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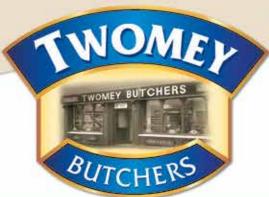
A great day for Macroom as Bypass is officially opened. Pic Peter Scanlan. See page 14







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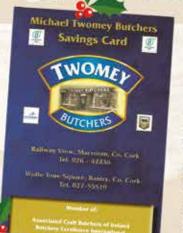
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DEASY'S PHARMACY, MAIN ST, MACROOM

24ТН DEC - 9АМ-4РМ

25TH DEC - CLOSED

26TH DEC - CLOSED

27TH DEC - CLOSED

28TH DEC - 9AM-6PM

29ТН DEC - 9АМ-6РМ

30ТН DEC - 9АМ-6РМ

31ST DEC - 9AM-5PM

01 JAN - CLOSED

02 JAN - CLOSED

03 JAN - 9AM-6PM

DEASY'S PHARMACY, BALLYMAKEERA

24TH DEC - 9:30AM-1,30PM

25TH DEC - CLOSED

26TH DEC - CLOSED

27TH DEC - CLOSED

28TH DEC - 9AM-6PM

29TH DEC - 9AM-6PM 30TH DEC - 9AM-6PM

31ST DEC - 9:30AM-1.30PM

01 JAN - CLOSED

02 IAN - CLOSED

03 JAN - 9AM-6PM

COACHFORD PHARMACY

24TH DEC - 9AM-3PM

25TH DEC - CLOSED

26TH DEC - CLOSED

27TH DEC - CLOSED

28ТН DEС - 9АМ-6РМ

29ТН DEC - 9АМ-6РМ

30ТН DEC - 9АМ-6РМ

31ST DEC - 9.30AM-3PM

01 JAN - CLOSED

02 JAN - CLOSED

03 JAN - 9AM-6PM

PARK ROAD CAREPLUS PHARMACY,

KILLARNEY

24ТН DEC - 9АМ-6РМ

25TH DEC - CLOSED

26ТН DEC - 10АМ-6РМ

27ТН DEC - 9АМ-9РМ

28ТН DEC - 9АМ-9РМ

29ТН DEC - 9АМ-9РМ

зотн Dec - 9AM-9PM

31ST DEC - 9AM-7PM

01 JAN -10AM-7PM

02 JAN -9AM-9PM

O2 IAN - OAM-OPA

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

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

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

As always submissions as Gaeilge are always welcome too!

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MESSAGE FROM CHAIRMAN OF LEE VALLEY **ENTERPRISE BOARD**

Through out 2022 the Lee Valley Enterprise Board organized a large number of events after the lifting of Covid 19 restrictions. In March a very successful St. Patrick's Day Parade took place with over thirty floats and marching groups taking part and the theme of the parade was Macroom and the Lee Valley supporting Ukraine. In June the Board erected forty flower baskets on premises belonging to our members and these were maintained in conjunction with Macroom Tidy Town's Committee who must be congratulated for all the work they do for the town which was rewarded this year with the group winning a Silver Medal in the national tidy town's competition. The board also made a financial contribution towards the excellent mural in Railway View outlining - Macroom and Ireland's first ever open-air rock concert. In September the Food Festival was backin full swing attracting large crowds to the town square and this year it was decided to invite craft stalls to take part and this added to the festival.

The last quarter of 2022 was a busy one for our board members with speculation that the

Macroom section of the bye pass might be open before Christmas. Our bypass sub committee had several meetings with Cork County Council officials with regard proper signage and ways to market the town when the bye pass opened. In early December the board have now employed a marketing company who will be responsible in promoting and marketing the town over the next twelve months as a place to Shop, Dine out and Live. The Christmas Market and the switching on of the Christmas Lights took place on Friday December 2nd and again attracted a large crowd. The lights were switched on by Cllr. Eileen Lynch, Chair of Macroom Municipal District Council who appealed to all present to support local business and do your Christmas shopping in Macroom.

As Chairman of the LVEB I must say that there are exciting times ahead for Macroom with the bye pass now open, the Briery Gap Theatre and Library under construction and a further €7.5 million allocated to Macroom for further projects to proceed, when all of these are completed Macroom will be a better place to work and live in. I would like to thank the following for their help and assistance during the past year -our Board members and our sub committee's, all those involved with the Lee Valley Outlook, all of our Volunteer's without their help the even's mentioned above could not take place, An Garda Siochana, Members of Macroom Municipal District Council - Municipal District Officer for their financial support and Council outdoor staff, our members for their financial

Finally, I would like to pay a special tribute to our Administrator Jo Cronin Lovell for her work, time and dedication she has given to the Lee Valley Enterprise Board over the years.

I wish everyone a Happy Christmas and a Prosperous New Year and remember to do your business in Macroom and the Lee Valley Region this Christmas.

Pat O'Connell, Chairman Lee Valley Enterprise

Macroom Christmas Lights Switched on in a Blaze of Glory!

The Macroom Christmas lights were switched on Friday December 2nd in the Town Square by Cllr Eileen Lynch, Chair of Macroom Municipal Council. Pat O'Connell, Chairman of the Lee Valley Enterprise Board thanked the members of Macroom Municipal District Council for their continued financial support towards the erection of this magnificent Christmas Lighting display which is the envy of many towns in Munster

They also stated that this year the lights will come on at 5pm and turned off at 11pm in order to save electricity but it must be noted that this lighting display is completely all LED lighting, keeping in line with reducing our carbon footprint and lowering our energy costs.

Cllr. Eileen Lynch stated that Macroom is now entering a new era with the opening of the town's new bypass on Friday, December 9th. She thanked the Lee Valley Enterprise Board for erecting the lights and also for their continued work in promoting Macroom and stated that everyone should make an all-round effort to support local businesses and shop local over the Christmas period. She said that tonight's event has drawn a massive crowd to Macroom and hopefully this will kick start the Christmas shopping in the town.



The Macroom Christmas lights were switched in the Town Square by Cllr Eileen Lynch, Chair Municipal District, Cllr Martin Coughlan, Pat O'Connell Chairman Lee Valley Enterprise Board and ClIr Ted Lucey

In this Edition Ed 25 - 15th December

A. Macroom Updates - pages 4, 6, 8, 10, 12, 14, 16, 18, 20 B. Lee Valley Updates - pages 26, 28, 30, 32, 34, 38, C. History page 48

D. Advertorial/Snippets - page 40, 46 E. Sports - pages 56 - 63 F: Trades & Services pages 66 - 68





'Tree-mendous' News For Macroom

Early Christmas for Macroom as €280m bypass breathes new life into Market Town.

Businesses target €50-per-adult spend in town for a bumper Christmas.

The Lee Valley Enterprise Board and local business owners in Macroom welcome the much anticipated N22 Macroom bypass this week, following years of significant traffic congestion. Business owners and traders in the town anticipate a busy holiday season, with a renewed sense of community as the bypass breathes new life into the town.

Macroom business owners, supported by the Lee Valley Enterprise Board, are preparing for a busy Christmas season thanks to the opening of a \leq 280m bypass that will make the Market Town more welcoming than ever.

Situated midway between Cork City and Killarney, Macroom has a population of almost 4,000 people, but increased traffic congestion has badly affected trade and quality of life in the town in recent years, leading to calls for the N22 bypass.

With the bypass due to open on December 9th, business owners and traders in the town anticipate a busy holiday season, with a renewed sense of community in the town.

Lee Valley Enterprise Board is encouraging the people of Macroom and surrounds to shop locally this Christmas, and the Board predicts that if every adult in Macroom spends €50 in the town, it would bring in over €150,000 in revenue. *Henry Murphy of Matt Murphy's Pharmacy, said:* "Macroom has struggled with traffic congestion for some time now. We look out the window here in the pharmacy, and it is just bumper-to-bumper with no one intending to stop in the town

"There are already signs of increased footfall, which of course is a hugely important step in



rebuilding the town's identity. It will be the first time in many years that both locals and visitors will be able to park with ease and truly appreciate all that Macroom has to offer.

"There is certainly a lot more optimism and confidence across the town as we prepare for a very important Christmas, and beyond, welcoming visitors both new and old to the region."

Adding to Mr Murphy's comment's,

Cllr. Ted Lucey said: "Macroom is one of Cork County's only traditional Market Towns and we have seen trade and tourism seriously impacted by the build up of traffic. If you mention Macroom to anyone, even locally, they know it as a bottleneck. Businesses and local residents in Macroom are delighted to see the new bypass open and look forward to providing memorable

experiences for old and new visitors to the town." *Mr Lucey continued*, "Macroom has a very large hinterland compared to most towns. With a large number of surrounding villages who would generally like to use Macroom as there main shopping destination rather than travelling to other towns, it's much easier for them now. We expect and welcome all those people back to their traditional shopping town without the hassle of traffic and encourage everyone to shop local this Christmas, and bring back that town spirit that we all know and love."

Macroom is a unique place to visit with a host of walking routes close to the town, a golf course, castle, shops, nature reserve and much more. For further information on Macroom, visit macroom.je.

MACROOM GIRLS GUIDES

Macroom Senior Branch Guide Member elected to Seanad na nÓg

This year Seanad Éireann is celebrating Seanad 100, the centenary year of Seanad Éireann. Seanad 100 has brought about a celebration of senators over the past 100 years who have taken a stand and championed issues and causes which would have been outside of the mainstream social, political or economic thought.

This celebration has created an opportunity for young people to become involved in Seanad na nÓg. One representative from each of the 31 Comhairlí na nÓg, in addition to 14 young people from Gaisce, 6 young people from the Joint Award and 2 from Foróige were in attendance, invited by sitting senators to take part in Seanad na nÓg.

Katie Cronin, a member of MacEgan Senior Branch Unit in Macroom and a pupil in Scoil Mhuire, Ballingeary, was selected as one of the Gaisce delegates as she has recently begun her journey for her Bronze Gaisce award with Irish Girl Guides.

The first sitting of Seanad na nÓg was held this November in Leinster House and was a huge honour for Katie. After training days and workshops the themes were selected for discussion and then voted on. After much debating "The Cost of Student Living" was selected by the delegates. This is to be submitted for debate by a full sitting of Seanad Eireann with Minister Roderic O'Gorman.



Katie Cronin, a member of MacEgan Senior Branch Unit of the Irish Girl Guides in Macroom and a pupil in Scoil Mhuire, Ballingeary, was selected as one of the Gaisce delegates.

matt murphy's PHARMACY

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Christmas Eve 24th

Christmas Day 25th

St Stephens Day 26th

Tuesday 27th

Wednesday 28th

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Friday 30th

New Years Eve 31st

Sunday January 1st

Monday January 2nd

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8.30am - 5pm

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8.30am - 6.00pm

8.30am - 6.00pm

8.30am - 6.00pm

9.00am - 6.00pm

Closed. Services from Railway View Pharmacy.

Closed. Services from Railway View Pharmacy.

We would like to thank all of our patients and customers for their support, patience and understanding this past time. For Emergency Prescriptions Call To Railway View Pharmacy

The Family and Staff at Matt Murphy's would like to wish you all a Merry Christmas and a Happy & Healthy New Year

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www.facebook.com/RailwayViewPharmac

OUTHREACH MACROOM

December was a very busy month for the students in Youthreach, Macroom.

They produced, directed and starred in a short film called Divinity with the Support of Film Maker Catherine Holland and Cork Local Creative Youth Partnership.

The film was shot in Chapel Hill School of Art and is a supercharged story dealing with coming of age, nuns and attempted redemption!!!

On Thursday December 8th the students hosted a Coffee Morning in support of Marymount Hospice, and it was a great success thanks to all the local people who so generously supported it. We wish you all a Happy Christmas.

Ann O'Riordan, Principal.



Pictured above: Siobhan O'Shea presenting cheque to Macroom Hospital Nursing Director, Bernie Buckley, (C. Kelleher).

Pictured Right: Siobhan O'Shea presenting cheque to Macroom Hospital Nursing Director, Bernie Buckley, with staff.



Youthreach Macroom Coffee Morning; Ms Ann O'Riordan, Principal, with students staff members and guests. (C. Kelleher).



MÍLE BUÍOCHAS

"The staff and students of Macroom F.E.T. Centre in the eEnterprise Park, Bowl Road would like to thank all those who supported, or contributed in any way to our Coffee Morning which took place recently. A whopping €3619 was collected in three hours for CUH Cancer Charities. Macroom (as usual) came up trumps again. Míle Buiochas arís."

HAVE YOU A NEWS STORY? Contact the Editor by Email: leevalleyoutlook@ macroom.ie



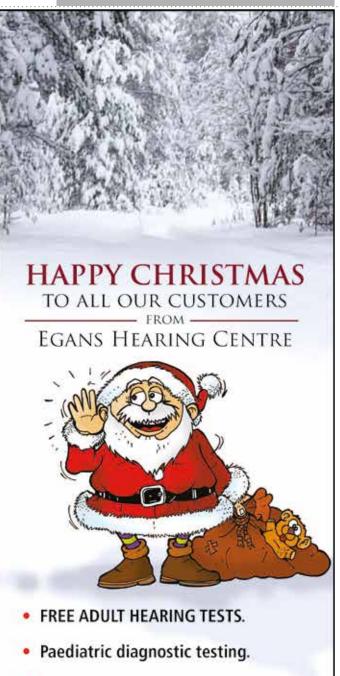






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E LA SALLE College Macroom



U16 Hurling Team, De La Salle College Macroom

BIG FUNDING BOOST AND IT UPGRADE

Over the last 5 years De La Salle College has invested over €150,000 in it's IT infrastructure. This financial boost has been massively utilised to upgrade our IT in the school. There are currently 90 ipads in use across the school for Classroom Based Assignments, Leaving Certificate projects and access to online learning programmes. In the last two years, top quality interactive boards have been installed in all classrooms and are a huge enhancement of the learning environment for students. Teachers have been putting the tablets and interactive boards to great use, creating an exciting and dynamic learning environment for the pupils. The computer room received a full upgrade to bring it in line with national standards. The teaching staff are making great use of Microsoft Office and all of the requisite apps to support students learning in class and at home.

SENIOR FOOTBALL MATCH REPORT: DE LA SALLE COLLEGE MACROOM VS ABBEY CBS Full time score: DLS Macroom 0-09 to Abbey CBS

The much-anticipated clash between Macroom's DLS and Abbey CBS in the Munster B quarter final got off to a good start for the Tipperary team when

they scored the first point shortly after the game began. It was an important knock out match with both teams eager to progress. A score from a free kick put Abbey in the lead by two however it was not long before DLS's Alexander Asling scored the Macroom's side first point. However shortly after Abbey CBS scored again giving them a two-point lead once again. DLS's Tom Browne scored a wellplaced free kick and this was followed by another Abbey point. The Macroom side retaliated with two quick scores - Denis O'Mullane scored a point before Jack Sweeney equalised with another point from play.

Half time score: DLS Macroom 0-04 to Abbey CBS

Macroom's Sean O'Leary opened the second half with an impressive score to put DLS in the lead for the first time in the match.

The Tipperary side came back again to once draw level before DLS's substitute Sam Pickering put it over the bar pushing the Macroom side once more ahead.

However, DLS's lead would not last long as CBS scored the only goal of the game against the run of play. Abbey CBS scored a further point to further extend their lead.

Macroom players Sam Pickering and Tom Browne added further points to close the gap to the minimum. This was followed by a nicely finished point from substitute Colin Kelleher. However, this was not to be enough for DLS as Abbey CBS won this hard-fought game by the minimum. De La Salle starting 15:

1-Stiofan McSweeney (Uibh Laoire), 2- Cormac Bourke (Macroom), 3-Owen McCarthy 4 1 (Clondrohid), 4- Michael Downey (Kilmichael), 5- Alexander Asling (Kilmurry), 6- Jack Devine (Kilmurry), 7- Sean O'Leary (Kilmurry), 8-Ryan Sabas (Macroom), 9- Darren Moynihan (Canovee), 10- Darragh McMahon (Canovee), 11- Tom Browne (Kilmichael), 12- Ruari Duggan (Kilmurry), 13- Jamie Hourihane (Clondrohid), 14- Denis O'Mullane (Kilmichael) and 15-Jack Sweeney (Uibh Laoire).

Subs- Joe O'Mullane (Kilmurry) for Jamie Hourihane, Sam Pickering (Uibh Laoire) for Jack Sweeney, Oisin O'Sullivan (Macroom) for Ryan Sabas and Colin Kelleher (Macroom) for Alexander Asling

Article by Ben Hinchion (4th Year)



Senior Football Team, De La Salle College Macroom

1-07.











MCEGAN COLLEGE

COLLEGE AWARENESS WEEK

Kirsty Hickey from MTU Cork facilitated a presentation on various aspects of college life including importance of study, choosing the correct college course, accommodation and costs of college life to students of McEgan College during College Awareness week. Loreta Brady from UCC also gave a very informative talk on The Bachelor of Arts programme in UCC. Many thanks to our links with both Cork universities for these presentations.

CONRADH NA GAEILGE

Glace cuid dár ndaltaí páirt in imeacht Gaeilge le deanaí, Gaeilge 24 le Conradh na Gaeilge. Bhí na daltaí ag caint as Gaeilge den lá ar fad agus bhain síad taitneamh as Seisiún HIIT chomh maith. Is rud iontach é an Ghaeilge a labhairt agus a choiméad beo timpeall na scoile.

Maith sibh!

Roinn na Gaeilge,

Coláiste Mac Aogáin

PARENTS ASSOCIATION BINGO FUNDRAISER

On Thursday 1st Dec McEgan College PA ran a hugely successful "Bingo Fundraiser" in the main assembly area. Doors opened at 7pm with the first game starting at 8pm. Gary O'Brien was the MC for the night with the jackpot game sponsored by the PA. Light refreshments were provided. Many thanks to all the local businesses who very generously sponsored the bingo games and the excellent spot prizes for the raffle.

INCOMING FIRST YEAR ASSESSMENT MORNING

On Saturday 25th November we welcomed incoming first years for an induction assessment morning. Numerous staff were on hand to help test the students on numeracy and literacy for the first part of the morning with parents arriving a little later for a cup of tea and a chat. It was lovely to see the assembly area so busy with our newly enrolled students for September 2023. We are looking forward to getting to know you more.

AIR AMBULANCE FUNDRAISER - LCA

LCA5 in McEgan College recently organised a Halloween Dress-Up Fundraiser for the Irish Community Air Ambulance and raised €247.05. It was a great event and even some of the staff dressed up. The class also raised money for their next enterprise by selling pre-ordered trick or treat bag and cupcakes where they made €157.58.

MACROOM COMMUNITY HOSPITAL **FUNDRAISER**

Transition Year students Niamh O'Callaghan,



LCA5 in McEgan College recently organised a Halloween Dress-Up Fundraiser for the Irish Community Air Ambulance and raised €247.05.



Glace cuid dár ndaltaí páirt in imeacht Gaeilge le deanaí, Gaeilge 24 le Conradh na Gaeilge.

Clodagh Byrne, Elijah Roberts and Mikey Buckley decided to do a Christmas fundraiser for the local community hospital. Many families from the Macroom area have relied on the community hospital over the years and it was a small way to say thank you to the staff who work so hard to make the residents are safe and comfortable. They sold raffle tickets in the school and twice in the Square. Many thanks to Costcutters, Masseytown, Supervalu and Aldi who kindly donated beautiful hampers for the raffle.

GREEN SCHOOL UPDATES

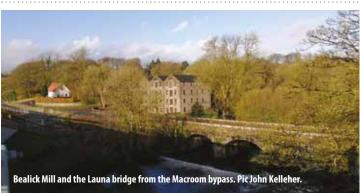
Our Green School Committee under the guidance of Ms. Murphy and Mr. Dennehy are working on a walkability survey to school. Jennifer Conney from An Taisce Green School Committee came to school on Wednesday 7th December to discuss ideas on promoting more walking access for our students in coming to school. Suggestions like pedestrian crossing access points exiting main doors of school, improved road signage, speed limit signs, broken footpaths

UPDATES FROM ROOM 22

Students in Room 22 have been very busy in their life skill class preparing for Christmas. The students made Chocolate Brownies for their families practicing skills such as shopping, weighing, fine motor and social skills. The Brownies received many compliments, and the school was filled with a delicious smell of home baking.

Room 22 is also preparing for the Macroom Christmas Market on the 13th December with their mini-company called Busy Bees. The young entrepeurs are selling Bees Wax Wraps that they have made. They are encouraging people to buy their wraps and reduce the use of cling film to be kinder to the earth.

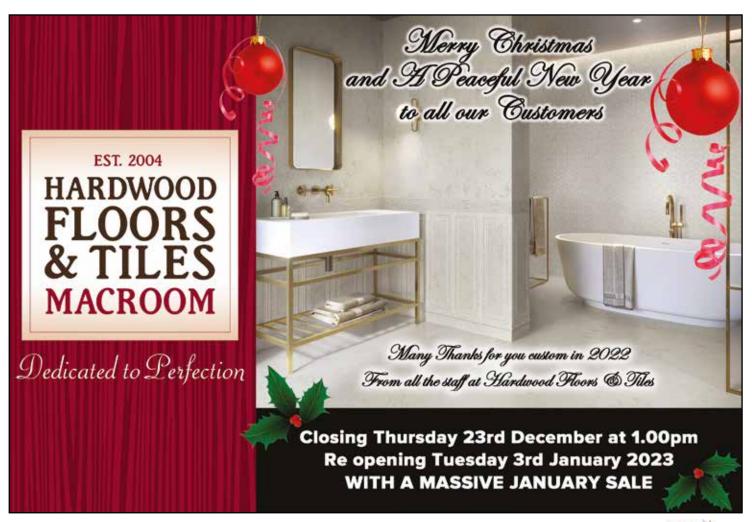
Wishing everyone a Happy Christmas from all in Room 22.





The Chaser; Paul Lyons, John Daly, Neilus Murphy, Denis Cronin, Chris Fitzgibbon, Danny Horgan and





THE OPENING OF MACROOM BYPASS



Official opening of the Macroom Bypass by the Mayor of the County, Cllr Danny Collins and An Taoiseach Mícheál Martin. Pic, Peter Scanlan



Stage one of the Macroom bypass is now officially open. Pic, Peter Scanlan



Donal Counihan former Macroom Town Clark 1974 to 1979 and Pat Murphy former Macroom Town Clark 1970 to 1974, at the official opening of the Macroom Bypass by the Mayor of the County, Cllr Danny Collins and An Taoiseach Mícheál Martin. Pic, Peter Scanlan



Denis Paul Bradley with his three daughters, Catherine, Sheila and Mary, at the official opening of the Macroom Bypass by the Mayor of the County, Cllr Danny Collins and An Taoiseach Mícheál Martin. Pic, Peter Scanlan



Tim Lucey Chief Executive Cork County Council, speaking at the official opening of the Macroom Bypass by the Mayor of the County, Cllr Danny Collins and An Taoiseach Mícheál Martin. Pic, Peter Scanlan



Mary Cooney Greyhound Bar with An Taoiseach Mícheál Martin. Pic, Peter Scanlan.



Pádraig Barrett Director Of Services, Roads & Transportation, Cllr Danny Collins Mayor of the County, Valery O'Sullivan, MBA Divisional Manager South Cork Co. Council, Peter Walsh, Chief Executive, Transport Infrastructure Ireland and Tim Lucey Chief Executive Cork County Council. Pic, Peter Scanlan





Official opening of the Macroom Bypass by the Mayor of the County, Cllr Danny Collins and An Taoiseach Mícheál Martin. Pic, Peter Scanlan



Peter Walsh, Chief Executive, Transport Infrastructure Ireland, speaking at the official opening of the Macroom Bypass by the Mayor of the County, Cllr Danny Collins and An Taoiseach Mícheál Martin. Pic, Peter Scanlan



Cllr Danny Collins County Mayor speaking at the official opening of the Macroom Bypass. Pic, Peter Scanlan

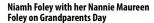






ST. MARY'S NEWS







Annah Devine and Geraldine Mccarthy at The Modern United Nations Conference



Laoise O Sullivan who was awarded a DCU Scholars award pictured with Principal Stephen Mclaughlin



Lauren O Sullivan with her nana Kitty O Sullivan at Grandparents Day in St Marys.

CHRISTMAS DINNER

We all celebrated Christmas Day in St Mary's on December 8th. The day started with mass followed by our annual Carol Service, thanks so much to Ms Donovan and Ms Queally for organising the lovely music and song. We all came back up to school for a Quiz followed by Christmas Dinner. Our wonderful Trish went above and beyond again this year as she prepared dinner for all of our students. The dinner was delicious and we had a lovely happy festive day together. Santa even called for a visit. Thanks to Mrs O Donovan and the Student Council for organising the after-dinner entertainment and thanks to all of the students who performed. Thank you so much Trish for all that you do for us all year and especially for this very unique St Mary's tradition.

SPORT

Congratulations to our intermediate Camogie Team on a great win over Ursalie's Blackrock recently, the team was captained by Donna Mc Carthy. Well done to our Junior Camogie Team, this great group of girls train so eagerly every Tuesday after school. They have made huge improvements since September, lots of matches to look forward to in the New Year. Well done girls.

Congratulations to our athletes. We had 3 individual medal winners in the Schools Cross Country Challenge races which were held in Riverstick recently.

1st Yr Race - 7th, Orla O Brien 2nd/3rd Yr Race - 10th, Leah Bradley 4th/5th/6th Yr Race - 7th, Danielle O Neill

Our 1st year team finished in 2nd place. Team members were, Orla O Brien, Roisin Ni Liathain, Pippa Murphy, Emma Purcell, Evie McMahon, Ruby Prendeville, Sarah Neville and Emilia Twomey. Well Done to all athletes who competed on the day and thank you to Ms De La Cour and Mary Murphy who accompanied the athletes to this event. Thanks also to the student helpers on the day.

Well done to our U16 and U19 Basketball Teams who played in Neptune in the Cork Regional Finals last Wednesday against Scoil Phobail Bheara and Bandon Grammar. Unfortunately, our U16 team lost against Scoil Phobail Bheara with the final score being 29-26. With a slow start to the first quarter the girls were 13 points down, but they came back fighting, out-scoring the team in both the third and fourth quarter. Massive congratulations to our U19 team who beat Bandon

Grammar in the County final with the final score being 27-24. It was a very tight game with both teams entering the final quarter with 19 points, but our girls kept their composure and came out with the title. Sadhbh Donovan, the captain of the winning team received the shield which is now on display in our trophy cabinet in reception. Both teams have qualified for the quarter finals of the All Irelands which will be played in January! Thank you to Paul and Ms Hickey Well done girls!

WOMEN IN STEM AWARD

Massive congratulations to past pupil Kate Brady who has been awarded a Women in STEM2D Undergraduate Award at MTU. This Undergraduate Award was presented to ten of the brightest students at Munster Technological University. Each of the ten students will receive funding, mentorship and the chance to work with Johnson and Johnson directly as they continue through their undergraduate studies. Well done Kate.

FOOD DRIVE FOR ST VINCENT DE PAUL

Our annual Saint Vincent de Paul Food Drive took place Wednesday December 7th. Students were called by class groups on the day to drop off their non-perishable food items. Your support for this cause is greatly appreciated. Thanks to all who donated.

FR JOHNS HOMELESS APPEAL

Thanks to everyone who donated to Fr Johns Homeless Appeal, we really appreciate your generosity.

GRANDPARENTS DAY

On Monday November 28th, we welcomed grandparents into our school for the evening. Organised by TY students Niamh Foley, Lauren O' Sullivan, Clíona Burgoyne and the Grandparents Committee, 4th years were invited to bring their grandparents or elderly neighbour to school. The Nanas and Grandads were welcomed into the school on a red carpet. Niamh and Lauren introduced them to the teachers and students present. The grandparents enjoyed listening to the music played by Ellen Kelleher and Annah Devine, followed by karaoke and a recitation peformed by Geraldine McCarthy. Some grandparents got involved in the entertainment singing their favourite songs. The evening ended with tea and cakes for all.

EU AT 50 COMPETITION

Transition Year students Lucy Murray and Annah Devine travelled to the Department of Foreign Affairs in Iveagh House in Dublin on December 1st as finalists in the EU at 50 competition. Their news report on the impact of the EU on agriculture in Ireland over the last fifty years was chosen from 5000 finalists to win the regional award. As national runners up they were presented with their award along with five hundred euros prize money by Minister for State for European Affairs, Thomas Byrne TD.

The girls were interviewed for RTÉ News Today programme and met athlete Israel Olatunde and TD Aindrias Moynihan and were lucky enough to visit the Dáil on a very momentous day as EU Commission President Ursula van der Leyen addressed both houses of the Oireachtas.

Well done to both girls- we are very proud of you. Thanks to Ms Jennifer Murnane for all of her help in preparing the girls for this competition.

CAREERS EVENING

Thanks to all who gave up their free time to come and advise our senior students on careers and courses at our recent careers evening. Thanks so much to Ms McSweeney for organising this very important, informative event for our girls.

THINK LANGUAGES DAY

Thursday November 17th was 'Think Languages Day' and our TYs and 1st years celebrated it together. The TYs provided a range of presentations for the first years. They had Chinese and Danish workshops where they learned to write and speak the languages. They finished out the day with a raffle, quiz and Spanish dancing and cuisine from across the world. The girls thoroughly enjoyed the day and learned so much. Thank you to Ms Dwyer, Ms Jones and Ms Lehane for organising this event.

MODEL UNITED NATIONS CONFERENCE

Annah Devine and Geraldine McCarthy attended training recently for the Davis College Model United Nations Conference which will be held in January.

DCU SCHOLARS AWARD

Well done to Laoise O'Sullivan who was awarded a DCU Scholars Award recently at a ceremony held in The Helix, Dublin. These awards are for excellent performance in the Leaving Cert. Laoise is studying Actuarial Mathematics, we are very proud of her and we wish her the very best in her future career. Congratulations Laoise.



Middle Square, Macroom t: 026 41421 | m: 086 3837543 | Hours: 9am to 5.30pm Mon - Fri The Square, Millstreet t: 029 21706 | Web: www.klauctioneers.ie | Email: info@klauctioneers.ie



WEST MUSKERRY ATHLETICS

Presentation of cheques from the Macroom By Pass Run/Walk



Cheque Presentation of €3000 from West Muskerry Athletic Club to Tiny Feet Fairy Garden, Masseytown, Macroom proceeds from walk/run on new Macroom's new Bye Pass, Lisa Manning, Michael Burns Martin Coughlan.



Cheque presentation of €3000 from West Muskerry Athletic club to Macroom Senior Citizens proceeds from Walk/Run on Macroom's New Bye pass. I/r Evelyn Mc Sweeney Pat O'Connell.



Members of West Muskerry Athletic Club, Tiny Feet Fairy Garden and Macroom Senior Citizens at cheque presentation in West Muskerry Athletic Club's new Club Pavilion. Back row I/r.Brian O'Shea (Chairman), Jerry O'Leary, Aidan O'Driscoll, Michael Burns, Cllr Martin Coughlan, Cllr Michael Creed, Collette O'Riordan. Front row I/r Andrais Moynihan T.D, Pat O'Connell, Evelyn Mc Sweeney, Lisa Manning, Michael Creed T.D.

West Muskerry A.C. held the first official event on the Macroom By Pass by organizing a fundraising 5k run/walk and a 10mile road race on the 27th of November, 2022 last in association with the Macroom Fairy Garden and Macroom Senior Citizens. It was a massive success. The whole community came out to support and friends and family were able to safely walk on the by pass with no traffic and chat, something that they were not able to do or were afraid to do since Covid. It was fantastic to see all the smiling faces from adults to kids alike. The Buzz was electric and the event won't be forgotten for a long time to come.

West Muskerry would like to thank our main sponsors Folláin, Cork County Council and Jons Civil Engineering/John Craddock/JV Ltd and all our supporting sponsors who helped make the day a success. Thank you to the ambulance crew and also the Fire Brigade who tended to any needs the walkers/runners needed. A massive thank you to the Stewards who helped us on the day and to any one who in any way helped make the day as enjoyable and safe for everyone to enjoy. It was a pleasure for the club to work with all of you.

The 2022 Club Committee of Brian O'Shea Chairperson, Jeremy Kelleher Vice Chairperson, Sheila Cotter Treasurer, Brighid Mullane Registrar and Collette O'Riordan Club Secretary put in many late hours organizing the event, Stewards, Insurance, Distances, Ambulances, First Aiders on bikes, sandwiches for the stewards and food for these taking part in the run/walk but the club and all the volunteers said they were delighted to help and the event just fell into place.

On Thursday the 8th of December West Muskerry A.C. had the cheque presentation to the Macroom Senior Citizens and Macroom Fairy Garden. The club presented a cheque of €3,000 to each of the two charities. A hamper was also presented to the Macroom Fire Brigade for the help they give us on the day of the event. A massive thank you to all who supported the event and to all our Sponsors and we wish everyone a Safe and Happy Christmas 2022 and with the by pass open and Happy New

MACROOM PLOUGHING ASSOCIATION

MACROOM PLOUGHING AGM

This club recently held their AGM in Coolcower House. There was a large attendance at this meeting, which was great to see as the Macroom Club has the honour of hosting the Cork West County Ploughing Match next year, which they last held in 2013. It is planned to hold this Match on Sunday Feb 12, 2023. The Macroom Club will have the responsibility of sending a 22 strong Cork West Ploughing Team to the All-Ireland in Ratheniska in Sept 2023.

The Match will be held on an excellent free draining

site on the lands of Angela Leonard in Toonsbridge. This match will be an historical milestone for the Macroom Club as it celebrates its 50th anniversary. To be in existence for 50 years of unbroken competitive matches is a great achievement for any club. So well done to Macroom Ploughing and to all its hard-working members during those 50

Election of Officers took place presided over by president Timmy Creedon.

President: Timmy Creedon

V. Presidents: John Kelleher, Jerry Kelleher, Pat

Casey, and JJ Delaney

Chairman: Connie Buckley V. Chairman: Daniel O'Riordan

Secretary: Rosemarie O'Riordan Asst Sec: William Lynch Treasurer: Richard Hinchion

Asst.Treasurer: Gerard Kelleher P.R.O. Breda Kelleher/ Dan F. O'Riordan

County Delegates: John Kelleher, Jerry Kelleher, Daniel O'Riordan,

Connie Buckley, Matthew Coakley, Rosemarie

O'Riordan

THE LIONS CLUB **BALL RUN**

The Lions Club Charity find-raiser this year was a Ball-Run. This involved releasing small plastic balls down a stretch of the new By-Pass, near Kilnagurteen, The balls were numbered and acted as 'tickets' sold by Lions Club members. The novel event took place on December 3, 2022 and was supervised by Lions members Anthony Kelleher, Martin Lucey, James O'Sullivan, Liam Walshe, Rebecca O'Sullivan and Marjorie Lucey and Garda Jim Quirke. First into the chute were the winners. The winning balls were collected in a pipe and handed over to Garda Quirke at the end. Thankfully the day was cool but fine.









Christmas is a time to count your blessings, like the fact that you don't live in a ginger bread house!











MODEL FARM ROAD 021 4876008

HELLO@OM2.IE WWW.OM2.IE PSRA LICENCE NUMBER 004002

26 MAIN STREET MACROOM 026 63063

Nuacht ó Choláiste Ghobnatan

AN TRIAIL

Le Sorcha Ní Éalaithe

D'fhreastail muintir séú bliain ar "An Triail" ar an 25ú Deireadh Fómhair. Chuadar go Siamsa Tíre i dTrá Lí chun aisteoirí ó "Fibín" a fheiscint. Scríobh Máiréad Ní Ghráda an dráma seo mar gheall ar na máithreacha aonair in Éirinn sna seascaidí agus na tithe tearmainn. Tá an dráma seo ar an gcúrsa Gaoluinne don Ardteistiméireacht. Bhaineadar sult agus taitneamh as an dráma a fheiscint beo. Bhí sé thar barr.

PEIL NA GCAILÍNÍ

Le Áine Ní Dhuinnín

Tá éacht mór déanta ag foirne peile na gcailíní le déanaí. Tá an fhoireann faoi sé déag tar éis dhá chluiche a bhuachaint in aghaidh Pobalscoile Inbhear Scéine, Neidín agus Scoil Phobail, Baile an Chollaigh. Anois tá siad ag dul ar aghaidh go dtí an chéad chéim eile i gComórtas na Mumhan. Bhuaigh na cailíní faoi naoi déag in aghaidh Scoil Phobail Bhéara agus Scoil Mhuire gan Smál agus tá siad ag dul ar aghaidh chuig an gcéad chéim eile i gComórtas na Mumhan chomh maith. Tá súil againn go rachaidh siad go dtí an craobh arís i mbliana. Ba mhaith linn ár mbuíochas a ghabháil le hIníon Ní Shúilleabháin a eagraíonn na cluichí go léir dúinn.

GAIRMEACHA

Thaistil daltaí Bliain a 5 agus a 6 ón scoil roinnt seachtain ó shin go Óstan Baile an Róistigh le haghaidh Taispeántas Roghanna Ghairmeacha, curtha ar fáil ag Institiúid na dTreoirchomhairleoirí, Corcaigh. Bhí deis ag na daltaí ann féachaint ar an

réimse leathan cúrsaí, oideachais agus gairmeacha ar fáil dóibh amach anseo. Bhí ionadaithe ann ó eagraíochtaí ar nós na hOllscoileanna in Éirinn (agus roinnt ón mBreatain), Coláistí, na hIonaid Oiliúna, Solas, Teagasc agus Óglaigh na hÉireann ar an lá chun ceisteanna ó na daltaí a fhreagairt.

An téarma seo i gColáiste Ghobnatan eagraíodh aoichainteoirí dos na daltaí ar théamaí ar nós: Altranas agus Cnáimhseachas, Cógaisíocht, Fiontraíocht agus Teangacha. Chomh maith leis sin tá seimineár gréasáin eagraithe le cainteoirí ó Ollscoil Teicneolaíochta na Mumhan, Coláiste na hOllscoile Corcaigh, agus Ollscoil Luimnigh. Beidh tuilleadh le teacht sa téarma tar éis na Nollag.

Tá an chéad seachtain don Taithí Oibre déanta ag daltaí na hIdirbhliana. Táimid thar a bheith buíoch dos na fostóirí a chuir fáilte agus taithí oibre ar fáil d'ár ndaltaí. Beidh seachtain eile do Thaithí Oibre acu idir an 20ú agus an 24ú Feabhra.

MOVEMBER

Ar an gcéad lá de mhí na Nollag bhearr Máistir Ó hAireachtáin agus Máistir Ó Laoire a gcroiméil. Dhéin siad Movember chun solas dírithe ar shláinte na bhfear. Bhailíodar os cionn €1835. Míle buíochas do gach éinne as a bhflaithiúlacht!

TAEKWONDO

Tréaslaímid le Clodagh agus Caoimhe Ní Mhulláin a ghlac páirt i gcomórtas Taekwondo sa Bhreatáin le déanaí. D'éirigh le Caoimhe dhá bhonn cré-umha a bhuachaint! Maith sibh go deo.

TURAS CHUIG MONARCHA SHAIGHDIÚIR **BRÉAGÁIN**

D'fhreastail na daltaí go léir ó bhliain 5C ar

cheardlann sa Mhonarcha Shaighdiúir Bréagáin i gCill na Martra le déanaí. Bhí na daltaí seo ag foghlaim faoi chonas mar a oibríonn fiontraíocht áitiúil don ábhar Nascmhodúil. Bhain na daltaí go léir an taitneamh as an gceardlann a dhein siad fhaid is a bhíodar ann. Ba mhaith linn ár mbuíochas a ghabháil le Bean Uí Dhonnchú a eagraíonn an turas.

PEIL NA MBAN

Seo cuntas ó Fhia Ní Mhainnín agus Kate Ní Urdail "Bua eile den scoth againn ar an 27ú Samhain i gcoinne Baile na Lorgan/Caislean Mathghamhna ó Mhuineachán. Bhí an áit dubh le daoine agus ní rabhamar ábalta ár smaointe féinig a chloisteáil leis na glórtha bodhraitheacha ó na sluaite. D'oscail an cluiche amach le cúilín den céad scoth ó Allanagh Ní Uidhir, dalta na scoile, agus lean sí ar aghaidh le cúpla scór eile i rith an cluiche. D'oibrigh an fhoireann go dian dícheallach agus le comhoibriú iontach bhíomar chun tosaigh. Lean an cluiche mar sin agus bhíomar ábalta gach scóir a fuaireadar a láimhseáil. Sa deireadh chuaigh an lá inár dtreo agus bhí ceiliúradh den scoth againn arís."

Ar an Domhnach seo caite seo bhí sé i gceist acu Bóthar na Trá-Cnoc na Cathrach a imirt sa Chluiche Ceannais Peile Sóisear na hÉireann i gCill Mocheallóg ach cuireadh ar athló. Guímid gach rath ar Naomh Abán sa chluiche ceannais a bheidh ar siúl ar an Domhnach seo chugainn.

MACROOM FLOWER CLUB

Macroom Flower & Garden Club had a successful year of activities. July the club participated at the National Flower Festival Naas which included a visit to Mary Keenans Garden Co. Laois. September the Club hosted a Floral Demonstration by Margaret Ahern AOIFA, November Gala Charity welcomed Alan Beatty NIGFAS which was well attended attracting a local audience and visitors who travelled long distance. The Club held its Annual Dinner at The Castle Hotel on Friday 2nd of December which was enjoyed by all. We look forward to seeing you all February 2023. Our Thanks to Bernie and staff at Coolcower House for all their help throughout 2022. Wishing you a Merry Christmas and a Happy New Year.



Mary Keenans' Gash Hardens



Macroom Flower Club Christmas Dinner 2022



Naas Flower Festival



MARGADH NOLLAIH Cuil Aodha 2022















Railway View

PHARMACY

RAILWAY VIEW, MACROOM, Co. CORK. Tel/ Fax: 026 - 41080

^ohristmas)pening

Christmas Eve - 9am - 5pm

Christmas Day: Closed

St. Stephen's Day: 11am - 4pm

Tuesday 27th Dec: 11am - 4pm

Wednesday 28th Dec: 9am - 6pm

Thursday 29th Dec: 9am - 6pm

Friday 30th Dec: 9am - 6pm

New Year's Eve: 9am - 5pm

New Year's Day: 11am - 4pm

Monday 2nd Jan: 11am - 4pm



Merry Christmas

Wishing you and your family a wonderful Christmas and a Happy Healthy New Year.

OPENING HOURS: 9AM-6PM MONDAY TO SATURDAY SUNDAY/BANK HOLIDAYS 11AM-4PM



Uibh Laoire

SCORAÍOCHT NIGHT

The Christmas Party or Scoraiocht night was a most enjoyable success. This is a whole parish event with both Inchigeela and Ballingeary joining up to produce a memorable night of music, dance, fine songs and even finer singers. The evening began with mass, celebrated by Father Anthony. Then we sat down to tables laden with lovely food and some wine. (The wine helped clear the throat for some singing and lubricated the joints for dancing.) A big thank you goes to all who organised the event, those who prepared the hall and the lovely food and the singers and musicians. And I'm not forgetting Daidí na Nollag who made an early touch-down in Béal Átha and was most generous with presents for everyone, whether they were naughty or nice! The event has been run by the Scoraiocht Committee for about 20 years and now they are "training in" a new committee from the recently formed Uibh Laoire Parish Active

Retirement Association. Go neirí go geal libh.

STREET DECORATIONS

Croi na laoi Inchigeela are decorating the village at present with festive items, lights and as usual the tree in the square. If anybody would like to join in you are most welcome. If anyone has outside decorations please add them. The more, the better.

SVP DONATIONS

If anyone missed the collection, there's an opportunity still to donate online at SVP.ie donate and select Naomh Ronán Uibhlaoire. That way will ensure that the donation will be spent in our parish.

SCOIL MHUIRE

Beidh crannchur na Nollag ann sar i bhfad. Look out for tickets on sale in Franks shop, the school or from students. This fundraiser has been supported very well for many years and the money is all used to help students take part in sport competitions, drama etc. €2 atá ar thicead agus beidh an

crannchur sa scoil ar 21ú la de Mhí na Nollag. Please support.

SEANACHAS

Tá an tarna leabhar le fáil anois de Sheanchas Phatsy Chit O Murchú a chonaigh i nGort Luachra, Béal athan Ghaorthaidh. I 1942 bhailig Seán Ó Croinín eólas uaidh faoi a shaol agus saol na ndaoine timpeall air. An Doctúir Padraig O Ceilleachair a dhein eagair air. Ta se le fail i siopa Uí Dhuinnin. A wonderful collection of folklore.

BEANNACHRAÍ NA NOLLAG

Ós rud é gurb é seo an LVOutlook deireannach de 2022, guim Nollaig Shona ar gach éinne a léann é agus a cabhraíonn chun é a chur amach. As this is the final magazine of 2022, may I wish a very Happy Christmas to all contributors, those working on publication and the readers of L V Outlook and a great New Year to all of us.

Leabharlann Bhaile Bhúirne

LIBRARY DATES FOR YOUR DIARY

° Knit, Craft & Chat Group Every Tuesday 11am to 12.30pm °Family Time Saturday 17th December 10.30am - 12pm °Creative Writing Group TBC for January 2023 °Library Book Club Friday 13th January 2023 at 11am to 12pm

So, we've had some very cold dry weather recently. I hope everyone has been bundling up warmly. Layering clothes works well as you can remove a layer if you get too warm. I'm torn about cold frosty weather. I love the way the hedgerows look so festive in their white crystal fuzz and cobwebs that look like lace, but it's so cold!! Once it stays dry and the roads don't get icy, I can manage, I'll wear my warmest clothes and use my hot-water bottle water from the night before to clear my car windows in the morning. Don't forget the inhabitants of the hedgerows during cold weather. If you can, put out some food for them and some tepid water as puddles are frozen. There is a hungry little red squirrel near my house and the birds are quite happy to share the food at the bird table with him. The holly berries are disappearing fast and I'm sure they are a welcome snack for the birds in this cold weather too.

I was delighted at a recent email I received from Library Headquarters. It informed me that a customer from Leabharlann Bhaile Bhúirne had a winning entry in the recent calendar art competition. I was very happy to contact and congratulate Aoife Ní Laoire on her winning entry. Aoife's picture will be one of the pictures in the official Cork County Library 2023 Calendar. This calendar will be available free of charge at the library over the coming weeks and into 2023. Thank you to everyone who sent in beautiful artwork for the competition. Leabharlann Bhaile Bhúirne is so lucky to have such talented customers - we've had winners in the calendar competition every year!! Thank you to the parents and teachers too who make sure that the entries get to the library on time. Your support is greatly appreciated.

In December we are celebrating Family Time at Your Library. Family events and activities take place in all libraries during the month of December this year to support the involvement of the whole family in children's reading. Family Time at your Library activities are provided to engage family members in the enjoyment of reading and sharing stories. The whole family are also introduced to collections of children's books, e-books and e-audio books. The Family Time at your Library events aim to support a family-focused approach to reading with children, as part of the national Right to Read programme and to increase awareness of the benefits of reading and promote reading as a fun, recreational activity for children of all ages.

In association with the Libraries Ireland Family Time at Your Library initiative Leabharlann Bhaile Bhúirne will host Family Time on Saturday 17th December between 10.30 am and 12 pm. Come and choose some books for over the Christmas holidays or some DVDs. Colouring Sheets and Board Games will be available to use in the library during this time. Everyone is welcome but all Children must be accompanied by an adult.

I gcomhar leis an tionscnamh 'Am Teaghlaigh ag Do Leabharlann' Leabharlanna Éireann, beidh Am Teaghlaigh ag Leabharlann Bhaile Bhúirne Dé Sathairn 17 Nollaig idir 10.30 rn agus 12 in. Tar agus roghnaigh roinnt leabhar le haghaidh laethanta saoire na Nollag nó roinnt DVDanna. Beidh Bileoga Dathúcháin agus Cluichí Boird ar fáil le húsáid sa leabharlann le linn an ama seo. Tá fáilte roimh chách ach caithfidh gach páiste a bheith in éineacht le duine fásta.

Leabharlann Bhaile Bhúirne will be open until 5.30pm on Friday 23rd December, the library will then close and will reopen at 10am on Tuesday 3rd January 2023.

I'd like to take this opportunity to thank all the library customers, all the teachers and students who visit and partake in events and competitions, all the members of the various library groups, to the members of the craft group who have made beautiful decorations for the library, thank you. Your support of your local library is greatly appreciated, and I look forward to your continued support over the next year. I also thank the Lee Valley Outlook team for their kind support. And thank you to all of you who have taken the time to tell me how much you enjoy these little stories

From me, Fionn Mc Sweeney in Leabharlann Bhaile Bhúirne, Nollaig Shona daoibh go léir agus feicfidh mé sibh an bhliain seo chugainn.

Go mbeirimíd beo ar an am seo arís!

AM OSCAILTE / OPENING HOURS

Eolas: 026 45767

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



Maebh Ní Dhuinnín, Ballingeary, receiving a certificate of excellence from Breandán Ó Cróinín at the Mary Immaculate College Awards Ceremony. Maebh received first class in the Irish Specialism on the Bachelor of Education programme.





Well done to all our artists that participated in the annual Macroom Credit Union Art competition. This year's theme was 'It's a Wonderful World.' The standard of entries was very high and we were delighted to have a number of prize winners chosen from the school.

We were pleased to welcome Ms Orla O'Neill

from Cool Running Events to the school. Ms O'Neill presented family passes for IceSkating.ie to the winners of our recent Green Schools slogan competition. Thank you also to The Aqua Dome Tralee, The Everyman Theatre Cork and Dunnes Stores for supporting the event.

Students have been put through their paces every

Tuesday during their DanceFit classes. Thank you to our instructor Cathy from Core Studio. Wishing all of our students, staff and their families a restful Christmas break and a peaceful 2023!

office@dromleighns.ie or follow us on Facebook 'Dromleigh N.S Kilmichael'



Junior pupils from Dromleigh N.S. enjoying weekly DanceFit classes with Cathy from Core Studio



Dromleigh NS students receiving prizes from the recent Macroom Credit Union Art competition



The pupils of St. Enda's NS, Kilnadur who sang 'The Boys of Kilmichael' at the Kilmichael Ambush Commemoration this year on Sunday 27th November. They are pictured here with Sinn Féin's Michelle O'Neill who was guest speaker on the day.



Canovee NS Active school committee

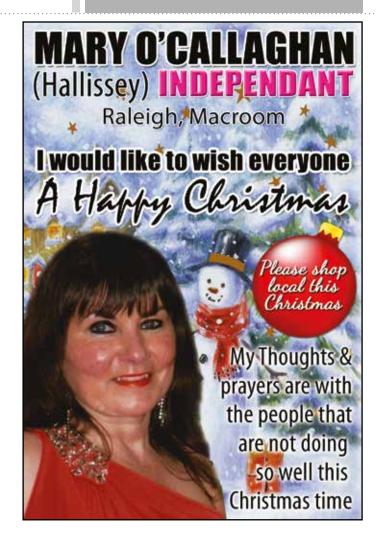


Bhronn Cumann Peile Béal Áthan Ghaorthaidh urraíocht ar Scoil Fhionnbarra le déanaí.

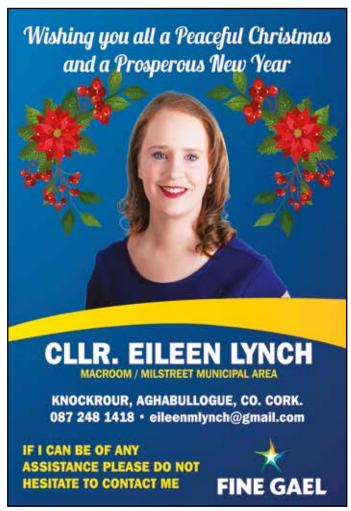


Ghlac daltaí ó Scoil Fhionnbarra páirt I gcomortas INTO Sciath na Scol skills competition









KILMURRY ACTIVE RETIREMENT ASSOCIATION

An attitude of gratitude

It's not too often that people complain when you give them a genuine thank you. You may have come across the odd one, but I think you will agree they are very much the exception. Therefore, you should not feel too guilty about looking for an opportunity to deliver a genuine thank you. We all know too that what may be easy for us on a good day may be difficult for another on their bad day, so a thank you may be just what is needed to help them through their day.

But now here's the selfish bit. It turns out that saying thank you is good for you too. Looking for opportunities to do so is especially so.

Saying a thank you genuinely is a manifest outpouring of gratitude. Scientific evidence confirms that cultivating an attitude of gratitude is one of the best things we can do for our health, wellbeing, and happiness.

We often try to do things to lift our mood when feeling down. I go to the fridge! Others head off for a day's shopping, - now that would really get me down! We can have temporary lifts in mood from such things but for longer term benefits we are better off forming a new habit. When I was young, I was often advised by my parents and others to count my blessings. While I understand now just how good that advice was, at the time I took little notice. Perhaps that may have been because sometimes it was dispensed with the insinuation that I had gotten off lightly! But now I appreciate it because according to science, practicing gratitude is one of the most successful habits in maintaining a positive mood and it also brings health, social, emotional, and personal benefits to us as well.

The psychologist Martin Seligman asked over 400 people to write and personally deliver a letter of thanks to a person they felt deserved it. This act increased their happiness and self-satisfaction which lasted for a month and added to their optimism about life. Other research found some benefits too even when the letter wasn't sent. Keeping a gratitude journal daily increases the measure of optimism by about 10%. This is one activity strongly recommended by the scientists. I have the habit of recalling three good things that happened during the course of the day before turning over to sleep. On my bad days I force myself to recall five. It does help keep routine annoyances in perspective. I suppose it should be obvious to us that if we are cultivating our gratefulness, we then will have more and more reasons to be grateful. Being grateful is also associated with being less selfish, and perhaps counterintuitively selfishness is not an attribute that leads to happiness, while being more generous is. Too often we overestimate our material requirements. We confuse vague impressions of what we may want with what our real needs are. Unfortunately, this makes it harder for us to feel grateful and so leads to less satisfaction with our lives.

Those who manage to foster gratitude are more content and more self-confident. They present to us as people who are positive. They are more relaxed and are better craic to be with. So, it has been found that people who are grateful and positive usually have a wider social network and more friends, because they are seen as open and



Emerging ceramic artists with Helen Quill

warm. Having gained more friends becomes then another reason for them to be thankful. It is not surprising that research also found that friendships deepen and grow when we express our gratitude to our friends. Our friends or partners feel better about themselves as they feel they are more significant to us and to others.

Having more friends is usually associated with having more social support when we need it most. Therefore, we also become more resilient by being thankful. With that extra support grateful people are also associated with experiencing less stress and less depression. It appears that the very act of expressing gratitude not only adds to social support but importantly our perception of social support and this is postulated as the reason that perceived stress levels and depression tend to

Gratitude is good for our physical health too. This is because expressing gratitude reduces stress and promotes positive emotions, and this is believed to lead to changes in our body's chemistry. This protects our organs that are stress-sensitive, such as the cardiovascular system. Less stress also allows us to have better quality sleep, which is health enhancing. Another study found that grateful people are also more fit. This is because they are more likely to exercise more regularly. I suppose it is easier to exercise when in a good mood!

Researchers have also discovered that our gratitude is also good for our society. It reduces aggression. Those who practiced gratitude on a regular basis were more likely to express prosocial behaviours and were more sensitive and empathetic. In summary, if you want to be more satisfied with your life, then cultivating an attitude of gratitude is an effective habit change you can make. So, I suppose we should be thankful and show gratitude to gratitude and thankfulness! And to those of you who have persisted and have read this far, a big THANK YOU!

We really enjoyed our seasonal celebration in the Lee Valley Golf & Country Club on 27th November. The private room was beautiful, the food scrumptious, service beyond superlatives and the chat was mighty among the thirty-eight that attended. Once again thank you to Sgt Micheál Kelleher and Macroom Gardaí for making available to us that great service, the community bus.

The ceramic art classes with Helen Quill have come to an end. We have a photo of some of the artists with some of their creations. Other works were in the fire - not because they were bad but because they were good. Thank you, Helen, all greatly enjoyed it. Thank you too to CETB and Cork County Council for providing support through teaching hours and an Art Grant, respectively.

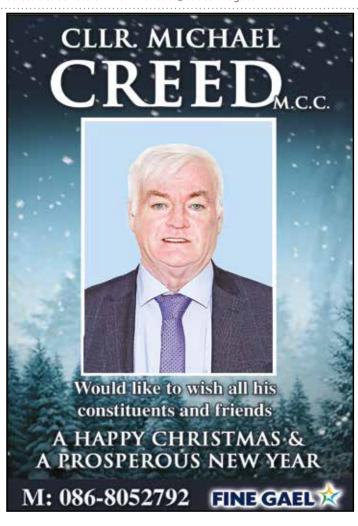
Thanks too to Mary Cahill for the very well received class on sugarcraft. Now that will come in handy! Our ongoing thanks to Coachford ARA, who invite us to go bowling there on Monday mornings. Some intend to join.

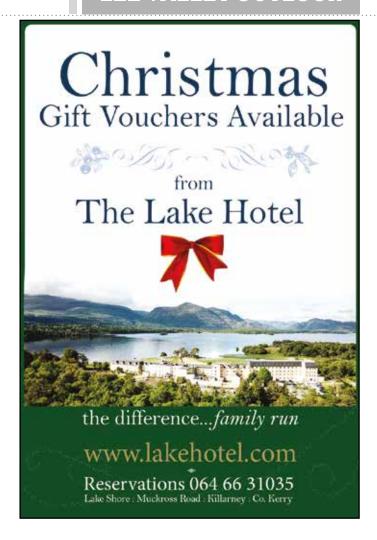
Congratulations to Ann Harte, whose winning tender for the last copy of our songbook has brought our contribution to the Alzheimer's society to over eight hundred euro. Well done to all who took part in any way in making it such a success. The Staying Fit for the Future courses given by Cork Sports Partnership in Kilmurry and Crookstown have concluded. Thank you, Norma, for putting us through our paces at pace. You will soon be able to register for the spring programme. It is well worth trying out.

We would like to finish by thanking all our members for their support of the committee throughout the year, and to wish you all the most peaceful and happy Christmas and looking forward to seeing you all in the New Year. If you would like to join us, our association is open to all. Our philosophy is that age makes no difference, but health does. We try to do what we can to keep healthy and challenged in body and in mind, and together that is easier. You will be kept as busy as you choose to be and positively engaged in the community, and we think you will enjoy it. For more information contact Aidan at 0894057676 or aidanpbarry@ outlook.com.



The Taoiseach with Kilmurry voluntary groups representatives, when he visited Kilmurry Museum recently.







ACTIVE RETIRED

They returned to gatherings slowly, after a bleak few years due to Covid.

Art, yoga, sewing, exercise, laptop classes, card playing, coffee mornings and of course the good old sing along were all back on the agenda.

A great day out on Jack's Mystery tour was held in May. Members travelled to Donegal with Mill street Active retired, also travelled to a tea dance in Springfort Hall. Their own day trip took them to Kinsale, Garretstown, and Copper Grove in Bandon. Outings arranged to Siamsa Tire, and to the Kilfinora Ceili band, Had their Christmas dinner in Mai Fitz's in Dec. A great night was had by all, with 38 members attending, Great food, great service, and a great sing song to round off the night.

CLONDROHID DEV GROUP

This group got back to usual events after Covid. A big Thank You to all who help the committee to $keep\ village\ neat, tidy, and\ litter\ free.\ They\ replaced$ the 2 rounded flower beds up by the pitch, and contributed generously to the new set down area for Clondrohid Nat. School in the pitch area. New recycled seats were also placed up by the pitch, on the Curra road and at the Bridge.

Increased our marks in the Tidy Towns.

A mural designed by our own Gerard Kelleher of the old creamery will be put on the wall of Dairygold behind the churns.

The Adult Christmas/New Year Party will be revived, and will take place on Sunday Jan 22 in the Community Hall.

Happy Christmas to all in Parish and surrounds.

CLONDROHID COMMUNITY HALL

They ran 2 very successful fundraisers. Seamus Begley and Jim Murray in March featuring very popular Lasrach and Drinking Habits by the Ahakeera Drama group in April, both were a great success. Also, in March John Joes dancing had Michael Collins performing for Mother's Day.

Blood Transfusion Service visit the hall regularly. Set Dancing, and Line Dancing continue on Tues and Thurs nights. Children's parties are a regular occurrence at weekends. A great facility to have in any parish.

CARRIGANIMA

They hosted their usual St. Patrick's Parade. CART BUS was very busy all year taking people on outings, and children to matches etc. A great service with obliging drivers. Mill street Tractor Run in aid of CART was held in October and once again a great success, €2,366 was raised.

CLONDROHID

There was a bit of Summer Madness in Carriganima, when TR Dallas arrived and had everyone bopping in the open. Declan Nerney got a great welcome in August, and Seamus Moore likewise in Sept. Great craic and dancing.

WELCOME TO FR JIM GREENE

Clondrohid parish welcomed Fr. Jim Greene and wish him well in his new appointment. Unfortunately like all parishes, changes had to be made to the number of masses, and the times. Clondrohid Parish just has 2 Masses at weekends. Carriganima at 6pm on Saturday nights, and Clondrohid at 9.30am on Sundays.

FAMINE GRAVEYARD MASS

This annual event took place again, and Clondrohid welcomed back Fr. Wickham to celebrate it.

FIRST HOLY COMMUNION

Was celebrated in the Parish. Clondrohid on May 7 and Carriganima and Muinfliuch on May 14. A joyous occasion

MAY THEY REST IN PEACE

Clondrohid lost a lot of great parish people during the year, we remember them and all those who passed away as the year comes to a close. Ar dheis De go raibh a anamacha.

BIDS FAREWELL

Johnny Kelleher bid farewell to bus driving, a man of many talents. Hope you are enjoying retirement. The CE worker Connie O'Brien also retired, and we wish him well too, and we welcome the new CE worker John O' Sullivan.

CEILI FUNDRAISER

In memory of Teddy Kelleher in aid of Daffodil (Night Nurses). This event was held in the Abbey Hotel in Nov, with a large attendance. Over €10, 000 has been raised to date.

LAOCHRA OG

A very successful fundraiser The Chaser was held for the development of their new pitch took place in Nov. Thanks to the businesses and local families for their support, up to €45, 000 was raised.

MURAL ON OLD SCHOOL WALL

The Cork ETB board are arranging for a mural to be painted on this gable end wall commencing before end of year

GAA ROUND UP

After two COVID interrupted years all normal club activities resumed during the year.

Clondrohid underage players played a record number of competitive games with some successes. In under 12 leagues shield final Clondrohid reversed an earlier league result versus Canovee to win a dramatic game in Carrigadrohid. At a wet and windy Newcestown in under 15 championship shield final Clondrohid defeated St. James. Under 16 final versus Crosshaven is still to be played.

3 club players Liam Hennigan, Cian Kelleher & Charlie Kelleher won the regional kicking skills competition & achieved 3rd position in the county final held in Pairc Ui Rinn.

Club player Ross O'Brien won county Munster & All-Ireland under 12 road bowling titles His sister Darcy had great success as well.

Carriganima girl Lydia McDonagh won Munster & All-Ireland medals with Cork minor ladies football team.

7 local girls involved with Naomh Aban junior ladies football team county, Munster winners & All-Ireland finalists with Noel McDonagh as trainer /coach.

Well done to all the Clondrohid girls playing their football with Macroom, and to their management with a Clondrohid input. They won the u 13' Mid Cork Summer League, the u 14 Cork County Final and the Mid Cork Autumn League, the u 15 Mid Cork Summer League and the u 16 Cork Co Final.

The Camogie players had great successes as well Congratulations & well done to all.

In a new group format Muskerry junior A championship Clondrohid played 3 games - being denied advancement to playoff stages by the concession of a last-minute goal.

Former club players who passed away during the past year include Brendan O'Callaghan (minor & junior in 1970's), Peter McSweeney (selector with 1995 junior A team) and Raymond O'Brien (underage player in 1970's). May they all Rest in Peace.

In the upgrading of club facilities, a new shed for club gym was constructed by Tim Lyons Engineering. New poles for training lights were erected with a county council amenity grant being much appreciated.

A St. Stephen's Day charity game raised €1280 for Motor Neurone Disease Fund.

Darkness Into Light raised €2061 for Pieta House. Some GAA players ran in the half marathon and had a shave dye fundraiser, in memory of Shane Murphy.

Clondrohid GAA Club had 7 winners in Rebels Bounty Draw during 2022.

In conclusion the efforts of everyone who contributed to the running of Clondrohid GAA Club during the past year is greatly acknowledged and appreciated.

KILMURRY INDEPENDENCE MUSEUM

popular Women's little Christmas event returns to Independence Museum Kilmurry on Friday January 6th. It promises to be a great night with music and refreshments provided, €10 per person. Please contact Mary on 0872251184 if you'd like to host a table or attend.'

Museum opening hours for Christmas: The museum will close on 22nd December and reopen to the public on 05th January.

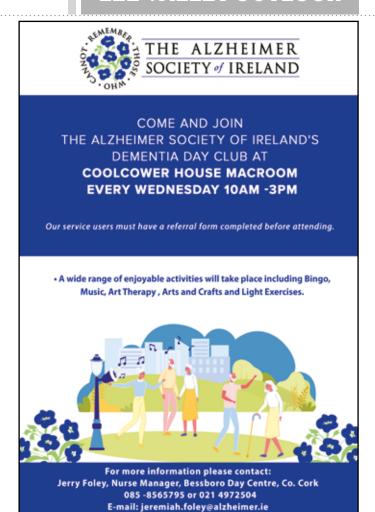


Kilmurry Christmas Lights Switch-on by Erin, Ciarán and Jessica, grandchildren of Anthony O'Sullivan, deceased long-term Kilmurry parish community activist.



Kilmurry Christmas Lights Switch-on







COACHFORD



Coachford Cycling Club



Coachford Cycling Club

COACHFORD CYCLING CLUB NEWS

Q. What makes a great spin?

A. Fine weather, beautiful scenery, a challenging route, a good cause and most importantly...great company!!

All of these were present on Saturday 3rd December when 12 members of Coachford Cycling Club donned their Santa hats, tinsel and fairy lights and took part in the annual Marymount Christmas Cracker Charity Cycle, helping to raise vital funds for the Bishopstown Hospice who's work touches so many Cork lives every year.

The 80km route started in Bishopstown and wound its way through Inishannon, Bandon and Kilbrittain before coffee and cake in the lovely village of Ballinspittle. Onward then to Kinsale and Halfway before cruising under The Viaduct and back to our hosts for more coffee and cake!

The event organisation was first class and great credit should go to the organisers that kept us fed and watered in the venue and the motorbike outriders that kept us safe on the road!

The benefits of cycling are many, both physical and mental, but days like these highlight the greatest reward it brings...the overwhelming sense of community and comradery. Shared experiences that live long in the memory when the fitness, fresh air and fundraising are in the distant past.

Formed in 2010, Coachford Cycling Club has grown from a small group of people looking for a bit of exercise to a club with over 40 members of varying age, gender, ability and character! We are actively looking for new members and all newcomers will be welcomed and accommodated regardless of experience and ability. There are two main groups that meet every Sunday morning in Coachford for either a social spin or a faster spin. We have regular social gatherings, away days in other parts of the country and organised foreign trips to the likes of France and Spain. We boast a strong female membership that creates an inclusive, welcoming atmosphere.

It's time to dust off that rarely used bike and make new friends, increase your fitness and clear your head! For more information look us up on Facebook. To donate to Marymount visit www. marvmount.ie

We would like to wish everyone a safe and happy Christmas from all in Coachford Cycling Club and here's hoping we have a few new cycling enthuastists in 2023.



Coachford Cycling Club



Some of the hard working volunteers who braved the wind and the rain to install the Christmas lights in Coachford

<u>CROOKS</u>TOWN

CROOKSTOWN VINTAGE CLUB

Seasons greetings to one and all from all at our Club. We are definitely in a very jovial spirit this Christmas after what has been such a successful and enjoyable year.

Some say "you can't miss what you don't have", however for us, and many many more, we certainly appreciated being back in action again, which we went at with full throttle. From the Fundraising Car, Tractor and Bike Runs to the High Nelly Run.. The thoroughly enjoyable Vintage Day and Vintage weekend. Finally finishing up the year with the Vintage Day Outing for the Senior Citizens of our Parish with song, music, fine food and good old fashioned comaradarie....

It has indeed, been so good to be back and we would' like to take this opportunity to thank all who support us throughout the year, giving up some valuable time to make every event possible. the sponsors, the spectators, the car/bike/tractor displayers, the stewards, and of course we can't forget to mention our main Advertiser, Des and all the Outlook team...

Happy Christmas to you all, a Peaceful New Year and we really forward to catching up with you all again in the year ahead.

Declan Corcoran, Club PRO



Crookstown Vintage Club





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Christmas Lighting

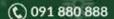


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CARRIGADROHID/CEANN AN MAHÍ

CARRIGADROHID/KILLINARDRISH **TOWNS**

Well that's it, done! Another year, another market, $another\,chance\,to\,illuminate\,our\,wonderful\,village!$ So many thank you's it dangerous to start, so here goes, and sincere apologies if I leave anyone out! Thanks to our market stalls for their cooperation and for filling our village with beautiful food and Christmas treats creating a wonderful friendly atmosphere. Thanks so much to our amazing sponsors, who without provocation donated spot prizes to our raffle which added that extra treat to our festivities.

To Ann Martin for sharing her premises with us!! We could not manage without it, its a life saver for us! Peter Scanlan for always taking photos so we never forget the day, to David Lyons for turning on our lights! Thanks to JJ Browne, Kevin & Daniel Cullinane, Michael Twomey, Michael Murphy, Dean Carter, Michael Dunlea, Ed and Alison Dowling, Alan Keating Adrian Crowley and Canovee GAA for all your help yesterday! Thanks to the residents of the village for putting up with the chaos and noise!! Super thanks to our committee who worked in the village from early morning, late in to the evening without complaint, and to their families who had to do without a parent or 2 for the last few days and weeks as preparations were being made.

And a huge word of thanks to the legend that is Padraig O Donoghue, who has officially retired from our tidy towns but who we could NOT do without



David Lyons (centre back) after turning on the Christmas lights in Carrigadrohid, David won a Silver Medal in Taekwondo at the World Championships in Amsterdam recently. Also in the picture is Mary Lucey Killinardrish Carrigadrohid Tidy Towns. Pic Peter Scanlan

Thanks to Santa for doing a 'drive by' so all the boys and girls could see him.

And last but by no means least, thank you to YOU... everyone who came and supported our event! Where would we be without our wonderful community & friends! A thousand thank yous! Go raibh míle maith agaibh go léir.

Beannachtaí na Nollag a ghuí ar dhuine, we are looking forward to woking with you all again in 2023.

CANDLIT CHRISTMAS CONCERT

Rehersals are well under way in Canovee for an evening of festive songs, instrumental music and recitation in Canovee Church at 6pm, on December 18th. All welcome, 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 gueries contact Ann Dunne on 0872755080. Canovee National School



Santa arriving in style to Carrigadrohid at the turning on of the lights. Pic Peter Scanlan



Enjoying the festivities at the turning on of the Lights in Carrigadrohid. Pic Peter Scanlan



Congratulations to the members of Crookstown Karate Club on their great success at the Kanazawa Cup in Dublin.



Peter O Shea from Ballycotton (centre) author of the book series Murders Most Local at Independence Museum Kilmurry. His recent book Murders in Mid Cork is about 30 Murders in and around Macroom and surrounding area. This book is available in all book shops and Kilmurry Museum.



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health

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

SNIPPETS | DIARY

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.

RYLANE COMMUNITY PARK ASSOCIATION **LOTTO RESULTS 28TH NOVEMBER 2022**

Jackpot: €3,700 Number Drawn: 11, 20 & 28. No Winner.

Lucky Dips: Marie & Jack Healy (Rylane); Eimear, Jo, Mary, Hannah (Rylane); Soccer Club (Rylane - Yearly ticket); Adrian Dineen (Peake - online). Seller's prize: Crowlevs (Rylane).

5th December 2022:

Jackpot - €3,800. Numbers Drawn:

16, 21 & 22. No Winner.

Lucky Dips: Noelle O'Neill (Belgooly); Sheila O'Sullivan (Rylane); Patrick & Fidelma Ahern (Rylane - Yearly ticket); Jerry Grimes (Rylane - online). Seller's prize: Crowleys (Rylane).

Next week's Jackpot will be €3,900.

CANOVEE GAA LOTTO

27th November 2022

Jackpot: €16,200 Numbers Drawn 01,04,12,18 No Winner

Lucky Dips: €30 Kathleen Hayes, €30 Jim Cunningham, Online €30 Maud Cotter & Adrian Cullinane

Hamper Ger Ahern, Turkey Michael O Sullivan,

Bottle Jerry O'Mahony 4th December 2022

Numbers Jackpot: €16,3500 Drawn 01,04,23,29 No Winner

Lucky Dips: €30 Jack Lyons, €30 Mary Naash, Online

€30 Vince Harrington & Martin McCarthy

Hamper: Sarah R. Scanlan, Turkey David Spillet, Bottle, Seamus Moynihan

Next draw takes place in Sportsmans, Aherla. Tickets available online and in local outlets.

MACROOM GAA LOTTO RESULTS

29th November 2022 Jackpot: €4.800 Numbers Drawn: 1,13,27,30

No Winner

Lucky Dips: €70, €20, €20, €20, €20

6th December 2022 Jackpot: €5.000

Numbers Drawn: 1,13,27,30

No Winner

Lucky Dips: €70, €20, €20, €20, €20, €20

AGHINAGH G.A.A. LOTTO RESULTS

28th November, 2022.

Jackpot €1,600

Numbers Drawn 28,33,40.

No Winner

Lucky Dips: €50 Dan Joe & Noreen Grandchildren €20 to Marion Coakley, Derryroe; Jack & Norah O'Leary, Knock; Henry Browne, South Square, Antoinette Murphy, Ballyvongane (Online Winner).

5th December, 2022.

Jackpot: €1,750.

Numbers Drawn 16,23,35.

No Winner

Lucky Dips: €50 Tara, Grace & Olivia Twohig, Ballinagree. €20 each to James Buckley, Kilcolman; Denis & Eileen Lynch, Knockrour; Donal Riordan,

Coolalta; Kevin Sullivan, Carrigagulla.

Results of the Christmas Draw:

Luxury Hamper: Eilish Kelly, Ballincollig.

Michael Twomey Butcher Voucher:

Neily & Margaret Lehane, Ballinagree.

Bottle of Jameson: Matt & Julian O'Leary, Coolnadane

KILMURRY G.A.A. LOTTO RESULTS

28th November 22

Jackpot: €1000 Number Drawn: 10,11,34

No Winner

€100 Con O'Keeffe, €50 Mary Healy, €50 Neil & Helen O Brien, €20 Berna & Damien, €20 Timothy

Holden, €20 Jennifer Shananhan

5th December 22 Jackpot €1300

Numbers Drawn: 2,28,36

No Winner

€100 Fionn, Dararagh, Noah, €50 Bernie O'Callaghan, €50 Jim Canty, €20 Danny Payne, €20

MOS, €20 Daniel Harte Next Draw in the Mai Fitz's

MACROOM FC LOTTO

Lotto Results:

28/11/22.

Jackpot: €10,200.

Numbers drawn: 1, 3, 17.

No Winner.

€80: Alan Ring c/o Murray's. €20 each: Rachel & Jayden c/o T.P.s, JP O' Sullivan c/o Murray's, Dinger & Daisy c/o Swanky, Oran Manning c/o Murray's.

Tickets online at macroomfc.ie and at local outlets throughout Macroom town

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).

Coachford AFC Lotto Draw: 5/12/2022.

Jackpot: €1,200.

Numbers Drawn: 18 - 22 - 36. No Winner.

€40 Johnny Sheehan. €20 Michael O'Shaughnessy (Online Ticket), John Manley (Yearly Ticket), Niamh

& Tony O'Leary, Joseph Field

MACROOM PARISH **CHRISTMAS ARRANGMENTS TIMES 2022**

Sacremement of Reconciliation Parish Penitential Service Tuesday 20th @7:30pm

Confessions

Christmas Eve 24th December 12 noon to 3pm

St John the Baptist Caum

24th December 12 noon to 3pm

Christmas Mass Times:

Saturday 24th December Vigil

7:00pm and 9:00pm

Polish Mass, St John the Baptist, Caum

8:00pm

Sunday 25th December

8:30am & 11:30am

St John the Baptist, Caum

10:00am

Monday 26th December

10:00am

AGHINAGH **PARISH CHRISTMAS ARRANGEMENTS 2022**

Sacremement of Reconciliation Parish Penitential Service Tuesday 20th @7:30pm (in Macroom)

Confessions 17th & 18th of December

After masses

Christmas Mass Times:

Saturday 24th December Vigil Rusheen

7:00pm

Bealnamorrive 9:00pm

Sunday 25th December

Bealnamorrive 9:30am

Ballinagree 11:00am

CROOKSTOWN VINTAGE CLUB











General Cattle Sale Every Saturday

- · Dry Cows 10am
- Bullocks 11:30am(followed by Heifers)
 - · Weanlings 12 noon

Full Clearance of 100 Dairy Cows Tue 22nd Nov 11:30a.m

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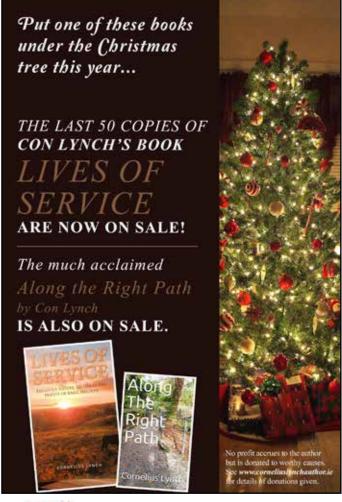
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The Macroom and District Environmental Group

Think Globally, Act locally

The Macroom and District Environmental Group Think Globally, Act Locally How can we be Joyful this Christmas and remain Environmentally Aware? Hi, Chris Barrett here. I can't believe I am already writing the last column before Christmas. I would like to take this opportunity to sincerely thank everyone who has put together an article with me this year, and to wish all readers a very happy and peaceful Christmas. Today I am sharing with you a really helpful and informative conversation I had with Chrissie Dervin. Many readers will know Chrissie, who works in the Cork College of F.E.T., Sullane Centre, Macroom. (The centre is directly across from Quinlans in New Street). For over a decade Chrisie has facilitated local Art and Craft classes. These have grown from Painting, Drawing and Craft classes, to now also include Mozaics, Print-making, Candle Making, Ceramics, Glass-Painting, Textiles, Weaving and Seasonal Crafts. All classes and materials are free, and she tailors them to meet the ranges of ability and preference of the people she encounters. Chrissie is currently offering three Christmas Craft classes, all of which are very popular and it is these Christmas classes, that I feel will be of most interest to readers of the Lee Valley Outlook, at this time of year. I was particularly interested to hear of ideas which are easy on the environment and which readers can be inspired to try at home. One of the Christmas decorations which Chrissie is currently making with her groups involves the use of something we are all likely to have around the home, glass bottles of any kind, or wine bottles which have a more sophisticated shape. Using Empty Wine Bottles. These need to be cleaned first, and then painted with white acrylic paint. While the paint is drying, Chrissie presents her group with an array of Christmas-themed paper napkins. The next task is to choose the most inspiring images, cut them out and peel off the back layers of paper, leaving only the very thin top pieces of decorated paper, (1 ply). PVA is painted on the bottle and the fragile images need to be very carefully placed around the sides. The images are slightly translucent and can be layered to overlap, and thus can make a wonderful collage. Finally, the whole covered bottle needs to be delicately coated with PVA which acts as a protective varnish. Once dry, the final result gives a very painterly effect, and the bottles make beautiful table decorations in themselves, or can be used for candles or dried flowers. At other times of the year, these bottles can be covered with images which reflect the Seasons, or can be made using Communion napkins, or maybe include numbers for special birthdays. In this way they can become a more personal permanant keepsake than say balloons, and involve the use of materials which can often be found around the home. It seems to me that this is a wonderfully inexpensive and worthwhile project to do with your children as the results are really effective, and each bottle becomes a one-off piece. Chrissie also makes wreaths out of used material, and what better way to use once loved materials? Using Fabrics from Around the Home. These delightful Christmas wreaths can be made using worn-out material from curtains, sheets, shirts, dresses etc. Chrissie says that you could particularly look out for materials which do not frav unduly, and which are transparent, as they often work best for this project. Initially, the materials should be cut roughly into 50cm by 5cm strips. A purpose made wreath-ring can be used, but a wire coat hanger pulled carefully into a circle or even the metal rings from broken/worn-out lamp-shades can be used. The pieces can then be knotted or tied into bows, working around the hoop in this way, paying attention to choosing Christmas colours if possible, and mixing the colours and textures of the fabrics. The whole effect can be further enhanced by the re-use of short pieces of broken tinsel, or lightweight Christmas decorations. To create a more robust wreath, the fabric can then be snipped all round. Using items found on your walk in the woods or on the beach. Pine cones can be wrapped in wool to complement your decor. They can be left natural or just the tips painted in Christmas colours, or tiny beads glued to their ends with PVA. These could be attatched to driftwood or interesting branches brought back from your walks, and decorated with Christmas ribbon to be used as a table centrepiece. You can enhance your runner or Christmas table-cloth in this way. Using old Christmas Cards... Assuming that only the backs of last year's cards have been used for shopping lists, you may have some lovely Christmas pictures left which can be used to make special tags for presents. The base could be made from something like a cereal box, cut into a Christmas shape like a star, and covered on the front with the cutout

Christmas card, and backed with brown or plain paper which will provide space for a message to be written. If you have a holepunch it could make a hole through which could be threaded wool, ribbon or brown string. But a hole can be pushed through with a nail or caredful use of a knife, (making a tiny cross shape) and it is possible for any narrow fabric to be used to attatch the gift-tag to the gift. You can even make use of destroyed felt bags or woolen jackets... You don't have to use locally bought small squares of felt. Once you have recoverd from the shock of moths destroying your favourite felted woollen items, you may feel happier if you can reuse parts of these items by stitching them together with simple stitches joining two simple shapes e.g circles, birds or leaves to create Christmas-tree decorations. They can even be free-standing if you give them a base. They could even be stuffed with that small person's odd sock, (you may have given up looking for it's partner and now find it is too small for it's owner). Your children can get involved in making finger or glove puppets to accompany a favourite story, and maybe even be inspired to make up their own. The possibilities are endless and I feel that I have just touched the tip of the iceberg of Chrissie's skills and knowledge and I am very happy to hear that she will facilitate a diverse amount of classes at the F.E.T. centre starting in the New Year, which will include Ceramics for beginners. Recycling remains an important part of her ethos, and as she looks forward to next September, she is talking of making patchwork guilts. Chrissie reminds me how touching it is to be handed a hand-made gift at Christmas. The person who will receive the gift is constantly in the mind of the person who is doing the creating. When you make a special card for someone, or you create something which takes you out of your comfort zone, you are epitomizing the real truth of giving at Christmas. You can give no better gift than share your time and skill at Christmas. That is what Chrissie has given us in spades, and I am truly grateful to her. If you also would like to share something which is creative, fun and good for the environment, or you would like to contribute an environmental article for this publication, please contact me chrisleevalley@ gmail.com Remember you can always contact the Environmental Group macroomenv@gmail.com

NEW EU DEFORESTATION REGULATION SHOULD SPELL DEATH KNELL FOR MERCOSUR CATTLE DEAL - MEP KELLEHER

Fianna Fáil MEP Billy Kelleher has said that the EU's latest deforestation law should sound the death knell for any future MERCOSUR trade deal that enables the destruction of the Amazon rainforest to produce beef.

Kelleher was commenting after the European Parliament concluded an agreement with the European Council on the Deforestation Regulation to ensure that a series of products sold in the EU do not come from deforested land anywhere in the "One such product is cattle so I cannot for the life of me see how any future MERCOSUR deal could even include approval for the inclusion of cattle imports from South America into the European Union.

"Vaste swathes of the Amazonian rainforest have been clear cleared to date to create grazing land for cattle. The earth's lungs are being bulldozed. Added to this the forced displacement of indigenous community, and it is clear we cannot allow it to "Europe doesn't need more beef. We produce more than enough on our own. We do not need poorer quality beef from Brazil. "The legislation adopted this week must put an end to any inclusion of cattle imports from Brazil in particular, into

the European Union," concluded Kelleher.

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Have a Merry Christmas & a Happy New Year



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Blackwater Motors Group

Announce Donation of 231 Volkswagen Van and Launch Of Food Drive Appeal

In Support Of Cork Penny Dinners

Blackwater Motors Group Announce Donation of 231 Volkswagen Van and Launch Of Food Drive Appeal.

Cork, Thursday, December 1st, 2022 - Blackwater Motors Group have announced that they will donate a 231 Volkswagen Crafter to Cork Penny Dinners to help the charity carry out their much-needed duties in delivering food parcels to those that need their help in Cork City and County.

To mark the announcement, Catriona Twomey from Cork Penny Dinners and Audi Cork Brand Ambassadors, Peter O' Mahony and Lisa Jordan visited the newest Blackwater Motors dealership, the Volkswagen Commercial Vehicle Centre located in Wilton.

ney and Lisa Jordan ounching the Food

Audi Cork Brand Ambassadors, Peter O'Mahony and Lisa lordan supporting the Blackwater Motors Food Drive for Cork Penny Dinners.



Speaking at the announcement, Blackwater Motors & Audi Cork, Group Fleet Manager, David McSweeney & a long-term volunteer with Cork Penny Dinners, said, "Being involved with Cork Penney Dinners, I know how much the charity will benefit from the donation of the van. On behalf of Cork Penny Dinners, I would like to thank the Blackwater Motors Group for their valued support."

As well as the donation of the Crafter, the Blackwater Motors Group is coming together for the 2nd year, to run a food drive appeal in all of their dealerships across Cork city and county. The drive will run from Friday, December 2nd -Tuesday, December 20th, with staff members, customers and the general public being asked to drop non - perishable items at any of the dealerships which will then be redistributed to Cork Penny Dinners during Christmas week.

For anyone that requires more information about the Penny Dinners that can contact davidmcsweeny@blackwatermotors.ie



The Audi Cork Brand Ambassadors, Peter O'Mahony and Lisa Jordan with Catriona Twomey, Cork Penny Dinners with the Blackwater Motors Team, David McSweeney, Chris Kelly and Brad O'Donoghue.



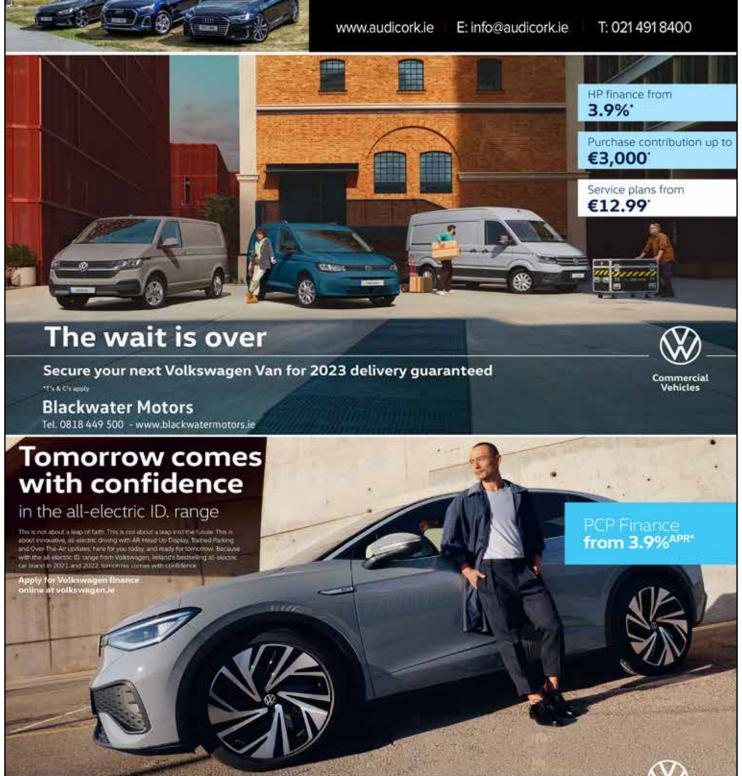
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'Massytown - A Story of People and Places'

by Marcella Creedon.

Macroom History Group Lecture on 14 November, 2022, Castle Hotel, Macroom.

Massytown is part of and separate from Macroom. Notably, Macroom's anthem, 'Mountmassy, The Flower of Macroom' was inspired by the area's beauty and the sadness of separation from it. On November 14, 2022, Marcella Creedon, gave an interesting and informative talk on Massytown, its origins, developments and many of its characters. Marcella, a native of Massytown, is possibly best known as the daughter of Ritchie and Mary Creedon (Mary's Pound Shop); she has many relatives in Macroom and the surrounding area. Her cousin, Seosamh Ó Críodáin introduced the meeting, held in the lovely Castle Hotel and before a large audience of about eighty people. Although working in England, Marcella has a keen interest in the history of the town and particularly, Massytown/ Mountmassy. Among many items, Marcella proved conclusively that the above spelling is true and correct as is evidenced by her deep research.

Mount Massy House was the ancestral home and seat of the Massy family, which gave the area and street its name. Marcella traced the family's origin and lineage. Originally a soldier from Cheshire, England, the family founder, Hugh Massy was awarded a grant of land in Limerick in the 17th century for services rendered to Cromwell. His descendant, another Hugh, was the first Massy to come to Macroom. The family's fortunes swayed with time, and at one stage Mount Massy House was a magnificent residence and the family had an enormous amount of land and a huge income. In great detail, Marcell outlined how the estate was passed down through the generations. Family failings and the advance of history saw the House burned during the War of Independence, and the family sold what land remained. In its time, the House had served as an Auxiliary Workhouse (c. 1848-50) during the Famine and a barracks (War of Independence) before its demise, both reflecting the descent in the family's fortunes. It was in that workhouse that the Buckley family, Derryleigh, came to grief whose story is related so elegantly by an t-Athair Peadar Ó Laoghaire in 'Mo Scéal Féin'. The episode forms the theme of Eavan Boland's poem 'Quarantine' and Declan O'Rourke's song, 'Poor Boy's Shoes'. The estate came up for sale in 1861. (The Famine, poor management and high living forced many landlords into financial ruin and The Encumbered Estates Act, 1849, addressed the issue). Land and its ownership was an enormous issue until 1903, when the Wyndham Act, 1903 settled many aspects. The House's stately ruin is easily visible and a reminder of its glorious and, at times, troubled and infamous past.

One of two alternating fairs in the town, Massytown's was held in the Fair Field. Lord Massy was paid a fee for each animal traded. As Marcella outlined, Massytown of the late 19th /early-mid 20th centuries had mills, tan-yards, smithies, coopers, carpentry workshops and other small industries,



Mary, Ritchie and Marcella Creedon, presenter of 'Massytown', 14 Nov., 2022. (C. Kelleher).

many pubs and shops and a creamery founded and run by her grandfather, Tom (1950s/'70s). He and his family delivered milk around the town very early and seven-days-a-week. Later (c. 1960s), Tim 'Cooper' Kelleher held his very popular parish sports there and the site now has many much-needed houses and a children's facility. The two Walton's mills were noted in their time and the surviving one, now known as Creedon's, produces the very well-known and acclaimed Macroom Oatmeal. Con O'Leary, Jim Collins, Dinny Kelleher and Tim 'Cooper' Kelleher among others served on Macroom Urban Council. Eileen Collins was a doyenne of Macroom ICA and held office at county level. Peter Golden, the great poet and patriot, was from Massytown. He was a friend of Terence McSwiney, the iconic Republican martyr. Golden lived in America where he was very influential in Irish Republican circles and raised large sums for the Irish struggle for Independence. Peter's father had at one time a Latin school there which was attended by an t-Athair Peadar. A plaque marks the house.

Like many towns, Macroom contains many 'villages' with each having its own personalities and specialities. Massytown has specific features, often rooted in history. Mary Anne's has a handball alley which is rarely used now. In the past, it was a hub of activity and once had a gallery. The gallery collapsed at one stage. A rival alley was situated in Cork Street. Bowling was Massytown's other major sport and many fine scores began and finished in Mountmassy before presentations, celebrations and bets settled on the road or in the hostelries. The late great footballer Tom Creedon, an uncle of Marcella, was from Massytown, His son, Tom, in turn has a Cork rotisserie/delicatessen in Paul Street, called 'Masseytown' - so it is spelled. Tom Sweeney, an Irish international, is a master angler, and the current proprietor of Mary Anne's; the pub is the epicentre of Macroom angling.

Other characters such as 'Magoola' O'Leary, Noni Cronin and her pampered dogs, Eliza Twohig, one of the last Macrompian women to wear the Macroom Hooded Cloak, and Ritchie Looney and his Cortina car, who lived with and for his dogs, stood out and added much to the richness and character of the street. One-time residents, The Bucklev Brothers' ballad group - Martin, Gerard and Tony - won fame and notoriety with their ability and made television appearances. In more recent times, Denis and June's shop and, Mary Anne's pub continue to provide valuable services and communal focuses for the street and area.

Such is but a small part of the rich history of Massytown. Marcella captured the essence of 'the place and its people', in spirit and in detail and enthralled an appreciative audience in an informative, entertaining and excellent presentation. Bravo.

Seosamh Ó Críodáin, recent prize- winner at the Oireachtas, rounded off the evening when he led the singing of 'Mountmassey, The Flower of Macroom'.

A video of Marcella's presentation is available at www.macroomhistorygroup.ie

'Pantomimes in Macroom and District, 1959-99' is the topic for the next meeting, 12 December, at 8.00 p.m. in the Castle Hotel; €8 entry for talk, tea and biscuits and a raffle.

Happy Christmas.

C. Kelleher.



Niamh and Noel Healy celebrating their 33rd wedding anniversary. pic le Nóra Uí Luasa

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Ní fada uainn Oíche Nollag anois, tá sí ag teacht i ngearracht dúinn go tapaidh agus go leor le déanamh sula dtagann sí. Bíonn an brú ceannann ceana gach uile bliain, braithim i gcónaí go mbím cosúil le ceann cipín, is mé ag rith is ag rás agus gach rud sa tigh trína chéile agus mé féin chomh maith! Pé scéal é nuair a thagann Lá Nollag bíonn

I mbliana beidh sé beagánín difriúil anseo sa bhaile ar chúpla cúis. Sa chéad dul síos d'imigh an sorn sa chistin trí thine coicís ó shin agus buíochas le Dia gur thug m'fhear chéile faoi ndeara é agus é ag dul amach an doras chun an tsiopa. Sea mhuise chuala sé fuaim ait ag teacht síos an simléar agus faoin am gur tháinig sé ar ais isteach chun na cistine bhí tíntreacha ag eitilt amach as cúl an sorn. Murach gur chuala sé an torn níor mhaith liom a rá cad a bheadh taréis titim amach. Focal comhairle díbh go léir sa bhaile.. bígí cinnte go bhfuil cúpla múchtóir dóiteáin agaibh ar eagla na heagla. Gan iad bheadh mórán damáiste déanta ag an tine gránna againne nó b'fhéidir níos measa ná sin bheadh an tigh dóite go talamh. Ach níor tharla san agus thánamar go léir slán as, buíochas le Dia.

Mar sin, níl aon sorn againn chun an turcaí a chócráil, go fóill, ach tá coire nua teasa á chur isteach againn agus ní bheadh a fhios agaibh ach go dtabharfadh Daidí na Nollag sorn deas nua dhúinn in am le haghaidh an turcaí bocht a chócráil.

Gan dabht ar chúis eile ar fad beidh an tigh anseo sa bhaile níos ciúine i mbliana d'Oíche is Lá Nollag mar ní bheidh mo mhac-sa Jamie linn i mbliana, d'imigh sé féin is a chailín Chloé ar eachtra mhór saoil chun na hÁstráile ar feadh bliain nó dhó. Bhí fonn orthu cultúr eile a bhlaiseadh is a thriail agus is dócha agus iad óg is folláin is lán de theaspach gurb anois an t-am san a dhéanamh. Braithim iad uaim go mór. Táid gealgháireach agus fuinniúil agus gan dabht áiseach chun cabhair a thabhairt ó am go ham. Is dócha go mbíonn go leor uaignis ag an tráth seo den bhliain agus baill teaghlaigh is cairde imithe thar lear nó ar shlí na fírinne, beannacht Dé leo!

Gan dabht is dócha gurb iad Nollaigí ár n-óige is mó a gcuimhnímid orthu. Bím ag iarraidh an draíocht chéanna ar bhraitheas féin nuair a bhíos im' gearchaile a mhuscailt mórthimpeall orm ó rugadh mo leanaí féin. Cé ná gcuirtí an crann Nollag suas go dtí an 24ú lá de mhí na Nollag. Cuireann daoine suas iad anois i mí na Samhna. Théadh m'athair is mo dheartháireacha amach chun an coillín agus ghearrtaí síos crann gleoite glas úr, as an bhfine sprúis. Ansan thugtaí isteach é chun na maisiúcháin a chur air. Is agamsa agus mo dheirifiúr Bríd a bhí an cúram san. Bhí go leor maisiúcháin lámhdhéanta, de pháipéar síprise ildaitheach. Chuirtí suas an máinséar an tráthnóna céanna. Bhíodh mo dheartháir is sine Risteárd i bhfeighil san. Dhein sé stábla as píosa adhmaid agus chuirfeadh sé ualach beag tuí ar urlár an stábla, sula gcuirtí na deilbhíní go léir isteach ann.

gach rud sa tigh réitithe agus is ansan a ghlacaim sos, bhuel b'fhéidir taréis dom dinnéar mór na Nollag a ullmhú.



An Mhaighdean Mhuire, Naomh Iósaef, beirt Aoire is cúpla uan, Aingeal nó dhó, na ríthe, triúr acu, agus oíche Nollag chuirtí an leanbhín Íosa isteach. Bhíodh sceitimíní orainn go léir agus sinn ar bís do mhaidin lae Nollaig chun go bhfeicimís cad iad na hiontais a thug Daidí na Nollag dhúinn. Cé go bhfuilim cinnte go raibh Mam agua Daid sásta nuair a bhí Daidí na Nollag taréis bailiú leis ar ais chun an Mol Thuaidh ar feadh bliain eile. Samhlaigh daréag leanbh agus mar sin doséan bronntanas, gan trácht ar an méid bia a bhí le soláthar.

Pé scéal é níor bhraitheas riamh aon ghanntanas, ach bhí go leor bréagáin chun spórt leo agus mórán bia idir cístí Nollag, milseáin is brioscaí agus gan dabht deoch gleoite ná raibh riamh le sárú, sin an Raspberry Cordial a thugtaí dúinn oíche Nollag taréis aifreann d'éisteacht. Bhí Mam agus Daid, mo Sheanamháthair Nain, Granda, mo sheanunacil Con agus dáréag leanbh, go léir le chéile ag ceiliúradh breith ár slánaitheora, Íosa, Oíche Nollag sula gcuirtí an ruaig orainn suas an staighre chun go mbeimís inar gcoladh roimh theacht Dhaidí na Nollag. Deirimse leat ná rabhamar i bhfad sa leabaigh agus sin éirithe arís go moch ar maidin chun na hiontais go léir a fheiscint is a thaispeáint dár dtuismitheoirí, a bhí gan puinn codlata is iad traochta táim cinnte. Is mar a chéile ceilliúradh na Nollag leis na cianta ó tháinig Íosa ar an saol an oíche úd i máinséar i stábla i mBeithil.

Guím beannachtaí na Nollag oraibh go léir agus Athbhliain faoi shéan is faoi mhaise dhíbh!



Áthas agus aoibhneas, Sláinte agus síocháin, Grásta an linbh Íosa, Go raibh againn go deo Le Brian Ó hUiginn























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December 12th 2022 Munster Club GAA – Junior Football Final

Fossa (Kerry) 1-17 Kilmurry (Cork) 1-6 Muskerry and Cork County Junior Football champions Kilmurry were beaten after their great run of championship victories by Kerry champions Fossa in the Munster Club football final at Mallow but went down with honour after a fine final. Kilmurry were rank outsiders going into the game but gave it their very best shot. They were on top for much of the first half territorially but did not avail of their scoring chances in contrast to the Killarney side who led by 0-9 to 0-4 at the interval having scored from almost every opportunity presented. Pre-match expectations were that the Clifford brothers, David and Paudie, both All Stars and members of the Kerry senior All Ireland winning team would have a major role to play with Fossa, and so it proved, David finishing with 0-10 (0-7 from frees) and Paudie scoring 1-4, making a magnificent contribution of 1-14 for the Cliffords to the team total.

Conditions were arctic at Mallow but the teams soon had spectators warmed up with the intensity of the contest. Dave McCarthy got Kilmurry off to a grand start with a first minute point, David Clifford equalised and Fossa went in front in the 7th minute and were never led again. Fossa were the better side early on and led by 0-5 to 0-1 after 12 minutes but subsequently Kilmurry came roaring into the game and only poor finish denied them the reward their excellent play deserved. Daniel Cahalane had their second point in the 15th minute after a great run by impressive midfielder Kyle Kelleher and Kilmurry had missed two glorious chances of points before their third point from Liam Wall in the 20th minute, set up by Kelleher, and another from the Kilmurry centre forward five minutes later, this one created by a Gearóid O'Mahony run. With the score at 0-6 to 0-4 and Kilmurry carrying the game to their opponents the Cork men were in a fine position but in the final two minutes of the half the Clifford brothers struck for three points which left Kilmurry now five adrift at the break, 0-9 to 0-4 and one felt that they deserved better.

Kilmurry started the second half by conceding another point after an attack broke down and Fossa struck on the counter but immediately after Dave McCarthy, very effective at full forward, won possession and fed Liam Wall who finished to the Fossa net with a low drive inside the post to cut the gap to three points. From the kick out McCarthy won possession and parted to Pádraig Berhanu and his point left Kilmurry only two points in arrears, 0-10 to 1-5. Fossa had a point from a soft free in reply and then in the 38th minute were reduced down to 14 men after a player received a second yellow card. Unfortunately, Kilmurry failed to score from the resultant free and Fossa raised their game to counter their numerical disadvantage and had the next score, a point in the 43rd minute, which gave them a four-point advantage, 0-12 to 1-5.

Tomás Collins' point in the 45th minute was the final score for Kilmurry, who never gave up but just could not break down the Kerry defence. Four more Clifford points followed to put the game beyond Kilmurry and in injury time team captain Paudie Clifford back heeled the ball to the Kilmurry net from very close range to put a gloss on the final scoreline which was a slight injustice to the effort of the Kilmurry side.

The Clifford brothers finishes 2022 with winners' medal from the McGrath Cup, National League, Munster championship, All-Ireland championship, Kerry county senior championship, Kerry junior championship and now the provincial junior final – some vear to remember!

Kilmurry will remember 2022 for completing the Mid Cork Championship and league double before then going on to win the county junior title. They now advance to the County Premier Junior championship in 2023 and will hope to emulate the performances of their great divisional rivals of the past decade, Iveleary, who blossomed in the higher grades after promotion.

Scorers for Kilmurry: Liam Wall 1-2, David McCarthy, Daniel Cahalane, Pádraig Berhanu and Tomás Collins 0-1each.

Kilmurry: Jason McDonald; Fionn Warren (jc), Kevin Barrett, Gearóid O'Mahony; Tomás Collins, William Ronan (j-c), Brian Hinchion; Kyle Kelleher, James O'Mullane; Rory Duggan, Liam Wall, Lawrence Aisling; Pádraig Berhanu, Dave McCarthy, Daniel Cahalane.

Subs: John O'Mullane ht, Ryan Leahy 45, Greg Barrett 56

Cork County Championship Draws for 2023

There are no shortage of brilliant games to look forward to in the Bons Secours Premier Senior Football Championship, including Ballincollig against neighbours Éire Óg in Group B. Béal Átha are in a tough group in Senior A and in Premier Intermediate, Iveleary, Macroom and Naomh Abán are all in the same group, Bantry the other team. Cill na Martra should emerge from their group, as should Aghabullogue in Intermediate A with Ballinora having tough battles in front of them. In Premier Junior, Kilmurry will not fear any side in the competition.

In Hurling, Blarney and Inniscarra were drawn in different groups with nothing easy for either. Ballincollig and Éire Óg are also in different groups and both will be striving for a consistent high level of performance to qualify out of the group. In Intermediate A, Aghabullogue and Cloughduv will be relieved to have avoided one another in the group stage but each face formidable opposition in the quest for advancement in the competition.

FOOTBALL

PREMIER SENIOR

Ballincollig and Éire Óg

Group A: Castlehaven, Carbery Rangers, Clonakilty, Valley Rovers.

Group B: Nemo Rangers, Ballincollig, Carrigaline, Éire Óg.

Group C: St Finbarr's, Mallow, Douglas, St Michael's.

SENIOR A

Béal Átha'n Ghaorthaidh

Group A: Knocknagree, O'Donovan Rossa, Kanturk,

Group B: Clyda Rovers, Beál Átha'n Ghaorthaidh, Newmarket, Kiskeam.

Group C: Newcestown, Dohenys, Bishopstown, Ilen Rovers.

PREMIER INTERMEDIATE

Cill na Martra, Iveleary, Macroom, Naomh Abán Group A: Bandon, Rockchapel, Castletownbere, Nemo Rangers.

Group B: Bantry Blues, Iveleary, Macroom, Naomh

Group C: Cill na Martra, Aghada, Na Piarsaigh, Kilshannia.

INTERMEDIATE A

Aghabullogue, Ballinora

Group A: St Vincent's, Glanworth, Glanmire,

Dromtarriffe.

Group B: Aghabullogue, Adrigole, Gabriel Rangers, Glenville.

Group C: Mitchelstown, Boherbue, Ballinora, Kildorrery.

PREMIER JUNIOR

Group A: St Nicks, Ballydesmond, Urhan, Cullen. Group B: St Finbarr's, Cobh, Buttevant, St Michael's. Group C: Millstreet, Kilmurry, Kinsale, St James.

HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie



HURLING

PREMIER SENIOR

Group A: Blackrock, Glen Rovers, Midleton, Bishopstown.

Group B: Erin's Own, Douglas, Fr O'Neill's, Charleville.

Group C: St Finbarr's, Newtownshandrum, Kanturk, Sarsfields.

SENIOR A

Inniscarra and Blarney

Group A: Na Piarsaigh, Bride Rovers, Killeagh, Inniscarra.

Group B: Courcey Rovers, Ballyhea, Newcestown,

Blarney.

Group C: Fermoy, Cloyne, Carrigtwohill, Mallow.

PREMIER INTERMEDIATE

Ballincollig and Éire Óg

Group A: Castlelyons, Bandon, Ballincollig, Dungourney.

Group B: Ballymartle, Carrigaline, Éire Óg, Valley Rovers.

Group C: Castlemartyr, Ballinhassig, Watergrasshill, Kilworth.

INTERMEDIATE A

Aghabullogue and Cloughduv

Group A: Youghal, Lisgoold, Aghada, Aghabullogue. Group B: Sarsfields, Kildorrery, Mayfield, Blackrock. Group C: Cloughduv, Midleton, Douglas, Ballygiblin PREMIER JUNIOR

Group A: Tracton, Argideen Rangers, Erin's Own, Glen Royers.

Group B: Kilbrittain, Milford, Ballygarvan, Barryroe. Group C: Meelin, Russell Rovers, St Finbarr's, St Catherine's.

Muskerry GAA Annual General Meeting

The Annual General Meeting (Convention) of Muskerry GAA was held at Kilmurry and was of a routine nature. All outgoing officers were returned unopposed and it was unanimously decided to enter Muskerry teams in the 2023 Senior Football and Senior Hurling county championships.

Divisional Cathaoirleach John Feeney presided and Runaí Enda Linehan presented a comprehensive report on the year's activities. The financial situation of the Board is very healthy and tribute was paid to the late Tom Kenny of Grenagh, auditor to the Muskerry board, whose untimely death during the year was much regretted.

RUNAÍ, ENDA LINEHAN'S 2022 REPORT

It is my privilege to present my second report on the activities of Roinn Mhúscraí for the present year.

Unlike 2021, we were able to proceed with meetings in person for 2022. We held our first divisional meeting of the year in the main hall (covid guidelines still in place) in Coachford on 7th February. Draws for U21 Football were completed, Junior Championships structures were discussed and agreed, League structures were also agreed. Some remaining positions to be filled were discussed and clubs were asked for nominations but unfortunately these were not al I filled for 2022. Hopefully more of an uptake will be taken in 2023. We also had 2 new referees in the division for 2022. In 2022 the division had a fantastic year with Muskerry Teams on the field of play with county titles and involvement in county finals. We had wins for Inniscarra (Premier Intermediate Hurling), Ki Imurry (Junior A Football), Blarney (Junior B

Football) and other clubs involved in county finals but unsuccessful were Cloughduv (Intermediate Hurling) and Aghabullogue (Intermediate Football. Ballinora in Junior A Hurling and Inniscarra in Junior B Hurling also qualified for the county stages. We also had a few league games to complete from 2021 Junior A Hurling League - Ballinora winners, Junior B Hurling League - Eire Og winners, Junior C Football League - Eire Og winners.

The Muskerry Board ran 16 competitions in 2022 and 247 games were played in Footbal I & Hurling, League & Championship.

CHAMPIONSHIP REVIEW

Our Junior A Football competition still dominates interest in the division. This year Kilmurry and Aghinagh reached the final. Kilmurry represented us in the county final and defeated Cobh. They will also represent the division in the Munster championship final on December 11th. The one disappointment this year when one of our clubs had to concede their final Round 3 championship game in the group stages.

In Junior B Footbal I we had Blarney & Inniscarra contesting the final. Blarney were the winners and were successful in the county final defeating Fr O'Nei IIs.

In Junior C Footbal I Donoughmore and Aghinagh reached the final won by Aghinagh on Sunday 27th November.

In U21 Football we had 3 grades – The A grade final involved Ballincollg & Eire Og with Ballincollig winning. In B grade the final was between Canovee & Naomh Abhan with Canovee winning. In C grade we had Macroom and Kilmurry with Kilmurry winning. All three were very competitive

competitions.

In Junior A Hurling we had two clubs with first teams involved in the final, Ballinora v Grenagh and Ballinora came out on top. Ballinora were knocked out at the semifinal stage of the county. Also, in this championship at the divisional group stages one of our clubs had to concede their final round 3 game of the championship.

The Junior B Hurling final was contested by the third teams of Blarney and Inniscarra where Inniscarra came out on top. Also, in this grade this year we ran a plate competition and the final involved Grenagh and Gleann na Laoi. Grenagh came out on top. Inniscarra were knocked out at the semifinal stage of the county rounds.

In U21 hurling we had 3 grades, Premier, A & B grade. In the Premier grade Ballincollig, Blarney & Eire Og competed with Ballincollig winning the final against Blarney on a very wet day in Ovens. In A Grade 2 teams competed and Cloughduv came out on top with a goal in injury time of extra time. In B grade we had Western Gaels, Laochra Og, Donoughmore & Grenagh and Grenagh won the final against Western Gaels.

MUSKERRY TEAMS

Muskerry Senior footballers had an extremely short disappointing season. Management were consistently frustrated with player withdrawals and total unavailability from four of our big football only clubs. This led to potential training or practice matches being cancelled at short notice, leading to a gallant but unsuccessful Championship Round 1 defeat to Beara on June 16th in Dunmanway by five points with a greatly weakened side. Regrettably, despite Herculean



Macroom Ladies u16's who beat Grenagh in the County Final in Bishopstown. They won on a scoreline of Macroom 2-07, Grenagh 0-7.

efforts to field, we conceded a week later to

Imokilly to end the season rather abruptly. Serious consideration needs to be given as regards our future participation. Thanks to management of Ger McCarthy (Beal Átha n Ghaorthaidh), Danny Buckley (Aghabullogue), Pat o Leary (Kilmurry), Tim O Sullivan (Macroom), Willie Buckley (Dripsey), for their huge effort. Board Vice Chair Ed Warren was Liaison Officer with the group. June 16th: Muskerry 0-10 Beara 0-16 June 23rd: Muskerry conceded to Imokily. Muskerry Senior Hurlers: 2022 was a mixed bag in regard to the Muskerry Senior Hurlers in this year's championship. Participating in a round robin competition for divisions we were paired with Carrigdhoun & Carbery in a group of 3. Our first game on Tuesday 7th June in Bandon saw us very unlucky as we came out losing by the minimum after extra time in a game noteworthy for the fact that we had 3 players on the night who started their Leaving Cert exams the following morning. Our next outing v Carbery was played in Cloughduv on Tuesday 21st June. Following a jittery first half which say our opponents ahead at half time we played some fine hurling in the second half as the team gelled together and we ended up winning comfortably at the finish, this victory qualified us for a semi-final of this Inter Divisional section of the championship v Avondhu. This game v Avondhu was played in Donoughmore before a large crowd. Unfortunately, on the day of the game our first-choice goalkeeper and three of our selected six defenders had to withdraw and this left us understrength on the night against a very strong Avondhu side. And so, we exited the championship after 3 games. In fairness we got a very good response from certain clubs and players which saw us with fine squad numbers for each game but to compete strongly at this level our division needs a strong nucleus of its best club players available which unfortunately still proves to be a stumbling block as we strive to mix it with the stronger senior teams within the county. Many thanks to Diarmuid Kirwin Manager Eire Og, Johnny Dwyer Ballincollig Coach, Selectors Barry Holland Donoughmore, Ray Murphy Blarney, Paul McCarthy Inniscarra for their commitment and willingness to prepare and organise our senior hurlers for 2022. Our panel in general was very young in age average with a large number of players introduced to senior hurling for the 1st time this year, June 7th: Muskerry 1-19 Carrigdhoun 0-23 After Extra Time June 21st: Muskerry 2-16 Carbery 0-10 June 28th: Muskerry 0-19 Avondhu 3-18

CHAMPIONSHIPS

MJK Oils Ltd Junior A Hurling: - We had 11 team entries and we used the group format for 2022. We had 3 groups - 2 of 4 teams and 1 with 3 teams. In the Quarter Final we had Eire Óg v Blarney and Kilmichael v Inniscarra. The semi-finals drew up interesting pairings where we had Ballinora v Inniscarra (both last year's finalists) the other pairing of Grenagh v Eire Óg. It was first teams v second teams in each semi-final. In the final it was the two first teams that came through with Ballinora v Grenagh. Ballinora came out on top in the division and in the county semi-final they came up short against Erins Own.

Oriel House Hotel Junior B Hurling: - Nine teams entered this grade again this year. This year it was decided that we would run a plate competition for the losers in Round 1. Again, our clubs with 3rd teams progressed in this competition. Inniscarra v Blarney played an entertaining final in Kerry Pike on a very wet Sunday morning with Inniscarra coming out on top. They were beaten by a much better St Finbarrs team in the semi final of the county. The plate competition was contested by Gleann na Laoi and Grenagh and Grenagh were the winners of this competition by a single goal.

Farho Intelligent Heating Ltd U21 Hurling A& B: -3 teams entered the Premier grade Ballincollig, Blarney & Eire Óg, 2 teams in A grade Aghabullogue v Cloughduv and 4 teams in B grade Western Gaels, Laochra Og, Grenagh & Donoughmore. In the Premier grade Ballincollig & Blarney played the final in Ovens on a very wet day with slippery conditions underfoot. Both clubs gave a great display of hurling despite the conditions with Ballincollig coming out winners despite having a 14 man team for most of the second half. In the A grade it was a very entertaining and exciting contest with two very even teams. At the end of normal time, it ended all square and both teams agreed to play extra time instead of a replay. Aghabullogue started the first half well and went 4 points ahead and with time almost up they were ahead by 2 points when the Cloughduv substitute struck the ball to the back to the Aghabullogue net to put them in front by a point. Another play was given but again Cloughduv cleared their lines and were the winners. The U21 B final was contested by Western Gaels and Grenagh and won by Grenagh.

ROSS OIL JUNIOR A FOOTBALL

We had 13 entries for this competition as Dripsey had won the Junior B Football championship in 2021 they were playing Junior A Football for 2022. We also used the group format for this competition we had 4 Groups – 1 x 4 & 3 x 3. Progressing from the group stages we had quarter finals and semifinals. The two teams to reach the final were Kilmurry and Aghinagh. Aghinagh were reigning champions but after a good game of football played in an excellent pitch in Coachford after a lot of rain earlier in the morning, Kilmurry were the winners. A huge crowd was in attendance to witness this win. Kilmurry subsequently went onto win the Junior A Football County. They are now in the Munster final on December 11th.

Ballincollig Credit Union Junior B Football: - 12 teams entered this competition also and it was straight knockout. Blarney re-graded to this grade for 2022. They reached the final against Inniscarra second strength which was played on a Tuesday night in Ovens as the first round of the county for the winners was fixed for the Friday night on the same week. Blarney prevailed and went onto play Kilmeen/Kilbree in the county round on the Friday night where it went to extra time and penalties. They then went on to win the county final against Fr O'Neills.

Rochestown Park Hotel Junior C Football: - We had 13 teams entered in straight knockout competition. This competition commenced late in the season due to the Junior A&B grades having deadlines for completion due to county rounds. Unfortunately, before this competition started we had 4 teams withdraw. These withdrawals were for different reasons. Donoughmore and Aghinagh contested the final and Agfhinagh won.

Macroom Motors U21 A, B&C Football: - We have 4 teams in our A grade Ballinora won the B grade in 2021 so were promoted. We ran this as a round



John Creedon with Michael Brennan Chairperson of Bol Chumann na hÉireann. pic le Nóra Úí luasa

robin format to give teams at least 2 games. Once again Ballincollig & Eire Og were in the final this year. Ballincollig came out on top after a very exciting game. In B grade we had 3 entries with Canovee & Naomh Abhan reaching the final. These are two strong football clubs and we had a very entertaining final with Canovee coming out on top by 4 points. In the C grade we had 11 teams entered in the first round Cill na Martra conceded their first-round game to Grenagh and in round 2 we had Blarney conceding their game to Iveleary. Macroom & Kilmurry reached the final of this competition and after a great game of football Kilmurry came out on top.

Venues

My special thanks must go to all our clubs who hosted our games during the year. Without your help our championship/leagues could not have been run as smoothly as they do and despite the huge number of games that were played in such an efficient manner. You were always willing to accommodate the board but, on a few occasions, it surprised me to see that venues would be available to host for their own team game but not as a neutral venue for championship game. Also, my thanks to those people who volunteered to collect monies at the gate and who were stewarding for the smooth running of the games.

DIVISIONAL FINALS 2022

Ballinora 0-16 Grenagh 0 - 11 Junior A Hurling: Referee: Jim McEvoy

Junior B Hurling: Inniscarra 1-10 Blarney 1-07 Referee: John Ryan

Junior B Hurling Plate: Grenagh 2-16 Gleann na Laoi 1-16 Referee: Ger Ahern

U 21 Premier Hurling: Blarney 0-11 Ballincollig 0-15 Referee: John Horgan

U 21 Hurling:

Cloughduv 1-22 Aghabullogue 4-14 Referee: Diarmuid Kirwin

U 21 B Hurling: Grenagh 0-19 Western Gaels 0-7 Referee: Ger Ahern

Junior A Football: Kilmurry 3-10 Aghinagh 1-08

Referee: Brendan BarryMurphy Blarney 3-10 Inniscarra 0-04 Junior B Football: Referee: Luke Knight

Junior C Football: Aghinagh Donoughmore 2-6 Referee: Peter Cotter

Ballincollig 2-05 Eire Óg 0-08 U21 A Football:

SPORTS MAD

Referee: John Ryan

U21 B Football: Canovee 2-15 Naomh Aban

2-11 Referee: John Horgan

U21 C Football: Kilmurry 1-11 Macroom 1-06 Referee: Peter Cotter

DIVISIONAL LEAGUE FINALS 2022

Junior A Hurling: Grenagh 1-14 v Eire Óg 1-12 Junior B Hurlina: Blarney/Grenagh v Éire Óg/

Laochra Óg

Junior A Football: Kilmurry 1-13 Canovee 1-10 Junior B Football: Inniscarra 0-11 Naomh Aban

0-5

Junior C Football: Donoughmore 2-12 Béal

Átha'n Ghaorthaidh 0-9

CUMANN RÉITEOIRÍ MHÚSCRAÍ (REFEREES ASSOCIATION)

2022 is now ending. Cumann Reiteoiri Mhuscrai have officiated at a significant number of games, not just in our own division but throughout the county.

The year has been one which has highlighted the vital role of the referee and other officials in our games. In October the Muskerry Board joined with the wider GAA in holding an Officials Appreciation Day, in conjunction with the Junior A Hurling Final. Our Board Officers were very pleased to attend. The Cumann held its Annual General Meeting in February. At this meeting our officers of 2021 were re-elected to their posts: Colm Ó Mocháin - Caithoirleach, Risteard Aynsley - Runaí, Eoghan Ó Buachalla - Leas-Caithoirleach, Diarmuid Ó Ciardhubháin – Leas-Runaí.

We are pleased to be holding our annual Christmas meal and Hall of Fame awards this year after an absence of two years. This event will be on 10th December, we look forward to welcoming representatives from the Muskerry Board on the night.

Our annual in-service course was held on-line this year. Although challenging and not as interactive as when we meet in person, it did bring some clarity in respect of the new football rules. When we met in March our Inter-County colleagues also provided great input on this. As usual the appointments for the Muskerry Finals were evenly distributed and we compliment the Muskerry Board for their fairness in this regard. Our congratulations go to: Brendan Barry Murphy - Junior A Football Final Luke Knight - Junior B Football Final Jim McEvoy - Junior A Hurling Final John Ryan - Junior B Hurling Final. We would like to place on record our thanks to the Muskerry Board for their support for referee's during the year. It is greatly appreciated.

Finally, I would like to take this opportunity to remind the Muskerry Clubs that abuse of referees will not be tolerated. Referees continue to be strongly encouraged to report all instances of abuse. This year has highlighted the problem at a national level both in the press and on social media. Although we have not seen issues on this scale locally, we cannot be complacent on the issues involved. Mentors and players will not always agree with refereeing decisions, but referees play a vital role within the organisation. No referees = No games.

The number of people taking up refereeing continues to be alarmingly low and this needs to be improved. I am, however, pleased to report that this year has seen an improvement both within Cork and Muskerry. You are likely to see some new names taking to the field to officiate matches next year, and I would ask our Muskerry clubs to be as supportive to these new officials as they are to the old hands. – Report from Risteard Aynsley - Runai

REFERES

I would like to thank all the Referees in the Cóiste for their wonderful service and commitment over the past year and most especially to me in making themselves available sometimes at short notice. They have gone above and beyond for the past few months especially with the demand on them it should be noted that without our referees we would not be able to progress with our games. We also had the "Give Respect Get Respect" weekend which coincided with our Junior A Hurling championship final and we asked both our teams before the commencement of the game to offer a hand shake with the referee and his officials. A special word of thanks to Gene Buckley for taking his time in assessing some of our referees during the year also. Congratulation to all our referees who also represented the division in covering various county finals and inter county games during the year.

SPONSORSHIP

Our thanks, once again, are extended to our sponsors during the past year: The Auld Triangle, Macroom, Quish's Super Valu, Ballincolliq, Ballincollig Credit Union, Ross Oil Farnanes, MJK Oils Clondrohid, Macroom Motor Services, Farho Intelligent Heating Farran, Erneside Engineering, Oriel House Hotel Ballincollig, Rochestown Park Hotel, Cumnor Construction Blarney, Philmac

MEDIA

My thanks to all our local media who do so much work to promote our games locally, especially Brendan Kenneally, Lee Valley Outlook, John O'Shea Echo Live, Barry O'Mahony Echo Live and Michael Scanlon & Paudie Palmer of C103 all of whom provide great coverage of our Divisional activities.

COUNTY BOARD DELEGATES

My thanks to Paddy O'Mahony (proxy Enda Linehan) & John Crean for representing Muskerry Board at the County Board for the past twelve months.

CONGRATULATIONS

Congratulations to all players from the Muskerry Division who represented Cork at any grade during the year especially the Senior Teams with Muskerry represented by players Mark Coleman (Blarney) and senior Hurling Captain, Shane Barrett (Blarney), Sean O'Donoghue (Inniscarra) Senior Vice Hurling Captain, Paul Ring (Aghabullogue), Tadgh Corkery (Cill na Martra), Daniel Dineen (Cill na Maratra), Colm O'Callaghan (Eire Óg) John Cooper (Eire Og) Chris Kelly (Eire Og) Cian Kiely (Ballincollig) Luke Fahy (Ballincollig) Dylan Foley (Eire Og) Cillian O Donovan (Macroom) Chris Og Jones (Iveleary) in football.

Also, to Pat Malone, John Crean & Willie Buckley who recently were acknowledged at a function in the Auld Triangle in Macroom to acknowledge their many years of service to the Muskerry Board. This was attended by Mark Sheehan Chairperson Cork County Board, Divisional Officers, Board Delegates, family and club members.

TRIBUTES

Regretfully a number of our members from various clubs within the division have passed to their eternal reward since our last AGM. Our sincere



Mick Lucey, Cluain Droichid celebrating his birthday with Eamon Mac Suibhne, Chairperson of Reagún na Gaeltachta Bol Chumann. Mick is an invaluable member road bowling.

condolences to the families of all those concerned. We remember in our prayers all the deceased members from various clubs who have passed during the year. Ar dheis lámh Dé go raibh siad. A Novena of masses will be offered for all deceased members of the association in Muskerry.

CONCLUSION

I hope I have covered all the activities and events in the Division for 2022, but should any delegate feel that some items are missing, every opportunity will be afforded to him/her to raise the matter and have a short discussion on it at this meeting. I would like to thank my fellow officers for all their help, the Board delegates, and the Cork County Board who have been helpful during the year. 2022 was a tough year for me trying to get games organised and to put a little structure in place for our league and championships. Despite my best efforts to get all competitions completed within the year I am disappointed it has not happened, hopefully in 2023 which is just around the corner we can twig things again slightly. I would also like to wish all the clubs the very Best of Luck for the year ahead.

Enda Ní Leanachain Runaí

ELECTION OF OFFICERS

Uachtarán:

- Pádraig Ó Mathúna, Iniscartha Cathaoirleach:
- Seán Ó Finneadha, An Druipseach Leas-Chathaoirleach:
- Eamonn Ó Murnain, Cill Mhuire
- Enda Ní Leanachian Iniscartha

Cisteoir: - to be filled

Oifgeach Poiblíochta:

- Áine Ní Riordan – Cloch Dubh

Oifgeach Forbatha: - To be appointed by CCC Oifgeach na Gaeilge agus Cultir:

- Eamonn Ó Murnain to oversee this role for now Coste Chontae: - Padraig Ó Mathuna agus Sean Ó Críon.

Proposals for the following positions:

Cisteoir: Oifgeach Forbatha:- Daithí Ó Laoi, Beal Átha'n Ghaorthaidh

Oifgeach na Gaeilge agus Cultir: - Eamonn Ó Murnáin to oversee this role for now

Motions - None received.



LAOCHRA ÓG REPORT 2022

2022 has been a remarkably busy year all the way through for Laochra Óg. With all the usual work that gets done in a club year we also had club development work and fundraisers to contend with. January began with some teams starting back to training. The club received a sports capital grant of €137,000.

February saw some nursery programmes beginning in Coolea and in Macroom Sports Complex. U13 Hurlers had an evening in the Abbey Hotel to celebrate winning the league in 2021 and 2022. U17 Camogie team played Blarney and Grenagh.

March saw all teams back training. Minister Jack Chambers, Aindrias Moynihan T.D. and Councillor Gobnait Moynihan visit our club development site in Ballymacorcoran. Minister Chambers was extremely impressed with the progress the club has made with limited resources and level of generosity and support from the community.

Our U16½ Camogie team were on the panel of the St. Mary's team who won the Camogie County title with Liam Slattery being one of the trainers.

Laochra Óg entered the St. Patrick's Day parade and came second in their category on the day.

U13 Camogie team played their first league game in Grenagh, and U13 Hurlers played their first game against Owen Gaels in Ahiohill. Six of the U15/U16 girls represented Laochra Óg in the Féile at Ballyanley. U15 camogie team won the Muskerry Mini Tournament bringing home the cup. Muskerry U14s went intercounty with two of the panel being Laochra Óg members.

April saw our Tractor Run fundraiser raise €1,973 for the pitch development fund. 50+ tractors turned out to support the club and to have some fun.

U13 Camogie team played away against Kilbrittain in the second game of the league. U13 Hurlers played a home game against Western Gaels. U9s took part in their first go games. U15s played their first home league match. Camogie Minors played their second league game against Aghabullogue. U11 Hurlers played against Cloughduv in Donoughmore. U13 camogie team played against Ballincollig and Grenagh. Minors played Milford.

The month of May saw the club signing the contract for pitch development with Kelly Brothers. This was a significant milestone on the club's history and due to the many hours of work put in by the Pitch Development Sub-Committee.

U7 Camogie attained a blitz in Eire Óg. U11 girls played Cloughduv and played a blitz in Cloughduv. U11 Hurlers played away to Grenagh and Donoughmore. U13 camogie played away to Ballincollig, U11 hurlers played away to Donoughmore, U15 Hurlers played Rossa Gabriel's, U13 camogie travelled to Pairc Uí Rinn to cheer on the Cork Camogie Team, U9 Hurlers played Kilmichael, U8s played a blitz in Inniscarra, Junior B played against Gabriel Rangers and U10s played in a blitz in Aghabullogue. June began with U11 camogie team playing a blitz in Cloughduv. U13 camogie played against Inniscarra, U9 camogie played a blitz against Millstreet and Banteer in



Laochra Óg Club held a successful Poc Fada recently

Millstreet, U7 and U8 hurlers played against Uibh Laoire, U15 Camogie played against Ballincollig and Grenagh, Junior B played Grenagh.

Registration opened for Summer Camp.

July began with Kelly Brothers going on site to begin pitch development work. At lot of progress has been made, drainage, sanding, and sowing left to complete early 2023. Our aim is to open early 2024.

The official Sod Turning Event took place with many local politicians, Muskerry Board representatives, Club Committee members, Club members, sponsors, neighbours, family, and friends were present, and refreshments were served in the Tavern afterwards. This was an important event to raise public awareness of the club's progression and a steppingstone to the clubs biggest ever fundraiser, The Chaser.

The Adult Camogie team played their first match of the season against St. Colum's and the Junior B team played on the same day against Donoughmore which was another milestone for the club having two adult teams togged out on the same day. The Junior B team and U11s took part in St. Pats of East Kerry Tournament in Fitzgerald's Stadium in Killarney with Junior B winning out the Tournament. U13 Camogie won the Muskerry Cup against Inniscarra, U15 Camogie won the Muskerry U15B camogie final against Ballincollig. U7s camogie hosted their first blitz in Colaiste Ghobnatan with Eire Óg and Cloughduv attending. U15 Camogie played away to St. Colum's, U15s and U13s camogie played a mixed game between each other in Coláiste Ghobnatan. U15 Camogie played away to Nemo, U15 Hurlers played St. James in Ardfield. Adult camogie played against Millstreet. August saw U17s take part in the Muskerry U17 seven-a-side mini blitz.

The Summer Camp ran for three days with 116 kids in attendance. Jamie Wall, Vincent Hurley, and Niamh O'Leary gave time coaching the children. Sliotars were presented by @greenfields digital sports technology, the kids also received a wind breaker for attending. Colm Crowley also attended the camp. Feedback from parents was fantastic. Well done to our older players for giving up their time and coaching the younger kids in the club.

September began with U9 hurlers playing away to Aghabullogue, U7 camogie attending West Muskerry gala blitz in Inniscarra, U9, and U11 Camogie finished the year with a Poc Fada, U9 Hurlers finished the year with a Poc Fada, U11 Camogie team took part in the Muskerry Blitz in Rockbaun, U15 Muskerry Camogie medals were presented to six Laochra Óg members, U16 Camogie team played away to Na Piarsaigh, U14 Camogie team took part in the Nemo Rangers Centenary year camogie competition bringing home a shield. October began with another fundraiser.

Our Truck Run was held again this year with remarkable success. It raised €4,240 to be divided between our pitch development fund and the Irish Community Air Ambulance, Minors down to U12s had their annual Poc Fada, U8s hurling attended a blitz in Inniscarra. We had two teams playing against Ballinora, Brian Dillons and Passage. U8s also enjoyed a wonderful day out at Páirc Uí / Chaoimh, U9 hurlers travelled to Kilmichael, U11s Camogie team took part in the Veronica Stack blitz in Killarney, U12 Hurlers played away to Bishopstown and U8 and U11 Camogie trained in Macroom Sports Complex. Camogie Minors played in the County Championship against Grenagh.

November saw our biggest fundraiser to date to add to the pitch development funds. It was a great success. The Lotto has hit its highest jackpot of €11,100. Laochra Óg would like to thank all sponsors and coaches as all the events mentioned above would not have taken place without your constant support.

Thanks to Michael and Nora McCarthy Glenview Motors and Coláiste Ghobnatan for their continued support in letting us use their facilities. Thanks to parents and guardians for bringing kids to training and fixtures throughout the season. Thank you to the younger members who give up their free time to referee our games, who helped with training, the summer camp, fundraising and becoming a bigger part of the club's future.

Thanks to all subcommittees who all do a lot of tremendous work behind the scenes. You are all so appreciated by Laochra Óg for your diligence throughout the season.

What an amazing year for the club, our own pitch on the home stretch, silverware and shields won, new trainers on board. Huge grant awarded and a massive fundraiser in a short twelve months. Well done to all involved. Next year will be just as exciting for the club.



LAOCHRA ÓG

ARE YOU INTERESTED IN PLAYING A TEAM **SPORT WITH LAOCHRA ÓG?**

Are you over 18 and want to play a team sport with your local GAA Club?

The 2023 season is only around the corner. Training for the new season will begin on Tuesday evening at 7.15 in Ballyvourney College grounds with a 12-

week S+C programme so if your new in the area or just want to be part of a team to play the fastest sport known to man then we want to hear from you.

Taking part in sport can help us feel fitter, healthier and mentally strong, and that is just the start of it. Sport can also be fun, especially when played as part of a team or with family or friends. Just to name a few benefits of playing sports in a team environment are: Reduced stress, Better sleep, A stronger heart, New connections, Increased confidence, Improved mental health. All of the above making you a stronger person for the world we all live in.

Ladies Gaelic LGFA

LGFA ALL IRELAND FINAL

Ladies All Ireland Junior Final; Naomh Aban v Salthill-Knocknacarra of Galway was postponed due to adverse weather conditions.





Foireann Naomh Abán a bhuaigh cluiche leathcheannais na hÉireann. pic le Nóra Uí Luasa Left: Mná Naomh Abán win in semi final of All Irl; Muireann Ní Dhuinnin, Naomh Abán. pic le Nóra Uí Luasa.







Macroom FC Schoolgirls



St Mary's Intermediate Camogie Team





The Sullane FC 2022 Junior team, who are in flying form this season in the West Cork League



St Val's U12A Team who are this year's League Champions beating Ballincollig in the final. Captained by Isabelle O'Callaghan. 2022 has been a great year for this team winning the Mid Cork Final, the County Championship



Kilmichael pitch and Putt; Kevin O'Donavan on the left presents his Captains Prize to Barry Crowley .



Laochra Óg Club held a successful Poc Fada recently



Ross Oil Mid Cork Junior Football Championship Final 2022

CONTINUED FROM LAST EDITION 24..

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

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 Jurking 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.



Muskerry Divisional Board Officers 2022; Front Row L-R Enda Linehan Rúnaí, John Feeney Chairman, Anne O Riordan PRO. Back Row L-R Dave Lee Development Officer, Stephen Lyons Treasurer, Ed Warren Vice Chairman.





Peter Cotter, Dripsey, who refereed the 2022 Mid Cork JCF final receives a memento from John Feeney Cathaoirleach Roinn Mhuscraí at the Cumann Reiteoirí Mhuscraí function at the Auld Triangle Restaurant



Luke Knight receives a memento of his refereeing the Mid Cork Junior B Football final in 2022 from John Feeney, Cathaoirleach Muskerry Board GAA at the annual Mid Cork Referees Association function at the Auld Triangle Restaurant Macroom



Welcome back dear student "commit everything you do to the Lord. Trust Him and He will help you. He will make your innocence (righteousness) radiate like the dawn, and the justice of your cause will shine like the noonday sun" (Psalms 37:5-6 NLT). Who doesn't love a bit of radiance? Many are the bottles we've bought down through the years looking for a glow! Last week, we spoke about the power of Light and Good News for healing in relation to Jesus "the Light of the World" (John 8:12). God's Kingdom is founded upon two things - Righteousness and Justice (Psalms 89:14). God is Holy, He is the God of Justice and all His ways are fair and upright (Deuteronomy 32:4). Jesus told us to ... "seek first the Kingdom of God" (His values and laws)"and His Righteousness" (rightstanding with God, which only comes through the blood that Jesus shed for us on the cross), and all the things that we need to live a life of Peace and Joy shall be added by His hand (Matthew 6:33). Friend, when we approach God in humility and repentance, no matter how bad the situation or how awful the past, God's hand is not too short that He cannot save you or hear your cry for help! (Isaiah 59:1).

This is Good News indeed! That the Almighty and Most High God, the Creator of the heavens and the earth so longs for relationship with His children that in His love, He gave His only begotten Son to be the Ransom to buy us back from the powers of sin and darkness and hell (John 3:16-21). This week many are heading out to Christmas parties, excited about the holiday: but this is the message we need to be excited about - that because of Jesus Christ - our sins are forgiven and we have Victory over sin and death (1st Corinthians 15:56-57).

Let's pray aloud....Dear God, please forgive me for my sins — I'm sorry for all I've done wrong. Lord Jesus, You are my Redeemer! You came to this earth to pay the price for my sins to be forgiven, so that I could be given Your Righteousness. You wash me in Your Blood making me right with God as if I had never sinned. Lord Jesus, You are no longer a baby in a crib — You are the Resurrected Lord! God raised You from the dead so that I could be acquitted, cleansed and made whole in my body, soul and spirit (1st Thessalonians 5:23-24). Baptise me with Your Holy Spirit Lord Jesus, and come and live inside of me. Take over my life as my Lord; fill me with Your Love and Peace. May I live to bring You Glory in all I do and say. Give me the grace to forgive those who have wounded me, and I pray that You would forgive them, and bless them with Your Love. I renounce and release all unforgiveness, bitterness, pain and grief from my life. Thank You O God for restoring me back to You as Your beloved child, living in the Light and delivered from darkness, in Your Son Jesus' Name I pray. Amen. Now friend that prayer will give you a glow that no drink or cosmetic ever will! "I prayed to the Lord and He answered me and freed me from all my fears. Those who look to Him will be radiant with Joy, no shadow of shame will darken their faces" (Psalms 34:4-5).

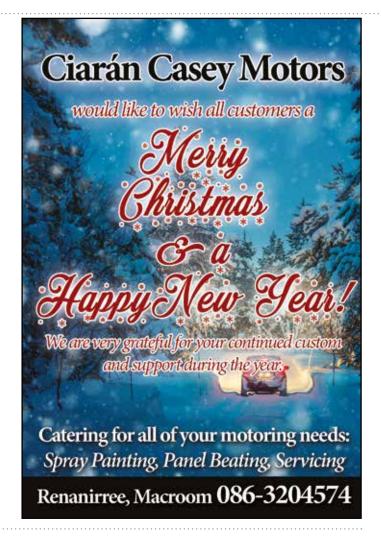
Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm in person and on Zoom at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

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



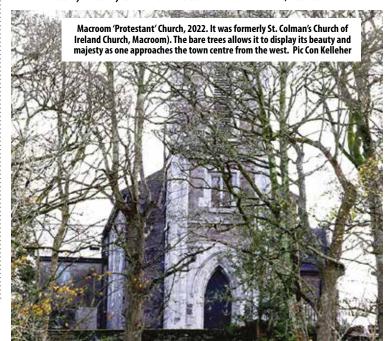
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Canon Donal Roberts PP Macroom and Canon Denis McCarthy, Church of Ireland, Rector of Bandon Union of Parishes, blessing the Macroom Bypass prior to it being jointly opened by the Mayor of the County Cllr Danny Collins and An Taoiseach Mícheál Martin. Pic, Peter Scanlan





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FOR SALE: 2 JACK RUSSELL PUPS

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In Loving Memory of Our Dear Dad

BRENDAN O'CALLAGHAN



St Gobnait's Tce. Ballyvourney Who Passed Away on the 17th December 2021

He never looked for praise He's never one to boast He just went quietly working For those he loved the most.

His dreams are seldom spoken His wants were very few And most of the time his worries Went unspoken too.

He' was there.... A firm foundation Through all our storms of life A sturdy hand to hold on to In times of stress and strife

A true friend we could turn to When times are good or bad One of our greatest blessings, The man we call Dad.

Sadly missed along lifes way. Quietly remembered every day by your loving family.

Nora, Jonathan, Ciara, Laura, Michael and Grandson Brendan. XXXX St Gobnait pray for him.



PRAYER TO ST. ANTHONY



Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours. JMsS

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

In Loving Memory of

BRENDAN O'CALLAGHAN



St Gobnaits Tce, Ballyvourney. who passed away On 17th december 2021.

As a family, we would like to thank all friends and loved ones who have offered love and support throughout the past year. We would like to thank all the nurses and staff at the Orchid Centre in CUH, also, Dr Neville for helping Dad in his final months.

> Brendan's presence is sorely missed by all who knew him.

Ar dheis De' go raibh a anam dilis.

ANNNIVERSARY MASS

Ballyvourney Church on Saturday the 17th at 11am.

3RD ANNIVERSARY



In loving memory of

SINÉAD Plunkett

Poulanargid, Lissarda, Co.Cork Who died 28th December 2019.

Today is full of memories, Of a special girl laid to rest, and every single one of them Is filled with Happiness. For you were someone special, Always such a joy to know, And there was so much pain When it was time to let you go. That's why this special message Is sent to heaven above For all the angels to take care of you And give you all our love.



Loved and cherished by Mam, Dad, Aoife, Niamh and Ciara xx

Anniversary Mass on the 28th December at 10am in Kilmurry Church.

3RD ANNIVERSARY & 29TH ANNIVERSARY



In loving memory of

NORMA MCSWEENEY

Ballinlough, late of Clomacow who died December 18th, 2019.



In loving memory of

MAE HARTNETT

Clomacow Crookstown

Who died December 21st 1993.

They lived and laughed, and loved and left, and the world will never be the same,



From your heartbroken sister and daughter Anna Hartnett (O'Dowd), Noel and Joseph.

25TH ANNIVERSARY



Remembered with love

BRIDIE **MC CARTHY**

Droumcarra, Kilbarry, Macroom Who died on 22nd December 1997.

Somewhere beyond the Sunset Where loved ones never die You sleep in a beautiful garden Beneath a golden sky Though Heaven and Earth Divide us We are never far apart For you are always in our thoughts And forever in our hearts.



Loved and Always Remembered by Eugene, Bridget and all her Grandchildren.

31ST BIRTHDAY REMEMBRANCE



In loving memory of our dear son & brother

MARK Duggan

Moulnahorna, Macroom. Whose 31st birthday occurs on 18th of December

Just a prayer from the family Who loved you, Just a memory fond and true. In our hearts you will live forever, Because we thought the world of you. No matter how life changes, No matter what we do, A special place within our hearts, Is always kept for you. May the wind blow gently, and whisper for you to hear, How much we love and miss you and wish you were still here.



Lovingly and Fondly remembered by parents Eddie & Margaret, brothers Denis, Alan, Eddie, Luke & Owen, sisters Tracey & Niamh Happy 31st Birthday Mark xxx

9TH ANNIVERSARY



In loving memory of

PAUL. Murphy

Barrett's place Macroom

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



Always remembered By his wife Mary Children Angela and Noel Grandchildren Lauren Scarlett and Alexander



FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

CHRISSIE LUCEY

Gortnacarraiga, Inchigeela Who died on the 22nd December 2021.

As we lovingly remember Chrissie Lucey on her first anniversary, the family of the late Chrissie Lucey would like to express our sincere gratitude to all those who sympathised with us on our great loss.

We are deeply grateful to our extended family, friends and neighbours for their support & kindness.

Thank you to all who attended the wake, removal, and the funeral mass. Especially those who travelled a long distance to be with us,

To those who sent mass cards, mass enrolments, and letters of sympathy. We would like to thank her wonderful home-help, and her district nurses for their care and reliability.

A special thank you to Fr Anthony for all his home visits, and beautiful funeral mass for Chrissie. Thanks to the sacristan Maire Noonan And altar servers.

A special thank you to Cyril Casey and staff for their kindness and professional guidance. As it would be impossible to thank everyone individually, we hope that this acknowledgement will be accepted as a token of our gratitude.

Chrissie's Anniversary Mass will be held in Inchigeela Church Wednesday morning 21st of December at 9.30 am.



CHRISTMAS REMEMBRANCE



DANIEL O'REGAN



In loving memory of







CHRISTINE

O'REGAN

whose 21st Anniversary occurs on St Stephens Day

Codrum, Macroom, Co. Cork

Christmas Without You

"Christmas brings us Peace and Joy But it brings us sadness too And just like many others will I'll spend it without you

I miss you more at Christmas Than any other time of year My greatest Christmas gift by far Would be just to have you here

But I know you're within a world of light Where you softly lie asleep And within my heart will always stay Christmas memories that I'll keep"



Always remembered by Michael, Gobnait and Owen

ANNIVERSARY



In loving memory of



In loving memory of

KATHLEEN **HORGAN**

IOHN HORGAN

Who died on 14th January 2004

Who died on 11th December 2011

6 St. Gobnaits Terrace, Ballymakeera, Macroom

When nights are cold and stars are few, I close my eyes and think of u. A silent hope, a silent tear, a silent wish that you were here.



Always remembered & sadly missed, by your loving family.

POWERFUL NOVENA



This novena never fails. Say it on the hour for nine hours. Jesus who has said, ask and you shall receive seek and you shall find, knock and the door will open to you. Through the intercession of Mary, the Most Holy Mother, I knock, I ask that my prayer will be granted. (Make your request).Oh Jesus, has said all you ask the Father in my name, he will grant through the intercession of Mary, the Most Holy Mother I humbly beg and urgently ask the Father in thy name that my prayer be granted (make request here) Oh Jesus who has said heaven and earth shall pass away through the intercession of Mary, the Most Holy Mother. I fell confident my prayer shall be answered. (Make request here). This novena is to be said at the same time every hour for nine consecutive hours - one day. Promised publication, never fails.

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.

3RD ANNIVERSARY

29TH ANNIVERSARY



In loving memory of



In loving memory of

NORMA MCSWEENEY

MAE HARTNETT

Ballinlough, late of Clomacow who died December 18th, 2019. Clomacow Crookstown

Who died December 21st 1993.

If we could have one lifetime wish One dream that could come true We would ask with all our hearts For yesterday and just for both of you.



Forever loved and missed, Mary, Goalie, Martin, Mark, Julie and their families.

2ND ANNIVERSARY

15TH ANNIVERSARY



In loving memory of



In loving memory of

PÁDRAIG (CON PATSY) **CRONIN**

JOAN CRONIN

Dromanallig, Ballingeary who's 2nd and 15th anniversaries occur around this time.

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



Sadly missed and fondly remembered by the Kelleher family, Goirtín na Coille.

ST. JUDE NOVENA



O Holy St. Jude! Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor for all who invoke you, special patron in time of need; to you I have recourse from the depth of my heart, and humbly beg you, to whom God has given such great power, to come to my assistance; help me now in my urgent need and grant my earnest petition. In return I promise to make your name known and cause you to be invoked. St Jude pray for us an all that invoke you. State three Our Fathers, three Hail Marys and Three Glorias. This Novena must be said for nine consecutive days an publication must be promised.

JUDE NOVENA



O Holy St. Jude! Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor for all who invoke you, special patron in time of need; to you I have recourse from the depth of my heart, and humbly beg you, to whom God has given such great power, to come to my assistance; help me now in my urgent need and grant my earnest petition. In return I promise to make your name known and cause you to be invoked. St Jude pray for us an all that invoke you. State three Our Fathers, three Hail Marys and Three Glorias. This Novena must be said for nine consecutive days an publication must be promised.

5TH ANNIVERSARY



In loving memory of

CAROLINE SWEENEY O'Donoghue

30/12/2017

We're missing you a little more, each time we hear your name, we've cried so many tears, yet our hearts broken just the same. We miss our times together, things in common we could share, but nothing fills the emptiness now you're no longer there. We've so many precious memories to last our whole life through. Each one of them is a reminder of how much we're missing you.



Missing your smiling face and thinking about you always and in our hearts all the time.

Sadly missed by Jamie, Zara, Anthony, Mam, Michelle, David, Liz, Jer, Garry, Danny, Katie, Uncles, Aunties, Nephews, Nieces, goddaughters Tara & Katelynn

13TH ANNIVERSARY



In loving memory of

JERRY DENNEHY

Shandangan, Carrigadrohid, Co. Cork whose anniversary occurs on the 2nd January

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



Lovingly remembered by his wife Teresa, son Sean, daughters Bernadette, Cathleen, Breeda, Carmel, Aileen, Colette, Noreen, Daughter in Law, Sons in Law and Grandchildren.

5TH ANNIVERSARY



In loving memory of

CAROLINE **SWEENEY** O'DONOGHUE

30/12/2017

I love you Mam, I wish you were here for Christmas. I miss you and wish you were here. It will be hard without you this year going into secondary school.



Love Jamie and Zara

20TH ANNIVERSARY



In loving memory of

DENIS FINNEGAN

Mountmusic, Toames, Macroom Who died on the 29th December 2002.

Death is nothing at all. I have only slipped away into the next room, I am I, and you are you. Whatever we were to each other that we still are. Call me by my old familiar name, speak to me in the easy way you always used. Put no difference into your tone, wear no forced air of solemnity or sorrow. Laugh as we always laughed at the little jokes we enjoyed together. Play, smile, think of me. Pray for me. Let my name be the household name it always was. Let it be spoken without the shadow of a ghost in it. Life means all that it ever meant. It is the same as it ever was. Why should I be out of your mind because I am out of your sight. All is well, nothing is lost. One brief moment and all will be as it was before.



Always remembered by your loving family.



In loving memory of

John Hoare

Cools, Kilnamartyra, Cork Who died on the 14th December 2013

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.



Fondly remembered and sadly missed, By family and friends Our Lady and Saint Gobnait pray for John, his wife Maura and their son Seamus.

6TH ANNIVERSARY



Remembering

MARTIN MC MANUS

Masseytown and late of Sligo and **Ballina Co Mayo** Who passed away 14th Dec 2016



Always in our thoughts and memories. Sadly missed by Helen & family.

15TH ANNIVERSARY



In loving memory of

AUSTIN **COONEY**

Carrigaphooka, Macroom Who died on the 29th Dec 2007

They say that time will heal the pain, But Austin that's just not true. No matter how much time goes by, our hearts still ache for you. At first we counted days and weeks, Today we're counting years. We cannot count the memories, Nor can we count the tears. If wishes could be granted, And all our dreams

came true What we would wish for more than anything, is to have more time with you.



We will never forget you, missed always by your mother, heartbroken brothers & sisters-Roger, Ann-Marie, Mary Frances, Mossy, Kay & Edwina, aunts & uncles.

9TH ANNIVERSARY



In loving memory of

OLLIE CALNAN

Tarelton, Macroom Who died 10th Dec 2013

When I go don't learn to live without me Just learn to live with my love in a different way. And if you need to see me close your eyes or look in your shadow when the sun shines I'm there. Sit with me in the quiet and you will know that I did not leave. There is no leaving when a soul is blended

with another When I go

don't learn to live without me just learn to look for me in the moments I will be there.



Always loved, never forgotten, forever missed. Siobhan, Donard & Mark

3RD ANNIVERSARY



In loving memory of

DENIS Sheehan

Coolduve, Kilmurray, Lissarda, Co.Cork. Who died on the 1st of January 2020.

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



Loved and remembered always by his brothers Tom & Jim, sisters Ann & Kathleen, nephews, nieces, grandnephews, grandnieces & relatives.

3RD ANNIVERSARY



In loving memory of

SHEILA O' CONNOR

Belmount Place, Crookstown. Who died on 14th Dec 2019

Though your smile is gone forever And your hand we cannot touch We have so many memories of you That we loved so much

Your memory is our keepsake with which we'll never part God has vou in his keepina We have you in our hearts.



Love and miss you always Lisa, Noel, Ryan, Jayden and Dylan xx

3RD ANNIVERSARY



In loving memory of

SHEILA O' CONNOR

Belmount Place, Crookstown. Who died on 14th Dec 2019

A little tribute true and tender Just to show that we remember Time may pass and fade away But memories of you will always stay.



Always remembered by your brothers Martin, Noel and Finbarr.

3RD ANNIVERSARY



In loving memory of

SHEILA O' CONNOR

Belmount Place, Crookstown. Who died on 14th Dec 2019

We hold you close within our hearts Sheila and there you shall remain



Missed Always by Auntie Kitty & Uncle Pat.

THE MIRACLE PRAYER



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

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.



In loving memory of

FINBARR CORKERY

Ballyvoigue, Kilnamartrya who died on 29th December 2016

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 Ann Marie, John, Noelle and Conor

19TH ANNIVERSARY



In loving memory of

IOHN Kelleher

Clondrohid, Macroom, Who died on 22nd December 2003.

May the wind blow gently, and whisper for you to hear, How much we love and miss you and wish you were still here.



Always remembered with love by your late mother Kate, brother Gene, sisters Breda and Marie, brothers in law, sister in law, nieces, nephews, relatives, neighbours and friends.

10TH ANNIVERSARY



In loving memory of

DONAL KELLEHER

Carrigleigh, Inchigeela Who died 21 November, 2012.

You delivered to us letters And made most of our days better We cherish all the stories And think of all the memories Although you have passed on Your memory forever stays Remember how you smiled And the Joy you always gave

Ár dheis dé go raibh a h-anam dílis



Remembered by Neighbours and friends in Derrivane

16TH ANNIVERSARY



In loving memory of

CONNIE KELLEHER

Kilvoultra and Codrum Macroom Who died 24th December 2006.

May God support us all the day long, until the shadows lengthen and evening comes, and the busy world is hushed and the fever of life is over. Then, in His mercy, may He give us A safe lodging, a holy rest and peace at last. Cardinal J.H. Newman



Always remembered by your family

3RD ANNIVERSARY



Treasured memories of

CHRISTY BOYLE

Coolnasoon, Carrigadrohid Co Cork Who passed away on December 25th 2019

Christy's beautiful life came to an end, He died as he lived everyone's friend Grief is the price we pay for love RIP



Fondly remembered by his wife Mary & family.

21ST ANNIVERSARY



In loving memory of

EUGENE (JANEY) LYNCH

Rathard, Aherla, Co.Cork who died on 23rd December 2001.

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



Always remembered by the O'Callaghan Family, Aherla.

HAPPY BIRTHDAY



In loving memory of

TONY O' CONNELL

GRANDAD

Giver of hugs, supplier of treats, Watcher of old TV repeats! Teller of stories from back in the day, Known to let you get your own way. Teacher of lessons, sharer of time. Provider of fun and partner in crime. A source of wisdom and information. A hero, a legend, an inspiration. Loyal, patient and kind as can be, Lives at the top of our family tree.



Missed and remembered everyday Love always from your Grandchildren Christopher Saoirse Emma Aiden Eoin Jack Ruby Amy Callum and Erin

2ND ANNIVERSARY



In loving memory of

IANIE COUGHLAN

Kilnagurteen, Macroom Co. Cork. whose 2nd anniversary occured on the 5th of December.

> Words and times We can no longer share But in our hearts You are always there.



Loved and missed by her loving family.

THE MIRACLE PRAYER



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



Remembering

MARTIN MC MANUS

Masseytown and late of Sligo and **Ballina Co Mayo** Who passed away 14th Dec 2016

Time and years slip quietly by But love and memories never die. No longer in our lives to share, But in our hearts you're always there.



Always in our thoughts and memories.

Sadly missed by Helen & Family

BIRTHDAY REMEMBRANCE



A dear mother, grandmother and great grand mother

RENA BUCKLEY

Glounaglough, Rylane, Co. Cork. whose birthday occurs on 1st January, 2023.

Remembering also her dear husband Jerry who passed from this life on the 16th March 1976.



10TH ANNIVERSARY



In loving memory of

MEGAN MALONE

Candroma, Kilnamartyra, Macroom, Co. Cork. 18/12/12

"Missing you Megan every minute of everyday always. Time keeps passing but the pain of losing you lingers on, our sweet, brave princess!"



Love from Dad, Mom, Chloe, Dylan, Tristan, Robyn, Nanny Connell & Granda, Nanna Kay & Granda Mike.

Ar dheis De go raibh a hAnam!

2ND ANNIVERSARY



OHN O' DONOGHUE

58 Barret's Place, Macroom late of Carrigulla, Balinagree Who died on 25th December 2020. RIP

> A loved one never leaves They're never far away They watch you from a distance They quide you everyday.



Always remembered by your wife Eileen & Family.

20TH ANNIVERSARY



In loving memory of

IOHN O'SHEA

Derryleigh Clondrohid, Macroom Whose anniversary occurs on 31st December.

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 Eileen and Family.

6TH ANNIVERSARY



In loving memory of

IEREMIAH O'Driscoll

Whose Anniverary occurs at this time.

As each day Dawns we think of you, As each Night falls we Pray for you, And throughout our lives no matter where, In our hearts you are Always there.



Missed by his wife Ann, daughters Noreen, Patricia, Annette, Cathy, Pamela, son Flor and sister Mary.

Anniversary Mass on the 17th December in Ballinagree Church on Saturday at 8pm

6TH ANNIVERSARY



In loving memory of

IIM FLEMING

8 Belmount Place, Crookstown, Co.Cork. Who died on 20th of December 2016

A smile for all - a heart of gold, One of the best the world could hold, Never selfish, always kind. Such wonderful memories left behind.



From his loving wife Sheila. Sons, Paul, Brian, James and daughter Tina and grandchildren.

Anniversary Mass in Kilmurry Church on Sunday the 18th December at 10am

BIRTHDAY REMEMBRANCE



Of a Dear Father

TONY O'CONNELL

Late of Bawnmore and Macroom whose birthday occured on 8th of December.

> Loving Memories of our Special Dad on your Birthday Our Heart still aches in sadness Our Secret tears still flow For what it means to lose you No one will ever know

Although you can't be here with us We're truly not apart Until the final breath we take You'll be living in our hearts. Dearest Dad to hear your voice and see your smile and just to sit and talk to you would be our dearest wish today. On this your birthday.



Dad thinking of you today and always Sadly missed by your loving family Joan, Rebecca, Marcella, Joanne, Colette Anthony and family



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.M

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 reauest.



In loving memory of

MICHAEL A. **COAKLEY**

late of Mountmassey, Macroom, Co.Cork who died on 27th December 2016.

I thought I saw your face today. In the sparkle of the mornina sun. And then I heard the angels say, "His work on earth is done.

Dearest Dad, you're special, You're precious and you're dear. Our thoughts of you and love for you Grow stronger every year.

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



Sadly missed by his wife Bridget and family.

POWERFUL NOVENA



This novena never fails. Say it on the hour for nine hours. Jesus who has said, ask and you shall receive, seek and you shall find, knock and the door will open to you. Through the intercession of Mary, the Most Holy Mother, I knock, I ask that my prayer will be granted. (Make your request).

Oh Jesus, has said all you ask the Father in my name, he will grant through the intercession of Mary, the Most Holy Mother. I humbly beg and urgently ask the Father in thy name that my prayer be granted (make request here). Oh Jesus who has said heaven and earth shall pass away through the intercession of Mary, the Most Holy Mother. I fell confident my prayer shall be answered. (Make request here).

This novena is to be said at the same time every hour for nine consecutive hours - one day. Promised publication, never fails.

MPL

10TH ANNIVERSARY



In loving memory of

SEAMUS SCRIVEN

Dundarierke, Kilnamartyra who died 15th Dec 2012

Those 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 and talk again just like we used to do. The fact that you're no longer here will always cause us pain, but you're forever in our hearts till we meet again.



Always remembered by Auntie Tessie & Denis, cousins: Jimmy, John, Noreen, Michael, Noel, Mary, Declan & extended famillies.

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! In Thanksgiving for many favours received

4TH ANNIVERSARY



In loving memory of

MARGARET (PEGGY) ROCHE

who died on 28th December 2018

We hold you close within our hearts and there you shall remain To walk with us throughout our lives until we meet again. So rest in peace dear Mother and thanks for all you've done. We pray God has given you the crown that you have truly won.



Sadly missed by your sons Patrick, Gerard and Diarmuid, grand daughters Melaine and Shauna, great grandson Tyler John.

St. Gobnait, St. Aban, St. Colman, St. Jude, St. Anthony, St. Pio, St. Peregrine Pray for them.

46TH ANNIVERSARY



In loving memory of

SEAN ROCHE

Coolnacahera, Ballymakerra who died on 14th October 1976

A loving Father most sincere Cared for by all he knew, He loved us all so very dear, And we all loved him too. But God in his Mercy will give us hope, and help us bear the strain Of the one we loved and lost, 'Till we meet in Heaven again.

You can only have one Father Patient, kind and true. No other friend in all the world Will be the same to you. When other friends forsake you, To father you will return For all his loving kindness He asks nothing in return.

As we look upon his picture, Precious memories we recall, Of a face so full of sunshine, And a smile for one and all. Sweet Jesus take this message, To our dear Father up above, Tell him how much we miss him, And give him all our love.

50TH ANNIVERSARY

30TH ANNIVERSARY

In loving memory of

KATHY

Murphy

who died on

18th December 1992



In loving memory of

PHILIP Murphy

who died on 29th February 1972 Lord support us all the day long, Until the shadows lengthen, and the evening comes, and the busy world is hushed and the fever of life is over and our work is done Then Lord, in your mercy

Give us safe lodging and a holy rest and peace at last

Through Jesus Christ our Lord, Amen.

Always remembered by their daughter Ursula, Grandchildren Mona, Catherine, Nicholas, June, Philip.

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3RD & 29TH ANNIVERSARIES



In loving memory of

NORMA MC SWEENEY



In loving memory of

HARTNETT

Clonmaccaw

Whose 3rd and 29th anniversaries occur at this time.



Loved and sadly missed always Jim, Katherine & Ted.

27TH ANNIVERSARY



In loving memory of

PATRICK J. MURPHY

Liscarrigane, Clondrohid, Macroom who died on 10th December 1995

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



Always remembered by his loving relatives and friends.

18TH ANNIVERSARY



Cherished memories of

SEAN MULLANE

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

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

> Thinking of you Dad is easy, I do it every day, But missing you is heartache, That never goes away.



Always missed and remembered by your Daughter Lisa.

30TH ANNIVERSARY

In loving memory of

BESSIE FREER

Leicester and late of Coolnacahera who died on the 23rd December 1992

28TH ANNIVERSARY



In loving memory of her Husband

Allen John **FREER**

Leicester who died on the 2nd June 1994

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



Sadly missed by your nephews Patrick, Gerard and Diarmuid

24TH ANNIVERSARY



In loving memory of

MAURA TWOMEY

Leicester

(late of Coolnacahera, Ballymakeera) whose anniversary occurs on 3rd December 1998

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



Sadly missed by your nephews Patrick, **Gerard and Diarmuid**

3RD ANNIVERSARY



In loving memory of

PEGGIE BUCKLEY (NEE HEALY)

Woodview, Farnanes, Co. Cork. Who died on 12th December 2019

> Deep are the memories Precious they stay No passing of time Can take them away.



Rest in Peace Peggie. Sadly missed by her nephews Denis, Noel and extended family.

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