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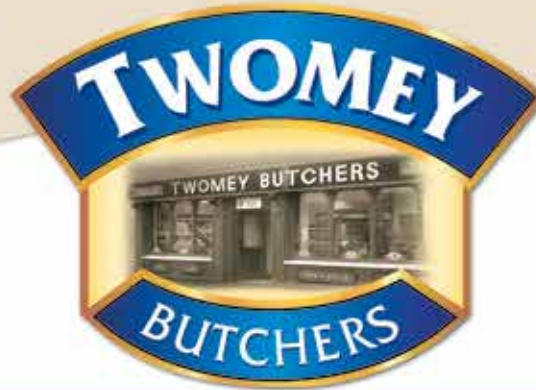
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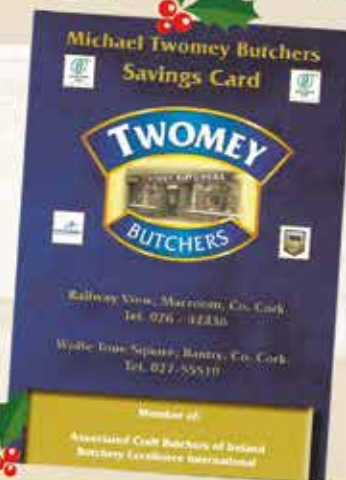
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We are a bi-weekly magazine; therefore, submissions must be on the Sunday before publication at the latest, if you want a piece included in the following week's edition. Due to print processes, late submissions will be

published in the following edition.

As always submissions as Gaeilge are always welcome too!

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MACROOM BYPASS OFFICIAL OPENING to raise funds for Irish Community Air Ambulance

Macroom and District Lions Club is organising a charity 'Ball Run' on Saturday, 3rd December to raise funds for Irish Community Air Ambulance. Working with event partners, Cork County Council and Jons Civil Engineering Ltd. the Club plans to release 12,000 brightly coloured balls across a stretch of the highly anticipated bypass before its official opening. The event is an opportunity to celebrate the new bypass and to raise funds for a community service that is considered invaluable.

Right now, the Club is reaching out to the wider community to support this once in a lifetime opportunity by selling or buying balls. Local shops, businesses, clubs, and organisations are being called upon to take books of 'tickets' and facilitate the purchase of balls ahead of the big day. If you can take a book of tickets, please get in touch with Macroom and District Lions Club (via Facebook, ph. 087 4370466, or email macroomlionsclub@gmail.com).

With a top prize of €1,000 up for grabs, along with

other cash prizes and hampers, the Ball Run is set to be an exciting and unique event. Balls cost €5 each and can be purchased in various outlets across the region. Check out the Macroom and District Lions Club Facebook page for full details. The event wouldn't be possible without prize sponsors, Delforno Tiles and Timber; Ted Kelleher First Aid and Hygiene Supplies; and Matt Murphy's Pharmacy.

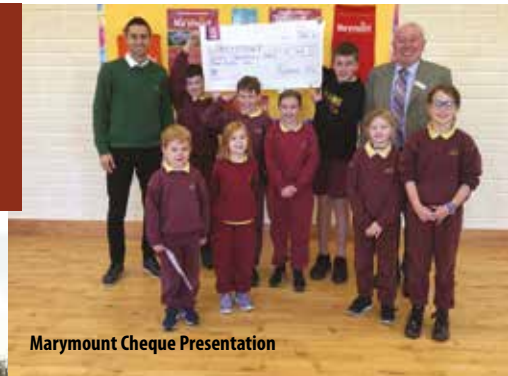
With all prizes sponsored, the Macroom and District Lions Club is determined to see significant funds raised for Irish Community Air Ambulance - an incredible provider of safe, effective, and timely emergency pre-hospital care to those seriously ill or injured in Ireland and a vital service for many rural communities.

Keep an eye on our Facebook and Instagram for more updates and get in touch with the Club by email macroomlionsclub@gmail.com or phone 087 4370466.



L-R: Macroom and District Lions Club members, Deirdre Moriarty, Tony Kelleher, Siobhan O'Dowd, and Jo-Anne Cotter.

Rylane National School



Marymount Cheque Presentation



Christmas Shoebox Appeal



Aghabullogue Camogie Junior Champions visit Rylane National School



Garda visit from Garda Orla Doyle to Rylane National School

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NEW TO THE MARKET

NO. 5 OAKWOOD, MACROOM, CO. CORK, P12F961

Killian Lynch Auctioneers are pleased to offer this pristine 3 bedroom semi-detached house with front and rear gardens and a very large side entrance. This property which is in excellent condition throughout comprises of c.1011 sq ft living accommodation. Located within walking distance of Macroom town centre, all local services and amenities and only c.30 minutes drive from Cork city. BER: D1

GUIDE PRICE: €250,000



NEW TO THE MARKET

NO. 35 THE GLENTIES, MILLSTREET ROAD, MACROOM, CO. CORK, P12P658

Killian Lynch auctioneers are pleased to offer this pristine 3 bedroom semi-detached house. This property, which comes with landscaped gardens, comprises of c.1194 sq ft living accommodation, is in excellent condition throughout having been redecorated in recent times. Located within a mature development, c.10 minutes walking distance from Macroom town centre, c.30 minutes West of Cork city & c.30 minutes drive from Killarney. BER: B2

GUIDE PRICE: €250,000



UNDER OFFER

NO. 4 THE ORCHARD, MACROOM, CO. CORK, P12VE83

Killian Lynch auctioneers are pleased to offer this stunning 4 bedroom semi-detached property which comprises of c.1,250 sq ft living accommodation. The house comes with a stylish internal decoration & must be seen to be appreciated. The property which would make for a ideal family home is located within a quiet & mature development, 2 minutes walking distance of Macroom town centre, c.30 minutes drive to Cork city & c.30 minutes drive to Killarney. The property will be much sought after as Macroom is currently being bypassed in 2022. BER: B3

GUIDE PRICE: €270,000



NEW TO THE MARKET

NO. 1 THE HERMITAGE, MACROOM, CO. CORK, P12DK76

Killian Lynch auctioneers are pleased to offer this 4 bedroom detached house on a large corner private site. The house which comprises of c.1579 sq ft living accommodation throughout is in very good condition throughout and would make an ideal family home. The house is centrally located only c.200 yards from the Macroom interchange junction on to the Macroom bypass, only c.5 minutes from Macroom town centre and c.30 minutes from Cork city. BER: C2

GUIDE PRICE: €350,000



NEW TO THE MARKET

NO. 1 CHAPEL HILL, MACROOM, CO. CORK, P12CH79

Killian Lynch auctioneers are pleased to offer this 4 bedroom townhouse, located in the heart of Macroom town. This property which comes with rear gardens comprises of c.1152 sq ft living accommodation would make a fantastic investment property or with some modernization a lovely family home. The home is ideally located on the door step from all local amenities and only a c.30 minute drive to Cork city & a c.30 minute drive to Killarney town. BER: G

GUIDE PRICE: €135,000



UNDER OFFER

AGHAVRIN, COACHFORD, CO CORK

Killian Lynch auctioneers are pleased to offer this derelict farmhouse on c.0.3 acres. There is a huge advantage with this property that it has outline planning permission to redevelop the property granted July 2021 Ref 2/05056 and there are no limits as to who can purchase this property. The property is located only c.5 minutes drive west of Coachford village, c.10 minutes drive from Macroom and c.25 minutes drive to Cork City. GPS: 51.925922, -8.825058 - BER: EXEMPT

GUIDE PRICE: €110,000



UNDER OFFER

DROMCARRA SOUTH, MACROOM, CO CORK

Killian Lynch auctioneers are pleased to offer this c.6.2 acre parcel of land for sale. The land which is under rough grazing has extensive road frontage and also has the added benefit of extensive frontage onto the river Lee which is ideal for variety of amenities such as fishing and boating. There may also be the possibility of planning for a dwelling house or log cabin. The land is centrally located only a c.10 minute drive south of Macroom town, c.2 minutes drive to the renowned Dromeys Bar and c.40 minutes drive to Cork city. BER: N/A

GUIDE PRICE: €65,000



VIEWING ADVISED

63 ROS ALAINN, MACROOM, CO. CORK, P12TC63

Killian Lynch auctioneers are pleased to offer this newly presented 3 bedroom semi detached house. The property which comprises of c.1048 sq ft living accommodation has a beautiful southerly aspect and centrally located only c.2km from Macroom town centre and c.1.5 km from the Macroom bypass interchange junction making Cork city and Killarney more accessible. Macroom town has all local services and amenities. BER: A3

GUIDE PRICE: €285,000



LAST FEW REMAINING

GLEANN AN FHIA (HOUSE TYPE E), MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to present 3 bedroom mid-terraced houses, comprising of c.1,055 sq ft. living accommodation, which come in turn-key condition. Help to Buy Rebate relief of 10% (up to 30,000) available on these homes. Gleann An Fhia is a new development situated only c.2km from Macroom town, on the western outskirts. This development oozes class and character with magnificent architect designed family homes to suit all family requirements. BER: A2 Rated

GUIDE PRICE: €307,000

MACROOM ANGLERS

Macroom Anglers celebrated their centenary 1922 to 2022 with a dinner in The Mills Inn Ballyvourney. A very successful year with Darren Sweeney winning the Munster river competition and a week later his father Tom winning the Munster lake competition. Club member Michael Twohig won a silver medal and Don O'Leary did exceptionally well at the world masters fly fishing championships in Italy in July. The youths Daisy Murphy, Darren Sweeney, Éanna O'Leary and Cormac McCarthy had an exceptional year with wins in Mullingar and Killarney



Don O'Leary and Club President Mick Murphy at Macroom Anglers Centenary dinner.



Daisy Murphy receiving an award from youth officer Daniel Murphy at Macroom Anglers Centenary dinner.



Cormac McCarthy receiving an award from youth officer Daniel Murphy at Macroom Anglers Centenary dinner.



Tim Holland of Ross Oil Co. presenting sponsorship to James Quirke of Laochra Og Hurling & Camogie Club towards their recent fundraiser which was held in the Abbey Hotel Ballyvourney



Club Officers at Macroom Anglers centenary dinner in the Mills Inn Ballyvourney.



Éanna O'Leary receiving an award from youth officer Daniel Murphy



Darren Sweeney receiving an award from Youth officer Daniel Murphy at Macroom Anglers Centenary dinner.



A display of silverware at Macroom Anglers centenary dinner in The Mills Inn Ballyvourney.



A group enjoying walking the Macroom bypass. Pic John Kelleher.



Ross Ó Brien agus Michael Brennan, Cathaoirleach Ból Chumann na hÉireann. pic le Nóra Uí Luasa.



Darren Kelly with Michael Brennan, Chairperson of Bol Chumann na hÉireann. pic le Nóra Uí Luasa.

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Aurivo partner with FoodCloud to help combat food waste

Aurivo Co-Operative is partnering with food social enterprise programme, FoodCloud to combat food waste by sending quality, surplus milk products to FoodCloud's network of charities and community groups.

The partnership will ensure that people in need will have access to Aurivo's quality products, while also eliminating food waste through FoodCloud's Galway redistribution warehouse where food will be sent to community groups across the country in an effort to tackle food poverty.

Commenting on the sustainable partnership, Steve Giles, Head of Operations, Aurivo, said: "Our whole journey at Aurivo is about sustainability; it starts on the farms and goes through every part of the business: from our suppliers, to processes, into our communities in Ireland's northwest and to global customers in 50 countries. We are delighted to be partnering with FoodCloud on this sustainable initiative that will allow Aurivo to further support our communities through ensuring that surplus milk products are going to those in need.

"This partnership will ensure people in need will be able to consume and enjoy Aurivo's quality milk products, while also preventing our very small amount of wastage milk just being



Barry McKiernan - Continuous Improvement Co-Ordinator Aurivo Consumer Foods, Mary Ellen Angland – Account Manager FoodCloud, Alan Gannon – Warehouse Manager FoodCloud and Steve Giles – Head of Operations Aurivo Consumer Foods

dumped. We hope to see this partnership thrive and prosper for many years to come!"

Carla McSorely, Head of Irish Partnerships, FoodCloud, said: "We are delighted to be working with Aurivo, who have recently started donating surplus milk products to our Galway Hub for redistribution. Aurivo's donations enable FoodCloud to support our network of local community groups and reduce good food going to waste".

Through the sustainable partnership, Aurivo

Co-Operative Society Limited will identify any suitable product for donation and notify the FoodCloud Team of donation availability. The donation will then be logged onto the FoodCloud Warehouse Management System to ensure onward traceability and temperature records are maintained throughout. The food products will then be redistributed from the hub to FoodCloud's range of registered partner charities.

SEC (Sustainable Energy Community) RETHINKING ENERGY AS A COMMUNITY

The Macroom Tidy Towns group has been approached by the Sustainable Energy Authority of Ireland (SEAI) in order to gauge interest in establishing a Sustainable Energy Community - a system under which we could work collectively in the Macroom area in the interests of greater efficiency, and the adoption of smart and innovative solutions where these may be appropriate.

Ideally we would act in a cross-sectional way, incorporating the various sports clubs, businesses, schools and other organisations within the town. The hope is that we can make savings both in financial and energy terms. SEAI will support the community by assisting the members with capacity building and skill sharing.

The arc proposed is a 'Learn/Plan/Do' approach, whereby networks and tools are built up in the

first instance, including the possible use of surveys or energy maps; the planning phase entails the establishment of a time frame, tools and a 'master plan'; finally, the 'Do' phase of implementation will involve putting the plan into practice, leveraging funding sources - identifying suitable grants and supports to help achieve the project aims.

Network members will be assigned an SEAI mentor who will be able to assist and advise on feasibility and approaches. National and regional events will also be organised to allow members to gain insights and share ideas and expertise.

Dedicated SEAI funding will be available to support planning phase operations, as well as for the development of core competencies of the group.

For those who may be interested in smart and sustainable energy, and in helping to move

forward as a community in energy terms, the SEC (Sustainable Energy Community) model provides a very worthwhile framework for developing skills and knowledge, building networks and connecting across different groups within the community in order to move forward in a strategic way that allows everyone in the local area to reap benefits in terms of both energy and economic savings. We warmly encourage anyone interested in learning more about the SEC and SEAI to make contact with the Tidy Towns group by chatting with our volunteers or by getting in touch through our Facebook page. We are by no means experts in this field, but we are excited by what there is to be learned and gained by exploring our possibilities as a community.

Dr. Susie Cronin
PhD in French, University of Cambridge



Members of the Macroom Pioneer Total Abstinence Association who received their Silver and Gold Pins in recognition of their faithful service, marking 25, 50 and 70 years. Pic Peter Scanlan



Kilbarry NS Christmas Shoeboxes 2022

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DE LA SALLE College Macroom



'The Wellbeing Team' in De La Salle College, awarded the amber flag for raising €2592 for Pieta House last year.

CAREERS UPDATES

On October 20th, a group of 37 leaving cert students attended the open day in the University of Limerick. The students attended various lectures and found the day very informative. They attended the open day in MTU on Friday November 18th. The students visited all the information stands in the Nexus Centre as well as attending various talks in different departments varying from Coaching Sciences to Architecture. The students found the open day very beneficial in helping to inform their decisions about future course choices.

39 5th and 6th year students attended a SOLAS Apprenticeship day on Tuesday 22nd November. Students visited all the various workshops: Refrigeration, Electrician, Instrumentation, Motor Mechanics & Carpentry. There were also various employers which gave the students an opportunity to ask questions about their opportunities as apprentices.

WELLBEING UPDATES

The Amber Flag was recently awarded to De La Salle College for taking part in the Darkness into Light last year and raising €2592 for Pieta House. Well done to all that participated. Last week was 'Wellness Week' and students and teachers took part in various mindfulness and meditation exercises and healthy eating talks throughout the week. The first years took part in a fitness



First year students in De La Salle College, who took part in the Team Hope Shoebox Appeal.

bootcamp, led by Mr. Stephen Quinn. PE teachers gave a talk to students on the importance of nutrition and exercise. The Junior Cycle students had a soccer tournament and students even took part in a bit of Irish Dancing during Irish Class. Mr. Aindrias Moynihan visited the school to meet with the student council members from First Year. Mr. Moynihan was collecting the Christmas shoeboxes for the Team Hope Christmas Shoebox appeal. Well done to our first year students on an excellent effort in their collection and the school is proud to make a significant donation.

MATCH REPORT - MUNSTER U19S CHAMPIONSHIP

St John Baptist, Hospital vs De La Salle College Macroom, November 9th 2022.

De La Salle travelled up to Hospital in Limerick to face St John Baptist Community School, in the first round of the Munster U19 Championship. Hospital took an early lead with a point in the first two minutes. However, De La Salle recovered quickly, with points from Tom Browne and Oisín O'Sullivan, to put them in the lead. A scrappy match would begin with multiple fouls made by both sides. This coincided with Denis O'Mullane receiving a black card for an incident with the St John's goalkeeper. Despite this set back, De La Salle scored two points without reply thanks to Sam Pickering and a long range effort from Sean O'Leary. This put De La Salle in the lead at half time

with the scoreline 0-4 to 0-2 in De La Salle's favour. The second half started similar to the first, with St John's scoring early to make the game even closer. De La Salle were lifted by Denis O'Mullane's return, bringing the team back up to 15. Fears of a comeback started when St John's made the game level with a long range effort. De La Salle remained calm, and with another Tom Browne point, took the lead again. Shortly after a St John's player received a black card. De La Salle took full advantage of the extra man and thanks to Jack Sweeney, Denis O'Mullane and Tom Browne put 3 points on the board, with no reply. The game stood at 0-8 to 0-4. Subs Jamie Hourihane, James O'Connor, Colin Kelleher and Liam Holland helped De La Salle see the game through. Daire McMahon kicked over another point and with one late point from Hospital the game ended 0-9 to 0-5.

Team: Stiofan McSweeney, Cormac Bourke, Owen McCarthy, Michael Downey, Alexander Aisling, Jack Devine, Sean O'Leary, Ryan Sabas, Darren Moynihan, Oisín O'Sullivan, Tom Browne, Daire McMahon, Sam Pickering, Denis O'Mullane, Jack Sweeney

Subs: Jamie Hourihane for Sam Pickering, Colin Kelleher for Oisín O'Sullivan, James O'Connor for Alexander Aisling, Liam Holland for Ryan Sabas.

- Match Report by Adam Bradfield (Fourth Year)



Mr. Aindrias Moynihan TD collecting the 'Christmas Shoeboxes' for the Team Hope Christmas Shoebox appeal from First Year Student Council Members in De La Salle College.

Scoil Mhuire, Béal Átha'n Ghaorthaidh

Ó thús na bliana, táimid tar éis tabhairt faoi ana-chuid gníomhaíochtaí agus imeachtaí suimiúla. D'Fhreastalaíomar ar cheardlann bodhráin le lucht na hidirbhliana i gColáiste Ghobnatan. Bhí an deis againn ár mbodhráin féin a dhearadh agus iad a sheinn le chéile.

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MCEGAN COLLEGE

RESILIENCE EVENT FOR TEENAGERS

McEgan College TY students were among the 3,500 teenagers from Cork County who joined the in person and live streamed event TEEN TALK on positive mental health.

Developing resilience, growing awareness and the importance of positive mental health was the theme of this year's Teen Talk event organised and coordinated by Cork County Council and funded by Healthy Ireland through the Local Community Development Committees.

This hugely successful event, now in its 5th year, created specifically for transition year students, took place in the Radisson Hotel in Little Island, Cork with an audience of 450 students in person with another 33 schools tuning into the, resulting in a total audience of 3,500 plus students

The Teen Talk events discussed resilience, creating a positive mindset, addiction & other mental health topics with speakers including Anna Geary, Stephen McDonnell, Donna Ken-nedy, Sheila Naughton, Daragh Fleming and Pat Slattery.

SCIENCE TECHNOLOGY ENGINEERING ART & MATH (STEAM) WEEK 2022

This year in McEgan College, from the 14th to the 18th of November, Maths and Science Weeks came together to form a STEAM Week (Science, Technology, Engineering, Art, Maths).

Students engaged in a wide variety of activities during the week to encourage a positive attitude towards STEAM subjects, including Orienteering, Drop Everything and Sudoku, Count-down, a UCC talk on the Arts course, and, a cross-curricular activity involving 1t and 4th Year students incorporating Science, Maths, Art and Digital Literacy.

Teachers also promoted STEAM within their own subjects, with activities such as Cluiche Bionóg, Countdown, Eiffel Tower Building, Maths Olympiad, Microbe Origami, Tangrams, and a DCG/Engineering construction activity.

Students were also afforded the opportunity to engage with many lunch-time activities during the week in science club and Computer club.

A very busy but enjoyable and engaging week. Well done to all involved!

COLLEGE AWARENESS WEEK 2022

College awareness week took place from 21st to 25th November. There were plenty of posters throughout the school promoting and explaining the various careers that can be accessed with many of the subjects provided at senior Cycle in McEgan College.



Watching the Clock 5th Yr McEgan Students play COUNTDOWN during STEAM Week.



Getting the Junior Cycle Results . Junior Cycle Student of 2022 receiving their Junior Cycle result Certificate on Wednesday November 23rd.

5th & 6th Yr students and Guidance Counsellor Ms. Manning, were delighted to be back on the road to visit MTU Cork and get that 'College' feeling while walking through the campus on Monday 21st Nov at MTU Cork Open Day.

McEgan College is one of the schools who have the privilege of being linked to MTU. On Tuesday, Kirstie Higgins, the linked schools access officer, met with junior & senior students to discuss various aspects of college life. The theme of her discussion with the students was the 'It's never too late to think about what you might like to do after school'. Students were encouraged to investigate college, apprenticeship & work options before they get to senior cycle. She also explained that it's also okay if you haven't a specific career choice in mind until later on. She also encouraged students to choose subjects at Leaving Certificate level that they enjoy because this makes studying them much easier.

On Wednesday Damien Butler from UCC gave a talk to 5th yr & 6th yr students on QQI (Quality & Qualifications Ireland). It was particularly interesting for the students to learn that Post Leaving Certificate Courses can provide a pathway to 3rd level study.

THINK LANGUAGES

McEgan College transition year students, with their French teacher, Ms. Blavin, held a hugely successful Think Languages event on Thursday, 24th November. They participated in various workshops, e.g. Italian cuisine, Chinese art and even hurling! Students from different nationalities in the school then showcased

their country's food, culture and language in Assembly.

Think Languages is the flagship TY event run by Languages Connect and the PPLI (Post Primary Languages Ireland), and is a national celebration of languages. Over 150 schools take part every year. Creating awareness of the diversity of cultures in our schools and the importance of language learning, is part of Ireland's Strategy for Foreign Languages in Education 2017-2026 and Implementation Plan 2017-2022.

JUNIOR CYCLE 2022 RESULTS DAY

Our Junior Certificate students received their results on Wednesday 23rd. It marked the end of a very long wait for results, and we celebrated in style! We are very proud of this cohort of students and how well they worked to achieve the results they got in their subjects. Many of the students achieved Distinctions and Higher Merits across a variety of subject areas including English, Gaeilge, Maths, Modern Foreign Languages, Graphics, Wood Technology, Science and many more. Students also received their JCSP certificates from Ms Noonan the School JCSP co-Ordinator. Following the presentation of Certs, a pizza party was held in the assembly and students enjoyed a sing-a-long to some classic hits. A large conga line was formed around the assembly to conclude the celebrations!

BINGO NIGHT

McEgan College Parents Association are holding BINGO in the school assembly area on Thursday 1st December. All are invited to attend and enjoy an evening of Bingo, on the night there will also be a raffle with some fantastic prizes available.



TY students building towers to hold 2N weight using only Sellotape & Lollipop sticks at STEAM event in McEgan College

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MACROOM TIDY TOWNS

A Sense of Community at Masseytown's Sensory Garden

The Sensory Garden nestled beside the Fairy Garden within Masseytown Park was developed over the past couple of years and has proved to be a major success. Seven new sensory boards as well as an activity trail on the concrete path were added in 2022 and have been an excellent addition to the earth mound creep tunnels, the live willow tunnel, stepping logs and sensory garden bed. These and other interesting features aim to stimulate the 5 senses, that of touch, taste, smell, sight and sound. Macroom Tidy Towns are fortunate to have had a major sponsor for this sensory garden, Dr. Benjamin Martin of Optimal Chiropractic. A total of €10,000 has been donated by Optimal Chiropractic towards the creation of this project.

Dr. Benjamin lives in the Macroom area and he is passionate about giving back to the community. "I recognise the trojan work that Macroom Tidy Towns do for the town. Macroom is a town with great potential and it is amazing to see what can be created with the financial support of small business and the passion of willing volunteers."

"With my background in Health and Wellness, the sensory garden project really interested me. Sensory gardens are known to improve physical fitness, health, mood and cognition. Gardening and plant care help children develop gross and fine motor skills. Time spent outdoors, breathing fresh air, and being exposed to sunlight are extremely beneficial to children's overall physical



Dr. Benjamin Martin, Optimal Chiropractic presenting cheque to Judy O'Sullivan, Treasurer, Macroom Tidy Towns

health. I hope that families and schools can avail of and enjoy this amazing amenity for many years to come." Feedback from parents and from schools has been fantastic and it is a joy to sit and watch as the children run about with excitement, exploring the

various items while stimulating their senses. This sensory garden has fast become one of the leading amenity attractions in Macroom.

MACROOM GIRLS GUIDES

Silver Gaisce awards for two members of MacEgan Senior Branch

Two member of MacEgan Senior Branch, Andrea Cotter and Laoise O'Callaghan have been awarded their Silver Gaisce – the President's Award. They were presented with their medals and certificates at UCC last weekend.

Andrea and Laoise formed a small walking group for completing their hikes each week, learned new cooking and baking skills, which they used to prepare and cook meals for their families, learned a new language, worked with the younger members and undertook training to become adult Leaders in Irish Girl Guides.. The Adventure Journey was undertaken as part of Camp Echo, a national

Senior Branch hybrid camp and hike event which took place in the summer of 2020 following the Covid-19 restrictions at the time.

Andrea and Laoise have already achieved the Bronze Gaisce and are now hoping to Go for Gold in the next few years. Congratulations to Andrea and Laoise on their achievements from all the Senior Branch members.

For further information on Guiding contact macroomguides@gmail.com

Pictured Right: Andrea and Laoise have already achieved the Bronze Gaisce and are now hoping to Go for Gold in the next few years.



Hilary Barry Assistant Regional Commissioner Laoise Orla (UCC) Andrea Deirdre Henley IGG Gaisce Coordinator



Deirdre O'Callaghan Laoise Andrea Geraldine Cotter

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ST. MARY'S NEWS



1st Year Students I-r Liadhan, Emer, Mollie, Sophia and Romy enjoying their Wellbeing class



All Smiles - students very happy with their fantastic Junior Cycle Results

JUNIOR CYCLE RESULTS

Our Transition Year students finally received their long-awaited Junior Cycle results on Wednesday the 23rd of November. Congratulations on your excellent results girls, beating national averages in all subjects. Well done on completing a very tough three years in preparation for these exams, thanks to all parents and teachers for their continued support.

EXCELLENCE SCHOLARSHIP FROM NUIG

Congratulations to Grace Lucey who received her Excellence Scholarship from NUIG recently. This scholarship was received as a result of her outstanding results in her Leaving Cert. Grace is now studying Science. We are so delighted for Grace and her family on achieving such a fantastic scholarship. Wishing Grace the very best in her future career.

IRISH VOLLEYBALL TEAM

Massive congratulations to Daria and Gabi Smolen who have been selected on to the U17s Irish Volleyball Team along with eight other girls from other counties. The girls have training the first weekend of every month in Galway. They have an upcoming match in Scotland against the Scottish U17s and U20s teams on the 28th and 29th of December. This will be their first games played together as a team so the girls are really excited to see how that turns out. Their coaches Jennifer and Matt told them that throughout the year they will also be playing matches in different countries. It's a really great experience for both girls and we are extremely proud of them. Well done girls.

BASKETBALL FINAL

A winning streak for St. Mary's U16 and U19 girls basketball teams! Defeating St Brogans and Mount St Michaels in their semi-finals this past week. They will continue to fight for victory on Wednesday the 30th in the U16 and U19 Cork County finals in Neptune Stadium. Thank you to Paul and Ms Hickey for training the girls. The very best of luck girls!

SCIENCE QUIZ IN UCC

Well done to Abigail Kelleher, Aoife Downey and

Sadbh Bourke who represented St Mary's at the Irish Science Teachers Senior Science Quiz in UCC on Thursday the 17th November. Thank you to Ms Kerrigan and Ms O'Keeffe for traveling with the girls on the night.

SHOEBOX APPEAL

Well done and thank you to all of our students who created shoeboxes for team Hope this year. It is great to see the spirit of giving and generosity at this time of the year.

ST MARYS EQUESTRIAN TEAM

On Friday 11th of November St Mary's Equestrian team took part in the interschools competition at Sceilg. Ella Lucey, Maureen O'Brien, Amelia Scott and Harriet Scott made up the team. With super clear rounds from the girls, the team qualified for the jump off. They decided to put Amelia forward with her pony Wes who jumped a very fast clear round putting St Mary's in 2nd place! Out of 20 teams it was no mean feat for St Mary's to come 2nd place, we are very proud of them all!! Well done girls.

Our students enjoyed a week of Science themed lunchtime activities last week to celebrate Science Week 2022. Thank you to Ms Foley, Ms Kerrigan, Ms Kelleher, Ms O'Keeffe and Ms Byrdziak for arranging this fun filled week for the girls.

GEOGRAPHY FIELD TRIP

Ms Hickey's Sixth Year Geography students completed their field investigation on the Owengarriff River in the Killarney National Park recently. While investigating the role of geomorphic processes on the formation of a meander, the girls carried out 9 tasks during the day and learned how to calculate the index of sinuosity of a river, the turbidity and how to create a profile of the river channel and bank. Well done girls.

EURO 50 COMPETITION

Transition Year students Lucy Murray and Annah Devine have been announced as finalists in the EU at 50 competition for their news report on the impact of the EU on agriculture in Ireland over the last fifty years. On Thursday 1st December they

will travel with their teacher Jennifer Murnane to the Department of Foreign Affairs in Dublin to meet Minister for State for European Affairs, Thomas Byrne TD, and take part in an exhibition day. The overall winner of the competition will be announced on the day. We wish them the best of luck and congratulate them on reaching the finals of this prestigious competition.

FIRST YEAR WELLBEING CLASSES

The 1st Year students have been very busy this year in their new Wellbeing module; 'Biodiversity and Grow Your Own'. The Chapel Hill School of Art have kindly allowed our 1st Year students to use the raised beds once used by the Mercy Sisters to grow veg for their own consumption. Fast forward to 2022 and the students are re-cultivating this area for their own use to apply sustainability in action. In an era of increased scrutiny into our food sources, reducing carbon miles and the amount of chemicals that go into growing food; old skills are being utilised once again to obtain fresh garden produce from outside our doorsteps. Well done girls and well done to Mr Galvin and Ms de la Cour for working with the girls on this very worthwhile initiative.

GAEILGE 24

Bhí Gaeilge 24 le céiliúradh againn ar an gCéadaoin 16ú Samhain. D'eagraigh an ceathrú bliain lá speisialta dúinn go léir le himeachtaí beomhara don lá trí Ghaeilge. Thosaíomar amach le bricfeasta ar maidin agus leanamar ar aghaidh le seisiún ióga, seisiún hiit, tóraíocht taisce agus tráth na gceist. Bhí lá den scoth ag na cailíní agus an rud is tábhachtaí, bhí gach éinne ag labhairt Gaeilge don lá!

DRUMMING WORKSHOP

On Thursday 24th of November, we had a visit from Urs Wenk of Drum Dance Ireland who provided drumming workshops to all music students. The girls had a fantastic day learning about different materials used to make a drum, responding to visual rhythmic displays and performing and memorising drum patterns. Thanks so much to our music teachers for organising this workshop for the girls. A very creative day for all!



Daria and Gabi Smolen who have been selected to play on the Irish U17 Volleyball Team



Harriet Scott on her horse Wes who came 2nd at the Interschools Equestrian Competition recently



Students celebrating their fantastic Junior Cycle Results

Is Sciatica Getting On Your Nerves?

Good old Sciatica – that unbearable guest that arrives uninvited, keeps you awake at night, interferes with your life and is the biggest pain in the ass you can imagine!

If sciatica has paid a visit before, chances are, it can return at any time to the annoyance and pain of its' host.

Pregnant women put up with sciatic pain, believing it's part and parcel of pregnancy.

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A study from the European Spine Journal* published in 2013 shows Chiropractic adjustments result in 72% success rate in treating sciatica compared to 20% success from physical therapy and 50% from corticosteroid injections.

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*Reference: Visser LH, Woudenberg NP, de Bont J, van Eijs F, Verwer K, Jenniskens H, Den Ouden BL. Treatment of the sacroiliac joint in patients with leg pain: a randomised-controlled trial. Eur Spine J. 2013 Oct;22(10):2310-7

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ST VINCENT DE PAUL SOCIETY

Mid Cork Conferences



Society of St Vincent de Paul

On behalf of all the volunteers in St Vincent De Paul Conferences throughout Mid Cork, I wish to take this opportunity to thank all who have supported the work of our conferences throughout 2022. Every year seems to bring new challenges for our volunteers, our donors and those it is our privilege to serve within our own communities. The ongoing generosity of those who support our work, be they families, individuals, community groups or the business sector never ceases to amaze us.

It is only because of the choice you all make to support the St Vincent De Paul Society which allows us as volunteers to support those within our own communities when the need arises. We urge anyone who may be worried or distressed to contact your local conference in strictest confidence. Contact telephone numbers for all the Mid Cork conferences appear elsewhere in this publication, May the light of the Christmas crib shine upon us this

Christmas and may 2023 be a year of peace and prosperity for us all.

Gerard Lynch
Area President
St Vincent De Paul Society,
Mid Cork.

ST. MARY'S JOURNALISM CLUB

ST. MARY'S IS SAVING SOCIETY'S RESOURCES

By Caoimhe Shiels and Leah Marie Coakley

On the 14th of October, our TY students received a fascinating talk about windmills and wind farms from John Lyons, an expert in wind energy and sustainability. He is an ambassador for Orsted, the Danish energy company who have provided our local areas with windmills over the years. John Lyons talked about how sustainable wind energy is and how we should back it. The TY students learned a lot from this presentation and had a keen interest in the topic. After John Lyons' brilliant presentation, the TYs travelled to Caherdowney Wind Farm in Carriganima, Macroom, where the girls were able to go inside the windmill and the power station. Here they learned about how the windmills work and how important the power station is. The students thoroughly enjoyed themselves and were pleasantly surprised with how interesting the presentation was.

The staff at the windfarm kindly surprised the girls with an environmentally friendly goodie bag. It was a fun and innovative way to promote sustainable practice, and to get the girls excited about the importance of caring for the environment. The goodie bag was simple but effective. It consisted of a tote bag, a reusable water bottle, a pen, some wildflower seeds, and even some jellies. These



TY Journalism Club, Kristina Casey, Lauren Dunton, Tuohy Cliona O Driscoll, Kate Brennan and Farrah Relihan

products can be seen in our school every day; the TY girls are great for using their new reusable water bottles, as well as their tote bags. Although these are very small changes within our school, they are still important. It has widely reduced the amount of plastic bottles and plastic bags used by the TYs daily. These are simple changes that require minimal effort and are achievable for nearly every teenager. The goodie bags were definitely a huge hit!

The TY trip to the wind farm is one of the many environmentally educational actions that St. Mary's is taking part in at present. For example, our first years have also started preparing and growing a

garden on the convent grounds near our school. This is to promote the importance of the upkeep of plants and flora as they contribute to the oxygen levels in the air. They're also learning how to grow their own vegetable patches in order to live more sustainable lives and reduce their carbon footprints. Connecting with nature is another advantage of this wellbeing programme and it is soon becoming a highlight of the school week. To complement this practice, the first years are also running a composting initiative during their lunch breaks to encourage the school to compost their food waste. The girls aim to turn this into the fertiliser needed to keep their plants, flowers and vegetables fed in their garden.

There have also been whispers of a sustainable fashion show within St. Mary's. This would be a fashion show of second-hand clothing, to promote the importance of reusing and recycling clothes as discarded clothes contribute to the landfills of rubbish that are currently destroying our planet. These are only some of the many things the staff and students of St. Mary's do daily to make sure we are playing our part in helping the environment and though we've a long way to go, these projects are definitely good places to start.

MACROOM LIBRARY

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

Phone: 026 42483

Email: macroom.library@corkcoco.ie

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

With a library membership, you have free access to our wide range of online services and resources, such as your online library account, eBooks, eAudioBooks, eMagazines, eNewspapers, online learning courses, online language learning courses and much more. For more information on how to access these resources, please visit <https://www.corkcoco.ie/en/resident/libraries>

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 AT MACROOM LIBRARY – ALL ARE FREE TO ATTEND

Creative Writing Group will meet on Friday December 2nd at 11am. Music Morning will take place on Friday December 9th at 11am. Please join us for a fun morning of classic Christmas songs and refreshments too.

PURLIES KNITTING GROUP

will meet on Thursday December 15th at 11.30am. Be sure to keep an eye on our library windows for the Purlies fantastic Christmas display!

SWEETBIRD SONGWRITING WORKSHOP

Join Áine and Victoria for a fun and dynamic songwriting workshop! They will explore how our own personal stories can resonate universally and show how these stories can be accessed through the creation of song.

With their experience of songwriting workshops, and with an easy and relaxed approach to encourage participation, their workshop promises to be a really enjoyable experience. They believe that everyone can write a song, so people with no experience of songwriting are more than welcome to attend. Booking is essential and it can be done at the library desk, by email or by phone.

HELP US TO MAKE OUR LIBRARY MORE AGE-FRIENDLY

We're trying to make our library more Age-Friendly for our elderly visitors. To do this, we have created a short questionnaire for you to complete.

We would love to read your thoughts and ideas on how we can make your library-going experience much more enjoyable and easier for you – Clearer signage? Better lighting? Less noise? All feedback is welcome. The anonymous questionnaires are available in the library and, once completed, they can be put in the box near the library desk.

Thank you.



Society of St Vincent de Paul

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Christmas Appeal

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or The Regional Office on 021 4270444

*We wish all who support our work and all those we support a very Peaceful
and Holy Christmas and a Happy and Prosperous New Year.*

Nuacht ó Choláiste Ghobnatan



Aodhagán Ó Ríordáin, Kate Ní Urdail agus Mary-Ellen Ní Chéilleachair a bhí ag glacadh páirt i dTráth na gCeist Eolaíochta freisin.

CEOL

Is iontach an scéal é go bhfuil Ceol mar ábhar scoile againn i gColáiste Ghobnatan i mbliana. Go dtí seo, bhí deis ag daltaí na chéad bhliana foghlaim faoi sheánraí éagsúla ceoil ar domhan, cumadóireacht rithime agus ceol don fholláine. Chomh maith leis sin, bíonn an-chuid ceoil agus amhrán á chasadh againn. Go n-éirí leis an múinteoir ceoil Iníon Ní Dhuinnín.

CÚRSA SPIORADÁLTA

Bhí deis ag bliain a haon agus an idirbhliain cúrsa spioradálta a dhéanamh. "Dhein rang 1A cúrsa spioradálta ar an 15ú lá de mhí na Samhna. Tháinig an comhlacht "Tobar Nua" chugainn chun an cúrsa a reachtáil. D'fhoghlaimíomar faoi cad is brí le sonas." arsa Keely Ní Dhuinnín. "Bhí an-chraic againn ag an gcúrsa spioradálta!" Bhíomar ag rince, ag canadh agus ag imirt cluichí don lá ar fad. Bhí sé suimiúil agus spráilúil" arsa Chloe Ní Chríodáin. Ba mhaith linn buíochas mór a ghabháil lenár séiplíneach Iníon Ní Bhuachalla a d'éagraigh na cúrsaí go léir dúinn.

TRÁTH NA GCEIST EOLAÍOCHT

Bhí deis ag daltaí Ardteiste páirt a ghlacadh i dTráth na gCeist Eolaíochta i gColáiste na hOllscoile Corcaigh mar chuid de Sheachtain na hEolaíochta. D'éagraigh ISTA an Tráth na gCeist. Na daltaí a bhí ag glacadh páirte ná Ailbhe Ní Ríordáin, Kate Ní Urdail, Mary-Ellen Ní Chéilleachair, Aodhagán Ó Ríordáin, Déaglán Ó Murchú agus Ava Ní Chonail. "Bhí meascán do cheisteanna ceimice, bitheolaíochta agus fisice ann. Bhí dhá fhoireann againn agus d'éirigh maith go leor linn, Bhaineamar taitneamh as an oíche!" arsa Ailbhe.

SEACHTAIN NA HEOLAÍOCHTA

Bhí Seachtain na hEolaíochta ar siúl le déanaí. Mar chuid den tseachtain bhí aoichainteoir ó thionscal cógaisíochta ag labhairt le daltaí ón idirbhliain, ó bhliain a chúig agus ó bhliain a sé. Míle buíochas le Bean Uí Thuama as é a eagrú.

Bhí oighear tirim in úsáid ag na daltaí freisin. Is déocsaíd charbóin soladach é oighear tirim. Úsáidtear é in éifeachtaí speisialta, triomú-reo agus múchtóirí dóiteáin. Reachtladh comórtas sna ranganna chun leabhar eolaíochta a bhuaicint agus b'é Kyle Ó Ealaithe-Briain a bhuaigh an leabhar.

MOVEMBER

Tá Máistir Ó hAireachtáin agus Máistir Ó Laoire ag glacadh páirt i "Movember" i mbliana. Tá sé seo chun aird a tharraingt ar shláinte na bhfeir agus taighde a dhéanamh ar an ailse. Bearrfaimid bearradh ár gcroiméil ar Dhéardaoin 1ú Nollaig. Fáilte roimh síntiúis - lean a nasc seo <https://ie.movember.com/team/2427069>. Go raibh maith agaibh as bhur gcuid tacaíochta.

CUAIRT Ó RANG A SÉ



Déaglán Ó Murchú, Ailbhe Ní Ríordáin agus Ava Ní Chonail ag glacadh páirt i dTráth na gCeist in UCC

le Ella Ní Loingsigh agus Laura Ní Aileasa

Ar an Máirt 15ú Samhain, bhí cuairteoirí againn ó roinnt bunskoileanna áitiúla don lá oscailte. Thug sé deis dúinn bualadh leis na daltaí ar fad ó na bunskoileanna áitiúla eile. Bhí deis ag na daltaí i rang a 6 roinnt ábhair phraiticiúla a chuirtear ar fáil anseo sa choláiste a dhéanamh ar an lá. Mar shampla Adhmadóireacht, Eacnamaíocht Bhaile, Miotalóireacht agus Eolaíocht. Fuair rang a sé turas timpeall na scoile freisin.

IMEACHTAÍ NA HIDIRBHLIANA

Ceardlann GMC Beats

le Aisling Ní Dheasúna agus Neans Ní Fhuaráin

Ar an 7ú lá de Mhí Dheireadh Fómhar bhí ceardlann GMC Beats againn le Gary. Bhíomar roinnte suas i ngrúpaí le Scoil Mhuire ó Bhéal Átha Ghaorthaidh. Bhí orainn rap a chruthú sna grúpaí, ansin dheimear na raps go léir a thaifead. Chuireamar na rapanna go léir le chéile chun amhrán rap a chruthú. Bhaineamar an-taitneamh as an gceardlann GMC Beats.

CEARDLANN BODHRÁN

le Clíodhna Ní Chárthaigh

Ag tús na bliana, tháinig fear go dtí an Ionad Cultúrtha agus bhuaileamar le Scoil Mhuire ann chun ár mbodhráin féin a chruthú. D'fhoghlaimíomar na céimeanna go léir a bhí le leanúint chun ceann a chruthú. D'fhoghlaimíomar a lán rudai nar raibh ar eolas againn cheana féin maidir le cad a bhí le déanamh. Bhain mé an-taitneamh as seo mar bhí an deis againn iad a dhéanamh sinn féin. Cheap mé gurb é an rud is fearr ná nuair a dhearamar iad le suaitheantais ár dteaghlach. Bhain bliain a 4 go léir an-taitneamh as an lá seo.

TAITHÍ OIBRE

le Colin Ó Tuama agus Darragh Ó Ríordáin

Ón 7ú - 11ú Samhain chuaigh ár ndaltaí idirbhliana amach chuig ionaid oibre éagsúla ar thaití oibre don tseachtain. Chuaigh na daltaí chuig áiteanna difriúla cosúil le monarchana, scoileanna, garáistí, oifigí srl. Chuaigh roinnt daltaí go háiteanna áitiúla agus chuaigh daoine eile chuig áiteanna i mbailte móra agus i gcathracha. Pé áit ina raibh siad d'fhoghlaim siad go léir luachanna tábhachtacha. Thug sé deis do dhaltaí poist éagsúla a thriail agus blas a fháil ar an saol oibre mar. Ag deireadh na seachtaine scríobh gach dalta idirbhliana léirmheas ar a dtaití oibre. Chabhraigh sé le daltaí breathnú siar agus féachaint cad iad na scileanna agus na tréithe a d'fheabhsaigh siad agus a d'fhoghlaim siad. Gabhaimid buíochas leis na gnóthlachaí go léir as deiseanna taití oibre a sholáthar dúinn.

TURAS CHUIG BAILE TEAS

le Adam Ó Ríordáin agus Conor Ó Súilleabhán

D'fhágamar scoil ag a naoi a chlog ar maidin.



Tá Máistir Ó hAireachtáin agus Máistir Ó Laoire ag glacadh páirt i Movember

Shroicheadar Baile Theas timpeall a deich a chlog. Ar dtús, chuamar amach ar an uisce, agus ansin dheimear imeachtaí éagsúla chun ár scileanna foirne a fheabhsú. Thug siad píotsa dúinn don lón. Bhí sé an-dheas ar fad. Tar éis é sin bhíomar ag 'caitheamh tua' agus ag dreapadh ar rópaí (sky ropes). Tháingamar abhaile ag a deich chun a 4. Bhí lá den scoth againn!

SCANNÁN FRAINCEISE

le Dara Ó Cróinín agus Conor Ó Cróinín

Ar an 14ú Samhain chuamar chun scannán Fraincise darb ainm "King" a fheiscint i Mala. Bhí an scannán ar siúl ag a 11:00 a chlog ar maidin. Sular thosaigh an scannán fuairamar ár ngrán rósta, deochanna agus milseáin. Ansin shuíomar síos inár suíocháin agus de réir a chéile thosaigh an scannán. Scannán den scoth a bhí ann faoi leon óg a bhí tar éis éalú ó zú. Nuair a chríochnaigh an scannán chuamar thar n-ais ar an mbus agus stopamar ag siopa ar an tsli abhaile. Lá iontach a bhí ann.

Gabhaimid buíochas lenár gcomhordaitheoir iontach Iníon Ní Chéilleachair as a dianobair agus a díograis!

MÍLE BUÍOCHAS

300 boxes collected by Team Hope with a car and van from Aindrias Moynihans office. These boscas filled with Christmas gift, are now on route to Bandon for final sorting before the lorry takes them to start their journey to destinations abroad. Great to see this event so well supported locally. Buíochas libh go léir as na boscaí Nollaig.



Thank you to all who took part in this year's Christmas Show Box Appeal. Team Hope collected both a van and car load from my office in Macroom on Monday, 21st November and they are now en-route to children for Christmas. Buíochas libh go léir as na boscaí Nollaig.



Lee Valley Enterprise Board



Cahir's Cottages Choral
Cork County Council

Christmas In Macroom 2022

SHOP LOCAL
Keep Your Business in
MACROOM
Keep Macroom in
BUSINESS

Participating members will gift some lucky customer with a €25.00 LVEB Christmas voucher in the run up to Christmas

2 hour Free Parking in Macroom during Christmas
from Thursday 1st December to Sunday 1st January 2023
(usual regulations apply)

As this Christmas is Special

Let's all do our bit in this great community & support our local businesses by shopping locally.



An Nollaig i gContae Chorcaí

Tacaigh le do Ghnólachtaí Áitiúla,
Scaip an Scéal agus Caith
an Nollaig i gContae Chorcaí!



Dúirt Méara Chontae Chorcaí, an Comhairleoir Danny Collins, “Is am draíochtúil den bhliain í an Nollaig, don aos óg agus dóibh siúd a bhfuil croíthe óga acu. I mbliana tabhair cuairt ar bhaile mór in aice leat, áit a bhfaighidh tú rud éigin speisialta atá déanta i gCorcaigh agus a thabharfaidh tacaíocht do ghnólachtaí ar fud an chontae. Ní hamháin go mbeidh rud éigin agat nach bhfuil ar líne ach geallaimse duit go mbeidh lá iontach agat. Níl aon rud cosúil leis an Nollaig i gContae Chorcaí.”



Comhairle Contae Chorcaí
Cork County Council

Guim Nollaig Shona agus Athbhliain Faoi Shéan Oraibh

Christmas in Cork County

Support your Local Businesses,
Spread the word and
Spend Christmas in Cork County!



Mayor of the County of Cork, Cllr. Danny Collins said, “Christmas is such a magical time of year, for the young and the young at heart. This year why not visit a town near you, where you can discover something special that’s made in Cork and will support businesses across the county. Not only will you have something that just isn’t online but I can guarantee you will have a great day out. There is nothing like Christmas in Cork County.”



Comhairle Contae Chorcaí
Cork County Council

Wishing you a Happy Christmas and Prosperous New Year from Cork County Council

Uibh Laoire

"THANK YOU NIGHT" REMINDER

A thank you night is arranged for all who helped out in the very successful festival. Meet in the Hall 8.30pm

INCHIGEELA NATIONAL SCHOOL

Well done, boys and girls for your Dress Up, Dress Down Day and helping to get funds for Mercy Hospital heroes. And also for the huge number of Christmas boxes for young people in poorer countries. Super Job!

BIG WIN

Congrats to Brian and Sean O Riordan of Carrignacurra on their fantastic win in the Rebels Bounty Draw, €3,000 Happy Spending!

CHRISTMAS DECORATIONS

The Christmas lights and street decorations are out of cold storage and are being checked and spruced up at present, ready for Christmas. Help needed. If anybody would like to help out it would much appreciated in either the preparation or the putting up of these.

ACTIVE RETIREMENT

A "Scoraiocht (evening of music, song and stories) will be held in Cúan Bharra on Dec 5th in Beal Átha in association with Uibh Laoire Parish Active Retirement group. 7pm.

BAILIÚCHÁN ÉADAI

Coiste na dTuismitheoirí Scoil Fhionnbarra will hold their fundraising clothes collection on Saturday, 3rd of Dec at 5pm to 7pm and on Sunday 4th from 9.30pm to 11.30am. Collection point, Coláiste na Mumhan.

CHRISTMAS MARKET AND FOLK CLUB AT CREEDON'S HOTEL

A wonderful evening of art, crafts and live music is promised on December 14th when Creedon's Hotel, Inchigeelagh, will be hosting a Christmas arts and crafts market from 7- 9pm, followed by an open music session. The market offers a chance to buy handmade artisan crafts and support local artists. This will be followed by an open music session as part of the 'Inchigeelagh Folk Club' monthly music nights, which take place on the second wednesday of each month.

INCHIGEELAGH FOLK CLUB

has been running since March 2022 and has attracted a huge variety of local ballad singers, songwriters, trad players, instrumentalists, storytellers and poets. A Welsh TV crew filmed the November session as part of a genealogy show in which Welsh speaking celebrities, Wayne and Connagh Howard, took part in the night's entertainment while finding out more about their Inchigeelagh ancestry.

Local poet Anton Floyd is a regular performer, while seanachai Ted Lordan and his musician son John have also brought great entertainment. Ballad singer Joe Creedon from Macroom has made people sore from laughing with his hilarious songs, like The Man with the Chainsaw, an instant classic. The night has also provided an opportunity for locally-based Ukrainian singers to perform their national music, adding a uniquely exotic variety to proceedings. Whether you prefer to listen or



Traonach – Corncrake Sightings in Donegal, Mayo, Galway, Sligo and Kerry this year. Very secretive. Loud rasping call is an indication of their presence. Pic Cormac McCarthy

participate, everybody is welcome at Inchigeelagh Folk Club.

INCHIGEELAGH FOLK CLUB REGULAR JOHN LORDAN TO LAUNCH SONG FOR AUTISM

John Lordan will be launching his single Outer Worlds on December 17th at O'Connor's Seafood Restaurant, Bantry at 3pm and 6pm. All proceeds go to ASD (Autism Supporting Diversity) Ireland and the sensory van will be in attendance.

SVP UIBH LAOIRE

St Vincent de Paul (St Ronan Uibh Laoire) will hold a collection at all masses in the parish on 10th and 11th December. Donations will be used locally.

THE CORNCRAKE

Traonach – Corncrake Sightings in Donegal, Mayo, Galway, Sligo and Kerry this year. Very secretive. Loud rasping call is an indication of their presence. Cormac McCarthy

Leabharlann Bhaile Bhúirne

LIBRARY DATES FOR YOUR DIARY

*Knit, Craft & Chat Group

Every Tuesday 11am to 12.30pm

*SweetBird Song 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

Here we are back to December so quickly. The Irish for December is Mí na Nollag, the month of Christmas, and Christmas really does infuse the whole month with a certain excitement and expectation. The countdown to the 25th begins in so many ways. It's defined by shopping days left, sleeps till Santa arrives, which tab on the advent calendar to open, how many days until Christmas holidays from work or school. There is a frenzy of gift shopping, grocery shopping, getting ready for visitors, going visiting, making sure Santa has been informed of everyone's needs, cleaning, card writing – the list is never ending, it's a season of lists too it seems!! Some people are busier than others and Christmas means something different to everyone.

For me it's all go until the Christmas dinner is put on the table and then after that I relax. I really enjoy a few days hibernation. I make sure that there are enough 'leftovers' to keep everyone happy and satiated which enables me to have a few days away from the kitchen. I like to catch up on some reading and watching some seasonal shows on TV, or now I can choose from Netflix, Disney, Amazon

and a whole host of streaming services that are available. However sometimes having such a choice can just make choosing harder! Snacking is very easy though, Spiced Beef Sandwiches are my Christmas treat followed by some of Corks own Hadji Bey Turkish Delight – you can take the girl out of the city but you can't take the city out of the girl!

If you would like to read about some real Cork Christmas memories, you should visit Ballyvourney Library to read a copy of A Real Cork Christmas. This is a unique collection of stories and history from the 1940s onwards. The stories were collected from members of the public, just like you, collated and published as part of "A Real Cork Christmas", a 2021 initiative of Cork County Council. The collection of stories covers life in the four corners of Ireland's largest county and promises to preserve a trove of Christmas traditions and childhood memories for future generations. Or you can read this publication online at <https://www.corkcoco.ie/sites/default/files/2022-01/memories-of-a-real-cork-christmas.pdf>

Lots of memories and stories are passed down generation to generation through song. Not all of us are singers or songwriters but we can still enjoy the sentiment and meaning of a song. With this in mind Ballyvourney Library will be hosting a SweetBird Song Writing Workshop for adults on Friday December 2nd at 10.30am. This is open to everyone, you do not have to be a singer or a songwriter, just come along and enjoy. The first half will feature singers Áine and Victoria

performing a selection of songs. They will then discuss the songs and the stories and inspiration for them. After that everyone will be invited to comment and discuss songs and their meanings and it should be quite a lively chat. This event is free of charge and open to both library members and non-members so please do come along. It is expected to last about two hours and I am sure this will be two hours of enjoyment and fun.

Make sure to visit Leabharlann Bhaile Bhúirne soon to stock up on your Christmas reading materials, DVD's, and we have jigsaw puzzles available for adults too. The Christmas period might just be the time to chance a jigsaw puzzle. The library will be closed from Christmas Eve until 3rd January 2023 – don't get caught without a book to read or a puzzle to puzzle over!

Christmas may not bring a single thing;
still, it gives me a song to sing."

- Charles Dickens

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

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Neck Warmer, Gloves)

€19.50



Ideal
Gift



SHOP
LOCAL
THIS CHRISTMAS

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

MUSKERRY GAA PRESENTATIONS



Willie Buckley who has retired as Runai of the Muskerry GAA photographed with family members, Mary, David, Paul Buckley and Lisa Kelleher at presentation function at the Auld Triangle. Picture: Mike English



Presentation by Muskerry GAA Board to retiring officers. Photographed at the function at the Auld Triangle were Willie Buckley, retiring Secretary, Mary Buckley, Pat Malone, retiring Chairman, Mary Malone, John Crean, retiring County Board delegate and Sheila Crean. Picture: Mike English

Three men who had given great service to Muskerry GAA were honoured at a ceremony in the Auld Triangle Restaurant Macroom recently when presentations were made to each to mark their outstanding contributions to the Muskerry Board and its clubs.

Those honoured were Pat Malone (Éire Óg), John Crean (Aghabullogue), and William Buckley (Dripsey), all retired recent officers of the divisional board and the large and very representative gathering present bore testimony to the high regard the trio were held in by the clubs.

Pat Malone served in various roles within the board spanning 40 years until he stepped down as chairman at the end of the 2020 season.

John Crean first became involved with the Muskerry board in the early 1980s, first as vice-chairman for seven years, then as treasurer in 2012 to 2017, and as development officer for four years from 2017 to 2021. John still represents the Muskerry Board at the county board.

William Buckley has over a 15-year period acted as Development Officer, Runai and then as Leas Cathaoirleach before retiring to devote more

energy to his club Dripsey.

Present Cathaoirleach of the Muskerry Board, John Feeney acted as MC. Introducing the award recipients and keeping the proceedings moving smoothly with assistance from his Rúnai Enda Linehan and Leas Cathaoirleach Ed Warren. Special guest was Cork County Board Cathaoirleach Marc Sheehan who praised the contribution of each of the men honoured. He also congratulated Inniscarra, Kilmurry, and Blarney on their respective county final successes recently and wished the best of luck to every Muskerry club in the years ahead.



Willie Buckley who has retired as Runai of the Muskerry GAA photographed with family members, Mary, David, Paul Buckley and Lisa Kelleher at presentation function at the Auld Triangle. Picture: Mike English



Pat Malone, who has retired as Chairman of Muskerry GAA Board photographed with family members at function at Auld Triangle where a presentation was made to him in recognition of his service to the division over many years. Picture: Mike English



Willie Buckley, Pat Malone and John Crean, Muskerry GAA retiring officers photographed at presentation function at Auld Triangle with their wives, Mary Buckley, Mary Malone and Sheila Crean, Muskerry officers John Feeney, Enda Linehan, Ed. Warren and Dave Lee and Chairman Cork Co. Board, Marc Sheehan. Picture: Mike English

DROMLEIGH NS NEWS

SCIENCE WEEK

Dromleigh N.S. students have been very busy in recent weeks. Science Week took place from the 13th to the 20th of November this year. All classes thoroughly enjoyed the opportunity to engage with some amazing experiments to celebrate the initiative. Well done also to our senior teams that gave an amazing performance at the annual Lifetime Lab Primary Science Quiz on November

16th, in Devere Hall, UCC.

Students also took part in national 'Anti-Bullying Week 2022'. All classes were encouraged to participate in games and activities which focussed on friendship and inclusion.

Our annual Christmas raffle is back this festive season. An amazing array of cash prizes, hampers and vouchers are on offer again this year. Tickets can be purchased in Co-Op Superstores Terelton,

Dromey's Bar Dromcarra and The Kilmichael Shop and Post Office.

Applications for enrolment for the 23/24 school year are now open. Forms can be downloaded from www.dromleighns.ie or contact the school on 026-46212 or office@dromleighns.ie

Keep up to date with all of our activities by following us on Facebook 'Dromleigh N.S Kilmichael'



Dromleigh N.S. students participating in the annual Primary Schools Science Quiz



Junior students from Dromleigh N.S. with their 'Tree of Kindness' to mark national Anti-Bullying Week.

Vaughan's CAFE

North Square, Macroom t: 026 41060



ORDER NOW IN TIME FOR CHRISTMAS

Your Christmas Cake, Pudding, Mince Pies,
Pavlovas, Black Forest Gateaux and all your Christmas needs
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and especially in these difficult times.

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KILMURRY ACTIVE RETIREMENT ASSOCIATION

A November Walk

Are we older people living through our golden years? What does that mean I wonder? It doesn't mean that we have riches beyond measure! Well, at least not financial riches. Actually, the term is relatively new. The first reference to it in relation to older people was in 1945. Some refer to it as being our retirement years. However, many are not now advocates of retirement at all, and so would not call the retired state golden. I suppose we are free to take any meaning we like for the term. I choose to take it to mean we are in our autumn or early winter years. This is the time of year when nature turns to beautiful shades of golden. There are those that I am lucky enough to know, who likewise turn more beautiful too, in so many ways, as they live through their autumn and approach their winter. They have learned to be more real. Some see no need to hide faults and failures and see less need to pursue many previously desired material acquisitions. Their interests turn elsewhere. Spending time with such older people can be inspirational.

1. On November walk along the road
Saw the trees had shed their load
Twig to branch to trunk laid bare
Revealed their truth abiding there
And truth bestows a lovely scene
Such peace and calm, so serene

2. Then to the town, oh such a crowd
Hustling, bustling, so very loud
Most are searching to acquire
Another gift they don't require

Trusting in those market lies
Hoping thus our mood will rise

3. Some can choose a life more green



Wreath making with Selvi at Kilmurry Active Retirement

**By each one wanting more and more
If that's too hard, then in between
For we know, it's truth, not guess
As we all know what lies in store
It's not yet more most need, but less**

The Southern Region of Active Retirement Ireland is having a Christmas party. It's on Dec 5th in the Springford Hall, Mallow, and that fantastic facility, the Macroom community bus, is being made available, thanks again to our Gardai. If you would like to go and are a member of any active retirement association please contact Kathleen O'Shea, or myself for details.

The ceramic art classes with Helen Quill are coming to an end. We are really looking forward to seeing the creativity when all will soon be revealed.

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. This is a great amenity and our thanks are due to them.

On Wednesday afternoons our ACT (Activities, Chat and Tea) sessions are continuing. Our thanks to Selvi Lylikci for a great session on wreath making for Christmas. It was really well received and well done to all twelve who took part on their creations. The talk on targeted brain nutrition by Karen Fennell on the 16th was also well attended and most interesting.

The Staying Fit for the Future courses given by Cork Sports Partnership are continuing both in Kilmurry and Crookstown for the next two weeks. You will soon be able to register for the Spring programme. It is really well worth trying out.

Our association is open to all. Our philosophy is that age makes no difference, but health does. So, let's do what we can to keep healthy and challenged in body and in mind. Perhaps consider joining us or another organisation in your area. We are better together, and it is easier. You will be kept as busy as you choose to be and positively engaged in your community, and we think you will enjoy it.

For more information contact Aidan at 0894057676 or aidanpbarry@outlook.com.

KILMURRY GAA

2022 AIB Munster GAA Football Junior Club Championship Final Kilmurry GAA Vs Fossa GAA on Sunday December 11th 2022 - Venue to be decided. For tickets go to <https://munster.gaa.ie/fixtures/club-championships-2022/>



KILMURRY INDEPENDENCE MUSEUM

The Taoiseach visited Kilmurry Museum last Sunday where he met locals and was given a tour of the museum. He has a keen interest in history and is a UCC graduate in history and Irish. His grandfather was involved in the struggle for independence. Those there to greet him were KHAA Chairperson Mary O'Mahony, John Fitzgerald, Noel Howard, Dr John O'Mahony and Aindrias Moynihan T.D. Cllr Eileen Lynch was also present for the occasion. Mary, John and Noel were his principle guides. He inspected many of the items and was much

impressed with the contents, their care and the surroundings. After, Mary and the Taoiseach addressed the gathering. Speaking in Irish and English, he spoke of his happiness at being pressed, how impressed he was and the importance of history to an area and the country. He remarked on the ability and sacrifices of those involved and of the new insights that on-going research gives. Mary then presented him with the Museum's first journal before adjourning for tea and chat.



The Taoiseach with KHAA volunteers. (C. Kelleher).



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.
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- We work with each person to ensure they feel comfortable and supported and their individual needs are met as far as possible.
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CLONDROHID

DAFFODIL NURSE FUNDRAISER

Crowds poured into the Abbey Hotel last Friday night for this fundraiser, in memory of Teddy Kelleher. It was indeed a fitting tribute to Teddy, who was a singer, a story teller and a brilliant set dancer. His legacy, no doubt is the vast number of people young and not so young, he taught how to set dance. The dance floor was full for the night, with up to 10 sets performed. Music was by the Abbey Ceili Band. While all this was happening in the function room, music and singing were in full swing in the main bar.

Well done to Teddy's family and all who helped to make it a great success. No doubt Teddy was organising sets in his new home!! Suaimhneas siorai tabhair do,a Thiarna.

CART FUNDRAISER

Millstreet Vintage Club and Cart Carriganima hosted a very successful Tractor run recently in atrocious weather conditions. Over 80 tractors took part. A cheque for €2,366 was presented by the Vintage club to CART, a valued rural bus service for the locality.

A big 'Thank you' to all who participated, donated, and to all who marshalled the event, Thanks to Christy Ring for sponsoring mementos and the Pub for its catering and hospitality

CARRIGANIMA AND CORK PENNY DINNERS

Christmas is coming and items can be handed into the pub in Carriganima for this very worthy cause. This runs till 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 biscuits, toilet roll, tin foil, and much more.

MUINFLUICH NAT SCHOOL

The Parents Assoc invite you to The Wellness Evening on Thurs Dec 8, doors open at 7.30pm in the school.

Self Coaching by Michaela

Decluttering by Clutter 2 Calm.ie

Nutrition by Dee Roche

Beauty by Ann Maria Healy

Pet Care by Laurel Walk Kennels

Herbalife by Siobhan Spillane

Music by Sile Ni Dhubhgail.

Tickets can be purchased from Heather 0876826008, and Rose 0877663946

CART bus departs Clondrohid at 7pm, Carriganima at 7.10pm. Ring 0863900886 to book your seat.

TABLE QUIZ FOR DROICHIDIN ASD CLASSROOMS

This was a great success, thanks to everyone who helped, donated, participated. Well done. €4091 raised to date.

CLONDROHID ACTIVE RETIRED

This group have a lot of events at the moment. Last week a group of 14 travelled to Newmarket for the Saoi Conference. A very enjoyable and informative



At the Laochra Óg fundraiser, "The Chaser" Paul Lyons, John Daly, Neilus Murphy, Denis Cronin, Chris Fitzgibbon, Danny Horgan and Eddie Walsh.

day was had by all. A big Thank You to Garda Bus for the transport.

This week a cookery demo was held in Community Hall, which was brilliant, Yoga continues as does the laptop classes. Christmas dinner at Mai Fitz is on Monday Dec 5. A special Christmas coffee morning takes place on Wed Dec 14. Enjoy all.

MACROOM BY PASS

The long awaited by pass is happening. December 9 is D day. Before the official opening some fundraisers are being organised. Last Sunday West Muskerry ran a very successful run, walk, jog on the new road to raise funds for Macroom Senior Citizens and the Fairy Garden. A large crowd took part all day. This weekend on Sat Dec 3, Macroom and District Lions Club launches a charity 'Ball Run' to raise funds for the Irish Community Air Ambulance. The Club plans to release 12,000 brightly coloured balls across a stretch of the By Pass. Balls cost €5 and can be purchased locally. Local shops and businesses are asked to take books of tickets to facilitate the purchase of balls ahead of the big day. The top prize is €1,000

LAOCHRA ÓG CLUB FUNDRAISER "THE CHASER"

A great night was had by all at the Laochra Óg fundraiser, "The Chaser" in the Abbey Hotel, Ballyvourney recently. The club chairperson, Ian Keoghan opened the night by welcoming everyone. He thanked the "Friends of Laochra Óg," "Advertisers," those who donated and everyone in the audience for their generosity and for coming out and supporting the club.

Club committee member and the lead organiser, Paul Lyons approached Pallas Marketing in 2019 regarding a fundraiser but unfortunately it was put on hold due to COVID. In June, this year the club picked up where it had left off in 2019 and the fundraiser was planned for the 12th of November. In ten short weeks, the fundraising committee with the support and guidance of George at Pallas Marketing went in search of Friends and Advertisers to come on board with the fundraiser. Businesses from near and far, big and small, did not

hesitate in supporting the club. The Friends and Advertisers can be seen on the Online Directory, at www.laochraog.com, or on the link to the Laochra Og Lotto newsletter each week.

On the night, the contestants were drawn from the audience from the ticket they received at entry and six contestants went up against the Chasers. Maximum prize on the night was €1500 if they beat the chaser. The questions were a range of general knowledge, local history, and club knowledge. Given a choice of four answers on the screen and added features to the award-winning television programme of 'ask the audience' and '50/50' to give the contestants an extra chance of beating the chaser. Thanks to our Chasers, Eddie Walsh, Paul Lyons, and John Daly who were fantastic on the night and really played the part.

There were six contestants altogether on the night, Neilus Murphy, Jerome Ring winning €400 each, Chris Fitzgibbon who won €90 really gave the Chasers a run for their money. Maura Twomey the only female contestant on the night came remarkably close to beating the chaser winning the top prize of €1000. The other two contestants Denis Cronin and Danny Horgan got caught by the chaser but took home €60 each. Congratulations to all the winners.

All money raised from 'The Chaser' is for the club's pitch development in Ballymacorcoran. The club was formed in 2014 and have already started to develop their home ground. Last July the Kelly Brothers moved on to the site and have done tremendous work so far and the hopes of opening the pitch will become a reality in 2024.

The club would like to thank George and the team from Pallas Marketing, the local businesses and all the families for their constant support and everyone involved in making the night a remarkable success and helping us in raising approximately €45,000 for the site development. Finally, Laochra Óg would like to thank once again all those who continue to support the club and the pitch development. Laochra Óg – Here to Stay, Here to Play.

INNISCARRA

INNISCARRA GAA AND CAMOGIE CLUBS

will hold the annual Seamus Noonan Memorial Poc Fada on St. Stephen's Day, starting at Blair's Inn at 12.00 noon. Teams of three - Adults €10.00 and Juveniles €5.00. All proceeds to local charities. Presentation of prizes in the Club House. Please come out and support, and meet our County Premier Intermediate Hurling Champions of 2022.



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COACHFORD



Some of the Coachford's Christmas women's choir who will be performing at the Christmas Show on December 3rd and 4th



Some of the children's choir at rehearsals for the Coachford Christmas show which takes place on December 3rd and 4th

THE COACHFORD CHRISTMAS SHOW

A concert full of Christmas songs, festive carols and choral music comes to Coachford on Saturday December 3rd and Sunday December 4th in the GAA Hall Coachford. This magical Christmas show brings together a children's choir, a female choir and a men's choir with some stunning individual singers to perform classic Christmas songs, traditional festive carols and a few more recent songs that will forever be associated with this special time of the year. The music for the show will be performed by a live 7piece group of local, talented musicians.

Make your way to the Coachford GAA Hall on December 3rd and 4th to enjoy a magical night of music and song and begin this most beautiful time of the year with a night with family and friends at a tremendous and wonderful Christmas Show. The Christmas Show begins at 8pm each night

and admission is only €10. All proceeds go to the Coachford Christmas Lights.

CHRISTMAS LIGHTS IN COACHFORD

The Coachford Christmas Lights will be turned on this Saturday, December 3rd at 7pm. The lights all around the village, including the Village Christmas tree and the tree in the Church yard will be turned on to create a beautiful festive atmosphere in the village. The organisers would like to thank all the volunteers who were out in atrocious weather last Saturday putting up the lights and to the business's and residents who allow the lights to be plugged into their premises. The committee would also like to Cooney's Inver Filling Station and Cork County Council for the support with the purchase of lights during the year and TFT construction for the use of the load-all

FOOD COLLECTION FOR PENNY DINNERS

The annual food collection for Cork Penny Dinners stakes place on Saturday December 3rd and Saturday December 10th from 10am to 11.30am opposite Dairygold. Please give what you can for those who are more in need at this time of 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 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.



Katie Ni Mhurchú and Deirdre O'Donovan who will be performing at the Coachford Christmas Show on December 3rd and 4th



Sandra Murphy and Jane Duffy at rehearsals for the Coachford Christmas Show taking place on December 3rd and 4th



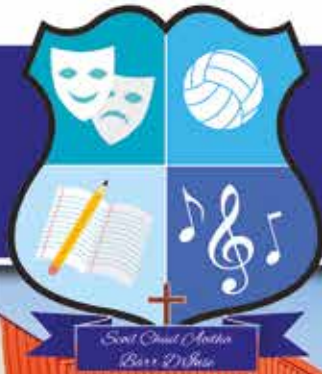
Katie Ni Mhurchú and Vivienne Murphy in rehearsals for the Coachford Christmas Show on 3rd and 4th December



The Taoiseach with Kilmurry GAA, recent County Junior winners. (C. Kelleher).



Mary O'Mahony Aindreas Moynihan TD and An Taoiseach Mícheál Martin at the Bust of Terrence Mac Swiney in Kilmurry Museum. (C. Kelleher).



Páirc uile-aimsire agus clós fé dhíon nua oscartha i Scoil Chúil Áodha



Tá an-áthas orainn go raibh páistí na scoile ábalta imirt ar an bpáirc uile aimsire don chéad uair le déanaí. Roimhe seo bhí páirc bheag fhliuch againn agus ní rabhamar ábalta é a usáid ach cúpla seachtain gach scoilbhliain.

Táimid an-bhuíoch do thuismitheoirí na scoile, an pobal áitiúil agus comhlachtaí áitiúla a thug tacaíocht dúinn lenár bhfeachtas bailithe airgid. Gabhaimid buíochas chomh maith le Jons/John Craddock a thug 3,000 tonna de chlocha briste dúinn saor in aisce chun an bhunchloch a líonadh agus a leagadh.

Chomh maith le sin, tá clós fé dhíon tógtha againn le déanaí. Ciallaíonn sé seo go bhfuil páistí ábalta súgradh lasmuigh nuair a bhíonn an aimsir fliuch. Tógadh an foirgneamh seo le hairgead a bailíodh sa bhfeachtas bailithe airgid a d'eagraigh Coiste na dTuismitheoirí agus baill ón mBord Bainistíochta.

Anois tá áiseanna den chéad scoth againn a bheidh in usáid ag páistí na scoile, muintir na háite agus clubanna áitiúla ins na blianta atá amach romhainn.





Comhairle Contae Chorcaí
Cork County Council
Macroom Municipal District

**TUESDAY
13th DEC.
2022**

**MACROOM
CHRISTMAS**

**MARKET
2022**

**TOWN SQUARE
MACROOM**

Commencing at
9.00am

FOOD, ARTS & CRAFTS, CHRISTMAS
GIFTS and LOTS, LOTS MORE

NEW THIS YEAR

ART DEMONSTRATIONS FOR ALL THE FAMILY
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**PLEASE SUPPORT YOUR LOCAL
BUSINESSES THIS CHRISTMAS**





Comhairle Contae Chorcaí Cork County Council

CEANTAR BARDASACH MHAIGH CHROMTHA

SOCRUITHE PÁIRCEÁLA NOLLAG DO MHAIGH CHROMTHA

2 uair an chloig páirceáil saor in aisce ó
Déardaoin 1ú Nollaig 2022 go dtí Dé
Domhnaigh 1ú Eanáir 2023
Tá gnáthshrianta páirceála i bhfeidhm.

CEANTAR BARDASACH MHAIGH CHROMTHA UAIREANTA OSCAILTE NA NOLLAG/NA HATHBHLIANA

Dé hAoine 23ú Nollaig	Oifig oscailte
Dé Luain 26ú Nollaig	Oifig dúnta
Dé Máirt 27ú Nollaig	Oifig dúnta
Dé Céadaoin 28ú Nollaig	Oifig dúnta
Déardaoin 29ú Nollaig	Oifig oscailte
Dé hAoine 30ú Nollaig	Oifig oscailte

EANÁIR 2023

Dé Luain 2ú Eanáir	Oifig dúnta
--------------------	-------------

(UAIREANTA OIFIGE: 9.00 rn - 5.00 in)
Dúnta le haghaidh Lóin 1 - 2 in

Thar ceann Chomhaltaí agus fhoireann Cheantar Bardasach Mhaigh Chromtha, ba mhaith liom an deis seo a thapú chun Nollaig Shona agus Athbhliain faoi mhaise a ghuí oraibh féin agus bhur gcúram

Marie O'Leary, Oifigeach Cheantar Bardasaigh
Ceantar Bardasach Mhaigh Chromtha

MACROOM MUNICIPAL DISTRICT

MACROOM CHRISTMAS PARKING ARRANGEMENTS

2 hours Free Parking from Thursday 1st
December 2022 to Sunday 1st January 2023
Normal parking restrictions apply.

MACROOM MUNICIPAL DISTRICT CHRISTMAS/NEW YEAR OPENING HOURS

Friday 23rd December	Office open
Monday 26th December	Office closed
Tuesday 27th December	Office closed
Wednesday 28th December	Office closed
Thursday 29th December	Office open
Friday 30th December	Office open

JANUARY 2023

Monday 2nd January	Office closed
--------------------	---------------

(OFFICE HOURS: 9.00 a.m. - 5.00 p.m.)
Closed for Lunch 1 - 2 p.m.

On behalf of the Members and staff of the Macroom Municipal District, I would like to take this opportunity to wish you and yours a very Happy Christmas and a peaceful New Year

Marie O'Leary, Municipal District Officer
Macroom Municipal District



CARRIGADROHID/CEANN AN MAHÍ

CARRIGADROHID/KILLINARDRISH TIDY TOWNS

Carrigadrohid/Killinardrish Tidy Towns invite you to join them in Carrigadrohid village on Sunday December 4th from 3pm for their festive outdoor Christmas Market, with fabulous stalls full of Christmas gift ideas as well as delicious food. There will be complimentary tea/coffee and mulled wine to enjoy as you wander between the stalls and soak up the Christmas atmosphere. We will also have a raffle on the day, you will receive a free entry with every purchase at the market stalls. Our magical Santa's grotto will have a very special post box, so don't forget to pop in and post your letter to the man himself. We will wrap up the day with our very own Taekwon-Do ITF World championship Silver Medalist, David Lyons turning on our amazing village Christmas lights at 5.30pm.

CANOVEE CHOIR

To kick start Christmas week why not join Canovee Choir on Sunday 18th December for an evening of Christmas entertainment by candlelight in Canovee Church. Entry is free, (donations can be made for church maintenance on the night if you wish). New members are always welcome to join the choir, for any queries contact Ann Dunne on 0872755080.

CANOVEE NATIONAL SCHOOL

It's been a very busy term so far in Canovee NS. We were thrilled as both our boys and girls' teams qualified for the Sciath Na Scol finals in Pairc Uí Chaoimh. Our boys were unlucky on the day but our cailíní had a fabulous win. Comghairdeas to all

TIDY



Canovee NS contribution to the Team Hope Shoebox Appeal November 2022

involved, children and mentors. On Friday October 14th, the student council organised a 'No Uniform Day' to raise funds for the tragedy in Creeslough. We were delighted to donate €906.00 to the An Post Creeslough Fund. Míle buíochas to all who contributed.

As part of our Active School activities, all the children in school and their teachers took part in a 'spooky walk' on October 28th where the everyone sang songs and 'treated' our neighbours to some wonderful singing! On November

7th, representatives from Team Hope collected almost 100 shoe boxes full of Christmas treats and surprises for children all over the world from the amazing donations here in Canovee NS. Go raibh maith agaibh. Applications for enrolment for the 23/24 school year are now open. Forms can be downloaded or please contact the school on 026-48142 or office@canoveens.com Keep up to date with all of our activities by following us on Facebook 'Canovee National School'



Canovee NS Girls Winners of Sciath na Scol Final Vs Farran NS in Pairc Uí Chaoimh



Canovee NS Boys who played Cloughdruv in the Sciath na Scol Finals in Pairc Uí Chaoimh



Children from Canovee NS go on a Spooky Walk visiting local houses as part of the Active Schools program.



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- Aromatherapy
- Relaxing Massage
- Soft Tissue Release
- Planning Soft Tissue Techniques
- Muscle Energy Techniques
- Corrective Frictions
- Trigger Points
- Positional Release Technique
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- Hopi Ear Candling
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Wednesday - Friday 9am - 9pm
Saturdays 9am - 1pm
Closed Sundays & Mondays



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.

SEAMUS NOONAN MEMORIAL POC FADA

Inniscarra GAA and Camogie Clubs will hold the annual Seamus Noonan Memorial Poc Fada on St. Stephen's Day, starting at Blair's Inn at 12.00 noon. Teams of three - Adults €10.00 and Juveniles €5.00. All proceeds to local charities. Presentation of prizes in the Club House. Please come out and support, and meet our County Premier Intermediate Hurling Champions of 2022.

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.

CLONDROHID LOTTO RESULTS

Results for Nov 16
€70 Tadgh Dineen Coolea
€20 Gerard Burke c/o Mid Cork Pallets, Eileen Neville Kilvoultra, Rebecca O'Brien Coolnadane, Brian Kearns Sally Gardens Macroom
Results for Nov 23
Jackpot €4,800
€70 Ann Marie Cooney Danganasillagh
€20 Darragh Deasy Macroom, Rebecca O'Brien Coolnadane, Mary O'Driscoll Bawnmore, Mick and Julie Kelleher Gortnapeasta.

RYLANE COMMUNITY PARK ASSOCIATION LOTTO RESULTS

Lotto results on Monday Nov 14th 2022.
Winning numbers: 7, 28 & 39. Jackpot - €3,500
No winner.
Lucky Dips: Sheila O'Sullivan (Rylane); Mary B. Murphy (Donoughmore); Con Lynch (Macroom - Yearly ticket); Josh Grimes (Rylane - online). Seller's prize: Sheila O'Sullivan (Rylane).
Next week's Jackpot will be €3,600.
Lotto results on Monday Nov 21st 2022.

Winning numbers: 30, 36 & 37. Jackpot - €3,600.
No winner.
Lucky Dips: Pat & Nora Casey (Curragwaddra); Kim O'Sullivan (Rylane); Seán Buckley (Rylane East - Yearly ticket); Jerry Grimes (Rylane- online). Seller's prize: Helen Kelleher (Aghabullogue).
Next week's Jackpot will be €3,700.

CANOVEE GAA LOTTO

27/11/22 Jackpot €16,200 - Numbers Drawn 01-04-12-18 No Winner
Lucky Dip Winn €30 Kathleen Hayes & Jim Cunningham, €30 Online Prize Maud Cotter & Adrian Cullinane
Bonus Christmas Prizes - Hamper - Ger Ahern, Turkey - Michael O' Sullivan and Bottle - Jerry O'Mahony
Next draw takes place in Hickeys Aherla. Tickets available online and in local outlets.

MACROOM GAA LOTTO RESULTS

15 November 2022
No Winner - €70. Dawn Murphy, 9 Cork Street, Macroom. €20. Denis Mc Carthy, C/O Frank Twomey. €20. Pat Crowley, 48 The Hermitage, Macroom. €20. Mary Mc Sweeney, Chapel Cross, Macroom. €20. Noirin Burke, Toames West, Macroom. €20. Pat & Catherine Coughlan, Sleaveen Hight's, Macroom. This Week's Jackpot €4600.
22 November 2022
No Winner - €70. Helena Healy, Ard na Graine, Macroom. €20. Julianne O'Sullivan, Ballyvourney, Macroom. €20. Jim O'Shea, 33 Sullane Weirs, Macroom. €20. Michael Murphy, 9 Cork Street, Macroom. €20. Pauline Harrington, Toames, Kilmichael. €20. Donie Mc Carthy, Ballyvourney, Macroom. Next Week's Jackpot €4800.

AGHINAGH G.A.A. LOTTO RESULTS

Results 14th November, 2022.
The jackpot was €1,300. The numbers drawn were 3, 8 and 32.
No jackpot winner. Consolation prizes: €50.00 to Olan Noonan, Aghabullogue. €20 each to Gretta Linehan, Barretts Place; Cathy & Clive Jones, Ballyvongane; Timmy Joe Lyons, Canovee; Cliona O'Leary, Renaniree (Online Winner).

Results 21st November, 2022.
The jackpot was €1,450. The numbers drawn were 15, 24 and 31.

No jackpot winner. Consolation prizes: €50.00 to Katelyn Callaghan Cronin, c/o The Shop. €20 each to Patrick Twomey, Lyroe, Rylane; Kieran Twomey, Rylane; Jerry Casey, Lombardstown; Bill Donovan, Dripsey, c/o Anthony

KILMURRY G.A.A. LOTTO RESULTS

21st November 2022 Winner: Cormac Linehan
€50 Jed Hartnett, €20 Betty O Donoghue, €20 Dave Moss, €20 Eoin Buckley, €20 Sean O'Leary, €20 Dan Clifford.

Next draw takes place in the Diamond Bar
28th November 2022 No Winner
€100 Ann Creedon, €50 James Burke, €50 Nora Long, €20 MOS, €20 Margaret Corcoran, €20 AEDCC
Next Draw in the Castlemore Arms

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.

MACROOM FC LOTTO

21/11/22. Jackpot: €10,000. Numbers drawn: 15, 25, 36. No Winner. €80: Linda Murphy c/o Lar's. €20 each: Joe Creedon c/o Connie, Michael Shine Jnr c/o Connie, Bobo c/o Noel, Jackie O'Rourke c/o Evelyn
Tickets online at macroomfc.ie and at local outlets throughout Macroom town.

COACHFORD AFC LOTTO DRAW

21/11/2022
Jackpot: €3,800. Numbers Drawn: 1 - 5 - 9. Winner: Ollie Kenny. €40 Mairead McCullagh. €20 Jacqueline & John Field, John Tarrant (Yearly Ticket), Linda O'Sullivan (Online Ticket), Aileen Casey.
Coachford AFC Lotto Draw: 28/11/2022.
Jackpot: €1,000. Numbers Drawn: 5 - 23 - 24. No Winner: €40 Brendan Barry Murphy. €20 Keith Linziel (Online ticket), Tim Hallisey & Kieran McCarthy (Yearly Ticket).



Netwath Family Carer of the Year Awards



Darcy O'Brien with Michael Brennan Chairperson of Bol Chumann na hÉireann. pic le Nóra Uí Luasa.



Liam Ó Murchú agus Michael Brennan, Cathaoirleach Bol Chumann na hÉireann. pic le Nóra Uí Luasa.



Science Quiz in UCC I- r Abigail Kelleher, Aoife Downey and Sadhbh Bourke with Mrs Kerrigan



U19 Basketball team who are through to the County Final



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**Factory Sheep assembly
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The Macroom and District Environmental Group

Think Globally, Act locally

THE IMPORTANCE OF BEES



Hi, Chris Barrett back here talking about a subject which is very dear to me.

I want to look at ways in which if we can become involved in caring for bees without having our own hives.

I have written this article following discussions have had recently and over the years with local bee keepers. I am also grateful for information from the article, "Honey – The Food of Light", by Marguerite McQuaid.

Bees are very much part of our History

If we look back, we can see that bees have been revered since ancient times. They appear in the Bible, the Islamic Quran and the Jewish Torah. The mention of a land of milk and honey reminds us of a world where people can be healthy and flourish. Ireland used to be famous for honey, and Bee-keeping was common to the self-sufficient household.

Bee-judgements were the subjects of many tracts in Brehon Law. Such was the reverence for honey that it was not even sold in Ireland till the 19th Century.

Wax seals candles made from bees wax would have been common-place in our past.

Locally, of course, there is the long-standing local connection between bees and St. Gobnait of Ballyvourney. If you visit the shrine in Ballyvourney, you can see St. Gobnait standing on a bee-hive, though this is not something I would recommend you emulate as a mere mortal who wants to make a good relationship with bees. However, this local well-documented local tradition of St. Gobnait's connection with bees, should encourage our awareness and enthusiasm for helping these special insects.

Bees have pollinated our crops down through the centuries, but now they are at risk from pesticides and need us to help them more than ever before.

SO WHAT CAN WE DO TO HELP BEES?

If you have even a small amount of land, you could plant it with bee-friendly plants, and maybe even trees. Honey bees, like bumble bees, carpenter



bees, solitary bees, butterflies and birds are all great cross-fertilisers. They do far more than just provide honey. Our native Irish honey bee is *Apis Mellifera Mellifera* and bee-keepers or would-be bee keepers should never import non-native queens.

Some flowers have a simple ring of petals with visible pollen-covered anthers and these are beneficial to bees. A lot of flowers bred for decoration have a dense head of petals which decrease the amount of pollen available to bees. This larger number of petals also makes it more difficult for the bees to enter the flowers.

Flowers which are good for bees include our own local wild flowers, and a lot of favourites, e.g. Lavender, Sunflower, Foxglove, Crocus, Marigold, Borage, Bee-balm, Purple Cone-Flower, Joe-Pye Weed, Black-Eyed Susan, Golden Rod, Oregano, Catmint, Honeysuckle, Cornflower and Comfrey. In fact all herbs are good to plant for bees, I am told. Gardeners will notice that these plants appear at different times of the year although some are annuals, making just a single appearance.

If you plant wild flower mixtures, which is a great idea, I am advised that you should plant only native wild-flower mixes.

There is a shrub which is so popular with butterflies that it is called The Butterfly Bush or Buddleia, but bees also love it.

Native trees are hugely important too.

The Holly and the Ivy produce inconspicuous, but very useful, flowers for bees. Crab-apple, Hawthorn and Willow are all important early in the year and Sycamore trees are really important when in flower. Bees love them. Such was the loud buzzing near me one year, I was convinced I had a swarm in a nearby Sycamore. I discovered that it was just the bees having a wonderful 'bee fest'.

If you do find a swarm in your garden, you should immediately make a call to a local beekeeper or put out an alert on social media.

Remember that bees in a swarm are not dangerous. Unlike wasps, bees can live happily alongside people.

Most importantly, do not interfere with the swarm in any way.

A great further help to bees would be to avoid mowing.

If at all possible, adhere to the rhyme:

Don't Mow, Let It Grow!

It is so good to see local councils and some Twin Towns setting an example here.

Species rich grasslands can return after being decimated.

Don't use pesticides which act as a kind of nerve gas on bees, and they act on us too.

Avoid Herbicides and Fungicides.

When you are shopping you can practice examining labels. Don't buy useless sugar fortified syrups that pass for honey.

Why do Bees Matter?

BEES POLINATE OVER 40% OF ALL THE FOOD WE EAT.

WE NEED BEES TO SURVIVE!

Honey has been used to treat wounds during wars and even today honey patches are used for leg-



ulcers.

Honey is proven to be a wonderful salve for burns and it speeds healing. Honey is both anti-microbial and anti-bacterial.

The World Health Organisation recognises honey as a cough suppressant and demulcent, reducing inflammation in membranes.

Honey is a great food as well and I add it to my porridge and herbal teas, and use it instead of sugar in cooking.

Unless you have an allergy, bee stings can be good for you.

Bee venom acupuncture has been used in the treatment of Rheumatoid Arthritis and among other studies a recent one in February 2022 indicated that the active compound in Bee venom, Melittin, may be useful as a therapeutic treatment for chronic diseases.

WHY DO BEES NEED OUR HELP?

We have already talked about how we are reliant on the pollination of bees and their honey.

Put simply, bees need us to help them to help us. It takes 6 honeybees six weeks of foraging to produce a single teaspoon of honey.

Billions of bees are imported thousands of miles to California each Spring so that we can have almonds and almond milk. This has been likened to the practice of sending bees to war. Bees are amazing. We need to stay aware of the plight of bees.

They are the 'canary in the coalmine', in terms of climate change.

We can all learn to treasure bees, and we have so much to lose if we do not.

Thank you to everyone who has helped open eyes as to the importance of bees.

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

If you or anyone you know would like to respond to this article, or contribute an Environmental article to this publication, please contact me chriseevalley@gmail.com



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LICH DO SCÍTH

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Oifigeach Pleanála Teanga Mhúscraí

Mór is Muire dhíbh go léir! Súil agam go raibh coicís mhaith agaibh ón éagrán deireanach den Lee Valley. Táim féin taréis bheith an-ghnóthach agus bruidiúil le cúrsaí oibre agus mo shaol baile, is gan dabht mo shaol sóisialta chomh maith.

Tá sé tábhachtach dúinn mar dhaoine daonna gach gné don saol a fhreastal idir obair agus ár saoil phearsanta. Ba chóir duinn bheith aireach agus cothromaíocht a fháil agus fuíollach RnR a thógaint mar a deirtear sa Bhéarla! Dála an scéil nil aon téarma Gaeilge ar RnR san fhoclóir, mar sin seo mó leagan Gaeilge de, 'Sos is Scíth'. Cad a cheapann sibh?

Chuas ar an traein go BÁC an Satharn seo chaite (rud ná raibh déanta agam le cúpla bliain), le haghaidh teacht le chéile cairde banaltracht agus fuairesas mo chuid oiliúna i mBÁC 34 bliain ó shin. Bhíos ar bís agus mé ag teacht i ngiorracht don stáisiún traenach i Sráid an Mhuilinn. Is minic mé sa ghluasteán le Daid is sinn ag imeacht ar nós na gaoithe chun go mbeinn in am don traein. Tháinig na cuimhní sin go léir ar ais im'aigne arís, is m'fhear céile ag tiomáint an chairr an t-am seo. Shroicheas an stáisiún le fuíollach ama le spárail agus d'fhágas slán le Gerry. Is mé ag feitheamh ar feadh cúpla nóiméad go dtáinig an traein bhí ionadh agus alltacht orm leis na hathruithe go léir a bhí timpeall orm ó bhíos óg is sa stáisiún ceannann céanna. Bhí orm dul agus mo thicéad a fháil ó mheaisín a bhí lasmuigh ar árdán an stáisiúin, cé go raibh máistir an stáisiúin istigh san oifig. An tarna rud a thugas fé ndeara ná déimeagrafaic na ndaoine a bhí mórthimpeall orm ag feitheamh.

Chuala daoine éagsúla ag caint agus ag comhrá i dteangacha nár thuigeas, cosúil leis an dán san 'Tír na nÓg'. Bhíodar ann ón Afraic, ón bPolainn, an Laitvia agus ón mBrasaíl chomh maith déarfainn. Bhí daoine ag labhairt Béarla ach níorbh Sasanaigh iad ach daoine ón gceantar. Bhí sé go hiontach an éagsúlacht duine is teanga a fheiscint is a chlos ach bhraitheas beagáinín díomách mar níorbh labhair aon duine ár dteanga naisiúnta, Gaoluinn, fiú na hÉireannaigh!

Ar deireadh thiar thall tháinig an traein agus as go brách liom go BÁC. Thóg an turas trí uair a chloig gan stop agus shroicheas stáisiún Heuston ar a haon deag a chlog r.n. Cé ná raibh aon seirbhís ar an traein ar nós tae is caife, ná fiú scroid béile ar fáil, d'imigh an t-am go tapaídh is mé ag féachaint amach na fuinneoige ar radharcanna gleoite den tírdhreach. Leanfad leis an scéal seo sa chéad éagrán eile!

Tuairín Dubh

Anois do rud difriúil ar fad, beidh Ceoldráma úrnua á chur i láthair i mBéal Átha an Ghaorthaidh i mí Bealtaine seo chugainn, 2023. Seo píosa drámaíochta, ceolmhar atá nuascríofa agus nuachumtha, atá bunaithe ar eachtra a tharla sa bhaile fearthainn 'Túirín Dubh' i bparóiste Bhéal átha an Ghaorthaidh le linn Chogadh na Saoirse sa bhliain 1920.

'Siad na scríbhneoirí ná Seán óg ó Duinnín ó Chúil Aodha atá ina phríomhoide i Scoil Mhuire, Béal Átha an Ghaorthaidh, Alan Kelly agus Kevin Connolly a scríobh cúpla Ceoldráma eile agus a léirigh iad i Maigh Chromtha agus in amharclann an Everyman agus an Opera House i gCorcaigh. Beidh an Duinníonach ag léiriú an ceoldráma.

Sé a dúirt sé faoi ná:

'Is scéal é seo faoin ról a bhí ag muintir na háite ag tréimhse de stair na hÉireann agus ba mhaith linn go mbeadh muintir na háite anois páirteach san insint sin. Tá sé beartaithe go mbeidh daoine fásta agus óga ar stáitse sa léiriú taitneamhach seo agus cé go mbeidh formhór de as Gaeilge, beidh ról as Béarla i gceist chomh maith.

Táthar ag súil go gcruthóidh an léiriú seo deis do phobal na háite bunchloch a chur faoin ndrámíocht agus an Ghaolainn, a leanfaidh tar éis don léiriú seo a chur ar stáitse.' Dúirt sé chomh maith go raibh se thar am deis a thabhairt do mhuintir na háite i mBéal Átha agus i Múscraí páirt a ghlacadh i dtogra ealaíne atá oscailte do gach éinne, agus go mbeadh fáilte roimh chách agus gur iontach an deis a bheadh ann don phobal.

Tá aisteoirí á lorg idir óg is fásta.

Tuilleadh eolais: tuairindubh@gmail.com
nó glaoigh ar 086-8085810.

Log ainm

Tuairín Dubh

'Tuairín ... páirc bheag ina cuirtear bó amach don oíche roimh í a chrú ar maidin nó tur(bush) ar a chuirtear éadaí chun iad a thriomú. Agus an **Dubh** mar ní bhíonn an ghrian ag taitneamh ann. Deirtear go bhfuil Túirín Dubh fuar is fliuch, tóin leis an ngrian is aghaidh leis an sioc.' Seo miniú a fuairesas ó Fhear Uasal a rugadh is a tógadh ann.

Foclóir

Gnóthach/bruidiúil	Busy
Sos agus Scíth	Rest and Relaxation
Fuíollach	Plenty
Teacht le cheile	Reunion/get together
Árdán an stáisiúin	Station platform
Scroid béile	A snack

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MEP KELLEHER HAILS 70TH ANNIVERSARY OF EUROPEAN PARLIAMENT'S FOUNDATION

Fianna Fáil MEP Billy Kelleher has today hailed the 70th anniversary of the establishment of the European Parliament as an example of how unity triumphs over adversity.

Speaking in Strasbourg where a special ceremony took place to commemorate and celebrate the European Parliament's history and legacy, MEP Kelleher said:

"This Parliament, like our European adventure, is a political miracle. Born out of the ashes of World War II, those who founded the then parliament of the European Coal and Steel Community would never have believed how far it, the assembly of European

citizens, has developed.

"Every month, in the hemicycle, hundreds of national parties from 27 countries manage to find agreement on complex and sometimes divisive issues. Be it climate laws, digital rights, agricultural budgets, minimum wages, we strengthen our collective unity through open and honest debate. The European Parliament moves faster and more efficiently more often than not compared to the other European institutions.

"Today, at our ceremony, along with the Prime Ministers of France, Belgium and Luxembourg, the host nations of the Parliament, the Renew Europe

group, of which Fianna Fáil MEPs are proud members, recommitted itself as the leading pro-European Parliamentary Group. We believe that reform and empowerment of the Parliament is necessary to build a stronger, more democratic European Union," concluded Kelleher.



Muckross Craft Centre & Garden Restaurant

Muckross Craft Centre & Garden Restaurant is located right in the heart of Killarney National Park on the N72 road to Kenmare. Enjoy casual dining in the magnificent Garden Restaurant and conservatory with breath taking views of Torc Mountain and the gardens at Muckross. The Garden Restaurant offers the best in casual dining, with an extensive lunch and snack menu. All freshly prepared and with real emphasis on value, the restaurant offers lunch daily including Sunday's for only €12.95.

The delicious pastries, scones and desserts are all made in their one bakery. The Restaurant is full of festive cheer with enchanting snow scenes and decorative fare to delight both young and old.

The Craft Shop has an extensive selection of gifts for all ages. Choose from a wide range of outdoor and active wear clothing for Ladies, Gents and Children. With a real emphasis on value, where you will find leading brands such as Regatta, Lighthouse, Craghoppers and Dare 2 be.

We also stock jewellery, giftware and Christmas decorations from Tipperary Crystal and Newgrange. For a more local gift we also sell Muckross Pottery, Bookbinding and Weaving.

While you are there don't forget to have a stroll in Muckross gardens and enjoy the freedom of the many Nature Trails in Killarney National Park. We are open 7 days with Free Parking. Check out our Instagram page for more information 'muckrosscraftshop'



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cv applications can be sent to: info@mcgoup.ie



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- Troubleshoot equipment problems and equipment failures to determine root cause and instigate repair using the latest lean tools and techniques.
- Provide reactive and preventive maintenance to all decontamination equipment while also identifying the root causes of problems and suggesting process improvements for long term solutions
- Execute and update as appropriate the existing preventative maintenance programme, in order to minimise downtime and optimise plant performance.
- Ensure that comprehensive maintenance documentation exists for each equipment item & that it is filed in an organised & legible manner.
- Develop critical spares list for the equipment & ensure that critical spares are in stock or are readily available at all times. Ensure that an effective programme is then maintained.
- Ensure that all critical instruments are setup for routine calibrations on site system and that these calibrations are performed on or before the due date.
- Perform all tasks with due recognition of safety, environment, GDPR and other ISO procedures.
- Provide maintenance support, entering data, updating equipment records, produce performance reports and participate in continuous improvement follow up actions.
- Support other O'Flynn Medical teams e.g. Decontamination team
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- Forklift driving experience preferable, but not essential.

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A Word of Victory

Welcome back dear student. "When my anxious thoughts multiply within me, Your comforts delight me" (Psalms 94:19). Well here we are in the final month of the year! And of course Christmas is coming as they say, and the goose is getting fat. I remember years ago listening to the late Gerry Ryan's radio show when a woman wrote in asking for advice. He was greatly bemused at her dilemma. It was September, the children had just gone back to school, and it suddenly hit her that Christmas was coming - and that meant entertaining the in-laws. And she was in utter distress. Gerry was amazed - because this topic opened the floodgates. Suddenly the phone lines lit up with others all saying the same thing - they hated Christmas for one reason or another (but mostly having to entertain family members who treated them badly). Another theme that caused equal stress was worrying about spouses drinking too much and turning nasty, ruining Christmas for yet another year. People dread this time of year for lots of reasons - perhaps not having enough money to get everything they need; or pretending to keep the bright side out even though they may be grieving a lost loved one; or battling sickness or depression. It's hard to be sparkly when there are heavy things on your mind.

Jesus said "come to Me all you who are heavy laden and I will give you rest" (Matthew 11:28). One of the Names of the Lord is the Wonderful Counsellor (Isaiah 9:6). Often, we don't know how to deal with these issues, but the Lord Jesus will help you (Psalm 54:4). There is no greater Friend than He (John 15:15; Proverbs 18:24). We need God's wisdom and comfort, and He is very willing to give it. The Lord does not want His children living in dread and fear. It is not His will for you to struggle and be overwhelmed about the future. Life is precious - it is a great day any day you wake up alive! But the devil wants to make you dread and fear and waste your life focussed on negatives. Remember, negatives get developed in the dark. But you don't have to live in darkness. So, if there are issues that are causing you to get stressed with anxiety bring them to the Lord Jesus and ask Him to help you.

King Hezekiah had a major problem - the Assyrians, who were bully boys of the day, were threatening to surround Judah and kill the people. They used intimidation and siege warfare tactics to defeat every nation they had conquered. And now God's people were next. They harassed Hezekiah with claims that God would not save him from their hand. Hezekiah had no hope against them. But he clung to God, and knew that God would defend His people. So he laid his problems out before the Lord, and God answered and delivered the nation, defeating their enemies and causing great joy and release (2 Kings 18&19). If there are situations that look impossible, you need to talk to the Lord Jesus and ask Him to show you what to do. Go to His Word and ask Holy Spirit to reveal God's wisdom to you and then watch Him defeat your enemies and fill you with Joy. When perfect love comes in all fear has to leave (1st John 4:18). God loves you dear friend, so make a decision to refuse to give into dread, and instead trust the Lord!

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

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



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Macroom FC Schoolgirls



Tim Kelleher agus Michael Brennan, Cathaoirleach Bol Chumann na hÉireann. pic le Nóra Uí Luasa

HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie

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- BALLINAGREE POST OFFICE
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- JOHN COLLINS SHOP, KILMICHAEL
- GERALD O'LEARY, KILBARRY



Ladies Gaelic LGFA

NAOMH ABÁN 0-12 CASTLEBLAYNEY FAUGHS 0-7

Naomh Abán had a great All Ireland Junior semi final win over Castleblayney Faughs at Páirc Íosagáin in Ballyvourney in a tense and hard fought encounter.

Defences were on top throughout a tight opening half and the sides were level at 0-1 each after the first quarter, Allanagh Hoare scoring for the Cork and Munster champions.

Grace Murphy (free) restored Naomh Abán's advantage before Allanagh Hoare kicked her second point. Annie Maher made it 0-4 before the

northern girls had a second point. Naomh Abán finished the half strongly and Lydia McDonagh made it 0-5 to 0-2 at the break.

Amy McDonagh and Grace Murphy scored to increase the N Aban lead on the resumption and Naomh Abán surged 0-10 to 0-4 ahead in the final quarter before Castleblayney Faughs staged a spirited fightback and had the gap down to a single goal but late points from Allanagh Hoare and Grace Murphy made victory assured for the Gaeltacht girls and their place in the All-Ireland LGFA final.

Scorers for Naomh Abán: A Hoare and G Murphy

(0-2 frees) 0-3 each, L McDonagh (0-1 free) and A Maher 0-2 each, A McDonagh and G Lucey 0-1 each.

Naomh Abán: L Ní hAodha; U Ní Thuathaigh (captain), M Ní Dhuinnin, A Ní Chríodáin; E Ní Cheallaigh, R Ní Chorcora, M Ellen Ní Chéilleachair; A Ní Dhonnacha, G Ní Luasa; A Ní hUídhir, E Ní Mhurchú, C Ní Fhaoláin; A Ní Mheachair, L Ní Dhonnacha, G Ní Mhurchú.

Subs: J Kelly for E Murphy (blood, 30, J Kelly for E Murphy (56).

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

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

Rathmore 1-17 Kanturk 2-6

INTERMEDIATE AFC

Final: Kilshannig 1 - 16 Aghabullogue 0 - 10

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

JUNIOR FOOTBALL CHAMPIONSHIP

County Final: Kilmurry 1-12 Cobh 0-8

MUNSTER CLUB CHAMPIONSHIP

Kilmurry 2-11 Thurles Sarsfields 0-12

Munster Final: Kilmurry v Fossa on Sunday December 11th

Kilmurry 2-11 Thurles Sarsfields 0-12

Mid Cork and County champions Kilmurry made the long trip to Templeouhy to take on

Thurles Sarsfields in the Munster Club Junior championship semi final on a wild windy day and deservedly won their place in the Munster final after getting a strong and robust challenge from the Tipperary champion.

Kilmurry played against the wind in the first half and struck for goals on two opportune moments to leave themselves in a good position at half time, a point in front with wind advantage in the second half. The Cork side used the elements well and with Liam Wall excelling at full forward, point by point they drew away from the Tipp men and defending well they held their advantage to the finish.

Thurles were leading 0-3 to 0-1 after the first quarter but in the 18th minute Pádraig Berhanu dispossessed a Thurles defender and Dave McCarthy grabbed the loose ball and lashed to the net. Liam Wall added a point, his second of the half, Thurles replied with a point, but in the 28th minute Pádraig Berhanu got a ball out on the left wing, cut inside on a seemingly casual run and the Thurles defenders did not realise the danger until too later as the Kilmurry man fired a ball low into the Tipp net. Sarsfields fought back strongly and late points had the Tipp champions trailing by a point at the break, 2-2 to 0-7.

On the restart, Thurles pointed twice to go in front but a Brian Hinchion point in the 35th minute levelled the scores and immediately Liam Wall pointed a free to put Kilmurry back in front. Rory Duggan doubled the lead with a point, Thurles replied from a free but Laurence Aisling restored the two point advantage in the 41st minute, 2-6 to 0-10. Liam Wall quickly added two more points and when John O'Mullane kicked over in the 45th minute Kilmurry were five points clear. Pádraig Berhanu pointed in the 49th minute and over ten minutes elapsed before Ryan Leahy increased the lead further. Thurles finished with two late points but Kilmurry were in control and now move on to a Munster show down with the David Clifford inspired Fossa outfit.

Scorers for Kilmurry: L Wall 0-5 (0-2 f), P Berhanu 1-1, D McCarthy 1-0, L Aisling, J Mullane, B Hinchion, R Duggan, R Leahy 0-1 each.

Kilmurry: Jason McDonnell; Fionn Warren, Kevin Barrett, Gearóid O' Mahony; Tomás Collins, William Ronan, Brian Hinchion; Kyle Kelleher, Daniel Cahalane; Rory Duggan, James O'Mullane, Laurence Aisling; Pádraig Berhanu, Liam Wall, Dave McCarthy. Subs: John O'Mullane h/t, Ryan Leahy 37, Jonathan Buckley 54, Darragh Linehan and William Buckley both 64.

Co-op Superstores Cork County Hurling Championships

PREMIER SENIOR HURLING CHAMPIONSHIP

Final: St Finbarrs 2-14 Blackrock 1-7

Relegated: Na Piarasigh

MUNSTER CLUB CHAMPIONSHIP

Ballyea (Clare) 1-12 St Finbarrs 0-14

Having played with 14 for most of the game, the Barrs first experience of the AIB Munster Club SHC in 29 years ended with a narrow defeat in Ennis as a late point won it for Ballyea. The Barrs certainly lost no caste in defeat and they can reflect on a year filled with highs, having restored themselves back to the top in Cork.

Scorers for St Finbarrs: Brian Cunningham 0-9 (0-5f), Ben O'Connor and Brian Hayes 0-2 each, Ethan Twomey 0-1.

St Finbarrs: S Hurley; C Walsh, J Burns, E Keane; G O'Connor, D Cahalane, B Hennessy; B O'Connor, E Twomey; P Buggy, B Cunningham, C Cahalane; W Buckley, J Cahalane, B Hayes. Subs: S Cunningham 45, C Doolan 56, E Finn 60.

SENIOR A HURLING

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

Relegated: Ballymartle

PREMIER INTERMEDIATE HC

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

Replay: Inniscarra 3-12 Castlemartyr 1-17

Relegated: Youghal relegated

MUNSTER CLUB CHAMPIONSHIP

Roscrea 1-17 Inniscarra 3-9

Inniscarra's hurling year came a close with defeat to Roscrea in the Munster Club IHC semi final at Thurles. Inniscarra were nine points in arrears in the 57th minute but the Mid-Cork side have produced late goals all year and in the 64th minute, Seán Sheehan set up sub Jerry Roche for a goal to cut the arrears to five. Then Seán O'Donoghue sent a low 20m free to the net and there was a hope momentarily but it proved to be the final score. Inniscarra received an ovation from their supporters as they left the field, a tribute to their performances all year and their fighting exit here. While Liam Ryan and David Keane were immense

in the Inniscarra defence, they still trailed at the quarter-hour mark but hit the front when Colm Casey fired home a goal. Seán O'Donoghue's point put them three in front but Roscrea continued to threaten and were back to within a point by the 22nd minute and at half time they led by 1-6 to 0-7, a two-point interval advantage.

McCarthy added another early in the second half but by the time, Inniscarra registered their next score, the complexion of the game had changed completely. It was 0-12 to 1-7 by the 40th minute, Roscrea's tails were up and they led by eight by the 50th minute. The late Inniscarra rally almost succeeded but they had left themselves with too much to do.

Scorers for Inniscarra: O McCarthy 0-5 (0-4f), S O'Donoghue 1-1 (1-0f), C Casey, J Roche 1-0 each, J Enright 0-1 (65), F O'Leary 0-1 each.

Inniscarra: J O'Keefe; D Keane, B O'Mahony, J O'Sullivan; A McCarthy, L Ryan, S Sheehan; J Harrington, J Enright; F O'Leary, S O'Donoghue, C



Casey; O McCarthy, P Holland, D O'Keefe. Subs: K Rice (half-time), J O'Callaghan and C O'Leary (both 49), J Roche 57, M Nagle for Holland 60.

INTERMEDIATE AHC

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 1-19 Colligan (Waterford) 0-10

Final: Ballygiblin v St Kieran's, Limerick

MID CORK

Rochestown Park Hotel

Mid Cork Junior C Football Championship Final:

Aghinagh 0-13 Donoughmore 2-6

Aghinagh are Mid Cork Junior C Football champions for the first time since 2017 after their narrow win over Donoughmore in an exciting final at Grenagh. Aghinagh led by 0-9 to 1-4 at half time, Diarmuid Crowley kicking five points, James Ambrose 0-3 and Micheál Corkery adding another. Points from Crowley, Seamus O'Leary and Crowley again had Aghinagh leading by 0-12 to 1-6 ten minutes from time but a second Donoughmore goal brought the sides level and the stalemate was eventually broken by a 55th minute point from a Diarmuid Crowley free which proved to be the winning score, even though the new champions got a few scares before the final whistle.

Aghinagh: Kevin Cotter: Liam Cotter, Olan Cummins: Seán Barrett, Eoin McCarthy (captain), Donagh McCarthy: Seán Horgan, Seán O'Riordan: David Kelleher, Micheál Corkery, Seamus O'Leary: James Ambrose, Diarmuid Crowley. Subs: Trevor Burns and Declan O'Riordan.

MID CORK FARHO HEATING UNDER 21 HURLING

PREMIER HURLING CHAMPIONSHIP FINAL

Ballincollig 0-15 Blarney 0-11

Ballincollig took the Farho Intelligent Heating Mid Cork Premier U21 title in style with a hard earned but deserved victory over Blarney at Ovens. Ballincollig had to play the last twenty five minute against the wind with only fourteen men, but with a massive display of skill and heart, the young men from The Village displayed a ferocious will-to-win which ultimately won them the game against a fine Blarney side. Ground conditions for the game, despite all the earlier rain, were surprisingly good at the western pitch in Ovens and Ballincollig played with the benefit of the moderate breeze in the first half. They were clearly highly motivated and with Brian Keating at centre forward and Tadhg O'Connell on his left flank in scoring form they led by 0-6 to 0-2 at the end of the opening quarter. Blarney hit back forcefully with three points in a row, Jerry Murphy, Pádraig Power and Cian Barrett the scorers, to cut the deficit to two points in the 19th minute but The Village thus deservedly led by 0-10 to 0-6 at half time.

Two fired up sides started the second half in unyielding fashion, referee John Horgan was busy and eventually a second yellow card for Cian O'Driscoll, who had earlier put his side five clear, now left Ballincollig a man down in the 36th minute.

Ballincollig rose meet the challenge and tore into

the fray. Blarney with Power ever threatening had the margin down to 0-14 to 0-11 in the 50th minute but again Brian Keating's accuracy from a free eased the situation for Ballincollig, re-opening a four point gap and this was to prove the final score of the game as Ballincollig held out for a hard earned victory which was greeted with delight by their players and supporters alike.

Scorers: Ballincollig: Brian Keating 0-8 (0-5f, 0-2'65'), Tadhg O'Connell 0-3, Cian O'Driscoll 0-2, Evan Cooke and James Dwyer 0-1 each. Blarney: P Power 0-9 (0-7f), Jerry Murphy and Cian Barrett 0-1 each.

Ballincollig: David Hurley: Brian Dore, Seán O'Donoghue, Ronan Power: David O'Sullivan, Harry Ahearne, Pete Kelly; Darragh O'Mahony, James Dwyer: Stephen Wills, Brian Keating, Tadhg O'Connell: Evan Cooke, Paul Cooney, Cian O'Driscoll. Subs: Conor O'Leary 41, Conor Dalton 58.

Blarney: Eoin O'Neill: Sam O'Sullivan, David Lordan, Craig Walsh; Tiernan Buckley, Darragh Murphy, Joe O'Dwyer: Denis McSweeney, Cian Dunlea: Joe Cronin, Ciarán Sexton, Eoghan Kirby: Jerry Murphy, Pádraig Power (c), Cian Barrett. Subs: Cathal McCarthy 41, Luke Kendellen 46, Daniel Murphy 59.

Referee: Mr John Horgan (Gleann na Laoi).

U21 A H FINAL

Cloughduv 4-14 Aghabullogue 1-22 aet

A last minute goal from Jack Kelleher in extra time gave Cloughduv victory by the narrowest of margins after a thriller at Cloughduv.

U21 B H FINAL

Grenagh 0-19 Western Gaels 0-7

Grenagh had too many good hurlers for Western Gaels (Kilmichael-Iveleary) at Ballincollig and won handily, having led by 0-9 to 0-2 at half time

Scorers: Grenagh: S Joyce 0-9 (0-5f), D Coleman 0-4, D Twomey 0-2, T Twomey 0-2 (0-1f), J Lehane 0-1, C Cronin 0-1. Western Gaels: R Murphy 0-4 (0-3f), C O'Connell 0-2, J Sweeney 0-1.

Grenagh: P O'Connell; J Buckley (c), J O'Keefe; A McCarthy, N Coleman, C Joyce; J Lehane, T Twomey; D O'Shea, S Joyce, D Coleman; B McCarthy, D Twomey.

Subs: C Cronin 24, P Ahern 38.

Western Gaels: A Kelleher; S Buttimer, A O'Dea; J McCarthy, B O'Riordan, J Sweeney; R Murphy, S Riordan; S Pickering, C O'Connell (c), D Horgan; S Hodman, D Cotter.

Referee: Mr Ger Ahern (Canovee).

2023 CHAMPIONSHIP SEEDINGS

At the recent Cork County Board meeting, details of the 2023 championship draws was announced. The Co-Op Superstores Hurling Championship Draws and Bon Secours Football Championship draws from Premier Senior to Premier Junior will take place on December 11th as part of County Convention. On the same evening, the draw for 'Confined' Junior B and C County Championships will also take place. Clubs will be seed 1, 2 and 3 based on the results of competitions in 2022.

FOOTBALL PREMIER SFC

Pot 1: Nemo Rangers, St Finbarr's, Castlehaven;

Pot 2: Ballincollig, Mallow, Carbery Rangers;

Pots 3-4: Carrigaline, Clonakilty, Douglas, Éire Óg, St Michael's, Valley Rovers.



Presentation of Cup by Anne O'Riordan, Muskerry Board PRO to Eoin McNabola Cloughduv Captain

SAFC

Pot 1: Knocknagree, Newcestown, Clyda Rovers;

Pot 2: O'Donovan Rossa, Ballingearry, Dohenys;

Pots 3-4: Bishopstown, Fermoy, Kanturk, Kiskeam, Newmarket, Ilen Rovers.

Premier IFC:

Pot 1: Bantry Blues, Bandon, Cill na Martra;

Pot 2: Iveleary, Aghada, Rockchapel;

Pots 3-4: Castletownbere, Kilshannig, Macroom, Na Piarasigh, Naomh Aban, Nemo Rangers.

IAFC

Pot 1: Aghabullogue, St Vincent's, Mitchelstown;

Pot 2: Boherbue, Adrigole, Glanworth;

Pots 3-4: Ballinora, Dromtarriffe, Glanmire, Gabriel Rangers, Glenville, Kildorrery.

Premier JFC:

Pot 1: St Nick's, St Finbarr's, Millstreet;

Pot 2: Ballydesmond, Kilmurry, Cobh;

Pots 3-4: Buttevant, Cullen, Kinsale, St James, St Michael's, Urhan

HURLING PREMIER SHC

A - St Finbarr's, Blackrock, Erins Own.

B - Newtownshandrum, Douglas, Glen Rovers.

C/D - Bishopstown, Charleville, Fr O'Neill's, Kanturk, Middleton, Sarsfields.

Senior A HC:

A - Courcy Rovers, Na Piarasigh, Fermoy.

B - Bride Rovers, Ballyhea, Cloyne.

C/D - Blarney, Carrigtwohill, Inniscarra, Killeagh, Mallow, Newcestown.

Premier IHC:

A - Castlemartyr, Ballymartle, Castlelyons.

B - Ballinhassig, Bandon, Carrigaline.

C/D - Ballincollig, Dungourney, Éire Óg, Kilworth, Valley Rovers, Watergrasshill.

Intermediate A HC:

A - Cloughduv, Youghal, Sarsfields.

B - Lisgoold, Kildorrery, Middleton.

C/D - Aghabullogue, Aghada, Ballygiblin, Blackrock, Douglas, Mayfield.

Premier JHC:

A - Tracton, Meelin, Kilbrittain.

B - Russell Rovers, Milford, Argideen Rangers.

C/D - Ballygarvan, Barryroe, Glen Rovers, St Finbarr's, St Catherine's.



Cloughduv U21 A Hurling team that won against Aghabullogue on Sunday 20th November.

A Look Back at the 2022 Ross Oil Mid Cork Junior Football Championship

The Junior A championship was played in a new format with groups for the early stages. The top two teams advanced from each group.

Ross Oil Junior A Football Championship

Group One

1 Kilmurry, 2 Kilmichael, Clondrohid, Dripsey

Group Two:

1 Canovee, 2 Éire Óg, Cill na Martra

Group Three:

1 Ballincollig, 2 Grenagh, Donoughmore

Group Four:

1 Inniscarra, 2 Aghinagh, Béal Átha'n Ghaorthaidh

GROUP ONE/ RD 1

Kilmurry 1 – 14 Clondrohid 0 – 6

Kilmurry, one of the fancied sides for this year's title, easily disposed of the challenge of Clondrohid in the Group One game at a sunny Macroom. Clondrohid started well and stayed in contention for the opening quarter but it was becoming apparent even at that stage that Kilmurry were beginning to dominate the exchanges around the middle of the field. Darren Dineen had Clondrohid's final score of the first half in the 16th minute and this score was followed by a succession of excellent points from Kilmurry and when Jonathan Buckley was able to force the ball over the Clondrohid goal line in the 28th minute it gave his side a lead of 1-9 to 0-3 at the interval and the second half was merely to be played out, with an obvious difference in standard between the two teams.

Scorers: Kilmurry: J Buckley 1-0, Wm Buckley 0-6 (0-3f), L Wall 0-2, R Duggan, K Kelleher, T Collins, Js O'Mullane, L Asling, M Healy 0-1 each. Clondrohid: D Dineen 0-5 (0-3f), S Creed 0-1 (f).

Kilmurry: Stephen O'Donoghue: Brian Hinchion, Kevin Barrett, Gearóid O'Mahony: Tomás Collins, James O'Mullane, Pádraig Hinchion: Kyle Kelleher, Lawrence Asling: Rory Duggan, Liam Wall, William Ronan: Pádraig Berhanu, Marco Healy, Jonathan Buckley. Subs: William Buckley 8, Seán Curzon 36, Ryan Leahy 40, Conor Kelleher 50.

Clondrohid: Conor Murphy: Aaron O'Riordan, Callum O'Shea, David O'Connell: John O'Connell,

Stephen O'Riordan, Cian Creedon: Neilus Murphy, Mark Creed: Seán Desmond, Shane Creed, Michael Buckley: Ciarán O'Leary, Cathal Creedon, Darren Dineen. Subs: Nathan Kelleher, George Lowrie.

Referee: Ted Hayes, Éire Óg.

Kilmichael 0 – 15 Dripsey 2 – 9

Level at half time, level at the three quarter stage and level again when the final whistle blew – a draw was considered to be a fair result to this JFC game at Rusheen on Saturday evening last. Both teams had their periods of dominance, Kilmichael starting well and enjoying a lead of 0-4 to 0-1 after 17 minutes, Brendan Cotter, Chris O'Connell and Colm Dromey on target. Dripsey then hit back with Eoghan Maher and Gary Murphy to the fore in attack and sharing six points apiece they took the lead but Chris O'Connell frees made the sides level at half time at 0-6 each.

Scorers: Kilmichael: C O'Connell 0-9 (0-7f), B Cotter 0-3 (0-1f), C Dromey, D Cotter, C Foley 0-1 each. Dripsey: E Maher 1-5 (0-2f), A Casey 1-0, G Murphy 0-3, D O'Sullivan 0-1.

Kilmichael: Shane Masters: Seán Buttimer, Eoin Murphy, Kevin Murphy: Finbarr Dromey, Conor Cotter, Gerard Murphy: Finbarr Buckley, Cathal Foley: Ronan Murphy, Brendan Cotter, Chris O'Connell: Daniel Cotter, Shane Foley, Jonathan McCarthy. Sub: Colm Dromey 15

Dripsey: John Hogan: Cathal O'Connell, Mark O'Connell, John Buckley: Dean O'Sullivan, Jamie Manley, Martin O'Sullivan: Michael O'Riordan, Colm O'Connell: Seán Broderick, David O'Sullivan, Jack Casey: Eoghan Maher, Eoin O'Connell, Gary Murphy. Sub: Adam Casey

Referee: Pat O'Leary, Kilmurry.

G1/R2

Clondrohid 2 – 8 Dripsey 0 – 4

Clondrohid are back in contention in Group 1 for one of the two qualifying spots for the quarter final stage after a win over Dripsey at Annahala, victory as comprehensive as the scoreline suggests. Clondrohid led from start to finish and were clearly the better team against last year's promoted B champions.

Scorers: Clondrohid: D Dineen 1-4 (0-2f), S Creed 1-2 (0-2f), C O'Leary 0-2. Dripsey: E Maher 0-4 (0-3f).

Clondrohid: Conor Murphy: Aaron O'Riordan, Callum O'Shea, Brian Corcoran: John O'Connell, Stephen O'Riordan, Cian Creedon: Neilus Murphy, Mark Creed: Seán Desmond, Shane Creed, Michael Buckley: Ciarán O'Leary, Cathal Creedon, Darren Dineen. Subs: George Lowrie 35, Fionán O'Leary 45. Dripsey: John Hogan: Tom Griffin, Mark O'Connell, John Buckley: Dean O'Sullivan, Jamie Manley, Colm O'Connell: Martin O'Sullivan, Michael O'Riordan: Seán Broderick, Gary Murphy, Jack Casey: Eoghan Maher, Eoin O'Connell, Adam Casey. Subs: Killian Kelleher h/t

Referee: Jim McEvoy, Blarney

Kilmurry 0-13 Kilmichael 1-4

Kilmurry achieved their second group victory and assured themselves of progression to the knockout stage with this competent display at Macroom against a Kilmichael side which made them earn their victory despite the absence through injury of Peter Kelleher.

Kilmurry scorers: William Buckley 0-6 (0-5f), Marco Healy, James O'Mullane and Ryan Leahy 0-2 each, Liam wall 0-1. Kilmichael: Chris O'Connell 1-2 (1-0 pen, 0-2f), Brendan Cotter 0-2 (f)

Kilmurry: Jason McDonnell: Brian Hinchion, Kevin Barrett, Gearóid O'Mahony: Tomás Collins, James O'Mullane, Pádraig Hinchion: Kyle Kelleher, Lawrence Asling: Rory Duggan, Liam Wall, William Ronan: William Buckley, Marco Healy, Jonathan Buckley. Subs: Ryan Leahy ht, Seán Curzon 40

Kilmichael: Shane Masters: Kevin, Eoin and Gerard Murophy: Finbarr Dromey, Conor Cotter, Finbarr Buckley: Cathal Foley, Jonathan McCarthy: Fronan Murtphy, Brendan Cotter, Chros O'Connell: Shane Foley, Alan Dromey, Andrew Kelleher. Subs: Danny Horgan, Alan Harrington, Andrew Kelleher.

R 3: Kilmurry 2 – 23 Dripsey 1 – 5

Kilmichael 2 – 8 Clondrohid 1 – 9

Kilmichael snatched victory from the jaws of defeat with an injury time goal from Peter Kelleher at Ballingearry.



Kilmichael: Shane Masters: Sean Buttimer, Conor Cotter, Gerard Murphy: Brendan Cotter, Finbarr Buckley, Finbarr Dromey: Jonathan McCarthy, Cathal Foley: Ronan Murphy, Chris O'Connell, Shane Foley: Danny Horgan, Colm Dromey, Daniel Cotter. Sub used; Peter Kelleher.

Clondrohid: Conor Murphy: Ardal O'Riordan, Callum O'Shea, John O'Connell: Brian Corcoran, Stephen O'Riordan, Cian Creedon: Neilus Murphy, Mark Creed: Seán Desmond, Shane Creed, Seán O'Callaghan: Ciarán O'Leary, Cathal Creedon, Darren Dineen. Subs used: George Lowrie, Lorcan Flanagan

GROUP TWO

Eire Óg 1 - 13 Cill na Martra 0 - 9

Conditions at the newly reseeded Kilmichael GAA grounds at Annahala were ideal and the game was of a good standard and entertaining. Éire Óg appeared to be the better side and after a very well contested opening period when six points were shared equally, the Ovens men dominated to lead by 0-8 to 0-3 at half time, Dylan Foley and Brian Hurley doing damage in attack.

On the resumption Éire Óg went further in front but Cill na Martra fought back and cut the deficit to three points and the teams traded point for point to maintain that three point gap until the 55th minute. Dylan Foley then struck the decisive blow after receiving an excellent pass from Phil O'Sullivan which found him clear in front of goal and the Cork senior sub goalkeeper made no mistake from close range. Brian Hurley added a fine late point as Éire Óg took the spoils.

Scorers: Éire Óg: D Foley 1-3 (0-1 mark), B Hurley 0-7 (0-2f), D Kirwin 0-2, L Sheehan 0-1.

Cill na Martra: J MacCarthaigh 0-6 (0-4f), A Ó Loinsigh 0-2, D Ó Conaill 0-1.

Éire Óg: Eoin Kelleher: Cathal Mullins, John Kelleher, Ross McCarthy: Brian Thompson, Denny Murphy, Keith O'Riordan: Donncha Kelly, Liam Sheehan: David Kirwin, Dylan Foley, Oisín O'Shea: Brian Hurley, Liam Murphy, Sam O'Driscoll. Subs: Phil O'Sullivan 54, Adam McCarthy 54.

Cill na Martra: Pádraig Ó Críodáin: Donagh Ó Riordáin, Nollaig Ó Laoire, Eoin MacLochlainn: Danny Ó Conaill, Alan Ó Mocháin, Gearóid Ó Faoláin: Antóin Ó Loinsigh, Colm MacLochlainn: Daire MacLochlainn, Criostóir Ó Meachair, Trevor Ó hÉaluithe: Eoin Ó Conaill, Jason MacCarthaigh, Stiofán Ó Conaill. Subs: Donagh Ó Tuama 35, Aodhagán Ó Riordáin 56.

Referee: John Ryan, Macroom

Canovee 2 - 11 Éire Óg 1 - 8

Canovee, beaten semi finalists last season and determined to do better this year, did not have things all their own way against Éire Óg at Coachford but were deserving winners. Éire Óg had lost the services of five of their team of the previous round but despite playing against the wind in the opening half were always close to the winners.

Scorers: Canovee: Js Moynihan 1-2 (1-0 pen), D Delaney 1-0, J Kelleher 0-8 (0-3f), A Murphy 0-1. Éire Óg: D Casey 1-0, D Dillon 0-5 (0-2f, 0-1 '45'), S O'Driscoll 0-3 (0-2f).

Canovee: Cormac O'Driscoll: Michael Dunne, Eoin McNabola, Darren Moynihan: Kieran Walsh, Denis O'Sullivan, Aidan Murphy: Odhran O'Driscoll, Brian McNabola: Dylan Delaney, Mark Healy, Liam Kelleher: James Moynihan, Jack Kelleher, Eoin

Moynihan. Subs: William Ahern 15, Connor O'Neill 35, Paudie O'Leary 53.

Éire Óg: Eoin Kelleher: Adam McCarthy, John Kelleher, Ross McCarthy: Kevin Cooper, Denny Murphy, Keith O'Riordan: Liam Murphy, Oisín O'Shea: Diarmuid Dillon, Jack Sheehan, Brian Thompson: Sam O'Driscoll, Graham Moynihan, David Casey. Subs: Eoin O'Shea 50.

Referee: Brendan BarryMurphy, Aghabullogue.

GROUP THREE

R1: Donoughmore 1-11 Grenagh 0-9

The sides were level at 0-3 each after the opening quarter at Ballyanley before Grenagh edged a point in front by half time, 0-5 to 0-4. Donoughmore took over on the resumption, scored four points on the trot and when Grenagh had a point, hit back with a goal to go 1-8 to 0-6 clear.

R2: Grenagh 4 - 8 (20) Ballincollig 2 - 11(17)

Grenagh rescued their season by surprisingly beating last year's finalists Ballincollig at Blarney. Grenagh led by point, 3-2 to 1-7 at half time and were still in front at the final whistle. What happens in the group now depends on the result in the final game between Ballincollig and Donoughmore.

R3: Ballincollig 3 - 13 Donoughmore 1 - 9

Ballincollig, have now qualified as group leaders with Grenagh in second place, after The Village defeated Donoughmore at Ballyanley in the final group game. A young Donoughmore side now find themselves out of the competition on scoring difference (B +7, G -2, D -5) after each side had recorded one victory.

Ballincollig: John O'Driscoll: Podge Harrington, Shane Buckley, David Courtney: Sean O'Donoghue, Kevin Crowley, Dan Murphy: Stephen Coughlan, Frank Down: Callum Sheehan, Steve Wills, Eoin O'Reilly; Dylan Ebilli, Brian Moore, Ciarán McKeever. Donoughmore: Kevin O'Riordan: Frank Honohan, Donnadh Dilworth, Ben Honohan: St John Forde, Paul Crowley, Adam Geaney: Josh Crowley, Stephen Golden: Stephen Looney, Jamie Twomey, Donnadh Morrissey: Eddie Murphy, Adam Geaney, Gavin O'Sullivan. Subs: Cian Buckley, David Looney.

Referee: David Murnane, Macroom

GROUP FOUR

R1: Inniscarra 1 - 10 Aghinagh 2 - 6

Aghinagh now need a victory over Beal Átha'n Ghaorthaidh to avoid elimination. Aghinagh appeared to have control at half time when they led by 2-3 to 0-5. In the 43rd minute Aghinagh lost possession in their own goalmouth and veteran Dan O'Connell lashed the ball to the net to leave Inniscarra only a point in arrears and set the scene for a nail biting finale. Sean O'Donoghue came with an equalising point, 2-5 to 1-8 with ten minutes remaining. Five minutes later Cork senior hurler O'Donoghue availed of a second opportunity to send the ball over the Aghinagh crossbar for the lead for Inniscarra, Liam Twohig pointed a free after Gearóid O'Sullivan was fouled 30 metres from the Inniscarra goal. In injury time, Seán O'Donoghue had a splendid winning point.

Inniscarra: Dominick Kelleher: Liam Ryan, Cathal Griffin, Danny O'Herlihy: Aaron O'Raw, David Coughlan, Colm O'Leary: Seán Sheehan, Tim Murphy: Mark McLoughlin, Liam Collins, Seán Leisk: Liam O'Connor, Dylan O'Sullivan, Seán O'Donoghue. Subs: Dan O'Connell, David O'Keeffe, Mark Nagle, Shay Dineen, Declan Hyland.

Aghinagh: Jason McCarthy: Donagh O'Riordan, Dermot O'Callaghan, Jack Kearney: Donal Corkery, Dave Barry, Declan Ambrose: Gearóid O'Sullivan, Mathew McCarthy: Sean Kelleher, Liam Twohig, Aodh Twomey: Darragh McCarthy, Con Buckley, William Coakley. Subs: Paul O'Sullivan, Adam O'Leary, TJ Buckley, Shane Corkery.

Referee: Brendan BarryMurphy, Aghabullogue.

R2: Aghinagh 0 - 16 Béal Átha'n Ghaorthaidh 0 - 3

Champions Aghinagh got back on track with an easy win over Béal Átha at Páirc Uí Chuana in Cill na Marta. Aghinagh led from start to finish, enjoyed a 0-8 to 0-1 lead at the break and stayed in control to the finish in wet conditions, despite losing a man to a double yellow card.

G4: Inniscarra 1-16 Beal Átha'n Ghaorthaidh 0-12 Seven points may have separated the reams at the final whistle but things were a lot closer than that for most of this encounter at Kilmurry. It was 0-5 each after the first quarter and Seán O'Donoghue had a goal in the 20th minute to help Inniscarra to an interval lead of 1-6 to 0-8. Inniscarra raised the lead to three points at the three quarter stage, 1-11 to 0-11, but Béal Átha cut the gap to two points, wasted a close in free as normal time ran out and then conceded four points in a row to the winners, Liam O'Connor kicking three of these. Inniscarra: Dominick Kelleher: Liam Ryan, Cathal Griffin, Danny O'Herlihy: Jack Hayes, David Coughlan, Colin O'Leary: Sean Sheehan, Tim Murphy: Mark McLoughlin, Sean O'Donoghue, Liam Collins: Shay Dineen, Mark Nagle, Dylan O'Sullivan. Subs used: Frank Horgan, Liam O'Connor, Eric Baxter, John O'Callaghan.

Beal Átha'n Ghaorthaidh: Barra Ó Súilleabháin: Peatsaí Ó Tuama, Micheál Ó Tuama, Barra Ó hArgáin: Gearóid Ó Loinsigh, Daire Ó Briain, Eoin Ó Laoire: Colmán Ó Tuama, Barra Ó Buachalla: Darren Ó Duinnín, Seán Ó Muineacháin, Gavin Ó Laoire: Ronan Ó Loinsigh, Eoin Ó Coill, Gearóid Ó Creimín. Fir Ionaid: Brian Ó Duinnín, Ian Ó Coinceannainn.

Referee: Pat O'Leary, Kilmurry

Continued in our next edition.



Aghinagh Jun C Presentation



Ross Oil Mid Cork Junior Football Championship Final 2022

Kilmurry 3 – 10 Aghinagh 1 – 8

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

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

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

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

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

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

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

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

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

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

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

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

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

CLONDROHID G.A.A. NEWS

Naomh Aban Junior ladies played Castleblayney Faughs in an All Ireland Semi final last Sunday and had a great win on a score line Naomh Aban 0-12 to Castleblaney 0-07.

They now play Salthill Knocknacarra in the final in two weeks.. A great crowd attended, well done to all those who travelled the long journey. Well done to Naomh Aban and to the local Clondrohid parish

talent on the team, and to Noel Mc Donagh and family.

Congrats to Macroom U16 girls who defeated Grenagh in a County Final last Saturday evening in Bishopstown in dreadful conditions. Well done girls, Clondrohid parish was represented on the team, and at management level.



U21 premier Presentation



Ballincollig U21 Premier Winners



Munster Senior League Division 2. Lakewood Athletic 3 Macroom 0.

It was disappointment for Macroom on a bitter cold night in Ovens, with Lakewood coming away with the three points.

The home side began brightly, with some great defending from Thomas Morgans and Danny Kelleher keeping them at bay. However, it was on 21 minutes that Lakewood broke the deadlock. Following great link up play down the left wing, Lakewood's central attacker was well placed inside the box to fire home from close range. Only moments later, the hosts nearly doubled their lead

only for a great block by Kelleher. Macroom were now beginning to find their feet, Darren Dineen and Mark Corrigan were working tirelessly on the flanks but opportunities were still few and far between for the visitors. It was 1-0 at half-time.

Macroom were quick out of the blocks on the restart and were now finding their rhythm. Dylan Twomey and Mark Corrigan were linking up well but, again it was proving a struggle to work the home goalkeeper. On the hour mark, Lakewood doubled their lead against the run of play. A great

ball played in from the left wing found a free man at the back post. The effort was coolly dispatched to the bottom left corner. The game was now getting out of reach for the visiting side. It wasn't until the 70th minute that Lloyd Asling forced Lakewood's goalkeeper into action, with a powerful effort from distance. With Macroom now pushing on looking for a route back into the game, they were caught on the counterattack and Lakewood got the insurance goal to take all three points.

U17 Munster Ladies Cup. Piltown 0 Macroom 3.

Macroom under 17 girls headed off early for a lunchtime kick off in Piltown Co Kilkenny, for a Munster Cup second round tie, and won 3-0. This was a fantastic result for the girls who were solid from the off despite playing into a strong wind and gleaming sun.

On the half hour mark, Caoimhe O'Brien broke the deadlock after a great pass from Erin Kelleher. Soon after, Daria Smolen was on hand to double the visitor's advantage with a stunning finish to the top corner.

Macroom emerged for the second half in a

confident mood, with all 16 players getting plenty time on the field. The victory was sealed when a lovely through ball from Szonja Mora released Eimear Healy. She made no mistake to send Macroom through to round 3. Every player played their part in this great result and another clean sheet for the team was very pleasing for the management. Macroom excitedly await to see who they draw for the quarter final in January 2023. Well done to all involved and thanks to the supporters who made the long journey to shout on the girls.

Elsewhere, the Premier Under 12 girls travelled to Mahon to take on a good strong Ringmahon team. Macroom put in a great performance in tough conditions, were strong defending and played some excellent passing football. This led to Lauryn O' Sullivan scoring 2 cracking goals to give Macroom the win. This team also travelled to Midleton recently and registered another fine away victory. The U10 girls entertained Riverstown and were also in Millstreet in two excellent games. There is great work being done at this age grade, well done to all involved.

Cork Youths U17 League Division 3. Ballinhassig 0 Macroom 5.

The U17 boys travelled away to Ballinhassig AFC for their 5th league game of the season. Macroom got off to a great start as the ball fell to Alan Neville inside the box and he smashed home after a corner was not cleared by the home side. The visitors upped the ante from here as Mark Condon and Jesse Kelleher in the visiting midfield took control of the game. The excellent Cian Kelleher then pushed Macroom further ahead with two more goals. Fionn Fitzgibbon then found Kelleher

with a fantastic through ball. Kelleher made no mistake in finding the net for his hat-trick. Rowan Kelleher soon made it a fifth with a smashing finish into the bottom corner to put the away side well in the driving seat at half time. Credit to Ballinhassig, they emerged for the second half with much more purpose. The home side created some decent chances but the Macroom defence held firm. At the other end Macroom were still creating chances themselves but were unable to convert them. The

away side held out for the clean sheet in the end as the game ended 5-0. A really fantastic result for this talented group. Well done to all the players and coaches.

Squad: Aaron Forde, Evan Cunninham, Alan Neville, Ryan Sabas, Graham Lynch, Rowan Kelleher, Mark Condon, Jesse Kelleher, Cian Kelleher, Fionn Fitzgibbon, Ciaran Fitzgerald, Adam O'Shea, Fionn O'Reilly, Regan Wong and Noe Kollar.

Under 15 National Cup. Kinsale 3 Macroom 2.

Finding themselves 3-0 down at half time the U15 schoolboys fought back well in the second half but came up just short against their Premier division opponents. After good work from Brian Bradley, Eoghan Healy brought the team back into it with a strong run and finish just after the restart. Ten minutes later Healy scored again; this time meeting a cross from Christopher Lane with a perfectly timed header back across the goalkeeper and in at the near post. Macroom pushed for the equaliser,

goalkeeper Cathal Neville made some important saves as the game opened up, but time ran out with the match finishing 3-2 to Kinsale. Thanks to Crosshaven for hosting the match after the fixture was postponed 3 times over the last month due to unplayable pitches. Well done to all players and coaches and thanks to Macroom sponsor Barry O' Connor Transport. In other schoolboy news the U9 lads continue to train on Sunday mornings and are getting great numbers. A friendly game

took place last weekend between the U13 div 2 and the U12 div 2 teams. The U12 side gained the bragging rights with a 4-2 victory. Conditions were tough with wind and rain sweeping in. Both teams were satisfied with the game though as they have recently seen many postponements due to adverse weather conditions.

Darragh Deasy, Lelia Murphy and Declan Kiely.



Macroom FC Schoolgirls

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RUTH ALLEN

CHARTERED PHYSIOTHERAPIST

Ruth is the owner and Clinical Director at Muskerry Physiotherapy Centre, as well as Kerry Physiotherapy Centre in Killarney.

She obtained an MSc in Physiotherapy from the University of Southampton in 2009, having previously qualified with a BSc (Hons) in Sport and Exercise Sciences from the University of Limerick.

Ruth has completed extensive post-graduate training in a number of areas and is a qualified Rehabilitative Pilates Instructor & Yoga Instructor.

Ruth is a qualified Chartered Physiotherapist, registered with CORU and the ISCP (Irish Society of Chartered Physiotherapists).





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Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

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Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

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FIRST ANNIVERSARY & ACKNOWLEDGEMENT



In loving memory of

MARY O'CONNELL

**Knocksaharn, Kilnamartyra, Macroom
Who passed away on
2nd December 2021.**

As we lovingly remember Mary on her first anniversary, we her family wish to thank all relatives, friends and neighbours, for all the phone calls, enrolments, letters and online condolences which was a great comfort to us during our sad time. We are grateful for your support.

We wish to thank carers Juliette & Mary, and the doctors and nurses in Tralee University Hospital and Aperee Living for the wonderful care given to Mary especially during her final days.

We thank Fr Joe O'Mahony for prayers and all his help, and to Fr James McSweeney and Fr Liam O hici for concelebrating mass.

We thank Cyril and staff of Caseys Funeral services for their kindness, advice and professionalism.

The holy sacrifice of the Mass has been offered for your intentions.

*Down the path of memories,
We gently tread today,
Our thoughts are always with you,
Especially today.*

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



Lovingly remembered by John & family.

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace you can find a way, where there is no way. Please hear my prayer and grant me my request.

4TH & 33RD ANNIVERSARIES



In loving memory of

MARY & JOHN MC CARTHY

**Shanadloon, Ballymakeera
whose 4th & 33rd anniversaries
occur at this time.**

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



Lovingly remembered by your family, grandchildren & greatgrandchildren.

Saint Gobnait Pray For Them.

10TH ANNIVERSARY



Remembering with love our precious son and brother

SHANE MURPHY

**Clondrohid, Macroom
Whose Anniversary occurs on
December 10th.**

*Sad are the hearts that loved you
Silent are the tears that fall
Living life without you Shane is the
hardest part of all.*



Loved and sadly missed always your loving family

Anniversary Mass on Friday 9th December, 2022 in Clondrohid Church at 7.30pm.

7TH ANNIVERSARY



In loving memory of

MARY DINEEN

**Knockroe West, Kilnamartyra Macroom, Co. Cork
Whose anniversary occurs on
29th November**

*Silent thoughts sincere and true
From a family who thought the world
of you
No longer in our lives to share
but in our thoughts you are always there
"If you think of Mary today a little prayer
to Jesus say"*

May she rest in peace



Lovingly remembered and missed by Gerard, Margaret, Catherine, Joan, Andrew, Mary and their families.

FIRST ANNIVERSARY



In loving memory of

MARY O'CONNELL

**Knocksaharn West, Kilnamartyra
whose first anniversary occurs
on 2nd December 2022.**

*Our special memories of you -
Will always bring a smile
If only we could have you back
For just a little while
Then we could sit & talk again
Just like we used to do
You always meant so very much
And always will too.*



Always loved & sadly missed, Breda, Micheál, Christopher, Nancy & Caoimhe.

5TH ANNIVERSARY



In loving memory of

TIM O'LEARY

**Rossmore, Kilbarry, Macroom,
Whose anniversary occurred on
25th November.**

*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.*



Lovingly remembered by your wife
Margaret, Son: Gerard and Daughter
in Law: Erika and Grandson Tim,
Granddaughter Mia and all the family.

4TH ANNIVERSARY



In loving Memory of

**TADG
MANNING**

**Tír Na Spideoige, Inchigeela, whose
fourth anniversary occurs on 6th
December 2022.**

*Two tired eyes are sleeping,
Two willing hands are still;
The one who worked so hard for us
Is resting at God's Will.*



Remembered always by
Noreen, Miriam, Brian & Tadhg

'In ár gcroíthe go deo'

24TH ANNIVERSARY



In loving Memory of

**MICHÉAL
MURRAY**

**Kilmichael & 45 Oakwood, Macroom
who passed away on the
5th December 1998.**

*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 so often speak your name
We have many memories
of Great times past
And our son whom we are so proud
to carry your name.*



Rest in Peace Daddy
Gerard, Liz and your Grandson
Michéal Murray

20TH ANNIVERSARY



In loving Memory of

**CHRISSIE
O'CALLAGHAN**

**44 Oakwood, Cork Street, Macroom
who died on the 8th of December
2002.**

*Always a kind next door neighbour,
Always a smile and a chat,
keeping life simple
putting it all in God's Hands.
Always in my Thoughts.*



Remembered by
Gerard Murray formally 45 Oakwood.

2ND ANNIVERSARY



In loving memory of

**JEROME
MURPHY**

**Model Village, Dripsey, Co. Cork
Who died 8th Dec 2020**

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



Always loved and remembered,
Eddie, Evelyn, Billy, Sandra Gary, Joseph
and family.

7TH ANNIVERSARY



In loving memory of

**MOLLIE
COTTER**

**Gortnalour, Inchigeela, Co. Cork
Died 19th of November 2015**

*We hold you close within our hearts,
And there you shall remain.
To walk with us throughout our lives
Untill we meet again.*



Sadly missed and always remembered
with love by your daughter Margaret,
son William, grandchildren and great-
grandchildren.

5TH ANNIVERSARY



In loving memory of

KILIAN LYNCH

**Ballyverane House, Macroom,
Co. Cork
Died 22nd of November 2017**

*Lonely is the home without you,
Life to us is not the same;
All the world would be like Heaven,
If we could have you back again.
It broke our hearts to lose you
But you didn't go alone,
For part of us went with you
The day God called you home*



Missed every day and forever loved by
your wife Margaret, sons, daughters and
grandchildren.

15TH ANNIVERSARY



In loving memory of

**MARY TERESA
NEVILLE**

**Railway View, Macroom
Who died on 28th November 2007**

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



Remembered today and always by Elsie,
Willie, Jennifer, Muriel, William, Deirdre
& Families.

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2ND ANNIVERSARY



Remembered with Love

DAMIAN DINEEN

**Derrincullin, Coolea
went to heaven
on the 3rd December 2020.**

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



Loved and Missed by
Pat, Mary, Ann, Con, Gearoid, Eileen
Aoibhinn, Rhóna & Una. xxx

7TH ANNIVERSARY



In loving memory of

MICHAEL (MICKEY) BUCKLEY

**Inchinahoury, Kilnamartyra,
who died on November 27th 2015**

*We hold you close within our hearts
And there you shall remain
To walk with us throughout our lives
Until we meet again.*



Always remembered by Mom & Dad and
all the Buckley Family

Ar dheis Dé go raibh a anam dílis.

10TH ANNIVERSARY



In loving Memory of

HANNAH KELLEHER

**Curragh, Lissarda,
Who died on 7th December 2012.**

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



Fondly remembered by family, relatives,
neighbours and friends.

20TH ANNIVERSARY



In loving Memory of

HANNAH O'LEARY

**Late of Dripsy, Tower and
Ballincollig, who died on the 3rd of
December 2002.**

*You are more than a memory
silently kept
You are part of our lives
We will never forget.
Your wish today would be no fuss
Just to be remembered by all of us.*



Fondly remembered by your nieces,
nephews & their families.

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.
MPL

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.

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JJM

A TRIBUTE



*Absolutely heartbreaking such a beautiful
courageous lady. Thank you for all you
have done for the women of Ireland and
the world. Sincerest condolences to Vicky's
children, family and friends.*



Signed: Mary O'Callaghan Raleigh, Macroom.

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.
M

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.
SB

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7TH ANNIVERSARY



In loving Memory of

**NORA
HERLIHY**

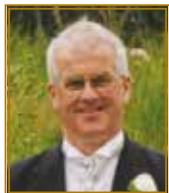
**Gortnalicka, Clondrohid, Macroom
who passed away on
6th December 2015**

*We miss your smile, your joking ways,
We miss the things, you used to say,
And when old times we do recall,
It's then we miss you most of all.*



Always remembered and loved by
Timothy, Matthew,
Nora Theresa, P.J., Margaret,
Miriam and extended families

18TH ANNIVERSARY



Cherished memories of a loving
Husband, Father and Grandad.

**SEAN
MULLANE**

**Late of Toonlane,
Ballymakeera, Macroom
Who died on December 12th 2004**

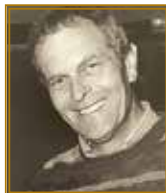
*December is here with sad regret,
The day, the month, we will never forget,
Out of our lives you may be gone,
But in our hearts, You will always live on.*



Always remembered by his loving wife
Margaret and Family.

Anniversary Mass in Ballyvourney Church
On Sunday 11th December 2022 at
11:30am.

20TH ANNIVERSARY



In loving memory of my dearly beloved
husband and father

**GERARD
(ROGER) HEALY**

**Late of Cork Street, Macroom
whose anniversary occurs on
2nd December.**

*Losing you will always seem unfair,
memories so sweet and sad of golden days
and good times shared.*



Always missing you,
your loving wife Eleanor

You are missed beyond words Dad,
Georgina

Miss you always Dad, Kelly Ann

2ND ANNIVERSARY



Treasured & Remembered with Love

**DAMIAN
DINEEN**

**Dirrinculling, Coolea
The angels called Damian to Heaven
on the 3rd December 2020.**

*They say memories are golden
and maybe this is true,
But we never wanted memories
we only wanted you.*



Sadly missed and forever and always
loved by Lucy, Liadh, Eoghan and Liam

Damian's 2nd Anniversary mass will be on
Sunday the 11th of December in Séipéal
Chúil Aodha at 10a.m.

**PRAYER TO
ST. JOSEPH**



St. Joseph and Brother Andre, I turn to you now for my well-being. You never abandoned those who turned to you in prayer. Whatever the pain and suffering I am going through right now can be alleviated by your intercession for me with Jesus. Please ask Him for me. I know a request from you St. Joseph is treated by Jesus as a command, just like on earth. Brother Andre, who has the ear of St. Joseph, ask him to ask Our Lord for me. I promise that I will publish my testimony so others may have faith in you also. Please hear my prayers. (Mention your petitions.) St. Joseph and Brother Andre, pray for me!
"For Special Favour Required"

MOD

5TH ANNIVERSARY



In loving memory of

MARY CRONIN

**Candromey, Kilnamartyra, Macroom
who died on the
27th November 2017**

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



Forever in our hearts
Colman, Bernie and Family

3RD ANNIVERSARY



Treasured & Loving Memories of

**JOAN
MCCARTHY**

**Ard Mo Croi, Lomanagh, Coolea
Who died 14th December 2019**

*Along the road of suffering
You found a little lane
That took you up
to Heaven,
And ended all your pain.
You may be out of sight,
We may be world's apart
But you are always
in our prayers,
And forever in our hearts.*



Fondly remembered now and always
By, Willie, Justin, Ivan, Leonie, Andrea,
Sons & Daughters in law and All Joan's
Grandchildren. Xxx

2ND ANNIVERSARY



Always in our Hearts

**DAMIAN
DINEEN**

**Dirrinculling, Coolea
Sadly passed away on
3rd December 2020.**

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



Forever loved and remembered by his
Mom Bridie, Nuala, Gearoid & Padraig,
brother and sisters in law, Dave, Margaret
& Tracy and all his Nieces and Nephews.

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