach people when digging soil is involved. Pic Cormac McCarthy

## HAVE YOU A NEWS STORY?

Contact the Editor by Email: [leevalleyoutlook@macroom.ie](mailto:leevalleyoutlook@macroom.ie)



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# George Curtin

By Kathy O'Sullivan

In 1905 a book was published by the Irish Book Company, Staraidheacht (History): pieces for recitation in Irish, containing poetry, prose, and songs from the crème de la crème of Irish language literary tradition. As was to be expected, the slim volume contained literary treasures such as Eibhlín Dubh Ní Chonaill's Caoineadh Airt Uí Laoghaire (The Lament for Art Ó Laoghaire), in addition to works by An tAthair Peadar Ó Laoghaire and Eoghan Ruadh Ó Súilleabháin. These luminaries were all associated with the Lee Valley, which was quite an achievement, yet perhaps an even more remarkable achievement was the inclusion of a song, *Íde an Ghandail*, by Mícheál Ó Tuama (Michael Twomey), more widely known by a completely different name, George Curtin.

Born on June 22nd, 1877, in Slabs, possibly Leaca na Stuaice, near Knocknagree, very little is known about his life, which has given rise to much conjecture and even legend. Some say he was born in Lisscarrigane, Clondrohid. His father, Donncha, died before he was born, and his mother, Ellen, was 48 when she gave birth to Mícheál / George. Some say George's parents were not married. As we can see, nobody is sure of any of the details of his life, apart from his undeniable talent in composing poetry and songs.

George received very little schooling, with accounts ranging from one day at Carriganima school, to not progressing beyond one book. Whatever the truth may be, it is certain that George did not, to paraphrase Mark Twain (It is easier to fool the people, than to convince them they have been fooled. No man's life, liberty, and property are safe while the legislature is in session), let his schooling interfere with his education.

Life was physically arduous. The injustice of the expropriation of Irish land fundamentally impoverished the Irish people. Hunger and poverty were the order of the day in the countryside. For George, this was compounded by the fact that his mother was semi-invalided, which meant George was the main income provider, probably before he was ten years of age. That was quite a heavy responsibility for the young shoulders of a child to bear. There is a sense of how dismal home life was:

George Curtin – Curtins' Hotel,  
He lives in a long low thatch house,  
lived inside with cobwebs, soot and paper,  
Plenty water for irrigation but no place to irrigate.

Work was similarly hard and unrelenting:

Long fasting in drains  
It plagued those men  
The blood in their veins  
Grew pale and thin.

Yet, despite such hardship, George was astute, sharply witty, and always ready with a quip. One has to smile at the following, which captures the idea of the 'Irish mammy' perfectly:

Barney Leary has his mother  
And whilst he has her,  
He'll get no other!



*Íde an Ghandail*  
ó Mícheál ua Tuama.  
Um éiríóna 'nó  
'Sead cualar-ra ríeal,  
Ar rísearpe gléigeal sanúail,  
U'imeigead cap caol,  
I n-imiot móinfeir,  
A'r do eugaó painc féir 'n-a cabail leir.  
Tá tuine ar an mbaile  
So gceitiré mé a ainm,  
A'r gearuis fé maopa donn leir.  
Da truaig lib a gearcaó,  
Nuair finead é marb;  
'S ír dóic uom gur ríeacáó an ceann té.  
  
Íre 'nóbaire Tomár  
Nuair airtis fé a cárs:—  
"Ciorpáó air! Níor gáó uó an ríanna!  
I ucaóó non tragar fáir,  
Ní raib fé le págal,  
Mura págal fé ag fáim nó ag dathar ann!  
Ní raib inf an áic ac  
Tuinneaca báice.  
Ní ríeapáó pílócán ná ríeacáó ann.  
So nuéincear é dáic,  
É epeacáó, nó a láimh!  
An t-é eug anabár uó m' ghandail!

Publication of *Íde an Ghandail* in *Staraidheacht: pieces for recitation in Irish*, in traditional script

Conscious of his lack of formal education, George seems to have attended some Irish language classes when possible. A native Irish speaker, he composed songs and poetry in both Irish and English. Some songs of his, known as macaronic songs, contained half of every verse in Irish and English. One example of such a song is *My pup came home from Claedach*, which he is said to have composed instantly, in front of a group of people who were talking about that very thing: If you were to see him 'twas really astonishing What little time a sheepdog without feeding would be vanishing.

Ní raibh siúil na slí ann, a chroí na chliabh 'bhí ataithe,

A chosa ' bhí tanaí is a phíb siúd ' bhí greadaithe,  
'S nach mé ' bhí go mórálach nuair a tháinig sé abhaile chugham.

(There was no walking of the way, his heart of the basket was swollen,  
His feet were thin and his pipe was those that were stuck,

And I was not proud when he came home to me.)

Of George's many compositions, it is *Íde an Ghandail* / The thirst of the gander that has received the most literary acclaim:

Oсна mo chroí, mar tá gam le hinsint  
Go bhfuil sé gan bhrí, lag, traochta  
Táim creachta gan puinn de shuibhreas an tsoail  
'S is baolach, dá dhroim, go n-éagfad.

Chest my heart's sigh, as I am told  
That he is meaningless, weak, exhausted  
I am wounded without a penny of the riches of life  
And in consequence, I am in danger of extinction.

Renowned Irish language scholar, An tAthair Peadar Ó Laoghaire knew George well, even providing an English translation of *Íde an Ghandail*. He also said the following in 1901 of George: 'However, the poets are beginning to speak again.... that young poet has beaten Burns (Robert Burns, who wrote *Auld Lang Syne* and is known for saying the best laid plans of mice and men often go awry). Given what esteem An tAthair Peadar held Robert Burns in, that is high praise indeed. During this speech, said to be the first Irish language speech to be written down in shorthand, George Curtin / Mícheál Ó Tuama was also compared favourably by An tAthair Peadar to Thomas Moore (Irish writer,



An tAthair Peadar Ó Laoghaire, who knew George well  
Source: <https://www.ainm.ie>



Memorial to George Curtin

poet, and lyricist celebrated for his Irish Melodies, including *The Minstrel Boy* and *The Last Rose of Summer*. Several composers have set the poems of Thomas Moore to music, including Robert Schumann, Hector Berlioz and Benjamin Britten. Many Thomas Moore songs are cited in works of James Joyce).





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All of George's songs and poems were about the people he knew or local stories he had heard. Na Cleaganna, Mike Sullivan's Clock, Jerh Foley's Boat and The Two Donkeys are among his numerous compositions. That is what makes his song The Man that came home from Pretoria all the more curious:

I worked like a bugger to come back again  
On board an owl lugger midst tots of rain,  
And the roar of the surges near drove me insane  
Said the man coming home from Pretoria.  
After forty days sailing we came to Dundalk  
My limbs they were aching I scarcely could walk,  
And the peelers they gazed with the eye of a hawk  
On the man coming home from Pretoria.

Ostensibly, this is a song about the Boer War, or the South African War (1899-1902), as it is known as today. There is said to be no evidence that George fought in this war (the Boer War concentration camp system was the first time that a whole nation had been systematically

targeted, and the first in which whole regions had been depopulated. The war claimed the lives of 25,000 Afrikaners, 22,000 British and 12,000 Africans. The origins of the war, like most wars, were complex and stemmed from more than a century of conflict between the Boers and Britain. Of course, there was also the question of who would control the very lucrative Witwatersrand gold mines, as control of natural resources and war are often highly correlated, and that the story of his fighting there was a figment of his imagination. One reason given for this composition is that George visited an aunt in Cardiff, Wales, who gave/ left him some money. It is said he drank this money away and that it took him some time to return home, so he composed the song to hide his shame and explain a two-year absence. While it is true there is no evidence to suggest that George fought in South Africa, neither is there any evidence to suggest he didn't. Theories abound, yet nobody knows.

Many people believed he must have been happy, as he was gregarious, constantly composing songs. Maybe this was the case. Yet, even at an early age, his poetry and songs would seem to suggest otherwise. We never really know, do we, the innermost workings of the human mind? There



Naomh Gobnait / St. Gobnait's cemetery, Baile Mhúirne. © Peter Scanlan

is the stoic face that we present to the public, and then there are the private sufferings, often exacerbated by loneliness and isolation.

George is said to have become withdrawn later in life, which, in hindsight, probably provided a clue as to his state of mind. It seems that he may have taken his own life on September 12th, 1927, at the age of 50. Reports suggest he may have self-harmed and fallen into the nearby river. The community must have been shocked and yet, in the way that close-knit communities do, people rallied together, burying him in Reilig Naomh Gobnait / St. Gobnait's cemetery, Baile Mhúirne. The location of his grave is unknown, as it is most likely an unmarked grave. What a sad end to an unusual life. No life is ordinary.

George's life deserves to be remembered, and this led to a wonderful event to celebrate the life and work of George, called George Curtin Remembered, which can be seen on YouTube <https://www.youtube.com/watch?v=-T2U1pSqzI>, recorded by LTV Services Limited (LTV, local television, is an underrated community resource which will prove invaluable in the future, as a prime example of intangible cultural heritage).

One of the many things that remains unknown about George's life is why he was known as George Curtin. Why the change of name? What prompted this? It was not a matter of the disposing of identification documents while travelling to Ireland from abroad, for example, as he travelled back to the place he was from, where everyone knew his name – both his birth name and his assumed name. Whatever the reason, what is clear is that George made an immense contribution to Irish folklore and the Irish language. In the place where he lived, a memorial exists that is lovely in its simplicity. In this month where people in many parts of the world remember and honour their ancestors, perhaps it is time to think about a memorial in/near the place where he is buried? Doesn't George deserve to be honoured?

The message George left us is really about the human spirit. Like the tree that grows out of rocks on a sharply inclined mountain, with little nutrition, facing into the wind, George's determination, from the time he was a boy, was to simply be.

Ar dheis Dé go raibh a anam dílis. May his soul rest in peace.



Renanirree Camoige team in the 1920's. Photo taken outside Luceys shop in Renanirree which is still working as a shop and Post Office today.



The Ré na Rí National School replay team which took part in the Cork County National School Sports at Páirc Uí Chaoimh (Left to right): Sorcha Uí Loinsigh, Elaine Dineen, Majella Twomey and Bríd Paula Casey. (Picture: Michael Mac É)

Four lovely young ladies from Renanirree, photo taken about 35 years ago



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**Beatha agus sláinte chúghaibh go léir! Súil agam go raibh briseadh meán téarma maith agaibh, má bhí! Faraon ní raibh briseadh agamsa ach bhí cúpla lá iontach taitheamhach lán de spórt is scléip agam i gCill Áirne, is mé ag obair agus ag freastal ar Oireachtas na Samhna 2022**

Sea go deimhin féin ní hamháin go rabhas ann, ach bhíos i deannta mo chomhleacaithe ó Comhar Chumann Forbartha Mhúscraí, Caroline Ní Nualáin, bainisteoir an chumainn agus daoine áitiúla ón gceantar atá i mbun gnóanna éagsúla ag cur Múscraí chun cinn i mbéal phobal an Oireachtais. Bhí seastán an-tarraingteach againn ag aonach an Oireachtais. Bhí Ealaíontóir ó Mhaigh Chromtha ann, Úna Keating lena cuid pictiúirí gleoite áille déanta as feilt. Bhí a píosaí go léir bunaithe ar dhúlra an cheantair. Chomh maith leis sin dhein sí dearadh ar Chártaí Poist gleoite, de Naomh Ghobnait agus a cuid fianna. Tháinig cailín ó Chúil Aodha darbh ainm Lenneke Willems, tháinig sí ón Ísiltír ó dhúchas breis is 35 bliain ó shin. Bhí sí ag déanamh ionadaíochta do chomhlacht áitiúil ina bhfuil sí fostaithe.

Sin an Comhlacht Firebird, ina ndéantar coirí le haghaidh córais teasa, a sholátharíonn córais Téamh lárnaigh do theaghlach ar fuaid na tíre agus thar sáile chomh maith, fiú amháin sa Nua-Shéalainn. Chomh maith leis sin bhí Lenneke ann mar bhall dá clann, muintir Willems, a dheineann an cháis nótaíle áitiúil, sin Cáis Chúil Aodha. Ta an cháis déanta i modh traidisiúnta Ollannach, agus ó shin i leith táid imithe ó neart go neart ag déanamh cáis Gouda. Bíonn sí le fáil ins na siopaí go forleathan agus in ilomad bialanna cáiliúla na tíre. Tháinig Helen Uí Loinsigh ó Ré na nDoirí linn chun taispeántas fíorghleoite a chur i láthair mar 'Showcase' ar na píosaí áille lámhdéanta idir cniotála agus lása a dheintear san Ionad Áise i Ré na nDoirí ag mná na háite, ach go háirithe mná Bhéal Átha an Ghaorthaidh. Ina measc bíonn máthair agus aintín le Helen a bhíonn i mbun deantús geansaithe ar an stíl áránn agus lása ar an stíl Carraig Mhachaire Rois. Bhí daoine an-tógtha leo. Cheannaigh m' fhear céile caipín gleoite dom mar bhronntanas, agus deirmse libh go mbím go deas cluthar is mé á chaitheamh.

Buíochas mór ag dul dos na comhlachtaí a thug urraíocht dúinn; Folláin Teoranta, Mil Ghobnatan, 9 White Deer brewery, Firebird Teo, Cáis Chúil Aodha, Putóg De Róiste, M.P.H. Foods, an tIonad Áise, Ré na nDoirí, Litríocht agus Úna Keating. Ach ba é buaicphointe na hócáide ná an bua a fuair muintir Mhúscraí i ngnéithe éagsúla comórtais le linn na hócáide ar fad. Idir gradaim Liteartha, gradaim do phíosaí filíochta nuachumtha, agallaimh beirte, diospóireacht, rince ar an sean nós, amhránaíocht sean nós agus comórtais sceitse. Nách mór go raibh orainn leantóir de chuid mhuintir Uí Loinsigh a fháil chun an t-ualach bonn agus corn a thabhairt abhaile linn go Múscraí.

Seo a leanas liosta de na buaitóirí;

**Ó Scoil Abán Naofa Bhaile Mhúirne** bhí; Mary-Kate Ní Ailleachán, Dara háit Seanós 6-7. **Ó Scoil Náisiúnta Chúil Aodha-Barr d'Inse** bhí; Juliamae Ní Cheallaigh agus Vivienne Ní Chionnfhaoilaidh, Agallamh Beirte fé 9. Agus Daniel agus Pádraigh Ó Choill an tríú



háit agallamh beirte 9-11. Aoibhinn Ní Dhonnchú agus Caoimhe Ní Mhailchiarraín tríú duais sa lúibín faoi 12. Thug Johnny Ó Tuama an corn is an bonn óir leis sa chomórtais sean nós ó 8-9.

#### **Scoil Lachtaín Naofa Chill na Martra;**

Bhuaigh Saoirse ní Dhulchaointigh agus Róisín ní Shuilleabhain an Bonn Cré-umha sa chomórtais agallamh beirte 9-11.

Ó Chill na Martra chomh maith thug Finnín ó Chonnaill agus a dheirfiúr Meabh duaiseanna leo i gcomórtais filíochta, Díospóireacht agus aithriseoireacht. Bhuaigh Meabh agus Aodhán Ó Riordáin an tríú háit san agallamh beirte fé 21. Thug Ellen De Búrca an bonn óir sa chéad áit léi i gcomórtais na feadóige stáin 13-17 bliana. Ní nach ionadh agus í ina neacht lena háintín Máire De Búrca a raibh clú agus cáil uirthi mar cheoltóir den scoth ar an bhfeadóige stáin agus a bhuaigh go leor duaiseanna náisiúnta nuair a bhí sí linn ar an saol seo. Beannacht Dé léi.

Ghlac mé féin páirt i gcomórtais na sceitse in éineacht le Siobhán Ní Mhuimhneacháin agus an tUasal Seósaimh Ó Chríodáin. Bhí ana spórt againn leis an gcur i láthair ar 'An Liathróid Chríostail', a scríobh Siobhán. Creid é nó ná creid ach thugamar linn an chéad áit le corn agus bonn óir. Táimid fós ag ceiliúradh. Féach ar; <https://fb.watch/gKzqu5wdE/>

Cinnté níl aon bhaol ar an amhránaíocht agus amhránaithe ar an tsean nós go háitiúil mar thug Seósaimh Ó Chríodáin an bonn airgid leis sa dara háit i gcomórtais na bhfear i mbliana agus bhí sé tuille go maith aige. Thug sé léargas iontach ar an amhrán a chan sé 'Carraig Aonair' ar Raidió Life an lá dár gcionn. Anuas ar sin ach díreach chomh tábhachtach thug garsún óg ó Scoil Bharr d'Inse/Chúil Aodha, Johnny Ó Tuama an corn agus bonn óir leis sa chomórtais sean nós 8-9 mbliana. Ba chúis mhór áthais an deireadh seachtaine ar fad do Mhúscraí agus dá pobal.



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# ELON MUSK MUST COME BEFORE EU LAWMAKERS TO DISCUSS TWITTER REFORMS AND SACKING OF STAFF - MEP KELLEHER

- Twitter has obligations under EU's Digital Services Act that it can't ignore -

Fianna Fáil MEP has joined with his Renew Europe colleagues in the European Parliament to request that the new Twitter CEO, Elon Musk be invited to attend a parliamentary hearing with MEPs to discuss his reforms at the company and how he will adhere to existing EU regulations.

Kelleher, an MEP for Ireland South, added, "The letter sent to the Parliament's President, Roberta Metsola by my political group, the centrist liberal Renew Europe, is an important and crucial first step. "What Mr. Musk has done so far is concerning. Twitter, whether we like it or not, plays a critical role in our democratic processes. Any weakening of standards could damage the fight against election

interference, misinformation and hate speech.

"From an Irish perspective, I am incredibly concerned and angry about the manner in which Irish employees of Twitter were informed about job losses last week. Mr. Musk must accept that Twitter, by operating in, and locating itself inside, the EU must adhere to our strong employment rights legislation. We are not the United States. We respect workers and their rights.

"Twitter has obligations under the Digital Services Act and the 2022 Code of Practice on Disinformation. This is non-negotiable. Twitter cannot become a dystopian hellscape. It would be bad for democracy and bad for society.

"European values and laws must still apply to Twitter irrespective of Mr. Musk's personal views. He might be the world's richest man, but no one is unaccountable.

"President Metsola should invite Mr Musk for a hearing in the European Parliament to allow lawmakers to scrutinise his actions and intentions. As a liberal, free speech is essential but I and Renew Europe will not tolerate a return to the digital Wild West," concluded Kelleher.



## SNIPPETS | DIARY

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

*Snippets may include details of upcoming Lee Valley functions, fundraisers, sports events etc. We may include commercial events that are also being advertised simultaneously in the magazine.*

### MACROOM, CAN YOU HELP FIND JACK A HOME?

Dogs Trust Ireland are seeking a kind and patient home for Jack, a terrified young Collie who deserves a chance at happiness

Jack hopes that the 'dog days are over' and remains hopeful of better days ahead

Visit [www.DogsTrust.ie/](http://www.DogsTrust.ie/)

RegionalRehomingJackC to find out more.

### MASS

Mass will be celebrated on Wednesday November 23rd in St. John the Baptist Church, Beal na Morrive for the faithful departed at 8pm. All Welcome.

### RCPA (RYLANE COMMUNITY PARK ASSOCIATION) LOTTO RESULTS

Lotto results on Monday Nov 1st 2022.

Winning numbers: 21, 36 & 40. Jackpot - €3,300

No winner.

Lucky Dips: Martin Murray; Antoinette & Loretto (Coachford); Mary, Ger & Padraic O'Sullivan (Rylane - Yearly ticket); Eimear Kenneally (Rylane- online). Seller's prize: Crowley's (Rylane).

Next week's Jackpot will be €3,400.

Lotto results on Monday Nov 7th 2022

Winning numbers: 13, 18 & 26. Jackpot - €3,400

No winner.

Lucky Dips: Anne O'Rourke (Rylane); Jim O'Sullivan (Taxi, Dripsey); Milly & Annabelle Bullman (Rylane - Yearly ticket); Eimear Kenneally (Rylane- online). Seller's prize: Sheila O'Sullivan (Rylane).

Next week's Jackpot will be €3,500.

### MACROOM GAA LOTTO RESULTS 01 NOVEMBER 2022

No Winner - €70. Dawn & Michael Murphy, Cork Street, Macroom. €20. Tony

Dinneen, Gurteenroe, Macroom. €20. Nora O'Shea, Mashanaglass, Macroom. €20.

Colman Corrigan, Glen Park, Macroom. €20.



Maryellen Murphy, St. Colmans Pk, Macroom. € 20. Eileen Buckley, Coachford. Next Week's Jackpot €4200.

### MACROOM GAA LOTTO RESULTS 08 NOVEMBER 2022

No Winner - €70. James Deasy, Sleaven, Macroom. 20. Pat Hogan, Fergus,

Dripsey. €20. Eleanor Healy, Sleaven Road, Macroom. €20 Noah & Aden O'Connell,

12 The Gearagh Macroom. €20. Eileen O' Riordan, C/O Auld Triangle, Macroom.

€20. Joe Carroll, Dooniskey, Lissarda. Next Week's Jackpot €4400.

### COACHFORD AFC LOTTO DRAW

Jackpot: €3,400. Numbers Drawn: 16 - 18 - 28. No Winner. €40 Steve Crowley. €20 Derry Walsh, Dan Twomey (Yearly Ticket), Ann Carey (Online Ticket), Richie Martin (Online Ticket).

Coachford AFC Lotto Draw: 14/11/2022.

Jackpot: €3,600. Numbers Drawn: 4 - 16 - 27. No Winner. €40 Antoinette Murphy (Online Ticket).

€20 Raymond Dineen (Yearly Ticket), James Cotter, Danni Madden, Mark O'Mahony.

### AGHINAGH G.A.A. LOTTO RESULTS 31ST OCTOBER, 2022

The jackpot was €1,000. The numbers drawn were 3, 9 and 28. There was no jackpot winner.

Consolation prizes: €50.00 to John Kelleher, Ballyverane. €20 each to Pat Barry Murphy, C/O

Martin Healy; Ann Keating, Coolkisha (Online Winner); Katelyn Callaghan Cronin, C/O Ballinagree Shop; Gerard Kelleher, Moulnahorna.

### AGHINAGH G.A.A. LOTTO RESULTS 7TH NOVEMBER, 2022

The jackpot was €1,150. The numbers drawn were 9, 22 and 38. There was no jackpot winner.

Consolation prizes: €50.00 to Nora McCarthy, Ballinagree. €20 each to Tom Fitzpatrick (Online Winner); Matt & Julian O'Leary, Coolnadane; Ann

O'Sullivan, Rusheen; Anthony & Seán Hubbard, Bealnamorrive.

### MACROOM FC LOTTO RESULTS 07 NOV 22

Jackpot: €9,600. Numbers drawn: 5, 18, 29. No Winner. €80: Michelle Long c/o Hound. €20 each:

Nabil Salib c/o June's. Bridie Murphy c/o Swanky, Dave O' Mahony c/o Lar's, Tanya Power c/o Evelyn.

### MACROOM FC LOTTO RESULTS 14 NOV 22

Jackpot: €9,800. Numbers drawn: 13, 24, 34. No Winner. €80: Niall Kelly Sydney Australia Online.

€20 each: Peter Coughlan Online, Tim Tom Kelleher c/o Lar's, Carmel Kirby c/o Lar's, Sean O'Connell c/o

Hound.

### IONAD LAE, BAILE MHÚIRNE/COIS CILLE, CILL NA MARTRA

Scoraíochtaí: Cois Cille: 1st December 2022, 26th January 2023 & 23rd February 2023

Ionad Lae: 11th January 2023 & 8th February 2023.



Tim and Seán from Tim O'Sullivan Kindling & Firewood presenting a donation of kindling and firewood to Sandy Twomey of Macroom. Sandy is on a mission to keep the elderly of Macroom and surrounding area's warm this winter by donating all donations between SVDP and Macroom Senior Citizens. Sandy can be reached at 0868380084 if anyone can donate.



## Citizens Information

### HELP WITH PRESCRIPTION CHARGES

There are some schemes available which assist with the cost of prescribed medications and appliances and the qualifying conditions for each scheme is different.

**Q. Do I have to pay for prescriptions if I have a Medical Card?**

A. If you have a medical card, there is a charge for prescribed medicines and other items that you get on prescription from pharmacies. The prescription charge is €1.50 for each item that is dispensed to you under the medical card scheme, up to a maximum of €15 per month per person or family. For people aged over 70, the prescription charge is €1 per item, up to a maximum of €10 per month per person or family.

**Q. If I have a GP Visit Card does it cover prescription charges?**

A. No. Prescribed drugs are not free but may be covered by the Drugs Payment Scheme.

**Q. What is the Drug Payment Scheme?**

A. Under the Drugs Payment Scheme, you and your family only have to pay a maximum of €80 each month for approved prescribed drugs and medicines, and certain appliances. After you register for the scheme, you will get a plastic swipe card for each person named on the registration form. You should show this card whenever you collect your medication or appliances from the pharmacy. The HSE Primary Care Reimbursement Service provides a list of medicines or aids provided under the Drugs Payment Scheme. You should use the same pharmacy in a month to avoid paying more than the maximum €80. You do not have to register with a pharmacy for the scheme.

You can apply for the Drugs Payment Scheme online at [mydps.ie](http://mydps.ie) or by completing an application form which you can get from your local Citizens Information Centre or Local Health Office.

**Q. What is the Long-Term Illness Scheme?**

A. If you have a medical condition covered by the Long-Term Illness Scheme, you can get free drugs, medicines and medical and surgical appliances for the treatment of that condition. The qualifying conditions include Diabetes, Epilepsy, Parkinsonism and Multiple Sclerosis. You can get a full list of the conditions covered under this scheme from your local Citizens Information Service.

You must be ordinarily resident in Ireland to qualify. This means that you are living here and intend to live here for at least one year. Students from outside the EU do not qualify for the Long-Term Illness Scheme.

The Long-Term Illness Scheme does not depend on your income or other circumstances. You may also be eligible for a Medical card or GP visit card, depending on your circumstances.

Contact your local Citizens Information Centre for an application form or download it from [https://assets.hse.ie/media/documents/long-term-illness-scheme-application-form\\_M8wJkd.pdf](https://assets.hse.ie/media/documents/long-term-illness-scheme-application-form_M8wJkd.pdf)

**Q. Can you tell me about the Discretionary Hardship Scheme?**

A. The HSE Primary Care Reimbursement Service (PSRS) provides a list of medicines or aids provided under the medical card or Drugs Payment Scheme. These products are approved for the schemes by the HSE. Some items that can be bought over the counter are not included in the free or subsidised schemes. If you have a medical card and are prescribed an item that is not on PCRS list, your pharmacist or Local Health Office can apply for it to be paid for by the Discretionary Hardship Scheme. If the hardship scheme does not cover the cost of the medicine and you have to pay for it, you may want to check with your doctor to see if there is an alternative medicine. You can get more information about the scheme from your pharmacist or Local Health Office.

**Q. Is there any tax relief for medical expenses?**

A. If you pay medical expenses that are not covered by the State or by private health insurance, you can claim tax back on some of those expenses, which includes tax relief on medical expenses for prescribed drugs and medicines. You can claim tax relief online using Revenue's myAccount service.

If you need further information about any of the issues raised here or you have other questions, you can call a member of the local Citizens Information Service in Macroom.

Telephone 0818 07 8430

Alternatively, you can email on [macroom@citinfo.ie](mailto:macroom@citinfo.ie) or log on to [www.citizensinformation.ie](http://www.citizensinformation.ie)




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Cheque presentation to the Cork/Kerry Cancer Bus Organisation of € 33,328.79 collected as a result of 'A Day for Damian' which was held in the 'Top of Coom' on Sunday 18th Sept 22. The Dineen family would like to sincerely thank everyone far and near, who contributed and supported in anyway to this wonderful event, for this worthy cause.



Michael Mahony, the Cork plumber seen here handing over a cheque for 500 Euros to the chairman of the Tiny Feet Fairy Garden Michael Burns towards the cost of the Santa grotto which is being held in the Tiny Feet Fairy Garden in December



Halloween at Kilbarry National School.



Lots of fun and games at Halloween party in the ionad aise Renairree



C.D.Y.S. Work Placement in the Castle grounds



Orla and Jeremiah Desmond, Karen O' Callaghan, Andrew Kenneally and Dan Buckley took on London marathon to raise funds for 'Breast Cancer Care' and 'Make a Wish Foundation'. A total of €19,400 was collected



Photographed at the launch of the Cork Federation ICA 2023 calendar were Cllr. Eileen Lynch, Macroom Municipal District Mayor, Cllr. Damian Boylan, Deputy Lord Mayor, Hilda Roche, National President ICA, Ena Howell, Cork Federation President and Deirdre O'Brien, Deputy County Mayor



Mairéad Manning, Donoughmore who was recently conferred as a member of Chartered Accountants Ireland. Mairéad is pictured with her parents John and Mary and brother Diarmuid at the conferring ceremony held at the Kingsley hotel on October 27th



When Cathal climbed he was the youngest 6 year old child to climb Carrantuohill...he has climbed 25 mountains so far ...as well as horse riding, running and boxing.



# Macroom Massage & Sports Injuries Clinic

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Wednesday - Friday 9am - 9pm  
Saturdays 9am - 1pm  
Closed Sundays & Mondays



Blarney JBFC 2022



Halloween at Kilbarry National School.





## Macroom and District Lions Club goes floral for a festive and fun evening

The ladies from Betsy's Flower Shop, Macroom, are joining Macroom and District Lions Club to bring you a fabulous evening of Christmas flower arranging. The event will take place at the Chapel Hill School of Art on Friday, 25th November, kicking off at 7.30pm (sharp). There will be mulled wine on arrival and Macroom's

newest choral group, 'The Local Vocals', will set the tone with some songs throughout the evening. There will be a fun raffle on the night and a great evening is assured.

Tickets are limited so must be purchased or pre-booked in advance of the event. Tickets cost

€10 and are available in Betsy's Flower Shop; Matt Murphy's Pharmacy; and Vaughan's Cafe. Tickets can also be pre-booked by email or phone (macroomlionsclub@gmail.com or 087 4370466). Keep an eye on our Facebook and Instagram for more updates.



L-R: Declan Sheehan, Macroom and District Lions Club, Maureen O'Riordan, Betsy's, Deirdre Young, Betsy's, Siobhan O'Dowd, Deirdre Moriarty and Martin Lucey, Macroom and District Lions Club.



L-R: Declan Sheehan, Macroom and District Lions Club, with Maureen O'Riordan, Betsy's; and Martin Lucey, Macroom and District Lions Club.



Orla and Jeremiah Desmond, Karen O' Callaghan, Andrew Kenneally and Dan Buckley took on London marathon to raise funds for 'Breast Cancer Care' and 'Make a Wish Foundation'. A total of €19,400 was collected



Members of Crookstown Karate club who competed at the SKIF National Championships on Oct 23rd in Clonmel.



Daltaí ó rang a haon, Scoil Abán Naofa a ghlac páirt sa chomortas amhránaíochta ar an sean-nós in Oireachtas na Samhna 2022 san INEC i gCill Airne le déanaí. Maith Sibh.



Cork Rose of Tralee and Trocaire volunteer, Jenny Byrne, at the launch of the Trocaire Gifts of Love range which can be purchased this year online at trocaire.org/gifts or by calling 1800-408-408 or from the local Trocaire Centre, 9, Cook St., Cork. Picture: Mike English



Junior Infants at Coachford National School receiving their RSA Certs.



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## Bons Secours Hospital Cork County Football Championships

### PREMIER SENIOR FC

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

### MUNSTER CLUB CHAMPIONSHIP

Clonmel Commercials 2-15 Nemo Rangers 1-11 at P Uí Chaoimh

For the second time in seven years Clonmel Commercials have come into Cork and defeated Nemo Rangers in the Munster Club championship. The previous win was at Mallow in the 2015 final when a last-minute goal stunned Nemo, this time the Tipperary men led from way out and were by far the better team on the day at P Uí Chaoimh. Clonmel dominated from the start, led by 2-4 to 0-6 at half time. Clonmel outran and outsmarted their hosts and in a second half period outscored Nemo by 0-11 to 0-3, Nemo only managed one point from play from the 35th minute on. The Nemo goal came deep in injury time and saved the Cork side utter embarrassment.

The defeat is only Nemo's fifth in provincial action in 22 Munster campaign and is not a pleasant result for Cork club football.

Scorers for Nemo Rangers: L Connolly 0-6 (0-6 f); M Cronin 1-2, (0-1 f); R Dalton, L Horgan, J Horgan 0-1 each.

Nemo Rangers: MA Martin; K Histon, K Fulignati, K O'Donovan; K O'Sullivan, S Cronin, C McCartan; B Cripps, A O'Donovan; J Horgan, C Horgan, R Dalton; B O'Driscoll, L Connolly, M Cronin. Subs: L Horgan, P Kerrigan (both ht); C O'Brien 39; C O'Donovan 57.

### 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

### Munster Club Championship

Kanturk 3-11 Kildysart (Clare) 0-6 at Ennis  
Kanturk v Rathmore Nov 26th, Cork venue

### Intermediate A FC

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

### COUNTY JUNIOR FOOTBALL CHAMPIONSHIP COUNTY FINAL

Kilmurry 1-12 Cobh 0-8

### Munster Club Championship

Kilmurry v Thurles Sarsfields, Tipperary venue, Saturday Nov 26th.

Kilmurry 1-12 Cobh 0-8



Kilmurry GAA celebrating their winning of the County Final

Muskerry champions Kilmurry added the Bons Secours Hospital Cork County junior championship title to their divisional crown when they were clear winners over Cobh at Páirc Uí Chaoimh in the county JFC final. Kilmurry were worthy winners, led at half time by three points 0-7 to 0-4 and when Pádraig Berhanu once again swooped for a goal in the 32nd minute to give his side a 1-7 to 0-4 lead, one felt that the pre-match favourites were going to go and win this one and this they did in style. Kilmurry will now represent Cork in the Munster Junior club championship and will be competing in the Cork County Premier Junior championship next season and can every expectation of doing well there. They are a young side on the way up with quality and strength in all sectors of the field and will hope to emulate the feats of Iveleary with whom they fought for divisional honours for many years and who went on to greater things as soon as they progressed out of junior ranks.

Cobh opened the scoring, Pádraig Berhanu levelled with a Kilmurry point in the 6th minute. A Liam Wall free edged Kilmurry ahead, Laurence Aisling made it 0-3 to 0-1 in the 13th minute, Cobh had a second point, Rory Duggan fisted over to make it 0-4 to 0-2 in the 17th minute. Two points from Cobh levelled the scores at 0-4 each by the 22nd minute. Play became a bit scrappy after fine play in the opening phase but Kilmurry finished the half well with three vital points all from play, from Liam Wall, Rory Duggan and James O'Mullane and they led by 0-7 to 0-4 at the break and had been slightly the better side up to that.

Man of the Match Liam Wall set up a goal chance for Pádraig Berhanu two minutes into the second half and Berhanu showed what a fine finisher he is with a clinical strike, 1-7 to 0-4 now and Cobh were in trouble. The Kilmurry defence with Fionn Warren, Brian Hinchion and William Ronan in top form constantly countered the best Cobh efforts, and a point from a '45' in the 38th minute was the only reward for the Harbour side. Another Cobh point five minutes later cut the gap to four points but Liam Wall had a Kilmurry point in the 48th minute and when battling Cobh replied with a point, Tomás Collins pointed a Kilmurry free to make it 1-9 to 0-7 in the 52nd minute. Liam Wall's fourth point in the 55th minute left Kilmurry in a comfortable position and Ryan Leahy quickly added another point. Liam Wall capped a marvellous display with a point in the 62nd minute and a late Cobh point completed the scoring.

The final whistle was greeted with unrestrained joy by the Kilmurry team, mentors and supporters who gave full vent to their delight.

Scorers for Kilmurry: P Berhanu 1-1, L Wall 0-5 (0-1f), R Duggan 0-2, L Aisling, James O'Mullane, T Collins (f), R Leahy 0-1 each.

Kilmurry: Jason McDonnell; Brian Hinchion, Fionn Warren (joint-captain), Gearóid O'Mahony; Tomás Collins, William Ronan (jc), Pádraig Hinchion; Kyle Kelleher, James O'Mullane; Rory Duggan, Liam Wall, Laurence Aisling; Pádraig Berhanu, Dave McCarthy, Kevin Barrett.

Subs: John O'Mullane 27, Ryan Leahy 50, Daniel Cahalane 58, William Buckley 62.



Man of the match Liam Wall Kilmurry being congratulated by Mark Sheehen Chair of the Co. Board.





Management: Cormac Linehan with Denis O'Mullane, David Drummond and Con BarryMurphy

Kilmurry last won the county junior title in 1986 and they lost the county final to Rockchapel in 2021. They have been very active at underage level and their Under 21s reached the County Premier final in 2018 before losing in a replay to Nemo.

Eight of that team played in this year's junior county final, two more are temporarily abroad, and two more are presently injured.



Kilmurry GAA celebrating their winning of the County Final

## 2018 U21 County Football Championship Final

**Kilmurry 0-12 Nemo Rangers 1-9 - draw**  
**Nemo Rangers 1-13 Kilmurry 0-8 - replay**  
**Kilmurry 0-12 Nemo Rangers 1-9**

A point in stoppage time from Eoghan Clifford earned Kilmurry a replay in a tense final at Páirc Uí Rinn. It was a great result for the Mid Cork champions who had been under the cosh by Nemo in the closing stages but had the heart and the ability to stage a late counter which yielded the golden point from Clifford. Kilmurry had reason to be thankful for the series of outstanding saves by their goalkeeper Eoghan Curzon which had kept them in contention despite the Nemo onslaught. Kilmurry started slowly and found themselves two points in arrears after only three minutes. Points from James O'Mullane had Kilmurry level and in the 15th minute Sean Warren had a smashing goal, the chance set up by the work of Marco Healy and Joe Ryan. Tomás Collins added a point and Kilmurry led by 1-3 to 0-2 after 17 minutes. Nemo responded well and a string of points had them leading by a point, 0-8 to 1-4 at the break. On the resumption, Joe Ryan pointed to bring Kilmurry level and Eoghan Clifford then had a point to put them back in the lead, 1-6 to 0-8. Nemo drew level and went back in front, went back in front, Kilmurry levelled before Nemo again

hit the front. In the 47th minute, a move started by William Ronan in defence, carried on by Liam Wall and Evan Carroll, ended with Kyle Kelleher feeding Joe Ryan who kicked another equaliser, 1-8 to 0-11 now the score. In the hectic last ten minutes, Nemo went a point clear, Eoghan Curzon denied them a goal with a breathtaking save in the 52nd minute and another two minutes later. Nemo kicked four wides in a row and Eoghan Clifford's injury time point saved the day for Kilmurry.

Kilmurry scorers: Joe Ryan 0-4 (0-2f), Seán Warren 1-0, James O'Mullane, Eoghan Clifford 0- each, Tomás Collins 0-1.

Kilmurry: Éoin Curzon: Michael Dromey, Fionn Warren, William Ronan: James O'Mullane, Liam O'Sullivan, Kyle Kelleher: Marco Healy, Liam Wall: Tomás Collins, Eoghan Clifford, Brian Hinchion: Evan Carroll, Joe Ryan, Seán Warren. Subs: Seán Flanagan h/t, Lloyd Aisling 56.

**Nemo Rangers 1-13 Kilmurry 0-8**

A very even first half, Nemo leading by a single point at the break, 0-5 to 0-4, was followed by an opening twelve minutes of further near-stalemate on the resumption after which only a single point still separated the teams, but then Nemo struck for four points in a row to go well clear and followed with a goal from a penalty to lead by 1-11 to 0-6 by the 50th minute and this game had slipped away

from the gallant Kilmurry side.

Kilmurry led a point on four occasions in the first half, courtesy of three converted frees from Joe Ryan and one from Seán Warren, Nemo Rangers equalising on each occasion before the city side took the lead for the first time in the 32nd minute to lead by 0-5 to 0-4 at the break.

Nemo stretched their lead to 0-2, Joe Ryan pointed to bring it back: Nemo led 0-7 to 0-5, Liam Wall had a point to make it a one point game again in the 42nd minute. Nemo were getting on top and in a golden seven minute spell fired over four points in a row followed by the goal from an undisputed penalty award to lead by 1-11 to 0-6. Points from Eoghan Clifford and James O'Mullane showed that there was still plenty of fight in Kilmurry but Nemo had the scent of victory in their nostrils and finished with two more points for a comprehensive winning margin.

**Scorers:** Joe Ryan 0-4 (f), Seán Warren (f), J O'Mullane, L Wall and E Clifford 0-1 each

Kilmurry: Éoin Curzon: Michael Dromey, Fionn Warren, William Ronan: Brian Hinchion, Liam O'Sullivan, Kyle Kelleher: Marco Healy, Jack Casey: Liam Wall, Eoghan Clifford, James O'Mullane: Evan Carroll, Joe Ryan, Seán Warren. Subs: Tomás Collins 27, Lloyd Aisling 48, Darragh Linehan 48, Greg Fitton 58.

## County Junior B Football Championship Final

**Blarney 4-6 Fr O'Neills 2-11**

Blarney won their first ever adult football county title as they had just a point to spare against Fr O'Neills in a thrilling Bons Secours Cork County JBFC final at Páirc Uí Chaoimh. Blarney were trailing by four points in the 51st minute when Denis McSweeney slammed in a goal to ignite their challenge and after the East Cork side went two points clear another goal from Seán Crowley in the 54th minute put Blarney sensationally in front. They held their slender lead to the finish and so took their first county football title in style.

Fr O'Neills, county Senior A hurling champions after defeating Courceys in the final, were hell bent on winning this game and completing the double, but so were Blarney, and the teams produced a thrilling encounter. Fr O'Neills took an early two-point lead but in the 3rd minute Alan McEvoy had an opening point for Blarney and a minute later Vincent O'Mahony came forward to fire in a goal to give the tourist village side the lead. Back came

Fr O'Neills to level and then go in front but Keith Costelloe pointed to level the scores for Blarney, 1-2 to 0-5 in the 14th minute.

Within a minute Blarney were back in front when Alan McEvoy scored their second goal, points were exchanged with Cian Barrett scoring for Blarney and a Cathal Hegarty point from a free in the 25th minute had Blarney leading by 2-4 to 0-6. The sides were level again before half time however as the East Cork men had a 26th minute goal followed by an injury time point and so at 2-4 to 1-7 it was all to play for in the second half.

The excitement continued in the second half. Conor Foley Eased Blarney in front, Fr O'Neills levelled from a free. Olan Hegarty put Blarney back in front in the 37th minute but they conceded a goal in the 42nd minute and when Fr O'Neills added a point from a free and another from play the Ballymacoda side held a four-point lead. Up stepped Denis McSweeney with a goal to cut the gap to the minimum but back came Fr O'Neills

with a point to double their advantage. Blarney were flying at this stage however and substitute Seán Crowley was the hero of the day as he took a pass from Keith Costelloe and got in for Goal No.4 to put his side a point in front and they held it to the finish.

Scorers for Blarney: A McEvoy 1-1, V O'Mahony, D McSweeney and S Crowley 1-0 each, C Foley, O Hegarty, C Hegarty (f), K Costello and C Barrett 0-1 each.

Blarney: Brian O'Sullivan; David Lordan, Stephen Mullane, Brendan Hallihan; S O'Grady, Paul O'Connor, Vincent O'Mahony; Conor Foley, Olan Hegarty; Shane Barrett, Keith Costello (c), Denis McSweeney; Cian Barrett, Alan McEvoy, Cathal Hegarty. Subs: Seán Crowley 42, Ray O'Donovan 47, Mark O'Leary 50.





## County U19 B Football Championship Final

**Canovee 2 – 9 St Nicks 1 – 7**

On what was a great day for Mid Cork clubs at Páirc Uí Chaoimh, Blarney and Kilmurry having earlier taken county junior football titles, Canovee U19s completed the notable treble by defeating St Nicks in the County U19 B football final and they were deserving winners over the city side.

St Nicks scored first but Daire McMahon levelled for Canovee in the 8th minute from a free, put them in front from another free and then in the 13th minute took a pass from Conor Dodd and blazed to the St Nicks net. Canovee celebrations were short lived as Nicks came up the field and had a goal in reply to leave Canovee only a point in front again, 1-2 to 1-1 at the end of the first quarter. Canovee increased their lead with points from Gavin Coleman, Tomás Óg Twomey and Daire McMahon but in the minutes before the interval Nicks hit back with two points in a row and so at the break, Canovee led by 1-5 to 1-3.

On the restart, Conor Dodd and James O'Neill had early points to push Canovee four clear but Nicks were hanging in there and replied with a brace, 1-7 to 1-5 in the 40th minute. Daire McMahon pointed to increase the lead to three



**Canovee Under 19 County Champions 2022.**

but back came Nicks with two more points, 1-8 to 1-7 at the three quarter mark. Five minutes from time Daire McMahon doubled the slender lead with a point and in the 58th minute Callum O'Callaghan set up a goal chance and James O'Neill shot home to assure Canovee of the county title.

Canovee: Aaron Forde: Shane Hughes, Darragh Moynihan: Conor Dodd, Conor Higgins, Callum O'Callaghan: Cathal O'Driscoll, Pádraig O'Driscoll: James O'Neill, Ryan Dennehy, Gavin Coleman: Tomás Og Twomey, Daire McMahon.

## Co-op Superstores Cork County Hurling Championships



**Inniscarra, County Premier Intermediate Hurling Champions 2022**

### Premier Senior Hurling Championship

Final: St Finbarrs 2-14 Blackrock 1-7  
Relegated: Na Piarasaigh

### Munster Club Championship

Ballyea (Clare) v St Finbarrs at Ennis Nov 20th at 1.15pm

### Senior A Hurling

Final: Fr O'Neill's 0-20 Courceys 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

### Munster Club Championship

Inniscarra v Roscrea (Tipperary) at Thurles, Nov 19th at 1.15pm

### Intermediate A HC

Final: Dungourney 1-16 Cloughduv 0-13  
Relegated: Meelin

### Premier Junior HC

Final: Ballygiblin 2 – 19 Tracton 1-12

Relegated: Dripsey

### Munster Club Championship

Ballygiblin 2-10 Grangemockler 0-11  
Semi final: Ballygiblin v Colligan (Waterford)  
Nov 20th in Cork



**Gráine Ní Luasa with his family celebrating Naomh Abán ladies becoming Munster Champions. Pic Nóra Uí Luasa.**



**Mile buíochas do Mícheál Ó Lionaird agus Follain as ucht sraith nua geansaithe d'fhoireann mionúir Naomh Abán. In the photo Denis O Céilleachair, Siobhán Dé Róiste, Mícheál Ó Lionaird**





## Cork County Junior Hurling Championship

**Semi Final: Ballinora 3-9 (18) Éirins Own 1-20 (23)**

Mid Cork champions Ballinora made their exit from the county junior hurling championship at their first hurdle for the second year in a row but did go down fighting. East Cork champions Éirins Own had easily disposed of the Nemo Rangers challenge in the quarter final, Ballinora had a bye to the semi-final, and the Imokilly men showed once again that they are a formidable outfit with many players with senior experience. Éirins Own had the ability to score points from long range, Ballinora tended to go into contact too often and the excellent Imokilly defenders simply were not to be beaten in tight situations. The first half saw Ballinora get a lesson in point scoring. Éirins Own had two on the board before Liam Lyons pointed a Ballinora free in the 4th minute and twenty minutes were to

elapse before Lyons had the second point for the Mid Cork champions. In between Éirins Own fired over eight points to lead by 0-10 to 0-2 in the 24th minute and Ballinora were in need of a boost which came with a goal from Kevin Murphy in the 26th minute. Points were then exchanged, Liam Lyons again from a free for Ballinora before the East Cork side finished with two more points to lead by 0-13 to 1-3 at the interval.

On the resumption there was let up by the Caherlag men and they quickly added another brace of points and followed with a goal in the 32nd minute to lead 1-15 to 1-3 and make Ballinora's task almost impossible. Three further points followed before Ballinora staged a strong rally starting with a point from a Liam Lyons free in the 40th minute. Darragh Holmes banged in a goal a minute later and Lyons pointed two further frees to maintain the pressure. Back

came Éirins Own with a brace, 1-20 to 2-6 now the score but Ballinora battled on and a goal from Liam Lyons cut the gap to eight points. Ballinora kept up the pressure, Liam Lyons pointed two frees and Alan O'Shea had a point from play to leave five points between the teams in injury time. Ballinora had a chance to further reduce the deficit when a penalty was awarded but this was saved and the final whistle followed with Éirins Own deservedly progressing to the final.

Ballinora: Scorers: L Lyons 1-8 (0-8f), K Murphy and D Holmes 1-0 each, A O'Shea 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.

## Camogie- Munster Club Intermediate Championship

**Semi Final: Ballinora 3-9 (18) Éirins Semi Final: Aghabullogue 1-4 Borris-Ileigh, Tipperary 0-5**

**Final: Aghabullogue 0-5 Clanmaurice, Kerry 2-5**

Aghabullogue's great run in the Intermediate Camogie championship came to an end at Mallow as the Cork champions went down to Clanmaurice from North Kerry who thus won their first AIB Munster club intermediate camogie championship title.

A great start with two goals in the opening five minutes put the Kerry girls on the road to victory. The Aghabullogue girls fought tooth and nail to get back into the contest, but they could never get the lead against a strong side who have won the last five Munster junior titles.

The wind favoured Aghabullogue in the first-half, but it was Clanmaurice who struck for two early goals. Aoife Barrett slotted over Aghabullogue's opening point in the seventh minute and Cliona Healy kept the scoreboard moving for the Cork team - her three frees reducing the gap to three points after 20 minutes, 2-1 to 0-4. The next three scores came from Clanmaurice to stretch their lead to two clear goals with five minutes remaining. A point from Ciara McCarthy brought Aghabullogue to within five and just before the interval, the referee awarded a penalty to Clanmaurice but a

well-struck effort was brilliantly saved by Nicola Moynihan. A late point for the North Kerry girls gave them an interval lead of 2-5 to 0-5.

Aghabullogue started the second-half well, Cliona Healy billowed the net after a pass from Emma Flanagan, and she pointed two frees as well, 2-5 to 1-7 in the 42nd minute and the game was there to be won. Clanmaurice responded with two points to lead by three midway through the half and went four up in the 50th minute. Cliona Healy pointed responded once more, but Aghabullogue could not get the goal they needed and a late point made the position secure for the winners.

Scorers for Aghabullogue: C Healy 1-6 (0-3 45's, 0-3 f), A Barrett and C McCarthy 0-1 each.

Aghabullogue: Nicola Moynihan; Erin O'Shea, Miriam Cotter, Brid Cotter; Meadhbh Ring, Katie McCarthy (Capt), Ella Curtin; Ella Foley, Rachel Barrett; Aoife Barrett, Ciara McCarthy, Emma Flanagan; Julie Tarrant, Kelly Honohan, Cliona Healy. Subs: Anna Foley and Ellie Buckley both half-time, Aoife Twomey 47.

### 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

#### Semi Finals

Donoughmore 1-12 Béal Átha'n

Ghaorthaidh 0-10

Aghinagh 4-13 Dripsey 1-21

#### Final

Donoughmore v Aghinagh

### Oriel House Mid Cork Junior B Hurling Championship

Final: Inniscarra 1-10 Blarney 1-7

County JBHC

Inniscarra 0-6 St Finbarrs 3-18

### Special JBH Plate Competition

Laochra Óg 0-8 Grenagh 1-6

Plate Final: Gleann na Laoi v Grenagh

### Mid Cork Under 21 Hurling Premier (3 teams)

Ballincollig 3-16 Éire Óg 3-4

Blarney v Éire Óg, at Blarney Nov 19th 2pm

U21 A (2 teams)

Aghabullogue v Cloughduv, at Ballinora Nov 20th 3pm

U21 B (4 teams)

Western Gaels 4-20 Laochra Óg 0-3

Grenagh v Donoughmore, Nov 19th at Genagh

### County Div 3 Hurling League

Play Off: Aghabullogue 3-19 Aghada 0-10

Semi Final: Aghabullogue 3-13 St

Catherine's 1-13

## Macroom FC Schoolgirls Notes

Our Under 10's were delighted to be able to field two teams that played Riverstown Saturday morning in Clondrohid Astro, the girls were so excited as their games had been cancelled due to the bad weather and were thrilled to show off all their new skills thanks to all their Coaches. Our Under 12's headed to East Cork to Middleton and had a cracking game with great skills from both teams on display.

Under 17's crossed the county bounds and headed for Kenmare and came home with the points. An exciting game that saw Macroom in good form and ready to take on their Kerry neighbours, Mya O'Sullivan Daria Smolen and Caoimhe O'Brien were the goal scorers. They are now into the second round of the Munster Cup their next game will be in Co. Kilkenny we wish them the best of luck.

Under 19's headed to Avondale Park to take on Avondale in what was a cracking game by two very evenly matched teams, the match remained scoreless until the last 3mins when an opposition player got injured and Macroom thought the ref was about to blow the whistle and stopped however Avondale booted the ball into the top right corner. Excellent game and more to come.





## Ladies Gaelic Football – LGFA Munster Junior Championship Final



Captain Mhá Naomh Abán Munster winners. pic le Nóra Uí Luasa.



Amy agus Lidia MacDonagh. pic le Nóra Uí Luasa.

### Naomh Abán 0-7 Oola 0-5

Naomh Abán won the Munster Junior Ladies Football Championship final at Mallow in a final which was a credit to both sides. The Muskerry Gaeltacht girls got the better of a fine Oola side in a final that was always tight and Naomh Abán laid the foundations for their win in the first half when they played against the elements.

Muireann Dineen was superb at full-back for Naomh Abán with Amy McDonagh excelling at midfield. Up front, Lydia McDonagh and Grace Murphy were always dangerous, but all the players deserved credit for this victory.

Oola led in the seventh minute and from the restart were awarded a free and doubled their advantage. Another point put them 0-3 to no score up after eight minutes. McDonagh got Naomh Abán off the mark and Murphy pointed from a free to make it a one-point game. McDonagh got her second to level it, 0-3 apiece, with 14 minutes gone, before Bourke put Oola back in front.

A brilliant run from Murphy saw her sweep past several defenders to level it for the second time as the Mid Cork side had now settled into the tie after a nervous start.

A mistake by the Naomh Abán defence nearly proved costly but Muireann Dineen was quick to save the day and the sides level at 0-4 apiece at half-time.

Naomh Abán would have been the happier of the two as they had played against the strong wind and they took the lead for the first time three minutes into the second half when McDonagh had her third point as they were now hoping to make use of the breeze at their backs. McDonagh extended their lead to two as they now started to get the better of the exchanges. Oola pulled a point back from a free as both sides missed scoring chances.

With five minutes to go, it was still a one-point game as neither side had added to their tally since the 41st minute. Oola were then reduced to 14 but Naomh Abán's numerical advantage

didn't last long as one of their forwards followed into the bin a minute later.

In the last minute, Grace Murphy raised a white flag from a free to put the Cork outfit two to the good as the finish line was now in sight. Oola they piled forward in search of the goal they needed but the Naomh Abán defence tackled and blocked heroically to keep them at bay for a deserved victory.

Scorers for Naomh Abán: Lydia McDonagh 0-4, Grace Murphy 0-3 (0-1 f).

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 40, C Murphy 59.

Naomh Abán won the All-Ireland intermediate title in 2003 and will be hoping to add the junior title to their list of honours as they now go on to represent Munster.



Naomh Abán LGFA junior football team that won the Munster Final against Oola, Limerick 0 07 to 0 05



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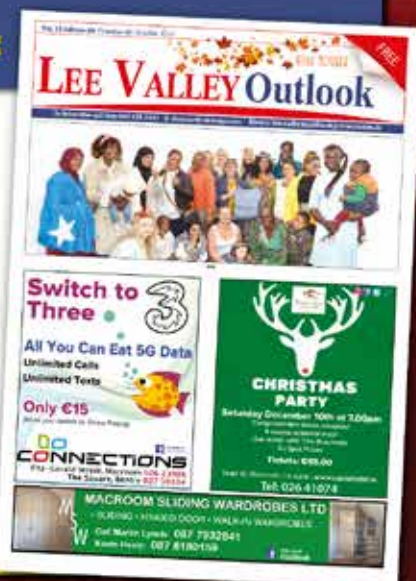
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## A Word of Victory

Welcome back dear student "...but the Helper, the Holy Spirit, Whom the Father will send in My Name, He will teach you all things, and bring to your remembrance all that I said to you" (John 14:26). Two things that greatly benefit in life are – help from one who's stronger, and good teaching from someone who knows more. Years ago I had great difficulty in two subjects at school. It was a real struggle. Then everything changed. I was blessed with two wonderful teachers that just connected with me. It was like a miracle because suddenly I was able to understand and it changed my outcome. So often in life we need help, but don't know where to find the answers (Psalms 46:1; Psalms 121:2).

When the Lord Jesus had accomplished His mission of carrying out God's plan of Salvation, He sent God's Holy Spirit to live inside those who believed in Him and called upon His Name (Romans 10:9-13). No longer do we have to wonder how to connect with God because once we repent for our sins and call upon the Lord Jesus, the Holy Spirit takes up residence inside creating a direct connection to God in the Spirit (Romans 5:3-5; Romans 8:14). Up to the point of the birth of Jesus the Holy Spirit only came upon the prophets. But when Jesus rose from the dead and went back to Father God the gift of the Presence of God in mankind - the Holy Spirit - was given. He is your ever present help; no matter what the situation, you can rest assured that you're never alone for Holy Spirit is right there instructing how to navigate through every circumstance. He is the greatest Teacher ever - Who gives God's wisdom and direction on how to live successfully, by opening up God's Word for us. He is our Wonderful Counsellor – the One Who always listens attentively, and gives the best therapy. Holy Spirit is our Comforter. He understands your pain and grief and will pour His healing balm into every wound. Ever faced a situation that looked hopeless or felt like there's no one to understand or take your side? The Holy Spirit is your Advocate and Attorney, and He will fight your battles no matter how fierce your enemy, refuting every false argument against you, because He is the Spirit of Truth (John 15:26). All of these attributes of the Holy Spirit are tied up in His Name – 'Parakletos' which translates to mean - One Who comes alongside to defend and assist, to console and to speak for as Advocate and Intercessor. He is the third Person of the Godhead – Father, Son and Holy Spirit. May the Lord baptise you afresh with His Spirit Power in Jesus' Name, amen.

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

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### 6th ANNIVERSARY



In loving memory of

**THERESA  
(TESSIE) DWYER**

**Crookstown, Co. Cork  
Died on 17th November 2016**

*You are more than a memory  
silently kept.*

*You are part of our lives  
we will never forget.*



Always remembered by  
her loving family

### 14th ANNIVERSARY



In loving memory of our dear son  
& brother

**MARK DUGGAN**

**Moulnahorna, Macroom.  
Whose 14th anniversary occurs on  
the 22nd of November**

*A smile for all- a heart of gold,  
One of the best the world could hold,  
Never selfish, always kind,  
These are the memories you leave behind,  
As you were- you'll always be  
someone special*

*In our memory- we love and miss you.*

*Will those who think of Mark today  
a little prayer to Jesus say.*



Mark's Anniversary Mass will be held on  
Saturday the 19th November at 7.30 pm in  
Macroom Church.

Always remembered with love by his Mom  
and Dad Margaret and Eddie. Brothers  
Denis, Alan, Eddie, Luke and Owen.  
Sisters Tracey and Niamh.

### 5th ANNIVERSARY



In loving memory of

**DIARMUID  
(JOEY)  
O'CONNELL**

**Coolnacahera and Lisboymore  
Who passed away 23rd November  
2017**

*When God held out his precious hands  
To take you from your pain  
You stretched your weary hand right back  
As he softly called your name  
"Come here with me" he quietly said  
Your pain will leave you soon  
Just close your eyes and take my hand  
We'll quietly leave the room.*



Always remembered by your loving family.

*St Gobnait pray for him.*

### 20th ANNIVERSARY



Treasured memories of

**YVONNE  
REILLY**

**Aglish, Coachford  
Who died on the 23rd November  
2002**

*In life we loved you dearly,  
In death we love you still.  
In our hearts you hold a place,  
That no one else can fill.*



Always loved and remembered by her  
loving parents Gerry and Joan,  
brothers John, James and Richard  
and sister Geraldine



**5th ANNIVERSARY**



In loving memory of

**SEAN  
LYNCH**

**Togher, Ballymakeera, Co. Cork  
Died on 16th November 2017**

*Will those who think of  
Sean today,  
A little prayer  
to Jesus say.*



Always remembered by  
his brother Denis

**FIRST ANNIVERSARY**



I ndíl chuimhne

**NANCY MURRAY  
(NEE DUNNE)**

**Doire 'n Chuilinn, Cúil Aodha agus  
Cill Chainnigh, a cailleadh um an  
dtaca seo anuraidh, 25ú Samhain  
2021.**

Ba mhaith le Muintir Riordáin, agus an  
chlan níos leithne, buíochas ó chroí a  
ghabháil le gach éinne, idir chomharsana,  
cairde, agus daoine ó chian is ó chongar a  
tháinig chun comhbhrón a ghabháil le linn a  
sochraide, agus éinne a sheol teachtaireachtaí  
comhbhróin sa phost, ar an nguthán nó  
ar líne trí mheán RIP.ie.

The extended O'Riordan family would  
like to sincerely thank everyone, between  
neighbours, friends, and those both near  
and far who travelled to attend the funeral  
services, and those who sent messages of  
sympathy by post, phone or online via RIP.ie.



Beidh Aifreann comórtha bliana á cheiliúradh  
ar son Nancy i Séipéal Chúil Aodha ar an  
Domhnach, 27ú Samhain @ 10rn.

Beannacht Dé lena hanam dílis.

**3rd ANNIVERSARY**



Remembered with Love

**SHEILA  
KELLEHER  
(NEE LORDAN)**

**"Launa View", Ballinagree, Macroom.  
Who died on 14th of November 2019.**

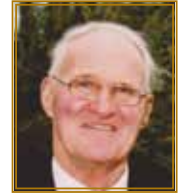
*We thought of you today,  
But that is nothing new,  
We thought of you yesterday,  
And will tomorrow too,  
And will think of you in silence,  
And make no outward show,  
For what it meant to loose you,  
Only those who love you know,  
Remembering you is easy,  
We do it everyday,  
It's the heartache 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.

**2nd ANNIVERSARY**



In loving memory of

**DAN  
BUCKLEY**

**Lactify, Clondrohid, Macroom,  
who died November 16th 2020**

*Our Family chain is broken  
And nothing seems the same,  
But as God calls us one by one,  
The chain will link again.*



Always remembered by his loving family.

**25th ANNIVERSARY**



In loving memory of

**DANIEL  
O'ROURKE**

**Glounaglough, Rylane  
Who died on 4th of November 1997**

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



Fondly remembered by his loving family.

**22nd ANNIVERSARY**



I gcuimhne

**CIARÁN  
Ó LAOIRE**

**Renaniree, Macroom  
Who died on 12th Nov 2000**

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



Ag cuimhneamh le grá ag Mom,  
Colm, Noel, Donal Og, Clíodhna  
and their Families

**17th ANNIVERSARY**



In memory of a loving Husband,  
Dad & Grandad

**MATTIE  
TWOMEY**

**Barathanaknuck, Clondrohid,  
Macroom, Co. Cork  
Who died on 17th November 2005**

*Happy memories will keep forever,  
Of days when we were all together,  
They bring a smile often a tear,  
But always a wish you were here.*

*Will those who think of Mattie today a little  
prayer to Jesus say.*



Remembered by your loving  
wife Bridget & family

**FIRST ANNIVERSARY**



In loving memory of

**JERRY  
MANNING**

**Moulnahourna,  
Carriganima, Macroom**

*Death leaves a heartache  
no one can heal,  
love leaves a memory  
no one can steal.*



Love always David and Eileen.



**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of

**JERRY MANNING**

Late of Moulnahorna Carriganima Macroom

Who died on 27th November 2021

As we lovingly remember Jerry on his first anniversary on 27th November, we the family of the late Jerry Manning, Moulnahorna, Carriganima, Macroom, acknowledge the many expressions of sympathy and kindness shown to us at the time of Jerry's death and since. We offer our heartfelt thanks to our relatives, wonderful neighbours and many friends who visited our home, provided food and refreshments, managed traffic & lighting, offered practical support, telephoned, sent Mass cards, floral tributes, messages of condolence, attended prayers, funeral mass in person and on line. We especially thank all those who stood out along the route of Jerry's final journeys.

To Jerry's Coillte friends and Clondrohid GAA Club, we thank you for your guards of honour. Thank you to the staff at CUH, Dr. John O Riordan and staff at Sullane Family Practice and to Seamus and staff at Haven Pharmacy for Jerry's care over the years. Special thanks to Fr. Donal Roberts & Fr. Joe O Mahony for the celebration of Jerry's life and Fr. Joe Rohan, Fr. Sean McCarthy and Fr. Gabriel Burke for prayers at home and at the graveside, also Nora McCarthy, sacristan for her help in the church, John O Sullivan for live-streaming the funeral mass and Cathal, Dan & Michael for their music and singing. We sincerely thank Fitzgearld's Undertakers for their care and professionalism during a difficult time. As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.



Jerry's First Anniversary Mass will be celebrated in St. John the Baptist Church, Ballinagree on Sat. November 19th at 8.00pm.

**FIRST ANNIVERSARY**



In loving memory of

**JERRY MANNING**

Moulnahorna Carriganima Macroom

Who died on the 27th Nov 2021

*Though his smile is gone forever  
And his hand we cannot touch  
We still have so many memories,  
Of the one we love so much.  
His memory is our keepsake  
With which we'll never part,  
God has him in his keeping we have you  
Dad and Grandad in our hearts.*



Forever loved and remembered by Maria, James and his Grandchildren, Gráinne, Niamh and Jimmy

**FIRST ANNIVERSARY**



In loving memory of

**JERRY MANNING**

Late of Moulnahorna Carriganima Macroom

Who died on 27th November 2021

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



Remembering you today and always with love by Nellie, John, Raymond, Kevin & Aine

**2nd ANNIVERSARY**



In loving memory of

**RACHAEL TWOMEY (NEE RYAN)**

Droumnagapple Inchigeela Macroom, who sadly passed away on the 17th November 2020.

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



Lovingly remembered and sadly missed by her husband John, Son Jason, Daughters Sarah, Megan, and Leah, and the extended Twomey and Ryan family's.

Rachael's 2nd anniversary Mass will be Saturday the 26th of November at 7pm in Inchigeela church.

**FIRST ANNIVERSARY**



Treasured Memories of Dad and Grandad

**JERRY MANNING**

Moulnahorna, Carriganima, Macroom whose first anniversary occurs on 27th November.

*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.*



So sadly missed by Mark, Julie, Stephanie, Sarah, Douglas, Darren, Rachel and Jerry.

**7th ANNIVERSARY**



In loving memory of

**THOMAS (TOM) BUCKLEY**

Lower Belmont, Crookstown Co Cork Whose 7th Anniversary is at this time. Died on the 14th November 2015

*If we could write a story  
It would be the greatest told  
Of a kind and loving father  
Who had a heart of gold  
We could write a million pages  
But still be unable to say  
Just how we love and miss him  
Every single day.*



Loved and missed by your family Aidan, Maria, and Caroline son in laws Vincent and Vincent grandchildren Lisa-Marie, Shauna, Caoimhe, Éadaoin, Darragh and Jack

**3rd ANNIVERSARY**



In loving memory of

**PEGGY LYNCH**

Cúil Aodha whose anniversary occurs on the 17th of November.

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



Greatly missed & fondly remembered by your loving family.

**THE MIRACLE PRAYER**



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

**MOM**



**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of

**ANNE CRONIN**

**Masseytown, Macroom  
Who died 25th November 2021**

As we lovingly remember Anne on this day especially, her first anniversary. Anne's daughter Sarah would sincerely like to thank all the staff in CUH especially in ward GB, Dr Collins in CUH for the fantastic care and support provided to Mam and our family over the 2 years of her illness and in her last days. Fitzgerald funeral home for there professionalism and care. Bantry palliative care for the services provided and support to our family. Fr Joe O Mahony for his lovely kind words at mass and support. Leahy gravediggers. All our extended families, friends, neighbours for all ye had done for us especially Catherine mams dear friend. As it is impossible to thank everyone individually please accept this acknowledgment as a token of our appreciation.

*Those we love don't go away,  
They walk beside us every day.*



Forever missed by your daughters Zoe, Nicola, Sarah. Sons Luke and Robert. Brothers Niall and Vincent. Sons in law Denis and David. Grandchildren Kayleigh, Holly, Calum, Olivia and Blake. Nieces/ Nephews, Relatives and Friends.

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of

**TONY O' SULLIVAN**

**Curraghawaddra, Coachford,  
Co.Cork  
Died on 25th November 2021**

We lovingly remember and sadly mourn our beloved Tony everyday but especially on this the first anniversary of his passing. We his family, Mairead, Mark, Lisa, Dean, Jacque and Ciaran wish to thank all those who helped us during his illness. Our sincere gratitude to all those who phoned us, sent mass cards, letters of condolence, flowers and spent time with us when we needed it most. Sincere thanks also to our wonderful neighbours, friends and extended family who supported us through Tony's illness and in to his final journey and continue to do so today. The Holy Sacrifice of the mass has been offered for your intentions.

*God saw that you were getting tired  
A cure was not to be  
So he put his arms around you and  
whispered  
"Come with me"  
With tearful eyes, we watched you suffer,  
And saw you fade away  
Although we loved you dearly  
We could not make you stay  
A golden heart stopped beating  
Hard working hands at rest  
God broke our hearts to prove to us  
He only takes the best.*



**FIRST ANNIVERSARY**



In loving memory of

**TONY O' SULLIVAN**

**Curraghawaddra  
Tony's 1st Anniversary occurs on  
25th November**

*Our Son and Brother,  
We hold you close within our hearts,  
And there you shall always stay,  
To walk with us through-out our lives,  
each and every day.  
So rest in peace dear Tony  
And thanks for all you've done,  
We pray that god has given you,  
the place you've truly won.*



Your Missed and will always be remembered by your loving Dad Maurice, Recently passed Mum Nora, your sisters Mathilda and Bridget, your brothers Declan and Eddie and all your extended family, sleep in peace Tony. Until we meet again.

**FIRST ANNIVERSARY**



In loving memory of

**TONY O' SULLIVAN**

**Curraghawaddra, Coachford,  
Co.Cork  
Died on 25th November 2021**

*Your life was one of kindly deeds,  
A helping hand for others needs,  
Sincere and true in heart and mind,  
Beautiful memories left behind.*



Much loved and sadly missed  
Teddy Joseph, Sheena, Susan and Teddy.

**FIRST ANNIVERSARY**



In loving memory of

**TONY O' SULLIVAN**

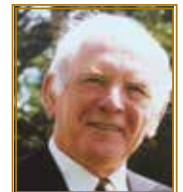
**Curraghawaddra, Coachford  
Who died on 25th November 2021**

*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.*



Loved and remembered by  
Jim, Catriona, Laura, Caroline and James

**5th ANNIVERSARY**



In loving memory of

**DONAL CREED**  
**late of Codrum, Macroom, Co Cork  
Died 23rd November 2017**

*In loving memory of Donal a dear husband,  
father, grandfather, great grandfather,  
brother, uncle and friend.*



Remembered every day with so much love by his wife Madeleine and by his extended family

*Ar Dheis Dè go raibh a anam uasal*

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**9th ANNIVERSARY & BIRTHDAY REMEMBRANCE**



In loving memory of

**NELL MURPHY**

**Knockroe, Kilnamartyra, Macroom**  
Whose anniversary occurs on the  
23rd November.

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



Always loved and remembered,  
Anna, Dan, Denis, Elaine, Danny and  
Sheena.

**3rd & 53rd ANNIVERSARY**



I gcuimhne ar

**MAIRÍN AGUS  
BILL WISEMAN**

**Cúil Aodha**  
a cailleadh an am seo den bhliain

*Ó fhás go haois, is ó aois go bás  
Do dhá láimh, a Chríost, anall tharainn,  
Ó bhás go críoch, ní críoch ach áth-fhás  
I bParrthas na ngrást go rabhaimíd*



I ndílchuimhne ón clann ar fad

**100th ANNIVERSARY**



In loving memory of

**JEREMIAH  
CASEY**

**Iveagh House, Gerteen Row,  
Macroom**

**Killed in action in Clondrohid  
on 5th December 1922  
RIP**

*Always in our thoughts and prayers.*



Remembered by his nephews Noel,  
Paddy, Michael, Tony & grand nephews  
and nieces.

**3rd ANNIVERSARY**



In loving memory of

**TOMMY  
GLEESON**

**Lisnashandrum, Berrings.**  
Who died on 18th November 2019

*God saw you getting tired  
And a cure was not to be  
So he put his arms around you  
And whispered "Come to me".  
With tearful eyes we watched you  
And saw you pass away  
And although we love you dearly  
We could not make you stay  
A Golden heart stopped beating  
Hard working hands at rest  
God broke our hearts to prove to us  
He only takes the best*



Always remembered by your cousin Joan,  
Finbarr and family

**10th ANNIVERSARY**



Thoughts of our very dear

**LAURENCE  
BUCKLEY**

**Gurrane, Clondrohid,**  
who died 10th November 2012

*Those we love don't go away,  
They walk beside us everyday.  
Unseen, unheard but always near,  
Still loved, still missed and very dear.*



Eileen and family

**5th ANNIVERSARY**



Treasured Loving Memories of

**MARY  
CRONIN**

**Candromeey, Kilnamartyra**  
who died on 27th November 2017

*Deep are the memories,  
precious they stay.  
No passing of time  
can take them away.*



Fondly remembered always by all her  
family.

**1st & 10th ANNIVERSARY**



In loving memory of

**ANNE  
CRONIN**

**Pairc na Deireachta, Masseytown**  
Who died on 25th November 2021



In loving memory of

**TERESA  
CRONIN**

**Upper Masseytown, Macroom**  
Who died on 21st November 2012

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

*Beautiful memories are treasured forever  
Of happy days when we were together.*



Sadly missed along life's way,  
quietly remembered every day by your Loving Family.

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**15th ANNIVERSARY**



In loving memory of

**EDWARD (NED)  
O'LEARY**

Sleaveen East, Macroom, Co. Cork  
Whose anniversary occurs on 21st  
November

*We thought of you with love today  
But that is nothing new.  
We thought about you yesterday  
And days before that too.  
We think of you in silence  
We often speak your name,  
Now all we have are memories  
And a picture in a frame.  
Your memory is our keepsake  
With which we'll never part.  
God has you in his keeping  
We have you in our heart.*



Sadly missed and always remembered by  
your wife Joan and family

**10th ANNIVERSARY**



In loving memory of

**DANIEL (SKINNY)  
O'DRISCOLL**

of Dan Corkery Place  
Who's 10th Anniversary occurs on  
22nd November 2022.

*Quickly and quietly came the call,  
Your sudden departure shocked us all.  
We who have lost do dwell -  
For the loss of Skinny without a farewell.*



Always remembered by the lads.

**10th ANNIVERSARY**



With love we remember

**OLAN COLLINS**

Coomnacrohy Ballyvourney  
Late of Aghavrin Coachford  
Who's 10th Anniversary occurs on the  
18th of November

*Our lives go on without you,  
but nothing is the same.  
We have to hide the heartache  
When someone speaks your name  
Sad are the hearts that love you,  
Silent are the tears that fall.  
Living without you is the hardest part of all.  
You did so many things for us,  
your heart was so kind and true,  
And when we needed someone,  
we could always count on you.  
The special years will not return,  
when we are all together  
But with the love in our hearts,  
You walk with us forever.*



Lovingly remembered by Noreen,  
Mairead, John, Molly, Daniel and Conor.  
Anniversary mass will take place in St.  
Gobnait's Church 20th of November at  
11:30am

**ANNIVERSARIES**



In loving memory of

**CON & SHEILA  
O'BRIEN**

Coomaguire Ballyvourney  
who's 35th and 29th anniversaries  
occur around this time

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



Always remembered by your loving  
family.  
St Gobnait pray for them.

**6th & 3rd ANNIVERSARY**



In loving memory of

**JOHN  
O'CALLAGHAN**

Who died on 23 November, 2016

In loving memory of

**NORMA  
O'CALLAGHAN**

Who died on 12 September, 2019

Derrivane, Inchigeela

*We thought of you both today, But that is nothing new.  
We thought about you both yesterday, And days before that too.  
We think of you both in silence, We always speak your names.  
Now we have all the memories, And your Picture in a frame.  
Yer memory is our keepsake, With which we will never part.  
God has you both in his keeping,  
We have you both in our hearts.*



Ár dheis dé go raibh a h-anam dílis

Lovingly remembered by: Gene, Sheila, Con, Liz, Denis, Mim (Máiréad), John Fin, Ciara  
and Families

**4th ANNIVERSARY**



In loving memory of

**NANCY  
MURPHY**

Gortsmorane, Kilbarry, Macroom  
Who Passed Away 19th November  
2018

*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.*



Always remembered by your loving  
family.

**9th ANNIVERSARY**



In loving memory of

**JERRY  
O'CALLAGHAN**

Goats Hill, Dripsey, Co. Cork  
who died on the  
11th November 2013

*Beautiful memories  
Silently kept  
Of one that we loved  
And will never forget.*



Also remembering his wife Nora  
who passed away in 2020  
- together now in Heaven.

From your Loving Daughter, Sons and  
Grandchildren.

**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. JJM

**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. JJM



**3rd ANNIVERSARY**



In loving memory of

**JOHN JOE O'RIORDAN**

Dripsey Cross, Dripsey

Who died on 24th November 2019

*Memorials are special  
They don't fade away  
We think of you often  
Especially today.*



Always remembered by your loving wife  
Kathleen & Families.

**6th ANNIVERSARY**



In loving memory of

**NANCY BRADLEY**

Ballinagree, Macroom

Who died 16th November 2016

*God called your named so softly,  
That only you could hear  
and no one heard the footsteps  
of angels drawing near.  
The golden gates stood open,  
God saw you needed to rest,  
His garden must be beautiful,  
He only takes the best.*



Always missed by Michael and Family

**2nd ANNIVERSARY**



In loving memory of

**JOHN HUBBARD**

Ballyvongane, Coachford

Who died on 27th November 2020

*The golden gates stood open  
God saw you needed rest  
His garden must be beautiful  
He only takes the best.  
Two tired eyes are sleeping  
Two willing hands are still  
The one who worked so hard for us  
Is resting at Gods will.*



Always remembered by your loving wife  
Eileen, sons Anthony and Eugene  
Daughters Norma and Evelyn,  
grandchildren, extended family and  
friends.

**5th ANNIVERSARY**



In loving memory of

**SHEILA LEHANE**

Lisbeemore, Kilnamartyra

who died on the 23rd November  
2017

*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.*



Lovingly remembered by Paddy, Johnny,  
Vincent, Nora, Delia and their families

**23rd ANNIVERSARY**



Always in our Hearts

**SHEILA FREE TWOMEY  
(NEE LYNCH)**

The Mills, Ballyvourney, Co. Cork  
26-04-1932 to 21-11-1999, RIP

*Remembering you is easy  
We do it everyday  
The happy times together  
And the things you used to say.  
We hold you tightly within our hearts  
And there you will remain,  
And though many years  
have now passed by  
Our love is still the same.*

She lived for those she loved  
And those she loved remember.

Sheila is greatly missed by her daughters  
Margaret, Joan & Mary, sons Michael  
& Martin & their partners & her 16  
grandchildren & great grandchild Ellie.

**5th ANNIVERSARY**



In loving memory of

**CONNIE O'RIORDAN**

Carrignadoura, Ballingearry, Co. Cork  
Died November 22nd, 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.  
Go raibh leaba i measc na Naomh aige.*



Lovingly remembered by Maura, Norma,  
Eileen, Michael, Marie & Families

**6th ANNIVERSARY**



In loving memory of

**TOM FINNEGAN**

Knockavullig, Carrigadrohid  
Co Cork.

Whose anniversary occurred on the  
17th of November

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



Always remembered  
Thomas, Eleanor, Dylan, Rebecca,  
Clodagh.

**5th ANNIVERSARY**



In loving memory of

**ANNE (NEE KELLEHER)  
CUNNINGHAM**

13 Oakwood Court, Macroom.  
Died on November 20th 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.*



Always remembered by her loving Sons,  
Grandchildren, extended Family & her  
dear Friends.

May she rest in peace.

**MEMORIALS**  
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