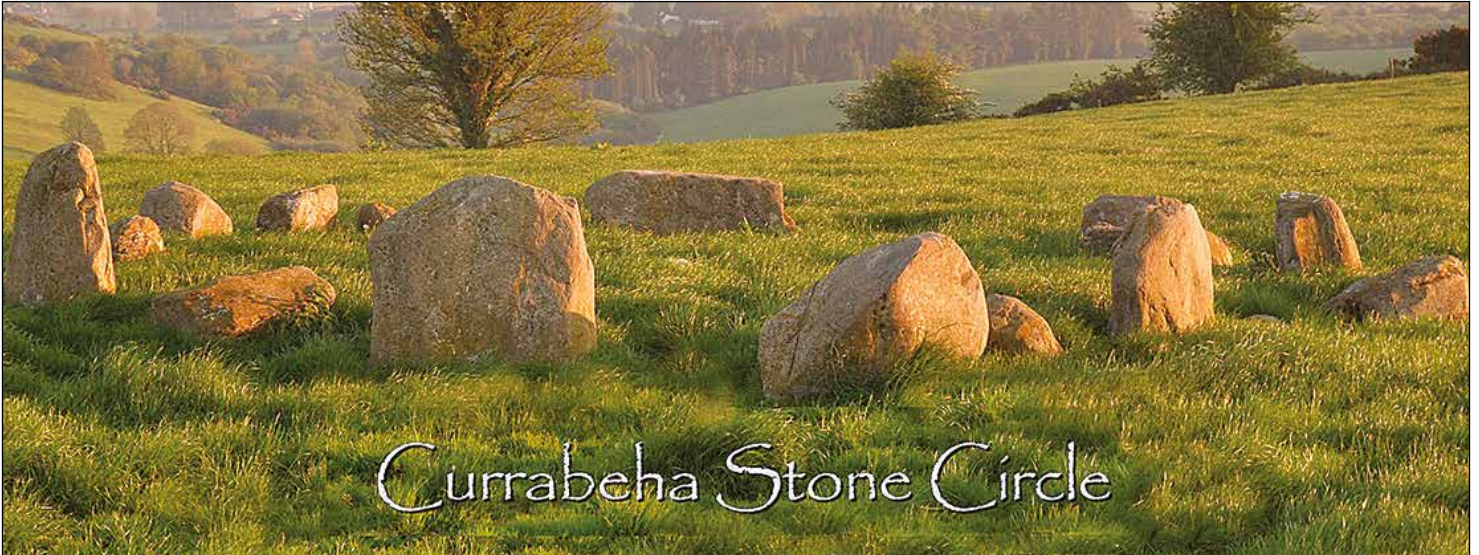


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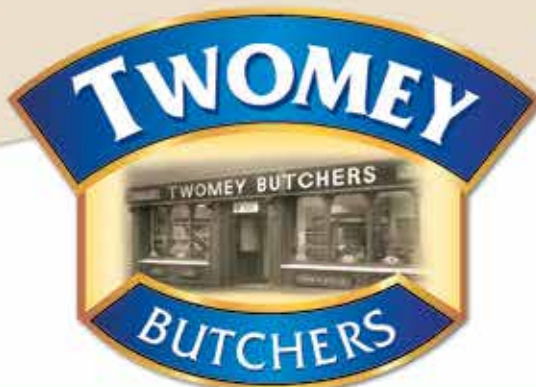
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Don't be a stranger If you have an article, photo or story you wish to share, email:

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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-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!

We love hearing local stories, opinions and events - current or historical, if you would like to submit an article as bearla nó as gaeilge, please feel free to email us here on leevalleyoutlook@macroom.ie, we would love to hear from you.

*Go raibh maith agaibh, Peter & Gráinne*

**For Advertising email Des. E: des@outlookmags.com**  
**Mobile: 087 6593 427**

## *Thank you* from the Lee Valley Enterprise Board

**The Lee Valley Enterprise Board would like to thank all those that shopped local and supported the local business community this Christmas.**

Many people showed an understanding of the benefits of spending in your community or town and that when buying services or goods locally there is beneficial to our economy and jobs, and also has a positive environmental impact for the area. The recent Examiner news reported that our traders believe that the Bypass has brought a "New Buzz" to the town, with safer streets and cleaner air making the shopping experience and visiting the town more enjoyable.

We also launched the Macroom Shopping Voucher this year and these vouchers are available to purchase all year and can be redeemed in all the local shops and service outlets. Check out the details on [www.macroom.ie](http://www.macroom.ie)

Macroom's Christmas lights display was the envy on many other towns both in the county and nationally, and we have to thank all those that put

in the hours and commitment to ensure that our town was shown in the best light possible.

2024 will again be an exciting year for Macroom with the planned opening of the Briery Gap Centre and Library along with the new streetscapes, we have a bright future and lots to look forward to in the coming year.

Again many thanks for supporting Macroom and surrounding areas and please continue to think local.

Finally, the Lee Valley Enterprise Board would like to wish everyone a Prosperous New Year and we look forward to working on your behalf by promoting Macroom and surrounding areas again in 2024.

The Free Christmas Draws for Macroom Shopping Vouchers to the total value of E1,000 were held on the 8th & 22nd of December 2023, and the winners listed each receiving E50 in vouchers, and all have been notified:

O Langford – Mary's Toymaster  
Catherine Sheehan – Natures Corner  
Jim Cronin – Vaughan's Café  
Donal O'Herlihy – O'Leary's  
Alan O'Farrell – Super Valu  
Bina Moynihan -  
Una Sheehan – Macroom Pet Shop  
C Quinn -  
John H Kelleher – Murphy's Costcutters  
Una O'Riordan -  
Sinead Walsh - T M Cronin  
Ann Carroll - Super Valu  
Denis O'Callaghan - Haven Pharmacy  
Pauline O'Riordan - Connections  
Jade Lynch - T M Cronins  
Katie Hennessy - E Centre  
Aidan Mc Mahon - T M Cronins  
Patsy Collins - Bank of Ireland  
Ann O'Leary - Super Valu  
Michael Purcell - T M Cronins



Flooding of river Lee at River Island Inchigeela. Pic Pat Dromey



Macroom's new An Post Sorting Office, in renovation.

## *In this Edition*

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This project is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020.

# The Grand town of Macroom

By Tadgh Quill-Manley

*Along the Muskerry Light Railway  
One can watch the flowers bloom  
It will not be much longer now  
'Til the old town of Macroom*

*Arriving at the station  
Collecting bags from overhead  
To depart I am too keen  
After all it is just not  
The train letting off steam*

*The cattle mart's in action  
I better not be late  
As a deal on a good Dexter cow  
In the next lot I await*

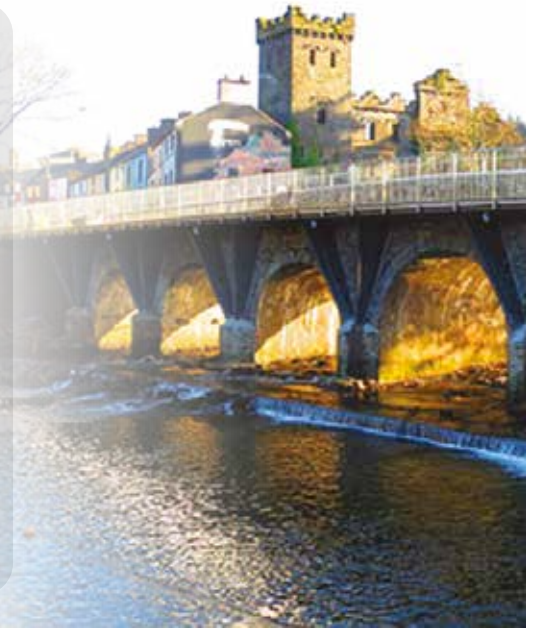
*A good time to grab the paper  
And some salted butter too*

*The Urban District Council is convening  
I wonder what they'll do*

*Sods of turf are being loaded  
On a cart they'll set their course  
Up the dirt road to Clondrohid  
The little donkey's tour-de-force*

*I ask for the donkey's name  
"Father Peadar," I am told  
"A good writer he must be," I said  
A decision rather bold*

*To my lodgings, I head forth  
Owned by a local businessman  
No need to pay 'till signing out  
That sounds like a plan*



**On December 18th Tidy Towns and a Tiny Feet Fairy Garden volunteers had an end of year get together in TP Cotters. Chairman, Martin Coughlan made a presentation to John Lyons who stepped down as Tidy Towns Secretary after 38 years, but remains on as an active member.**

Brian O Sullivan made a presentation to Mikey Burns who has retired from both the Fairy Garden and the Tidy Towns. Lisa Manning made a presentation to Frances Lyons for all her much-appreciated support to John over the last 38 years and Shelia Murphy made a presentation to Peter Burns representing his mom Margaret, who has been a great support to Mikey over the years. Also, a word of thanks to Jack and Breda Cotter who sponsored the food and for the use of the venue for the night.

Some tips for the winter months are: Spread a thick layer of compost or well-rotted stable manure on

beds, then leave the worms to work it into the soil, improving your soil structure ready for the year ahead. Provided Soil isn't frozen or waterlogged, you can plant shrubs, trees and hedging now while plants are dormant, giving roots time to settle in before winter. Watch for the first spring bulbs. Winter aconites, irises, snowdrops and the first early daffodils all start appearing around now, so be careful where you put your feet when you're in the garden. Keep bird feeders topped up with high energy food like sunflower seeds.

Some ideas for your garden over the coming year include:

- 1) Embrace Organic Gardening – This means avoiding synthetic pesticides and fertilizers and opting for natural alternatives. Consider using compost to improve soil fertility.
- 2) Store and use rainwater – Install rain barrels to collect rainwater and use it to water your plants. Rainwater is also rich in nutrients, beneficial for plant growth.
- 3) Foster Native Plants – Native plants are adapted to local conditions and generally require less maintenance, water and pesticides. They also promote biodiversity by attracting local wildlife.

4) – Composting for Healthy Soil – Compost improves soil structure, increases organic material and provides essential nutrients to your plants.

5) Edible gardens and herb beds – opt for fruit and vegetables that thrive in your climate zone and consider establishing a herb bed. Edible gardens not only provide fresh local produce, but also reduce the need for packaging materials and transportation.

6) Promote Biodiversity – Encourage biodiversity by attracting plants that are beneficial to pollinators such as bees and butterflies. Consider installing insect hotels and bird feeding stations to welcome diverse wildlife into your garden.

Tidy Towns volunteers took a well-earned break over Christmas and will start back again on the 13th of January at 9:00 In the Hub in Masseytown. We would ask you to consider joining in and helping in this year's Spring Clean in some weeks time. This will be well advertised in advance and will focus on litter picking all over town, but in particular the main road from Coolcower to Carrigaphooca, between the 2 new by-pass roundabouts.



Brian O Sullivan Macroom Tidy Towns, making a presentation to Mikey Burns, Martin Coughlan also Present



Chairman Macroom Tidy Towns, Martin Coughlan making a presentation to John Lyons



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# Macroom and District Lions Club



Just a quick thank you from Macroom and District Lions Club for all those who supported and helped us in any way during 2023. It was a very busy year for us, starting off with us delivering a cheque of €11,890 to Air Ambulance from our Ball Run fundraiser.



In March Macroom and District Lions Club had an annual Meet the Clubs Day where around 50 clubs and organisations set up stall in the Leisure Complex and a large crowd came out to see what Macroom has to offer. As a result of this day, the Macroom Branch of The Irish Guide Dogs for the Blind was formed. We also held a collection on the day for The Turkey and Syria Earthquake appeal and we donated €1740 to the cause.

**Just a quick thank you from Macroom and District Lions Club for all those who supported and helped us in any way during 2023. It was a very busy year for us, starting off with us delivering a cheque of €11,890 to Air Ambulance from our Ball Run fundraiser.**

We gave out the remainder of our hand sanitizer to local schools in January.

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Our Family Fun Day on the 25th of June was the highlight of the year. Hundreds of families attended the Macroom GAA grounds for a day filled with fun,

racing, face painting, music, food stalls, Teddy Bears Picnic and much more. Lots of events were free and over 150 medals were won by young and not so young! Luckily the weather was on our side and the day was a massive success.

In September a donation was made to The Hope Foundation on behalf of Transition Year Students from St. Marys Convent and to Childhood Cancer Ireland on behalf of Aoife Lucey who abseiled down Croke Park. Both have helped us in the past.

In November we had An Evening of Flora and Song with The Macroom Branch of The Irish Guide Dogs for the Blind. The talented 'Local Vocals' provided fantastic music and songs, and Maureen and Deidre from Betsy's were a huge hit with their fun and knowledge on Flower Arranging. A large crowd attended and were immensely entertained. Shane Casey from The Young Offenders attended the event and was a huge hit with everyone there. A total of €4564 was raised for The Irish Guide Dogs

for the Blind on the night.

We also launched our collection of used spectacles which is ongoing. We have around 300 pairs collected so far. Collection Points are available at various businesses and locations around Macroom. In December we had our Christmas Food Appeal in Dunnes Stores and SuperValu. We collected over 30 large boxes of food and raised €4300, which all helped make Christmas easier for a lot of families.

We also donated to The Macroom Defibrillator Group to purchase a new Defibrillator and other items for maintenance purposes.

We are looking forward to seeing you all on the 10th of February at this year's Meet the Clubs Day (be sure to pop it in your diary now!)

Happy New Year and Thank You from your local Lions: Brian, Declan, Deirdre, Jo-Anne, James, Liam, Martin, Siobhan, and Tony.







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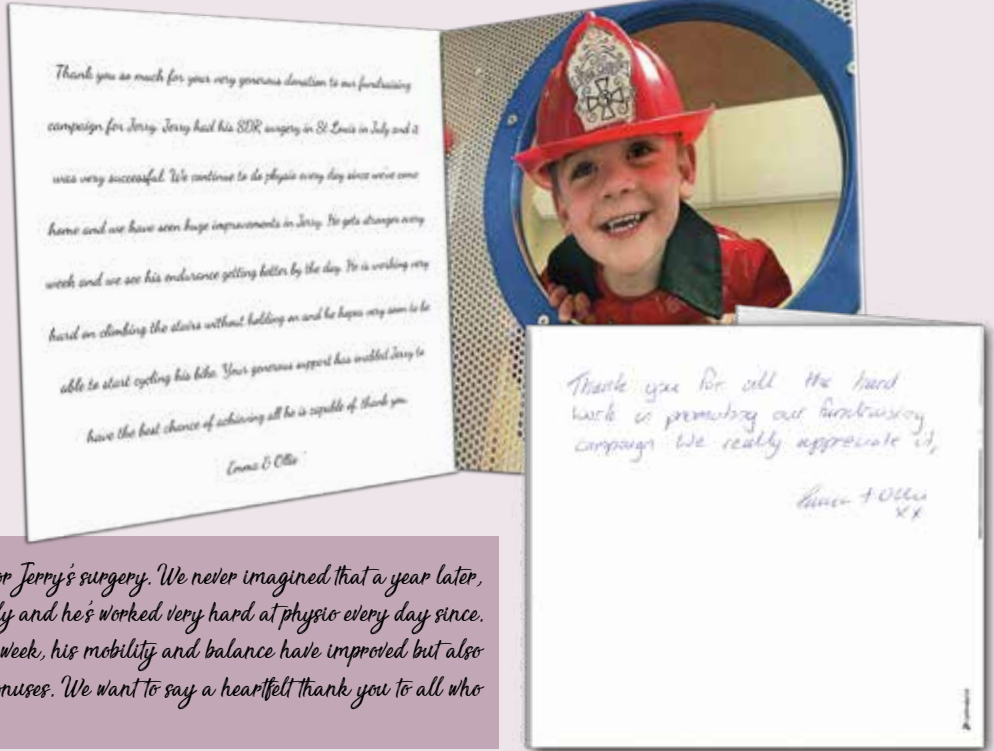
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<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
<b>6:15PM</b> YOGA FOUNDATIONS	<b>10AM</b> MAT PILATES LEVEL 2	<b>10AM</b> MAT PILATES LEVEL 1
<b>7:30PM</b> FLEX & FLOW YOGA	<b>11AM</b> SILVER FOX STRENGTH & CONDITIONING	<b>11AM</b> MAT PILATES LEVEL 2
	<b>5:45PM</b> MAT PILATES MIXED LEVEL	<b>5:45PM</b> CIRCUIT CLASS MIXED LEVEL
	<b>6:45PM</b> MAT PILATES MENS	<b>6:45PM</b> MAT PILATES MIXED LEVEL

[info@muskerryphysiotherapy.ie](mailto:info@muskerryphysiotherapy.ie)  
02643657



*This time last year we started our journey to fundraise for Jerry's surgery. We never imagined that a year later, he'd be doing this well. The surgery went very well in July and he's worked very hard at physio every day since. His hard work has paid off, we see improvements every week, his mobility and balance have improved but also his endurance and confidence, which are unexpected bonuses. We want to say a heartfelt thank you to all who have supported us, Emma + Oliver*

## NUAcht Ó Choláiste Ghobnatan

### COMHGHAIRDEAS

Tréaslaímid le Luke Ó Leighinn agus roinnt iardhaltaí atá mar bhaill de fhoireann Cill na Martra a bhuaigh cluiche leathcheannais na hÉireann an deireadh seachtaine seo chaite! Guímid gach rath oraibh sa chraobh na hÉireann – éacht den scoth!

### LÁ SCÁTÁLA

le Kayla Ní Uidhir, Caoimhe Ní Thuama, Hannah Ní Scanaill & Aoife Ní Mhurchú  
Chuaigh muintir na cúigiú bliana agus na hidirbhliana ag scátáil i bhFóta. Bhaineamar an-taitneamh as. Bhí an-spraoi againn ann. Chuamar ag siopadóireacht i Machain ina dhiaidh. Lá iontach a bhí ann! Míle buíochas le Iníon Ní Chéilleachair, Iníon de Staic & Máistir Ó Duinneacha a thaisit linn.

### CEOLCHOIRM NA NOLLAG

#### le Donagh Ó Mainnín

Ar an 22ú lá de mhí na Nollag bhí ceolchoirm againn san Ionad Cultúrtha Baile Mhúirne chun clabhsúr a chur leis an téarma. Bhí an scoil go léir bailithe ann agus bhí daltaí ó gach bliain ag canadh agus ag seinm ceol traidisiúnta. Is léir go raibh craic againn agus is slí maithe é tallann agus scileanna na daltaí thaispeáint os comhair na scoile. Ba mhaith linn ár mbuíochas a ghabháil leis Máistir Ó Céilleachair, Máistir Ó hAireachtáin agus Iníon Ní Chruadhlaíoch, a chabhraigh linn leis an gcleachtadh agus an cheolchoirm a eagrú.



Ceolchoirm na Nollag san Ionad Cultúrtha

### CÚRSA SPIORADÁLTA

Le Aoibhinn Ní Dhonechú. Eithne Ní Laocha & Éabha Ní Chruadhlaíoch  
Bhí Cúrsa Spioradálta againn ar an 11ú de Nollaig. Bhíomar ag imirt a lán cluichí agus bhí siad ag insint scéalta dúinn faoi Íosa agus Dia. D'inis siad scéalta faoi saol freisin. Bhí sé an suimiúil agus go hiontach ar fad!

### FOCLÓIR

- scátáil – skating

- clabhsúr – conclusion

### ÁR MEÁIN SHÓISIÁLTA

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Kayla Ní Éalaithe, Saoirse Ní Fhógartaigh-Lithgow agus Éatán Ní Aodha ag cabhrú leis an Margadh na Nollag



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**MACROOM GIRL GUIDES**

**MacEgan Senior Branch Award Ceremony**

MacEgan Senior Branch members held an awards ceremony at Christmas. In total 23 specialised awards were presented to members. These awards included community involvement, global awareness education, outdoor activities and life skills. Dara and Rachel received their campcraft qualification for the excellent camp that they organised and ran for the Guide Unit. In addition to these awards, two of our members achieved their Silver Gaisce and five Bronze Gaisce

awards in the past five months. Congratulations to Niamh and Orna, to Katie, Aileen, Amy Mc, Dara and Gemma. Six more members are currently completing their Bronze Gaisce, four are working toward Silver and two the Gold Award. Irish Girl Guides is a Gaisce Award partner (GAP) and runs the Dual Award in conjunction with the Gaisce programme at all levels. The value of the Dual award is that our members from fourteen years upwards can complete the requirements for the Gaisce Awards while also completing

the relevant awards in the Irish Girl Guides programme. The President's Award – Gaisce is an internationally recognised award and similar award schemes operate in many countries throughout the world. The value of this type of non-formal academia and the benefit to the Senior Branch members in having this prestigious award on their CVs cannot be surpassed in future career choices and employment opportunities.



MacEgan Rangers at their award Ceremony at the end of December



Katie receiving her Bronze Gaisce Award from Deirdre Henley at MacEgan Senior Branch Award Ceremony



Sullane Haven Workers Pat (O'C), Joan, Jackie and Sibonokuhle



MSC Dinner-deliverers, Gearóid, Gerard and Pat (M). Christmas Day Duty



Macroom Lions Club



Members of the Ballinagree Vintage Association displaying a photo of their Vintage event which features in the Macroom Seniors Citizens Calendar. Kathleen O'Sullivan, Nora Casey, Pat O'Connell, Peggy Lynch President of the Vintage Association and Helen Spillane. Pic Peter Scanlan

Children from Tirelton National School with their shoe boxes all ready to go to the less well off children, well done to all.





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### • Clondrohid Defb Fundraiser

Charades in The Bell Inn on Saturday January 13th @8pm. Teams of 4, €40 All Welcome

## CANOVEE NS



### Busy end of term

The staff and children in Canovee had a really busy finish to the term. The children delighted in decorating the school with their wonderful festive artwork. We were thrilled to again receive the most beautiful real Christmas tree from Macroom Haulage. The children loved decorating and admiring it in its prominent position in the school and we would like to extend a huge go raibh mile maith agaibh to everyone in Macroom Haulage for their kindness and generosity, year after year.

On December 11th the boys and girls in 5th class travelled to Berrings to see the schools production of Shrek The Musical. An amazing time was had by all and we were thrilled to be invited.

On December 12th we said slán for a while to Paddy Corkery who has been hurling training the junior classes since September. They children adored their time with Paddy each week and Paddy says look out future Cloughduv hurling and camogie is on the up!! For the two weeks running into the Christmas holidays the Active Schools Committee were busy keeping us all fit with the 12 days of Christmas Work out. Each day all classes trained doing Christmas Star jumps, Santa sits and Present Planks! Great fun was had by students and teachers alike. This year we had new outdoor Christmas lights, which we hung on the beautiful tress outside our school. What a wonderful Christmas atmosphere they created for the children. On December 14th we

had our annual Christmas concert. 147 children graced the altar and sang beautiful Christmas themed songs with their teachers. We streamed the event live on our Facebook page so that friends far and near could enjoy the magic. Thanks to our teachers for preparing the classes and special go raibh maith agat to our Speech & Drama teacher Martina Ring/Moynihan.

We are immensely proud of 2 of our students, a family duo, Sophie & Patrick O'Grady, who performed in multiple shows with the Montfort's before, during and after Christmas. Comhghairdeas leanai.

On December 20th the whole school heading out to bring some Christmas cheer to our neighbours. We visited over 12 houses and were meet with warmth and kindness, thank you our neighbours for welcoming us and letting us entertain you all. We returned to school where the children enjoyed a hot chocolate treat to warm them up!

Almost there, on December 21st we hosted our Grandparents Day, it began with a meaningful mass celebrated by Monsignor O'Callaghan @10am followed by tea and treats in the school hall with a raffle which had amazing prizes. Thank you, Monseigneur O Callaghan, for the lovely mass, to Nuala Crowley for the wonderful care she takes of our church and to the Parents Association Committee for the amazing organisation of the tea and treats.

Finally, on December 22nd, we began the day with our monthly assembly & awards ceremony, congrats to all the recipients. It was no uniform day so the school was filled with colour and Christmas cheer!! Santa even popped in to wish the boys and girls a wonderful Christmas and to remind them all to go to sleep early on Christmas eve. We finished our day by saying 'So long' to our faithful friend and school bus driver of over 17 years Barry Buckley. The children made presentations to Barry to thank him for his many years of safe driving generations of Canovee families to school. We wish Barry all the happiness in the world and hope he enjoys his 'quiet' retirement!!

Our Playground Fundraising committee have asked us to let everyone know that they have been selected as one of the Tesco Community Fund recipients in the Ballincollig Store! This is a wonderful opportunity to support the ongoing fundraising efforts when doing your shopping, so shopping Tesco and pop the blue counter into the Canovee Playground section if you can! Míle buíochas!!

**Applications for enrolment for the 24/25 school year are now open. Forms can be downloaded from [www.canoveens.com](http://www.canoveens.com) or contact the school on 026-48142 or [office@canoveens.com](mailto:office@canoveens.com)**

Keep up to date with all of our activities by following us on Facebook 'Canovee National School'.



Santa visiting Canovee School



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**Kilnamartyra Village - 4 Bedroom detached house**



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**Guide Price: €320,000**

**Agricultural Land for Sale - 90.00 acres (36.42 hectares).**



FOR SALE by private treaty circa 90 Acre Non-Residential Farm at Coolnacheragh, Ballyvourney, Macroom, Co. Cork. Folio Number CK12390 Access to the land is off the public road. The land is a mixture of good grazing land and some rough ground. There are no Farm Buildings on the land. This land is an excellent opportunity for Dairy Enterprise or Mixed Farming This land is in an excellent location, 3 miles east of Ballymakeera Village on the road to Macroom. Maps & Further Details contact Michael at Michael Creedon & Co Ltd

**Guide Price: POA**

**Agricultural Land For Sale - 69.00 acres (27.92 hectares).**



For Sale by Private Treaty Circa 69 Acre Farm at Caherdaha The property is located at Caherdaha, close to Kilnamartyra village with good access from the public road. The holding consists of mainly good quality Agricultural Land and a portion of Rough Grazing ground. The farm buildings consist of a Cubical House for cattle and a selection of old farm buildings. There is an old style Farm House on the holding which is in poor condition. The land is currently under lease until 31st December 2025. Further information including maps available from the Auctioneer. Michael Creedon Auctioneer/ Valuer, Ballyvourney, Co. Cork

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CLINICS THROUGHOUT MUNSTER

## Canovee NS: *Happy Retirement* *Barry*

Canovee NS bus driver, Barry Buckley retired after 17 years service to our school



## TUAIRSC – NAOIMH ABÁN – OÍCHE CHEILIÚRADH 25/11/2023

**Ar an 25ú lá de Mhí na Samhna, d’eagraigh Cumann Peile Naomh Abán Oíche Cheiliúradh chun comóradh a dhéanamh ar an bhfoireann a bhuaigh Craobh an Chontae Sóisir i 1973.**

Thosnaigh an oíche amach le hAifreann a bhí ofráilte ag an Athair Micheál Ó Corcora, a bhí ag imirt ar an bhfoireann sin 50 bliain ó shin. Bhí an tAifreann seo ofráilte do bhaill an Chumainn, agus go háirithe dóibh siúd atá imithe ar slí na Fírinne. Dhein Denise Uí Cheochain agus Seanachán Mac Cárthaigh an chéad agus an tarna léacht. Ansin, bhí guí an phobail déanta ag Mairead Ní Cheallaigh, Maura Ní Chathasaigh, Seanachán Ó Mulláin agus Dónal Ó Cróinín.

Tar éis an Aifreann, bhí cuireadh tugtha do bhaill Chumann Peile Naomh Abán teacht go hÓstán Ghobnatan don chur i láthair agus chun foireann 1973 a chomóradh. Thosnaigh an oíche le fáiltiú ón gCathaoirleach Seanachán Ó hUidhir. Bhí tuairisc álainn curtha os ár gcomhair ag Micheál Ó Scannail a bhí ar fhoireann 1973, thug sé léargas iontach dúinn ar an saol a bhí acu i 1973. Labhair sé faoi rathúlacht an chlub i rith na 60ídí, an traenáil a dheineadar sna páirceanna sula raibh An Portach Rua aimsithe ag pobal Chumann Peile Naomh Abán, agus ar ndóigh an lá inar bhualar Cluiche Cheannais an Chontae Sóisir in aghaidh Baile Mhistéala san Athletic Grounds nó an t-ainm nua atá tugtha air ná Páirc Uí Chaoimh i gCorcaigh. Bhualar an cluiche an lá sin le scór deiridh 2.15 go 0.05 do Naomh Abán.

Bhí cur i láthair ansin ar bhaill an fhoireann 1973, nó ar ghaol d’aon bhall foirne atá imithe ar shlí na



A photo of the 1973 Naomh Aban team.

fírinne. Bhí pictiúr den fhoireann 1973 bronnta ar bhaill an fhoireann ag príomh urraithe an chumainn Seán Ó Liatháin. Ansin bhí focal beag ag Captaen na foirne 1973 Jerry Ó Luasa.

Lean an oíche ar aghaidh agus bhí dhá bhronnadh tábhachtach eile le déanamh chun comóradh a dhéanamh ar an éacht a bhí déanta ag meitheal Naomh Abán thar na blianta. Bhronn Jerry Ó Luasa dealbh speisialta ar Mhícheál Ó Scannail chun comóradh a dhéanamh ar an éacht a bhí déanta aige le foireann sinisir Chor cáí i 1973 nuair a bhualar Cluiche Ceannais Peile na hÉireann. Anuas air sin, bhí bronnadh speisialta déanta ar Joan Bn Uí Laoghaire, chun

ár mbuíochas a chur in iúl di dos na blianta ar fad a chaith sí mar chisteoir ar an gcumann. Lean an oíche ar aghaidh le caint agus comhlúadar, agus daoine ag smaoineamh ach go háirithe ar na laethanta órga a bhí acu nuair a bhíodar ag caitheamh geansaí peile gorm agus bán Naomh Abán. Mar chumann ba bhreá linn ár mbuíochas a chur in iúl don Athair Micheál Ó Corcora as an Aifreann álainn a léigh sé dúinn. Ba bhreá linn buíochas a ghabháil freisin don fhochoiste a d’eagraigh an ócáid fíor-speisialta seo: Mícheál Ó Críodáin, Eoghan de hÍde, Mícheál Ó Loingsigh agus Ciara Ní Loingsigh.



## 9 Signs Your Spine May Need Attention in 2024

Did you know that your spine influences your overall health? It provides structure, support, movement and it affects the communication between the brain and body. Here are some signs your spine may need some TLC.

### 1. The soles/heels of your shoes wear out unevenly.

This can be due to uneven leg length or stress along the length of the spine.

**2. You can't take a satisfying deep breath.** Breathing, spinal health, and energy are all interrelated.

**3. You have to "crack" your neck, back, or other joints often.** This is your body telling you that something is out of alignment.

**4. You can't twist or turn your head or hips to either side easily and equally.** Reduced or restricted ranges of motion are signs of a misaligned spine.

### 5. You have poor posture.

Look in the mirror from the side and assess your overall alignment. Forward head posture and rounded shoulders are a sign of poor posture.

### 6. You have headaches, back ache, sore or tender spots in muscles or joints.

All are common signs of a spine out of alignment.

**7. You feel stiffness in your back or neck.** Stiffness may be a sign of degenerative changes in your spine.

### 8. One leg appears shorter than the other.

Keep your shoes on, and lie down. Have someone stand behind you, look down at your feet, and gently push your heels toward your head. Compare where the heels meet the shoes. One foot may appear anywhere from 1/8" to 1" shorter than the other.

### 9. You just don't feel right, you're in general poor health.

If your nervous system is not in total balance, your health will not be in total balance. As Chiropractors we look for interference in the nervous system (we call these – subluxations) – we adjust the subluxation to clear the interference so that your body can heal itself.

*"As a Chiropractor it is my duty to raise awareness of the importance of good spinal health (which includes; good posture, movement and daily care of the spine)"*

says Dr Benjamin Martin of Optimal Chiropractic



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## DROMLEIGH NS

The staff of Dromleigh N.S. would like to wish all of our students a Happy New Year! December was a very busy month for students. Pupils delighted their families and friends with a most enjoyable

Christmas concert on December the 21st. We were also delighted to discover that two of our students were selected as prizewinners at the annual Macroom Credit Union Art competition.

Well done to all involved. Follow us on Facebook 'Dromleigh N.S Kilmichael' or online [www.dromleighns.ie](http://www.dromleighns.ie)



First and Second class students from Dromleigh N.S. displaying their classmates winning entry at the annual Macroom Credit Union art competition.



Junior pupils from Dromleigh N.S. visiting the Christmas crib at Cooldorrihy Grotto.



Sixth class pupils from Dromleigh N.S. celebrating their classmates success at the 2023 Macroom Credit Union art competition.



Dromleigh N.S. students all ready for their Christmas concert

## RESTORATION OF MUCH LOVED NATIVITY STATUES IN CARRIGANIMA



This Christmas, parishioners at Carriganima Church welcomed back the Church's original Nativity statues. These statues were gifted to the church by a local parishioner in the mid-50s. In 2019, the statues were removed and put in storage to await repair and restoration. They were restored by Desmond Lynch, a local self taught artist from Clondrohid. He recorded the whole process and uploaded it to his Youtube channel: DESMOND - (@ DESMOND\_ART\_YOUTUBE ) for everyone to see. The local Tidy Towns group went to great effort to build a beautiful new Crib to house the statues just in time for Christmas.

## RYLANE DEFIBRILLATOR:

A new defibrillator is now located on the front wall of the Community Hall. It is hoped to hold a training night in basic first aid and defibrillator use early in the new year. Date to be confirmed. In the event of

the defibrillator being required, it is important to note that it is not necessary to have attended the training night as instructions are given over the phone in response to a 999 call and instructions are

also given on the defibrillator machine. Happy New Year to you and yours.

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## KILMURRY NS

December was an extremely busy and festive month in Kilmurry NS.

Many thanks to Murphy Fuels who were kind enough to supply us with a Christmas tree, which the children decorated with preloved baubles donated from their homes. It added a lovely touch of Christmas spirit to the school.

A big thank you to our Parents Association who were extremely busy this month, organising a bake sale and carol singing, a Christmas disco and a Christmas raffle. They also managed to get Santa to fit a visit to Kilmurry NS into his very busy schedule.

5th class finished up their Robotics course. The children thoroughly enjoyed working with Pfizer Ringaskiddy on this project and they were very grateful for this amazing opportunity.

All the children and staff gathered to congratulate and say farewell to one of our long serving teachers, Múinteoir Siobhán. She has worked in Kilmurry NS for the past 14 years, but the time has come for her to embark on a new chapter as principal in Scoil Abán Naofa Baile an Mhuirne. Our loss is very much their gain! She will be greatly missed by us all here in Kilmurry NS, but we wish her all the best in her new school! Slán

agus go raibh maith agat Múinteoir Siobhán!

There was lots of preparation done by all the classes for our Christmas concert. The concert took place in the church and told the story of the first Christmas through music. The show included some tin whistle, lots of Christmas songs, a traditional Ukrainian carol, instrumental music performed by some of our very talented musicians, and some dancing choreographed by the children. All the children did such a great job, and it was a lovely, festive end to the term.

Wishing you a very happy and peaceful Christmas and 2024 from us all here in Kilmurry NS!

## BALLINAGREE NS

We had a nother busy few weeks in Ballinagree N.S. in the run up to the Christmas holidays. The 1st, 2nd & 3rd class children were thrilled to receive a new set of school jerseys which were sponsored by Kevin Healy of Macroom Sliding Wardrobes along with a contribution from our Parents' Association. We welcomed Garda Orla Doyle to the school recently. She chatted to the children about the importance of road safety and about staying safe online. The school won a prize of a mobile P.A. system as part of a national Active Schools' slogan campaign. There were five winners in the country and two in County Cork so we were delighted to be selected. The slogan was designed by one of last year's 6th class pupils, Niamh Lehane. Children harvested our crop of willow and the senior room pupils used it to weave Christmas decorations such as stars and Christmas trees. Our Parents Association held a very successful Christmas Raffle in which they raised in excess of €2000 Our annual Christmas Jumper appeal raised €260 for West Muskerry Special Olympics Club. Many thanks to



Ballinagree N.S. 1st, 2nd and 3rd class children performing in their Christmas Concert

all who supported both fundraisers. Our pupils performed Christmas songs and hymns along with the nativity plays Hosanna Rock and Rock

the Baby in our annual Christmas Concert on Wednesday 20th December at Ballinagree church.



Ballinagree NS pupils testing out their new jerseys!



Ballinagree NS senior room pupils with their Christmas trees made from willow.



On December 21st Staff & Students will don some festive season jumpers and hats to raise funds to send TY Students Haley Coleman & Elisha Kelly to Lourdes with the Cloyne Diocesan Youth Group to work as assistants to older Pilgrims.



Young spectators enjoying themselves at the Macroom Ploughing held in Tullig Coachford last Sunday

# GRANVILLES

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WILD ATLANTIC SEAFOOD CRUMBLE  
Cod, Salmon & Prawns, Baked in Leek &  
White Wine Sauce, Dingle Cheddar & Bacon.  
Potato Cake, with Crisp Salad

BREAST OF IRISH CHICKEN MADRAS CURRY  
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GOATS CHEESE & VEGETABLE  
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**DESSERTS**

LEMON MERINGUE PIE  
& Cream

FRUIT TRIFLE  
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CHEESECAKE OF THE DAY  
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## COACHFORD UPDATES

### Point to Point

Aghabullogue Point to Point takes place this Sunday just north of the village. The first race starts at 12.30pm. This is always a great day out where locals and visitors enjoy the wonderful spectacle of the Sport of Kings. Tea, coffee and delicious cakes are available with all the proceeds going towards the Aghabullogue National School Parents Association. On-course bookies will take your bets and you could leave Aghabullogue a lot richer than you arrived but it's the bookies who are usually the big winners.

### Flooding

The December deluge brought more flooding to the village, mostly by the GAA pitch. Despite representations to Cork County Council by Cllr Eileen Lynch the problem doesn't look like be solved anytime soon. Motorists are being forced onto the gravel parking area outside the GAA grounds to avoid the floods and as a result this area is now in a terrible condition, full of potholes and difficult to park here. According to Cllr Lynch " whilst interim works were done in November in terms of a soak way, this hasn't worked. There are legal and land owner issues here as well as lack of cooperation from Irish Water, once these issues are overcome the matter will be sorted as soon as possible and Cork County Council continue to try and resolve the issue."

A flood survey is due to be carried out in the village in 2024 following an allocation of funding from the OPW in 2023.

### Busy Christmas in Coachford

All the businesses in Coachford had a great Christmas and trade was brisk in the shops and pubs over the 3 weeks.

It was great to see all three pubs in Coachford doing a roaring trade and many of our families and



Coachford AFC started 2024 with a very important win over Grangevale in the Cork AUL Premier League.

friends who live overseas came home for some part of the holidays and met up in the pubs and enjoyed all that was on offer.

### Drama Group rehearsals

Coachford Players have begun rehearsals for their spring production 'Hospital Affairs'. This comedy is sure to have everyone roaring laughing throughout this very funny full length play. The production is due to be performed in the GAA Hall from Saturday April 13th to Tuesday April 16th

### New book

Coachford resident Michelle Teahan has published her first novel, 'Go seek'. Michelle's debut novel is a fast paced thriller and has received rave reviews and has been described as "Tense, pacy and full of surprises, Go Seek is like nothing I've ever read before . . . Action-packed, suspenseful and a nail biting joy"

'Go Seek' is on sale in most bookshops and online. Sport

### Coachford -3 Vs Grangevale -0

Coachford AFC started 2024 with a very important win over Grangevale in the Cork AUL Premier League. Coachford returned from the Christmas break full of energy and determined to get the New Year off on a good foot.

The lads travelled to Mayfield last Sunday morning to play the Douglas based side who are currently top of the table. After 15 minutes Coachford broke the deadlock when Mark Murphy headed home from close range to put the lads 1-0 up. With just 5 minutes to go to the break Evan O'Sullivan doubled the lead with a terrific shot to the back of the net. Coachford continued to pile on the pressure in the second half and their quality was really starting to show. With 63 minutes gone on the clock Adam Murphy rose highest to meet the free kick from Evan O'Sullivan and flick the ball into the back of the Grangevale net to put the game beyond reach.

## Aghinagh GAA Annual Cic Fada

On St Stephens Day Aghinagh GAA hit the roads for the annual fundraiser. The weather obliged and a record 57 teams entered.

The annual Cic fada was a most enjoyable day out,

everybody enjoyed the fresh air & refreshments afterwards in Tigh Ui Laoghaire Bealnamorrive. Congratulations to the adult team winners of Hugh & Ava Kelleher & Kieran Deasy.

Also congratulations to the juvenile section winners of Ryan Lehane, Jack Corkery, Patrick Kelleher & Sean Twohig.

## CLONDROHID NEWS

TAVERN SINGERS: Looking forward to seeing you all in 2024, next session Monday Jan 22 from 9pm.

CLONDROHID DEV GROUP: The annual Parish Adult Party is back after a long absence due to Covid. It will be held in Community Hall on this Sunday Jan 14 at 2pm. Good food, brilliant music with Tim Joe and Ann, dancing and singing, raffle. Catch up with friends and relatives. Hope to see you there.

BLOOD TRANSFUSION BOARD: This excellent and essential service will make their 1st visit for 2024 to Clondrohid Community Hall on Wednesday 17 and Thursday 18 from 1pm to 11pm. If you would like to become a donor or need any info ring 1800731137. Please support, and Thank you

CLONDROHID PARISH ACTIVE RETIRED Membership will be up for renewal in January. New members most welcome, contact Mary on 0872036947 or any member or drop in to Maria at the Post Office. Membership for the year is €15. They have a full programme of events, their main aim is bringing people together for a chat, a bit of fun, a game of cards, a song or two, exercise, a day tour, a show or concert and the most popular the coffee/tea morning, where everyone has an



D O'R - Declan O'Rourke's two books.

input. Please be assured, that you can choose from their varied programme what suits you best. Happy New Year

CLONDROHID COMMUNITY HALL: The committee of this Hall would like to wish Happy New Year to all in the parish, and to all those who use the community hall. They are delighted to help out on occasions when people might need to borrow something for an event, but unfortunately there is a downside.

Having done an end of year stock take, many items were missing, some of these have been returned since, but still missing is cutlery, tea pots, and ware. They are sure it's just people forget to return, but unfortunately they are all needed for upcoming events. Thanking you in anticipation.

ENTERTAINMENT IN CARRIGANIMA: On Sat Jan 27, a young talented Effie O'Neill will be the new entertainer in the Pub. Clear away the January blues.

LOTTO: Results for Dec 20. Next Jackpot €2,600  
€150 : Healy's Spar Voucher: Siobhan Lawlor Lackadota Millstreet  
€100 : M&J Kelleher voucher. Catherine O'Shea Bridgemount  
€50: Twomeys Meat voucher Danny and P. O'Connell

Brandy: Cath. O'Connor c/o Murrays, Paul Renniger Colman's Park, Tim McCarthy Carriganima  
Whiskey: John Condon c/o Brian Kearns, Twomeys The Tavern, Helen O'Brien The Village.



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# UIBH LAOIRE NOTES



**Cheque presentation following recent charity fundraising sale of a Ewe Lamb, amounting to €1510, made by Pamela Buckley on behalf of the Buckley family to the Réaltai and Rainbow Classes at Inchigeela NS. This extremely generous gesture allows us to enhance the outdoor play equipment for all our children at our school in the new year.**



**Inchigeela NS pupils at their Christmas Music Performance at Inchigeela Church recently**

Hoping everybody had a happy and relaxing time over the Christmas period. Since the weather was reasonably good many people took the opportunity to go on walks on the smaller roads, in the forests and in the National forest in Gougane Barra. Ex pats of the parish returned to Uibh Laoire for a short mid winter break at Christmas. There was a great turnout for the Puc Fada competition in Inchigeela and the money collected is donated to Marymount hospice. The Uibh Laoire club are opening the walking track at the pitch to the public as part of the health promotion campaign, "Ireland Lights Up" and they hope that many will take up the offer. It is for 6 weeks and from 7 to 9pm every Monday.

Croi na laoi

The group's fundraising idea of providing Christmas cards for sale, was a great success and they are grateful to all who bought them. And mile buiochas to Sean O hUigin who provided the art work and to the stores who sold them. Sean lived with the Pats Luceys of Cooragreenan long ago and would have been better known then as Jackie Higgins. He still has a great grá for Uibh Laoire and has produced some lovely Art work based on features of the parish. The Christmas news letter was also a great success and who knows, maybe

both cards and newsletter will become collector's items in years to come. A big thank you to the sponsors and to the small group who produced it. The playing area/basketball court on the Island park is at present under construction and should be a great asset to all ages when completed. Well done to the group who spent long hours creating the street decorations and erecting the Christmas tree in the square and the twinkling lights throughout the village. The Tidy towns work will begin shortly so this is a time for anybody who is short of a New Years' resolution, to join in the good work. New members always welcome.

Inchigeela Hall

Social dancing continues in Inchigeela hall. Mon 15th, Adrian Ryan 8.30 to 11pm. On Sun 21st, Eddie Lee and the Paudie Coffee Band 3pm tp 5.30 pm. Mon 29th from Westmeath there is Andy Feery from 8.30 to 11pm. Only €10 for great music, dancing and new friendships. Bingo on Friday nights at 8pm. Cards on Sunday nights.

Béal Atha'n Ghaorthaidh

All the events held before Christmas were very well supported in Béal Átha. Maith sibh go léir. The recent quiz nights were very successful as was the Big Traditional Christmas Quiz which collected close to €2300 for the Mercy Hospital foundation. Well

done winning teams, SNAs , Braniacs and 3 Fools (who were no fools!) . Agus ansan ar Lá le Stíofáin, bhí an sport ag an gcluiche idir daoine pósta agus iad san nách raibh pósta (nó gafa agus soar mar a bhí sé ar an scór bórd.) Chríochnaig sé ar comh scór agus ansan bhí penalty shoot out chun buathoirí a fháil. It went down to the wire as they say, but at the end of some hilarious penalty taking, I won't say what side won because I think the winner was the good cause for which the match was played ie The Jack and Jill Foundation, for which a grand sum of €4720 was collected. Sár obair!

Seanchas Conchuir Uí Ealaithe

Tá Cumann Staire Uibh Laoire taréis leabhar eile a fhoilsiu. Sin Béaloideas ón bailiúchan a fuair Seán O Chróinín ó fear aitiuil Conchubhar O Ealaithe sa bhliain 1941. Pdraig O Ceilleachair has edited this collection of the folklore that Seán O Cróinín collected, 80 years ago, from the man who was known locally as Connie Healy. If you are interested in these stories along with what was happening back in the days, the book is available in Siopa Ui Dhuinnín. A future valuable collector's item I'd say. Ath bhliain faoi mhaise daoibh go léir. A happy and prosperous 2024 to us all.

## Macroom Youthreach CPR/Defibrillator training



**Macroom Youthreach CPR/Defibrillator Training Day: Nurse Veronica Donovan teaching Fiona Kingston.**



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## Think Globally, Act locally

## THE GEARAGH. COUNTY CORK'S 1st NATIONAL PARK?



Hi! Chris Barrett back hearing from a local hero of mine, the Ecologist, Kevin Corcoran, author of 'Saving Eden' a book in which so much of the history and woodland culture of the Gearagh is documented. On 15 August 2023, I was fortunate enough to be able to attend his fascinating talk in Macroom Library concerning the Past Present and Future of the Gearagh, which was illustrated with slides. The talk led to much discussion in the audience afterwards and was inspiring throughout, due to Kevin's passion and research. Kevin started his talk by reminding us that just outside Macroom we have the very last intact stand of Primeval temperate deciduous rain forest left in Western Europe. He reminds us that other sites such as The Burren and Killarney have been able to benefit hugely from the protection received, due to their National Park status. He told us that the Gearagh is an extraordinary multi-channelled river system delta. Deltas would usually be formed where a major river meets the sea. Because the Gearagh river forest system occurs inland it is quite simply an extraordinary global geological marvel. This unusual system which produces holes big enough to swallow a horse has made it very hard for people to clear wood to put in cattle, and this has helped in its survival. The Causeway, still much loved by many local walkers was the main route to the South, and lime was still being removed until the 1950s. Kevin reminded us that despite the extraordinary high biodiversity, the Gearagh is very

fragile scientifically. The fresh water pearl mussel and the freshwater sponge, which is very sensitive to pollution are examples of unusual species which can survive due to the over-head forest canopy and the lack of plants within the Gearagh streams. Some of the help given to the Gearagh comes from unexpected sources. Natural rewilding currently occurs because the water levels are being kept so low. The surviving stand of temperate rain forest still exists up to Toon's Bridge, but needs protection. It is impossible to ignore the rewilding that is going on. The regeneration upstream is incredible and it is creeping down. The genetic material for the regeneration of the Gearagh was never lost. But windfarms are destroying the uplands, and 90-95% of the meadows are gone. Our old woodland, meadows and wildlife are part of a biodiversity crisis. The last 50 years of damage caused will take hundreds of years to repair. But there is hope. A 500 year old oak in the Gearagh has a huge number of organisms on it. (It should be realised that it will be supporting more species than 500 oaks of 100 years old). Similarly a 500 year old alder and more species still exist and need protection. Kevin's proposal is to restore the Gearagh, and develop it's outstanding natural gifts for the Lee Valley, as Cork's first National Park. A Greenway or wild way, through the forest, would also give the Gearagh protection, so it could regenerate. On a larger scale, the Carrigadrohid dam, which is 95% owned by the state ( E.S.B) could be dismantled as it is now

obsolete and blocking rather than encouraging nature. Iniscarra is a far more important dam in the provision of water for Cork. The potential for a recreational route out from Cork city to Gougane Barra is exciting and could be a massive tourist resource for the area. Carrigadrohid 15th century Castle could even be bravely purchased ( it seems to be in an ownership limbo) and turned into a state of the art Interpretive centre. Those who care about local nature, safe in the hands of qualified experts, can work to create not only a National Park for Cork but also a Greenway and maybe even a blueway that would track the route of St Finbarr from Cork to Gougane Barra. What a project to put to the EU LIFE fund which has funded a great many nature conservation projects across Europe! Who cannot see the amazing potential of gifting a true Environmental legacy to the care of the people of the Lee Valley, a jewel they can proudly share with the world. Kevin has kindly left an email address [kevincorcoran199@gmail.com](mailto:kevincorcoran199@gmail.com) He will be happy to send on a copy his proposal to those who genuinely share his vision. I am really grateful that I was able to hear Kevin talk in the Library and I would like to thank him for the time and effort he has given, and continues to give to the Gearagh. It is possible to contact the Environmental Group [macroomenv@gmail.com](mailto:macroomenv@gmail.com) If you or anyone you know would like to contribute an article to this magazine, please contact me, [chrisleevalley@gmail.com](mailto:chrisleevalley@gmail.com)



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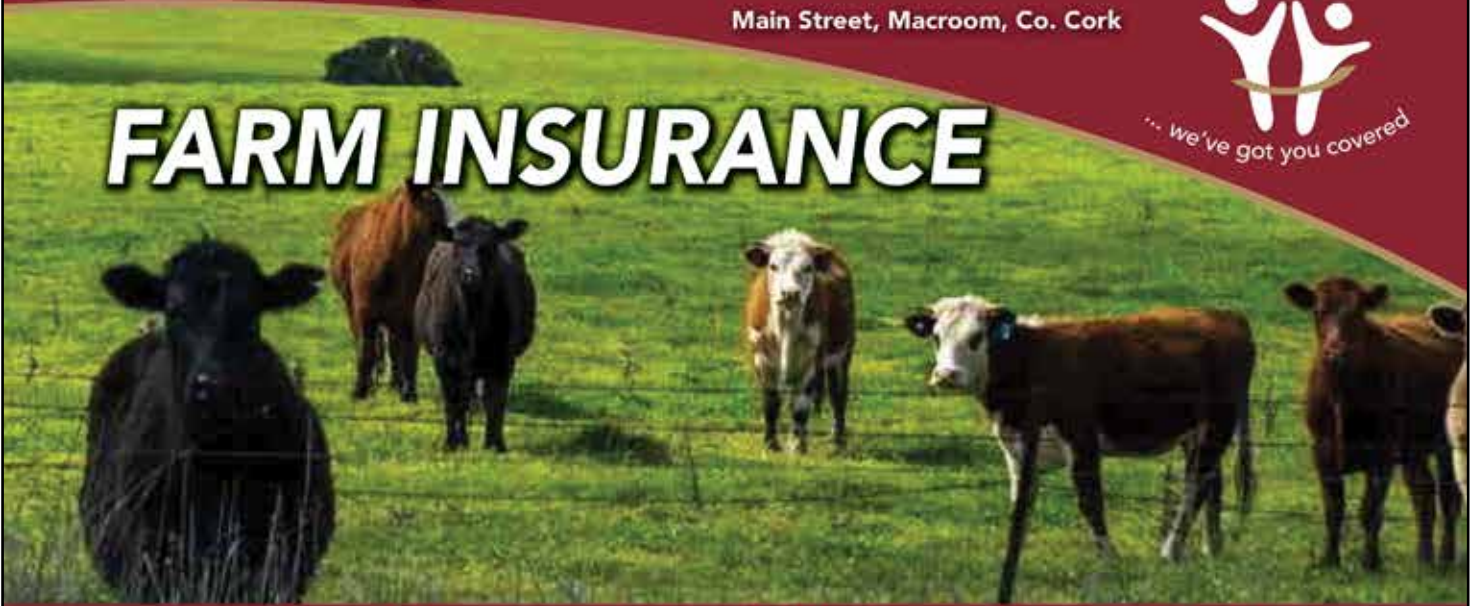
Winners of the raffle at grandparents day in Canovee NS on Thursday Dec 21st

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## *Do they know its Christmas time at all*

Please pray for peace in the world for the sake of the children and the elderly.

I cannot believe what has happened in the world in 2023. This vulnerable world that we are living in. All the killing, pollution and destruction that war brings.

I have always loved the beautiful cribs around the churches in the Lee – Valley and the Muskerry Gaelacht. Great credit is due to all the men and women who have helped to put these lovely cribs together.

Goodbye and God Bless until the next time and all

the very best for the New Year to everyone.  
Mary O Callaghan Hallissey, Raleigh, Macroom, Co. Cork .

Image 1: The beautiful crib in St. Colmans church Macroom.

Image 2: A photograph of a crib in Dublin where Baby Jesus is surrounded by rubble. This is to highlight the Plight of the children in Gaza.



Speaker Dedan O'Rourke with Pat Sheehy, James O'Callaghan (host) and Fr. Michael Kelleher, (interviewer) 4 Dec., 2023, in C.H., Macroom. (C. Kelleher)



The 4HOME store in Macroom under construction in 2005. (Now the new Lidil Store). © Peter Scanlan

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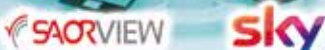
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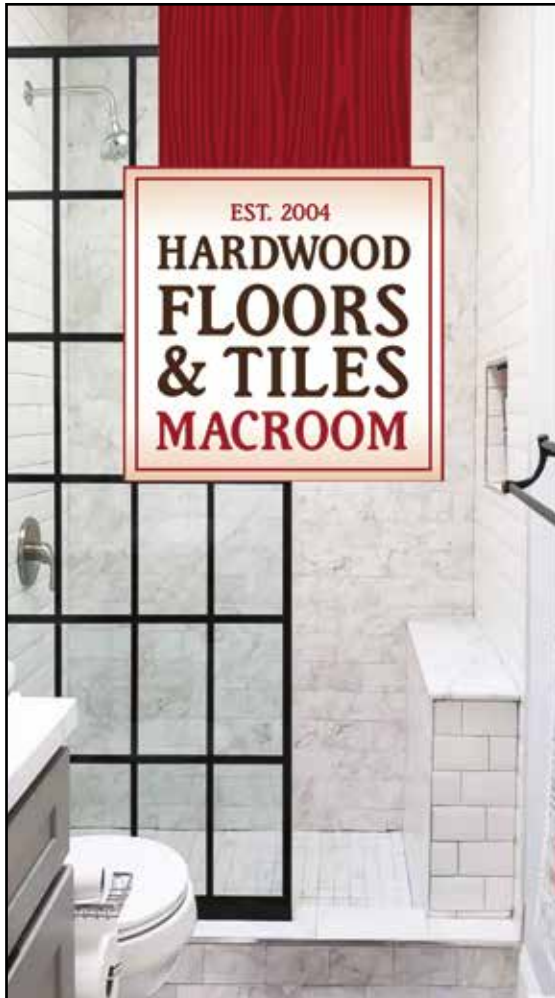
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## Four-Week-Old Puppies Found in Plastic Bag Handed in to Dogs Trust

Following a record number of surrender requests in 2023, the charity fears they will see more dogs abandoned and in need of rescue.

To find out how you can help Save the Next Dog, please see [www.DogsTrust.ie/Crisis](http://www.DogsTrust.ie/Crisis)

Dogs Trust Ireland is highlighting the worrying increase in the number of dogs needing their help after they took in a litter of defenceless four-week-old puppies that were abandoned in Co. Dublin.

A shocked member of the public spotted one of the tiny puppies in the middle of the road and when he got out to help, he discovered a plastic bag containing the puppy's six siblings nearby. The pups were soaking wet and distressingly, two of them were already dead.

The veterinary team at Dogs Trust did their utmost to treat the puppies but given their age and the condition they arrived in, despite their best efforts, only two survived.

Veterinary and Welfare Manager at Dogs Trust Ireland, Niamh Curran-Kelly, explained: "Cases like this are incredibly upsetting for everyone involved. At just four-weeks-old, puppies are still heavily dependent on their mother and wouldn't be fully weaned yet. They were far too young to be separated from her, let alone to have been left outside in the cold and rain. Despite receiving the very best care, we were saddened that only two of the puppies have survived this ordeal. Thankfully, these two little fighters are thriving, and both have recently been adopted."

Last November, Dogs Trust launched their 'Save the Next Dog' campaign highlighting the abandoned dog crisis in Ireland. The charity had almost 4,000 people contact them in 2023, seeking to relinquish their dog into their care. This was the highest volume of such requests Dogs Trust has received since



opening their doors in 2009. The charity fears that even more dogs will need their help in 2024.

**To find out more about the campaign and how you can help, please see [www.DogsTrust.ie/Crisis](http://www.DogsTrust.ie/Crisis)**

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## We Are Unprepared for Climate Change Weather



**Undoubtedly, if we have learned anything from the recent flooding, it's that our current flood defensive systems and the management of our rivers and streams are totally inadequate for climate change weather.**

Clearly Local Authority's and the OPW has a lot of work to do to bring our waterways, rivers and streams up to standard to cope with the consequences of climate change. The recent flooding from storms Babet and Ciaran brought enormous hardship and suffering to a multitude of homeowners in many parts of Cork County

It is now crystal clear that the climate experts who predicted storms and extreme rainfall for Ireland from climate change are 100% correct. Of course, this is poor comfort for residents in Midelton, Killeagh, Glanmire and the eight home owners in Ballinhassig, whose houses were devastated when the Owenabue river burst its banks. It is however an indisputable reminder to all the relevant authorities including Government on just how serious climate change will be.

Clearly the consequences of climate change will have to be dealt with urgently, not only at local level but also at Government level. This will require much more commitment than a few visits to flooded areas by top members of Government, culminating in photo ops and expressions of sympathy towards the affected home owners. The Government must tackle this issue with a compelling sense of urgency, similar to their covid crisis response.

This will require tackling the actual reasons why many flood defensive systems are not already in place, and in other situations are delayed, or deliberately postponed on account of environmental compliance with EU directives - that have now become futile with the advent of climate change. In one situation flood remedial work on the Owenabue river which included the replacement of an old bridge was postponed because it would have upset a colony of bats (a protected species) that were roosting under the bridge. In other situations, essential remedial work to rivers is banned because of the presence of otters in the rivers.

While most of us greatly appreciate wild life, clearly the wellbeing of human beings must always take precedent. Otherwise, residents in those areas that are prone to flooding can no longer live there. This will lead to enormous hardship and could eventually lead to flooding migration.

Clearly, the Leaders of the three-party coalition Government need to deal directly with this pending crisis and must put an urgent plan in place to cope with the impact of climate change weather in the future. Any plan must ensure that the wellbeing of human beings will supersede now purposeless EU directives - that were implemented 25/30 years ago, which was long before the emergence of climate change.

Diarmuid Cohalan, Ballinhassig Co Cork





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# Coping with cold, snow and ice

## How to stay safe and avoid a breakdown this winter



**Breakdowns and accidents are more common in the winter when road conditions are challenging. Here are our top tips for driving in winter and staying safe on snowy and icy roads.**

### How to drive safely in snow and ice

The roads can be dangerous in winter when there's snow, ice or sleet. Our top tip is to take it slow. Stopping distances can be 10 times longer when it's icy. Gentle manoeuvres and slow speeds are the key to safe driving in ice and snow.

In the season of winter colds, don't drive with a cold if you're feeling unwell and are on any medicine that could make you drowsy. It could affect your reaction times.

### Before you set off

Allow extra time for winter journeys.

Plan routes around major roads, which are more likely to be cleared and gritted.

Try to get up at least 10 minutes early to give you time to de-ice the car.

Wear comfortable, dry shoes for driving so your feet don't slip on the pedals.

Check fuel levels – have at least a quarter of a tank in case of unexpected delays.

Clear all windows using a scraper and de-icer and wait until the windscreen's fully demisted.

If you drive an automatic, check the handbook – some have a winter mode or recommend selecting '2' in slippery conditions.

Learn what to do if your car heater's not working.

### Driving on winter roads

Pull away in second gear, easing your foot off the clutch gently to avoid wheel-spin.

If you have to use your brakes, apply them gently.

Driving uphill – leave plenty of room between other cars or wait until it's clear so you don't have to stop part way up. Keep a constant speed and try to avoid having to change gear on the hill.

Driving downhill – slow down before the hill, use a low gear and try to avoid braking. Leave as much room as you can after the car in front.

If you get stuck in snow or ice

If you get stuck, straighten the steering and clear the snow from the wheels.

Put a sack or old rug in front of the driving wheels to give the tyres some grip.

### Clear your windows of snow, ice and mist

Don't drive like a tank driver with just a tiny patch of windscreen to see out of. Make sure all your windows are clear of ice, snow and condensation before you set off.

Keep the windscreen and other windows clear of dirt and snow to avoid a fine.

Clear snow from the roof – it can fall onto the windscreen and block your view.

Air-con demists the screen faster and reduces condensation.

Replace worn or damaged wiper blades.

Don't leave your wipers on auto when you park up if there's a risk of frost. If the blades freeze to the screen, you could damage the blades or wiper motor when you turn the ignition on.

Use a suitable additive in your screenwash to reduce the chance of it freezing.

Here's some more advice on how to defrost a windscreen during the winter months.

### Make your car visible in poor winter weather

With shorter days and more chance of rain, sleet and snow, there can often be poor visibility when driving in winter.

Make sure all car lights are working and the lenses are clean.

If the roads are really mucky, you might have to clean your lights after every trip.

Keep number plates clean, to avoid fines.

If you have to clear snow, don't forget the lights – front and back.

You must use headlights when visibility is seriously reduced. If you use fog lights, remember to switch them off when visibility improves so they don't dazzle other drivers or obscure your brake lights.

### Choose the right winter tyres

We recommend at least 3mm of tread for the

winter.

Don't let air out of your tyres to get more grip – it doesn't work, and it's unsafe.

Only use snow chains if there's enough snow to prevent damage to the road.

Think about getting winter tyres or all-season tyres – these are made from a special rubber that gives better grip in cold, wet conditions.

### Look after batteries and electrics

Car batteries rarely last longer than 5 years. There are extra demands on them in the winter thanks to lights, heating and wipers. Here are some tips to prevent a flat battery in winter:

Turn off electrical loads like lights, heated rear window and wipers before trying to start the engine.

Use the starter in short 5-second bursts.

If the engine doesn't start quickly, wait 30 seconds between attempts.

If you don't use your car often, give it a regular overnight trickle charge.

### Top up your antifreeze in cold weather

Antifreeze only costs a few pounds, but a frozen and cracked engine costs hundreds to repair. You need a 50-50 mix of antifreeze and water for the winter – this protects your engine down to -34C.

Most modern cars use long-life antifreeze but some types of antifreeze need changing after only 2 years. Make sure you use the right type and check your service schedule.

### Troubleshooting car problems in winter

A continuous squealing noise when you start up probably means the water pump's frozen – it's the fan belt slipping on the pulley. Stop the engine straight away and let it thaw out. This could take days unless you can move it into a heated garage.

If your car overheats a few miles from home, it's likely that the radiator has frozen. Stop straight away so you don't cause more serious damage.

### For more travel advice please see

<https://www.theaa.com>





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## THE ORGANISATION

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## THE PERSON

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**For an application pack please email [info@sag.ie](mailto:info@sag.ie)**

## TO APPLY:

Interested candidates are requested to complete.

- SAG Key Approaches Form
- A detailed Cover Letter
- Curriculum Vitae

And send by email only to [afitzgerald@bcpartnership.ie](mailto:afitzgerald@bcpartnership.ie)  
Please put SAG CEO into the subject line.

**Closing date for receipt of applications is 23rd January 2024 @ 1pm (no late applications will be accepted)**

*The SAG is committed to a policy of equal opportunity and encourage applications under all nine grounds of the Employment Equality Act.*



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## All Ireland Final: Cill na Martra v St Patrick's Cullyhanna at Croke Park Sunday Jan 14th @3.30pm. Live transmission on TG4

### Cill na Martra (Cork) 2-10 Castlerea St Kevin's (Roscommon) 0-15

Cill na Martra from Gaeltacht Mhuscraí will be trotting out on the hallowed sod of Croke Park on Sunday January 14th to meet Cullyhanna in the All Ireland Club Intermediate Football final, the end of a magical journey for the club and its supportive community. Present day Cill na Martra has risen from Mid Cork Junior B grade, winners 1985, to become Mid Cork Junior A champions 2002, then Muskerry and County Junior champions 2003, followed by the County Intermediate A title in 2018 and then the winning of the County Premier Intermediate title in 2023. It has been a long journey but one of constant progress, with some disappointments along the way but always hope for the future and for better days ahead. The brand of football played has been attractive, the commitment outstanding and the dedication of the club officials unwavering. All Ireland Day in Croke Park will indeed be a proud day for the players, management, and the whole Cill na Martra community, whether at home or in foreign fields, and the club carries the good wishes of all of Muskerry GAA as it seeks to make more history and gain further fame and glory.

This latest triumph was hard earned and the result turned on a golden minute on 39/40 when the Cork Gaeltacht men found the Castlerea net twice to open up a five point gap which they ultimately needed to survive a gallant rally by the Connacht champions. At that time, Cill na Martra had only 14 men on the field but in a sweeping attack Ciarán Ó Duinnín cut through and sent over a perfect pass to the lurking Micheál Ó Deasúna who palmed the cross into the St Kevins net and give his side a two point advantage. The St Kevins goalkeeper made a mess of the subsequent kick out, his attempted short pass to his corner back falling short and into the welcoming arms of Maidhchí Ó Duinnín who did not look a gift horse in the mouth and quickly transferred inside to Dan Ó Duinnín who sidestepped the goalie and landed the ball into the net once again. Cill na Martra now led 2-8 to 0-9 and were never to be led subsequently, though they had to endure some nervous moments as they held on for a victory which was greeted with



Cill na Martra Team photo

delirious joy by their very numerous band of very vocal supporters.

The sides were level at 0-3 each after the first quarter and at 0-6 each at the half-time break and Cill na Martra would have felt they should have done better with their long periods of superiority. They looked the better side but the Roscommon champions got maximum return from limited possession and also overcame the disadvantage of losing a man to a black card for ten minutes.

Cill na Martra kicked four first-half wides, and got no return from a couple of gilt edged opportunities of scores. John Evans' men were lacking urgency as if they believed their pre match tag of overwhelming favourites was justified and that victory would come automatically. They went into the 10-minute period of numerical advantage 0-4 to 0-3 in front and came out of it level at 0-5 apiece.

Maidhchí Ó Duinnín, Daniel Ó Duinnín, Micheál Ó Deasúna (0-2 frees), Colm Mac Lochlainn, and Damien Ó hUrdail all scored points as Cill na Martra never trailed at any stage in the opening half but they never led by more than two points despite their control.

On the restart St Kevins went in front, Tadhg Ó Corcora levelled for the Cork men, Mike Ó Deasúna from a free put the Muskerry in front, St Kevins levelled on 36 and went in front by a point in the 39th minute. Then

came the Cill na Martra goals, from Mike Ó Deasúna and Daniel Ó Duinnín, which had them in a strong position but they were not to score again for another 14 minutes. Castlerea kicked three points on the trot, which brought the gap back to two on 48.

Damian Ó hUrdail kicked an invaluable point on 53, Kevin's replied, Shane Ó Duinnín sent over to restore the three point advantage on 57. Cill na Martra lost Danny Ó Conaill to a black card as they defended desperately, goalie Pádraig Ó Críodáin distinguished himself, points for St Kevins on 59 and 64 followed, before the final whistle brought blessed relief for the Muskerry team and supporters and passage to the All Ireland Final.

Scorers: Cill na Martra: M Ó Deasúna 1-3 (0-3 f), D Ó Duinnín 1-1, D Ó hUrdail 0-2, C Mac Lochlainn, T Ó Corcora, M Ó Duinnín, S Ó Duinnín 0-1 each.

Cill na Martra: Pádraig Ó Críodáin; Colm Mac Lochlainn; Tadhg Ó Corcora, Finén Ó Faoláin; Danny Ó Conaill, Seán Ó Fórréidh (C), Cianie Ó Fórréidh; Antóin Ó Cuana, Gearóid Ó Goillidhe: Fionnbarra Ó hÉalaithe, Damien Ó hUrdail, Ciarán Ó Duinnín; Maidhchí Ó Duinnín, Daniel Ó Duinnín, Micheál Ó Deasúna. Subs: Shane Ó Duinnín for M Ó Duinnín 53, Daire MacLochlainn for C Ó Duinnín 57, Chris Ó Meachair for Ó hUrdail, Graham Ó Mocháin for Ó Deasúna, both on 63.



Cill Na Martra Munster Intermediate Champions



Cill na Martra Photos from the All Ireland Semi Final.  
Photo credit Micheál Mac Suibhne.

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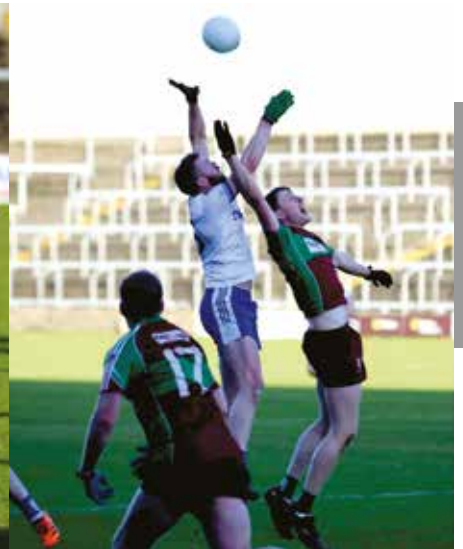
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## All Ireland Semi Final

Photos Mícheál Mac Suibhne



Daniel O'Dineen scores a vital 2nd goal for Cill na Martra



Sean Furey Captain



Darren Furey with his aunt Muireann Manning



Gerard & Joan Larkin Co Offaly with Pat Cronin Killnamatrya



Muireann Murphy Manning, Claire Hoare, Ellen De Burca, Bridie Clifford Ava O'Connell & Fai Manning





## GAA NEWS

### THE CILL na MARTRA DREAM JOURNEY (Continued)

#### Cork Premier Intermediate Football Championship 2023:

Rd 1: Cill na Martra 0-11 Aghada 0-8  
Rd 2: Cill na Martra 1-7 Kilshannig 0-10 Rd 3: Cill na Martra 5-13 Na Piarasaigh 2-7  
QF: Cill na Martra 2-11 Iveleary 0-12  
SF: Cill na Martra 2-12 Castletownbere 1-7  
County Final: Cill na Martra 3-11 (20) Bantry Blues 2-13 (19)

#### Munster:

Quarter final: Cill na Martra 1-17 Kilmihil, Clare 0-7

Semi Final: Cill na Martra 0-13 Milltown/Castlemaine 0-10

Final: Cill na Martra 3-12 Mungret St Pauls of Limerick 0-10

#### AIB All-Ireland Club I F Championship Semi-Finals

Cill na Martra 2-10 Castlerea St Kevin's 0-15 St Patrick's Cullyhanna 1-11 Allenwood 0-11 Cill na Martra eventually won a thrilling encounter against Castlerea St Kevin's.

Two second half goals in quick succession from Micheál Ó Deasúna and Daniel Ó Duinnín proved decisive.

Castlerea, remained defiant but John Evans' outfit prevailed.

Ross McQuillan's goal early in the second half helped to steer St Patrick's Cullyhanna into the AIB All-Ireland Club IFC Final. In a keenly contested encounter at Páirc Tailteann, Cullyhanna led 0-5 to 0-4 at the interval.

Then the influential Ross McQuillan pounced for a vital score.

Aidan Nugent also contributed for Cullyhanna, but Allenwood continued to battle, narrowing the gap to two, but Cullyhanna advanced.

## END OF THE ROAD for THE 'HAVEN

#### Bons Secours Group Cork Premier Senior Football Final:

Castlehaven 0-11 Nemo Rangers 0-9

#### AIB Munster Club Senior Football Championship:

Quarter Final: Castlehaven 1-12 Cratloe, Clare 0-11 aet

Semi Final: Rathgormac, Waterford 1-7 Castlehaven 1-16

Final: Castlehaven 0 - 13 An Daingean, Dingle 0 - 13

All Ireland FC semi final: Castlehaven 0 - 10 St Brigid's 1 - 11

#### St Brigid's, Roscommon 1-11 Castlehaven 0-10

The dream of All Ireland glory has ended for Castlehaven as the Cork and Munster champions were defeated at FBD Semple Stadium, Thurles. It was a very close encounter and the Cork side could have won but on the day victory went to the slightly better team and who settled the issue finally by opting to take a point from an injury time penalty. St Brigid's got their goal after 12 minutes to push them five points clear and this goal was to be vital all

through to the finish.

St Brigid's hit three early points on the trot and led by 0-3 to 0-0 after five minutes. Castlehaven had a Brian Hurley point but they were under pressure at this stage. An outstanding 45 from Brian Hurley cut the deficit down to two, but St Brigid's got a crucial score after 12 minutes to lead by 1-4 to 0-2. The Cork champions were unfortunate not to get a goal of their own, Brian Hurley played in Jack Cahalane, but the latter's effort hit the crossbar just after the first quarter.

Points from Cathal Maguire and Brian Hurley kept the West Cork side in touch, 1-5 to 0-4 after 24 minutes. The closing stages of the first-half were keenly contested as the Haven kicked two of the last four points of the half, but trailed 1-7 to 0-6 at the interval. The first score of the second half was a 38th minute point from Michael Hurley, quickly followed by another from Brian Hurley to make it 1-7 to 0-8.

Another goal chance was not availed of by the Haven, when Brian Hurley's marvellous pass gave Rory Maguire a clear run at the goalkeeper but the latter's

blistering shot hit the crossbar and rebounded to be cleared – a vital moment in the game when the Haven were flying. St Brigid's first score in the second-half arrived after 47 minutes, 1-8 to 0-8.

Two Brian Hurley frees left just a point between the teams with seven minutes to go. St Brigid's sub John Cunningham pushed his side two points clear with a really fine score. The game went into injury-time, and the Roscommon side scored two points in injury-time and got a penalty right at the end, which they could afford to send over the bar to make it a four point difference and secure victory.

Scorers for Castlehaven: B Hurley 0-7 (0-3 f, 0-1 45), C Maguire 0-2, M Hurley 0-1.

Castlehaven: Darragh Cahalane; J O'Regan, Damien Cahalane, R Walsh; T O'Mahony, R Maguire, M Collins (c); C Cahalane, A Whelton; C O'Sullivan, B Hurley, C Maguire; S Browne, J Cahalane, M Hurley. Subs: C O'Driscoll for S Browne (h-t), J O'Driscoll for C O'Sullivan (57), M Maguire for C Cahalane (60).

## HURLING

#### 2023 Premier Intermediate Hurling

County Final: Castletyons 0-19 Kilworth 0-17

#### Munster:

Semi final: Castletyons 2-22 Crotta O'Neills, Kerry 2-18 aet

Final: Castletyons 3-16 Corofin 0-19

#### All Ireland

Semi final: Castletyons 1-12 Tourín 0-13

Final: Castletyons v Thomastown

#### County Premier Junior Hurling

Final: Erin's Own 1-14 St Catherine's 2-9

#### Munster:

Quarter final: St Catherine's 2-16 Ardmore 1-11

Semi final: St Catherine's 2-17 Ballinahinch, Tipperary 0-11

Final: St Catherine's 2-14 Feenagh/Kilmeedy 1-15 All Ireland

Semi Final: St Catherine's 0-12 Easkey 0-11

Final: St Catherine's v Tullogher Rosbercon

#### 2024 Allianz National Football League

Jan 28th Sunday Div 2 FL Donegal v Cork in Ballybofey 1.45pm Feb 4th Sunday Div 2 FL Louth v Cork in Ardee 1pm Feb 17th Saturday FL Cork v Cavan in Cork 4pm Feb 25th Sunday FL Fermanagh v Cork in Ederny 2pm Mar 3rd Sunday FL Cork v Kildare in Cork 3.30pm Mar 17th Sunday FL Meath v Cork in

Navan 1.45pm Mar 23rd Saturday FL Cork v Armagh in Cork 7pm

#### 2024 Allianz National Hurling League

Feb 4th Sunday Div1 HL Clare v Cork in Ennis 1.45pm Feb 10th Saturday HL Cork v Kilkenny in Cork 7.30pm Feb 25th Sunday HL Cork v Waterford in Cork 3.45pm Mar 10th Sunday HL Offaly v Cork in Tullamore 1.15pm Mar 17th Sunday HL Wexford v Cork in Wexford 1.45pm Mar 23rd Saturday NHL semi finals

## MCGRATH CUP SENIOR FOOTBALL

#### Cork v Clare in Clarecastle

#### Clare 0-8 Cork 2-14

Midway through the opening half, the scoreline read 0-1 apiece and the rain was pelting those hardy souls present on a squally and sopping Wednesday night. Behind by 0-4 to 0-3 at the break, Ciaran Downes converted three successive frees in the eight minutes after the restart to double Clare's total and direct

them into a two-point lead but after the third of Downes' placed-ball kicks, the Banner endured a barren spell running 25 minutes.

A Clare point attempt dropped short on 48 minutes and finished with a Darragh Cashman white flag at the far end. Cashman, making his competitive full Cork debut, impressed with a pair of points and began a 2-7 burst, 1-2 of that tally scored in three

minutes.

Cork's opening green flag of the year belonged to Conor Corbett. He palmed to the net after a rare passage of flowing football that included the quick hands of O'Driscoll and Paul Walsh. The game's outstanding point also belonged to Corbett from out near the far sideline.

Beyond 2019 minors Corbett and Cashman, the



other standout Cork positive was the strength of the bench. Mark Cronin kicked 1-3, Chris Óg Jones landed 0-2. Cronin's goal, six minutes from time, was clinically stitched into the corner.

Ian Maguire, among the nine Cork subs used, made his presence felt with a couple of assists. Another replacement, Ruairí Deane had to be helped from the astroturf close to full-time with what appeared to be an ankle injury. The overall bench impact was rather welcome as only Corbett of the original six forwards managed a score from play.

John Cleary and Kevin Walsh are now into the second

year of their management partnership, and should know what their championship lineout will look like in three months time. Cork are out again on January 14 when they host Waterford.

Mid Cork players: Colm O'Callaghan, Chris Óg Jones, Luke Fahy, Neil Lordan Scorers for Cork: M Cronin (1-3, 0-2 frees); C Corbett (1-2); D Cashman, C Óg Jones, C O'Callaghan (0-2 each); M Taylor, B Murphy (0-1 free), P Walsh (0-1 each).

Cork: Patrick Doyle (Knocknagree); Kevin Flahive (Douglas), Maurice Shanley (Clonakilty), Mattie Taylor (Mallow, capt); Darragh Cashman (Millstreet),

Tommy Walsh (Kanturk), Brian O'Driscoll (Tadhg MacCarthaigh); Colm O'Callaghan (Éire Óg), Paul Walsh (Kanturk); Eoghan McSweeney (Knocknagree), Fionn Herlihy (Dohenys), John O'Rourke (Carbery Rangers); David Buckley (Newcestown), Conor Corbett (Clyda Rovers), Blake Murphy (St Vincent's). Subs: Chris Óg Jones (Iveleary) for Herlihy and Ruairí Deane for O'Rourke (both HT); Ian Maguire for McSweeney (43); Mark Cronin for Murphy (54); Luke Fahy for Cashman (55); Seán Meehan for Flahive (62); Damien Gore for Buckley (66); Neil Lordan for P Walsh, Jack McCarthy for T Walsh (both 68).

## CANON O'BRIEN CUP

UCC v Cork – Senior Hurling CC 1-24 Cork 1-23 UCC regained the Canon O'Brien Cup at the Mardyke watched by a big crowd, in a hugely entertaining encounter.

UCC had to come from behind to secure victory, drawing level early in the second-half 1-15 apiece, and from there to the finish there was deadlock four more times before a Brian Hayes point proved to be the winning score.

Second-half substitute Declan Dalton did have an opportunity from a close-in free to achieve parity for Cork after substitute Tadhg O'Connell was fouled, but he went for goal and his shot was saved and cleared to safety.

This was a formidable UCC team that included three players who featured in Cork's final group loss to Limerick last summer - captain Rob Downey, (who was forced off late with a leg injury as a precaution), Ger Millerick and Hayes, while a number of Ben O'Connor's All-Ireland U20 medalists were represented in both panels.

Cork, meanwhile, had one starter from that Limerick match - Shane Kingston (top-scored with seven points) - while a number of regulars were listed among the substitutes.

Aided by the wind, Cork did the early running and were eight points to four ahead before goal scorer Seán Twomey extended their lead with Eoin Carey

providing the assist in the 17th minute.

Both sides showed great hunger and desire as UCC upped the tempo and raised a green flag six minutes later, Hayes was the finisher after being set up by Robbie Cotter. William Buckley was prominent too at this juncture.

Cork remained in front, outscoring UCC five points to three, to leave them 1-13 to 1-10 ahead at the interval, goalkeepers Brion Saunderson and Ger Collins playing their part too.

UCC hit a purple patch after the break, five different scorers including substitute Fionn Coleman were on target as they overtook their opponents. From there to the end, it went one way and then the other before Hayes' winner.

UCC travel to Mary Immaculate College Limerick for their opening round Fitzgibbon Cup on January 24.

Scorers for UCC: B Hayes (1-3), B Cunningham (0-2 frees) and W Buckley (0-5 each), R Cotter (0-3), C O'Brien, L Elliott and F Coleman (0-2 each), D Stakelum and D Hogan (0-1 each).

Mid Cork players: UCC: Shane Kingston, Shane Barrett, Conor McGoldrick Cork: Tadhg O'Connell Scorers for Cork: S Kingston (0-7 (0-1 free, 0-1 65), S Twomey (1-0), C Lehane (0-3), S Quirke, E Carey, C Beausang and D Flynn (0-2 each), C O'Callaghan, J O'Connor, S Walsh, D Dalton, S Desmond (0-1 each).

UCC: (Cork unless stated): B Saunderson (Midleton);

G Millerick (Fr O'Neill's), Shane Kingston (Ballinora), M Carey (Nenagh Éire Óg, Tipperary); L Elliott (Sarsfields), R Downey (Glen Rovers, Capt), C O'Brien (Newtownshandrum); S Daly (Randal Óg), W Buckley (St Finbarr's); B Cunningham (St Finbarr's), P McGarry (St Mary's Clonmel, Tipperary), B Hayes (St Finbarr's), R Cotter (Blackrock), D Hogan (Sarsfields), D Stakelum (Thurles Sarsfields, Tipperary).

Subs: F Coleman (Blackrock) for P McGarry (34 inj), Shane Barrett (Blarney) for D Stakelum (40), Conor McGoldrick (Éire Óg) for L Elliott (47), E O'Leary (Glen Rovers) for D Hogan (51), S Moore (Carrickshock, Kilkenny) for M Carey (51 inj), Colm McCarthy (Sarsfields) for R Downey (52 inj).

Cork: G Collins (Ballinhassig); Cathal McCarthy (Sarsfields), D O'Leary (Watergrasshill), D O'Sullivan (Ballinhassig); C O'Callaghan (Dromtarriffe), T O'Connell (Midleton), D Harrington (Fr O'Neill's); S Quirke (Midleton), E Carey (Kilworth); S Kingston (Douglas), C Lehane (Midleton, Capt), D Flynn (Ballygiblin); J O'Connor (Sarsfields), S Twomey (Courcey Rovers), C Beausang (Midleton). Subs: D Dalton (Fr O'Neill's) for D Flynn (half-time), S Desmond (Watergrasshill) for S Twomey (half-time), Tadhg O'Connell (Ballincollig) for S Quirke (44), S Walsh (Carrigtwohill) for C Beausang (44)

## CO-OP STORES MUNSTER SENIOR HURLING LEAGUE

### Limerick v Cork - cancelled due to fog at Mallow

Cork team selected: Brion Saunderson (Midleton); Ger Millerick (Fr.O'Neill's), Robert Downey (Glen Rovers), Seán O'Donoghue (Inniscarra) capt; Conor O'Callaghan (Dromtarriffe), Tommy O'Connell (Midleton), Cormac O'Brien (Newtownshandrum); Eoin Carey (Kilworth), Darragh Fitzgibbon (Charleville); Sean Twomey (Courcey Rovers), Conor Lehane (Midleton), Shane Kingston (Douglas); Jack O'Connor (Sarsfields), Brian Hayes (St. Finbarrs), Robbie Cotter (Blackrock). Subs Patrick Collins (Ballinhassig), Cathal McCarthy (Sarsfields), Eoin Roche (Bride Rovers), Daniel Harrington (Fr.O'Neill's), Daire O'Leary (Watergrasshill), Sam Quirke (Midleton), Brian Roche (Bride Rovers), Cormac Beausang (Midleton), Darragh Flynn (Ballygiblin), Shane Barrett (Blarney), Declan Dalton (Fr. O'Neill's) Mid Cork players: Seán O'Donoghue, Shane Barrett

### Fixtures for January-February 2024

Jan 13th - 14th McGrath Cup SF R2 Cork v Waterford in Cork Venue Sun, Jan 14th @2pm Co-Op MSHL R2 Cork v Clare in Páirc Uí Rinn Jan 13th @5pm All-Ireland Club Final St Catherine's Corvk Tullogher Rosbercon in Croke Park (TG4) Jan 13th @7pm All-Ireland Club Final Castlelyons Cork v Thomastown in Croke Park (TG4) Jan 14th @3.30pm All-Ireland Club Final All-Ireland Intermediate Club Football Final Cill na Martra v St Patrick's, Cullyhanna, Armagh in Croke Park

### Fri, Jan 19th McGrath Cup Final

Sun, Jan 21st Co-Op MSHL Final Co-Op Superstores Munster Hurling League Final Sun, Jan 28th @1.45pm AFL R1 Cork v Donegal in Ballybofey Sun, Jan 28th @1pm Cork LGFA League Cork v Armagh in Páirc Uí Rinn Sat, Feb 3rd @5pm Rugby Challenge Munster v Crusaders in Páirc Uí Chaoimh Sun, Feb 4th @1pm AFL R2 Cork v Louth in Ardee Sun, Feb 4th @1.45pm

AHL R1 Cork v Clare in Cusack Park Ennis Sun, Feb 4th U20 F R1 Divisional U21 Football Knockout C'ships Sat, Feb 10th @5.30pm U17 H Challenge Cork v Kilkenny in Páirc Uí Chaoimh Sat, Feb 10th @7.30pm AHL R2 Cork v Kilkenny in Páirc Uí Chaoimh Sun, Feb 11th U20 F R2 Divisional U21 Football Knockout C'ships Wed, Feb 14th Higher Ed Final Sigerson Cup Final Sat, Feb 17th Higher Ed Final Fitzgibbon Cup Final Sat, Feb 17th @2pm U20 F Challenge Cork v Galway in Páirc Uí Chaoimh Sat, Feb 17th @4pm AFL R3 Cork v Cavan in Páirc Uí Chaoimh Sun, Feb 18th @2pm Cork LGFA League Cork v Waterford in Páirc Uí Rinn Sun, Feb 18th U20 F R3 Divisional U21 Football Knockout C'ships Sun, Feb 25th @1.45pm U20 H Challenge Cork v Waterford in Páirc Uí Chaoimh Sun, Feb 25th AHL Cork v Waterford in Cork 3.45pm Sun, Feb 25th @2pm AFL R4 Cork v Fermanagh in Ederney, St Joseph's



## 2024 CORK COUNTY CHAMPIONSHIPS

Five grades in hurling, five grades in football. Twelve teams in each championship, each with three groups containing four teams per group. Top two in each group advance to knock out stages, 3rd team in each group is finished, Two 4th placed teams will be involved in relegation play off.

Round 1: A v B C v D, Rd 2: A v D, B v C Rd 3: A v C, B v D

### PREMIER SENIOR HURLING

Group 1: Sarsfields, Douglas, Bishopstown, Newtownshandrum Group 2: St Finbarr's, Blackrock, Newcestown, Fr O'Neill's Group 3: Midleton, Charleville, Erin's Own, Kanturk

### PREMIER SENIOR FOOTBALL

Group 1: A Nemo Rangers, B BALLINCOLLIG, C Newcestown, ÉIRE ÓG Group 2: Castlehaven, Clonakilty, Carbery Rangers, St Michael's Group 3: St Finbarr's, Douglas, Valley Rovers, Mallow

### SENIOR A HURLING

Group 1: BLARNEY, Carrigtwohill, Na Piarasigh, Courcey Rovers Group 2: Bride Rovers, Cloyne,

Fermoy, Castlelyons Group 3: Glen Rovers, Killeagh, Ballyhea, INNISCARRA

### SENIOR A FOOTBALL

Group 1: Carrigaline, BÉAL ÁTHA'n GHAORTHAIDH, CILL na MARTRA, Kiskeam Group 2: Dohenys, Kanturk, O'Donovan Rossa, Fermoy Group 3 :Newmarket, Knocknagree, Clyda Rovers, Bishopstown

### PREMIER INTERMEDIATE HURLING

Group 1: Castlemartyr, Valley Rovers, Carrigaline, Watergrasshill Group 2: Mallow, BALLINCOLLIG, ÉIRE ÓG, AGHABULLOGUE Group 3: Kilworth, Ballymartle, Ballinhassig, Dungourney

### PREMIER INTERMEDIATE FOOTBALL

Group 1: Ilen Rovers, UIBH LAOIRE, Aghada, AGHABULLOGUE Group 2: Bantry Blues, Nemo Rangers, NAOMH ABAN, Bandon Group 3: Castletownbere, Kilshannig, Rockchapel, MACROOM

### INTERMEDIATE A HURLING

Group 1: Midleton, Ballygiblin, Aghada, Sarsfields Group 2: Bandon, Blackrock, Erin's Own, Kildorrery Group 3: Mayfield, Lisgoold, CLOUGHDUV, Youghal

### INTERMEDIATE A FOOTBALL

Group 1: Dromtarriffe, Adrigole, Kildorrery, Gabriel Rangers Group 2: Mitchelstown, St Vincent's, Glanworth, BALLINORA Group 3: Na Piarasigh, Boherbue, St Finbarr's, Glanmire

### PREMIER JUNIOR HURLING

Group 1: Douglas, Meelin, Milford, Russell Rovers Group 2: Barryroe, Kilbrittain, Ballygarvan, Nemo Rangers Group 3: St Catherine's, Glen Rovers, Argydeen Rangers, St Finbarr's

### PREMIER JUNIOR FOOTBALL

Group 1: KILMURRY, Cobh, CANOVEE, St James Group 2: Glenville, Cullen, Kinsale, Ballydesmond Group 3: Urhan, Millstreet, Buttevant, St Nick's

## DIVISIONS/COLLEGES SECTION

Tues, June 4th @7.30pm Div/Col Hurling (Unseeded) R1 Carrigdhoun v Duhallow in Donoughmore Tues, June 4th @7.30pm Div/Col H (US) R1 Carbery v Muskerry in Macroom Thurs, June 6th @7.30pm Div/Col Football (Unseeded) R1 Muskerry v Beara in Dunmanway Thurs, June 6th @7.30pm Div/Col F (US) R1 Imokilly v Avondhu in Fermoy Tues, June 11th @7.30pm Div/Col H (US) R2 Carrigdhoun v Muskerry in Ballincollig Tues, June 11th @7.30pm Div/Col H (US) R2 Duhallow v Carbery in Coachford Thurs, June 13th @7.30pm Div/Col F (US) R2 Muskerry v Avondhu in Glenville Thurs, June 13th @7.30pm Div/Col F (US) R2 Beara v Imokilly in Enniskeane Tues, June 25th @7.30pm Div/Col H (US) R3 Carrigdhoun v Carbery in Brinny Tues, June 25th @7.30pm Div/Col H (US) R3 Duhallow v Muskerry in Ballyanley Thurs, June 27th @7.30pm Div/Col F (US) R3 Muskerry v Imokilly Ballincollig Thurs, June 27th @7.30pm Div/Col F (US) R3 Beara v Avondhu in Newcestown Aug 10th - 11th Div/Col H SF Div/Col Hurling C'ship Semi Finals Aug 10th - 11th

Div/Col F SF Div/Col Football C'ship Semi Finals Sun, July 28th All Ireland F Final All-Ireland Senior Football Final Opening Round of Group Games July 26th -28th McCarthy Insurance Group Football C'ship R1 Fri, July 26th @7.45pm PSFC R1 Nemo Rangers v Ballincollig in Ballymaw Fri, July 26th @7.45pm PSFC R1 Newcestown v Éire Óg in Cloughduv Sat, July 27th @5.30pm SAFC R1 Carrigaline v Béal Áth an Ghaorthaidh in Kilmurry Sat, July 27th @5.30pm SAFC R1 Cill na Martra v Kiskeam in Clondrohid Sat, July 27th @5.30pm IAFC R1 Glanworth v Ballinora in Mayfield Sat, July 27th @5.30pm PJFC R1 Canovee v St James in Newcestown Sun, July 28th @7.30pm PIFC R1 Ilen Rovers v Uibh Laoire in Dunmanway Sun, July 28th @7.30pm PIFC R1 Rockchapel v Macroom in Dromtarriffe Sun, July 28th @7.30pm PIFC R1 Aghada v Aghabullogue in Ballincollig Sun, July 28th @7.30pm PIFC R1 Naomh Abán v Bandon in Carrigadrohid Sun, July 28th @7.30pm PJFC R1 Kilmurry v Cobh in Ballyanley

## CO-OP SUPERSTORES HURLING CSHIP R1

Fri, Aug 2nd @7.45pm SAHC R1 Ballyhea v Inniscarra in Grenagh Sat, Aug 3rd @5.30pm SAHC R1 Blarney v Carrigtwohill Caherlag Sat, Aug 3rd @5.30pm PIHC R1 Éire Óg v Aghabullogue in Carrigadrohid Sat, Aug 3rd @7.30pm IAHC R1 Cloughduv v Youghal in Church Road Sun, Aug 4th @1.30pm PIHC R1 Mallow v Ballincollig in Blarney



## NEW JERSEYS FOR BALLINAGREE PUPILS

Kevin Healy of Macroom Sliding Wardrobes presented Ballinagree NS pupils with their new jerseys.



## MACROOM SOCCER CLUB



Brid Holland presenting third prize to David O'Keeffe, John O'Keeffe and Bryan O'Mahony, after taking part in the Seamus Noonan Memorial Poc Fada held by Inniscarra GAA and Inniscarra Camogie Clubs on St. Stephen's Day.



Mary Noonan presenting the Seamus Noonan Memorial Cup to the winning Poc Fada team of Brian Linehan, Cathal Lyons (Capt.), and Michael Murphy, which was hosted by Inniscarra GAA and Inniscarra Camogie Clubs on St. Stephen's Day

### Pop Keller Cup Win

**Leeside United: 1, Macroom 2.**

The Murray's Bar sponsored Seniors will be delighted to start off the New Year with a big win in Little Island. A crisp Friday evening under lights allowed for an entertaining 90 minutes, with 2 first half goals proving decisive for Macroom.

Both sides started well but, it was the hosts that held the momentum in the opening stages. On 13 minutes, Leeside went close. An inswinging corner found a free man inside 6 yards but a disappointing effort resulted as it sailed high over the crossbar. On 20 minutes, Shane Meaney's deflected cross found Dylan Twomey but his miscued strike sailed harmlessly wide. Leeside were pushing on but Thomas Morgans and Conor Kelleher stood resolute at the rear for the visitors.

Macroom broke the deadlock on 24 minutes, when

Twomey latched onto a long ball over the top. He made no mistake in dispatching past the oncoming keeper, 1-0 Macroom. On 32 minutes, the visitors doubled their lead. A free kick from deep inside Macroom's half from Cathal O' Riordan wreaked havoc in the Leeside rearguard and Matty Juszcak was left with the simplest of tasks to bundle it over the line, 2-0 Macroom.

Leeside responded well and should have pulled one back following a deft ball to the back post, however no one was alive to apply the finish. On the stroke of half time, Morgans was required to make an outstanding clearance off the line following a defensive mix. The hosts were then left to rue a series of missed chances. Deep into first half stoppage time, Leeside finally found the net. Stiofain McSweeney initially made a fine point blank save but could only force it back into danger. He could do nothing as the follow up found the roof of the net, 2-1.

The second half started lively with both sides in search of the game's fourth goal. Leeside looked the more dangerous of the two and just short of the hour mark, looked certain to have found the leveller. A fizzed ball in from the right flank found a runner at the front post but, the header went well wide of the target.

On 70 minutes, a dazzling run from Juszcak saw him win a great free in a dangerous position on the left wing. O' Riordan whipped in an inviting ball but the final effort went harmlessly wide from the back post. On 85 minutes, O'Riordan was called into defensive action with a last ditch tackle at the back to thwart a dangerous Leeside attack.

Macroom stood tall in the closing stages and held out for an excellent win. They can take a lot of confidence from a fine performance and now advance to the quarter final of the Pop Keller Cup.



Geraldine Keohane presenting second prize to Caoimhe Murphy, Sean Murphy and Niall Buckley, after taking part in the Seamus Noonan Memorial Poc Fada held by Inniscarra GAA and Inniscarra Camogie Clubs on St. Stephen's Day



Matthew Coakley who came 1st in the County 3 Furrow, at Macroom Ploughing, receiving his award from the president of Macroom Ploughing John Kelleher



Winners of the 2023 Laochra Óg Christmas quiz were Denise Lynch, Stephen Murphy, Amy Lynch and Michael Healy.



Winners of the juvenile section of the Laochra Óg Christmas quiz were Ellie Walsh Leah Bradley Eugenie Kelleher and Lily Desmond.



## Looking Back

### 2017 Macroom Motors Ltd Mid Cork U21 A Football Championship Final Replay:

#### A FIRST for CILL NA MARTRA

Cill na Martra 3 - 16 Kilmurry 2 - 15 - aet.

'Would the replay be as good as the drawn game?' was the inevitable thought of many in the big attendance at the Macroom Motors Mid Cork U 21 'A' football championship decider at the Castle Grounds, Macroom. The answer came quickly as the teams, so evenly matched in the first game, were again locked together on 0-3 apiece after an exhilarating opening quarter. The pattern established continue all through until the end of normal time when first one side, then the other, seemed to be getting on top only to be reined in again by battling opponents. Eventually it took extra time to separate the teams when the older age profile and accompanying strength of the Cill na Martra men brought them a mighty victory, their first ever in the 'A' grade at this age and a reward for years of dedicated attention to under age football in Cill na Martra.

Both teams were a credit to their clubs and parishes and there were some outstanding performers for both sides. Daniel Ó Duinnín who scored all three goals, and four points also, for Cill na Martra was the star performer as all his scores came from play, all were wonderful scores and all three goals in particular came at vital stages and were major boosts to the new champions. Mike Ó Deasúna, despite playing with thirteen stitches in his leg after a work accident, contributed a massive 0-9, 0-6 from frees, and was heroic in his endeavours in the circumstances. Kilmurry had possibly the better balanced team but were on average a year younger than their opponents and this was vital in the end when strength and stamina became a factor in extra time.

Kilmurry started well and led by 0-3 to 0-1 early on but by the end of the first quarter it was level, John Mullane, Seán Warren and Oghan Clifford scoring

for Kilmurry, Tadgh Ó Corcora and Ó Deasúna for the Gaeltacht side. Seán Warren edged Kilmurry back in front and then in the 20th minute Ó Deasúna parted to Dan Ó Duinnín in full flight and the Kilmurry net was bulging. Ciarán Ó Duinnín added a point but back came Kilmurry with points from Warren and Seán Curzon and they were in front 1-6 to 1-4 when John O'Mullane forced the ball home from close range in the 28th minute. A minute later Cill na Martra replied with a stunning goal, Dan Ó Duinnín again the scorer, Damien Ó hUrdail supplying the final pass. Cill na Martra led by 2-4 to 1-6 at the break after a great opening half.

The teams were level four times in a second half of tremendous excitement. Tomás Collins levelled matters, Clifford put Kilmurry in front, Mike Ó Deasúna equalised again and then Dan Ó Duinnín struck with his third goal, soloing through the defence from 50 metres out in the 36th minute. Back came Kilmurry with points from Liam Wall and Clifford and an equaliser from Joe Ryan in the 41st minute and two minutes later a low cross from Joe Ryan was met at the far post by James O'Mullane who slid the ball home to put Kilmurry a goal clear. Chris Ó Meachair pointed for Cill na Martra, Liam Wall belted over a '45' for Kilmurry, Mike Ó Deasúna's free was answered by a point from play from Seán Warren to leave Kilmurry three points in front with ten minutes remaining, 2-13 to 3-8. Cill na Martra scored three points to draw level, Dan Ó Duinnín on 51, Mike Ó Deasúna from a free which saw Kilmurry lose a defender to a second yellow card and in the 58th minute Ó Deasúna kicked over the equaliser, 3-10 to 2-13, from another free. The excitement was unbearable for the animated supporters of both teams!

For the twenty minutes of extra time the floodlights were called into use and Ó Deasúna and Brian Hinchion had an early exchange of points before

Dan Ó Duinnín put Cill na Martra back in front and Ó Deasúna added a point from a free to open up a two point lead at the interval. Another Ó Deasúna free yielded a point on the restart and Dan Ó added a superb point from play. Kilmurry were clearly tiring but Joe Ryan gave them hope with a point from a free. Dan Ó Duinnín crowned a magnificent display with another point which settled the issue finally. Mid Cork Board Cathaoirleach Pat Malone, presented the championship trophy to Cill na Martra captain Eoin Ó Loinsigh and was profuse in his praise of both teams and of referee John Ryan who officiated at both finals.

It was a great occasion for the Cill na Martra club and a proud day for selectors Kevin Ó Súilleabháin, Danny Ó Conaill and Alan Ó Mocháin.

Scorers: Cill na Martra: D Ó Duinnín 3-4, M Ó Deasúna 0-9 (0-6f), T Ó Corcora, C Ó Duinnín and C Ó Meachair 0-1 each. Kilmurry: John O'Mullane 1-1, Js O'Mullane 1-0, O Clifford and S Warren (0-1f) 0-4 each, L Wall 0-2 (0-1 '45'), J Ryan 0-2 (0-1f), T Coplins and B Hinchion 0-1 each.

Cill na Martra: James Ansley: Eoghan Ó Céilleachair, Antóin Ó Cúana, Eoin Ó Loinsigh: Tadgh Ó Corcora, Pádraig Ó Críodáin, Seán Ó Foirréidh: Gearóid Ó Goillidhe, Dan Ó Duinnín: Seán Ó Cróinín, Gearóid Ó Faoláin, Ciarán Ó Duinnín: Damien Ó h-Urdail, Micheál Ó Deasúna Dean Mac Cárthaigh. Subs: Criostóir Ó Meachair 31, Evan Ó Cathasaigh 76.

Kilmurry: Eoin Curzon: William Ronan, Liam Wall, Pádraig Hinchion: Kyle Kelleher, Liam O'Sullivan, Seán Curzon: Fionn Warren, John O'Mullane: James O'Mullane, Joe Ryan, Tomás Collins: Oghan Clifford, Seán Warren, Brian Hinchion. Subs: James Berhanu 56, Greg Fitton 61.

Referee: John Ryan, Macroom.



## Looking Back in Time

Image left: Muintir na Tire group from Aghinagh on an outing sometime in the 1950's.

Image below left: The late Con Dunne and Jerry Murphy at the Warrenscourt Country Fair in June 1986. © Peter Scanlan  
Image below right: Early morning at Gougane Barra. © Peter Scanlan



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## Citizens Information

### Adapting a Home for a Person with a Disability or an Older Person

**Continued...**

**Q. How much is the Housing Aid for Older People grant?**

The amount of money you get depends on your gross household income for the previous tax year after any disregards and deductions are applied. The maximum grant available is €8,000 or 95% of the cost of the work approved by your local authority. The grant covers some of the cost of work needed, but not all of it.

This maximum grant of 95% is available to people with annual household incomes of less than €30,000. This reduces to 30% for those with annual household incomes of €50,001 to €60,000.

**Q. What is the Mobility Aids Scheme?**

This scheme provides grants for basic work designed to address mobility problems in the home, such as the purchase and installation of grab-rails, an accessible shower, access ramps, a stair-lift or a fixed track hoist. The scheme is primarily for older people, but people with a disability can also apply for it. It is available to people with a household income of less than €30,000 a year.

The maximum grant is €6,000, which may cover 100% of the cost of the works. However, you may not get the maximum grant. This is because the grant is paid by your local authority, and is dependent on what funding they have available. They will decide whether they can pay you the full grant, or a percentage of the grant. The grant does not cover VAT on the work.

**Q. How do I apply?**

You can get the application form from your local Citizens Information Centre, or download the application form from gov.ie. You can also get the form from your local authority. The one application form is used to apply for the three different grants mentioned above which are available for older people and people with disabilities to adapt their homes.

The form contains detailed information about the scheme's conditions and a checklist of documents that you must include. You can also contact the Housing Section of your local authority for information about the eligibility rules in your area, which may differ from those in other local authority areas.

**Q. What happens if I start the work before I get grant approval?**

The grant will not be paid if you start work before you get grant approval. However, it is expected that the work will start within 6 months of your grant approval. If this does not happen, the local authority may allow a time extension.

**Q. I received one of these housing grants previously, can I apply for a further grant?**

In general, the work done on your home is expected to be appropriate to your future needs as well as your current needs. However, if your needs change substantially over time, you may find that further works are required. You can apply again and your application will be assessed in the normal way. There is no minimum time limit between the payment of a first and second grant.

Know Your Rights has been compiled by Citizens Information West Cork which provides a free and confidential service to the public. If you need further information about any of the issues raised here or you have other questions, you can drop-in to your local Citizens Information Service in Bantry or Macroom. Alternatively you can telephone 0818 07 8390. They will be happy to assist you

WEST CORK HELPLINE 0818 07 8390

The Bantry office is staffed from 10am -5pm from Monday to Thursday and on Friday from 10am -4pm. Macroom office is open on Mondays & Tuesdays from 10am-1pm & 2pm -4.30pm

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

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# Looking Back in Time



Macroom MNF group, no date



Christmas 1960

Bertie Bohane, Pat O'Mahony, Paddy Murphy, Jerh Lynch, Ned Lynch, Con Lucey, Con Lynch, Tadg Lyons, Seanie O'Leary, Tom Finnegan, Pake O'Leary, Mick Hallisey.

Christmas in Canovee 1960. © Peter Scanlan



2002

Fr Tim O'Sullivan PP (centre), Kilmurry, celebrating the Golden Jubilee of his ordination to the priesthood at a social held in his honour at Cloughduv NS with (from left) John Dromes, Crookstown; Linda Pierce, Cloughduv; Mary O'Callaghan, Bearour and Kitty Buckley, Cloughduv.



## A Word of Victory

Welcome back dear student, it's good to be back together. I pray God's blessings of abundance be upon you and your family and that you grow with His strength, vision, and purpose in 2024 to see your hearts desires come to pass as you yield to the Lord's plan and His Kingdom. There is a key in this Scripture "delight yourself in the Lord and He will give you the desires of your heart" (Psalm 37:4). As we prioritise our relationship with God, blessings flow from knowing Him. We get to know Him through His Word. Jesus promised that He speaks to us and that we can hear His voice and follow Him (John 10:27). Some have heard the audible voice of God, but those encounters are rare. Jesus told His disciples that they found it easy to believe Him because they saw Him with their own eyes, but blessed are those who believe having not seen (John 20:29). That's what faith is. Believing without seeing. Trusting still without knowing all. Standing strong in the Lord's Power - even through great difficulties (Ephesians 6:10-11). God promises that our faith in Him is not futile, and it will be rewarded... "it is impossible to please God without faith. Anyone who wants to come to Him must believe that God exists and that He rewards those who sincerely seek Him" (Hebrews 11:6).

We love rewards – we teach children to do the right thing and reward and praise them for noble deeds. Prisoners get out early for good conduct. Long ago we would look forward to getting a gold star at school for excellent work or improved behaviour. Shops and businesses reward customer's loyalty to bring them back again. God rewards those who diligently seek Him. And His rewards last forever. When we trust in the Lord Jesus and seek God's Kingdom - His way of doing things (His Righteousness), through believing and obeying His Word, He promises to add to us all those things the world chases after – without having to stress about it (Matthew 6:33; Proverbs 10:22). There is a way of living at rest, and it is in the arms of our Living Saviour Jesus (Psalm 61). People get busy at the beginning of the year setting goals and writing their vision and projections for the coming months. How would life be if we stopped for a moment and thought about our spiritual goals? Putting God first reaps rewards that will blow anything the flesh can achieve out of the water. It starts, like everything, with small steps.

First, make reading your Bible a priority every day. Even if it's only five minutes daily – seek the Lord Jesus and spend time with Him. Ask the Holy Spirit to speak to you from the Word of God. Look up the Scriptures referenced here and sign up to a daily Spirit-filled devotional from ministries like Angus Buchan, Derek Prince, or UCB Ireland's 'Word For Today' to help. Secondly, pray about everything. Things that stress us will turn out very differently if we pray instead of worrying. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7). Bringing the Lord Jesus into our daily lives lifts off the burden to know all the answers, for they are no problem to Him at all! "Come to Me all you who are weary and burdened and I will give you rest" (Matthew 11:28).

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

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



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**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.

x

**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.

x

**13TH ANNIVERSARY**



In loving memory of  
**BRIGID O'CALLAGHAN**  
20. St Colmans park,  
Macroom, Co.Cork  
Who died on 14th January 2011

*Dear mom  
Loving thoughts of you today  
weigh heavy on our hearts  
To think of moments oh so dear  
With laughter in your eyes.  
Your love surrounds us everyday,  
We feel you strong and near,  
You wrap your love around our hearts,  
Keep us close,  
Our memories dear.*



Remembered and loved always by your daughters Joan, Mary and Denise. Sons in law Joe, Kieran and Daniel .Grandchildren Alannah, Evan ,Ellie ,Grace, Donnacha and Rian.

**2ND ANNIVERSARY**



In loving memory of  
**MICHAEL CARROLL**  
Bawnmore,Macroom, whose 2nd anniversary occurs on the 16th January.

*Mickey's beautiful life came to an end,  
He died as he lived everyone's friend.  
Fondly remembered by his family RiP*

*Will those who think of Mickey today,  
a little prayer to jesus say.*



Mickey's 2nd anniversary mass will take place in St Colmans Church Macroom on Friday 19th January at 7.30.

**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.

x

**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.

x

**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.

x

**NOVENA TO THE SACRED HEART**



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.

Say this prayer three times for three days and your favour will be granted.  
Never known to fail.  
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**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



With love we remember

**JUDY SHANNON**

Rusheen, Aghinagh

Who died on 18th January 2023

As we lovingly remember Judy on her first anniversary, we, her husband Denis, daughters Denise & Hazel would like to express our sincere gratitude to all those who supported and sympathised with us on our sad bereavement.

We would like to express our sincere thanks to our kind friends, neighbours and extended family for their support, sympathy and prayers. To the many people who attended the house, funeral service, sent mass cards, letters of sympathy and online condolences, thank you. We got great comfort from hearing your fond memories of Judy. We greatly appreciate every act of kindness shown to us by our friends and relatives, who brought food, refreshments and supplies to the house and who helped in any way around the time of her funeral.

Heartfelt thanks to the priests of the parish, especially Canon Donal Roberts, a lifelong friend to the Shannon family. Thanks to Gill Kelleher, sacristan, Rusheen choir and all those involved with traffic control, the grave digger and T.P. Cotter's for their refreshments.

We would like to thank most sincerely all the medical professionals involved in Judy's care. Prof. Seamus O'Reilly and his exceptional team, especially Maeve Cleary and Joanne Lane in the Orchid Suite CUH. Dr. Ken Harte, Marymount night nurse Becky Ní Mhurchú, Marymount Hospital & Hospice for the wonderful care given to Judy, Seamus and the staff at Haven Pharmacy, Macroom.

Sincere thanks to Billy and the staff at Fitzgerald directors for their support and professionalism.

As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our sincere gratitude. The Holy Sacrifice of the mass has been offered for your intentions.



Lovingly remembered by Denis, Denise, Hazel & families.

Judy's First Anniversary mass will be celebrated in Rusheen Church on Friday 19th January at 8.00p.m

**4TH ANNIVERSARY**



With love we remember

**EILEEN O'RIORDAN**

Masseytown, Macroom  
Who died 15th January 2020

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



Lovingly remembered by Joan, Mary, Lisa, Anna Margaret and all her family.

**3RD ANNIVERSARY**



In loving memory of

**JEROME O'LEARY**

Gurrane, Clondrohid, Macroom,  
Who passed away peacefully on  
1st January 2021.

*Memories are special, they dont fade away.  
We think of you often, Especially today.  
Though heaven & earth divide us  
We are never far apart,  
You are always in our thoughts & prayers  
& forever in our hearts.*



Lovingly remembered by Breda, Michéal, Christopher, Nancy & Caoimhe.

Jerome's 3rd Anniversary Mass will be in St. Abina's church Clondrohid, on Sunday 21st January at 9.30am.

**3RD ANNIVERSARY**



In loving memory of

**JERH TWOMEY**

Doire Fingín, Réidh na nDoirí, whose  
3rd anniversary occurs on 14th  
January 2024.

*God saw the road was getting rough,  
The hill was hard to climb,  
He gently closed your loving eyes  
And whispered 'peace be thine'.*



Remembered always by Haulie, Donnchadh, Mary and the Twomey and Lynch families.

**4TH ANNIVERSARY**



In loving memory of

**BRIDGET LYNCH**

Ullanes East, Ballymakeera,  
Macroom, Co.Cork,  
who died on 9th January 2020

*Go mbeannaí Dia dhuit  
a Ghobnait Naofa.  
Go mbeannaí Muire dhuit  
is beannaim féin duit.*

*Is chugat-sa a thánag ag gearán mo scéil leat.  
Is a d'iarraidh mo leighis ar son Dé ort.*



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

Always remembered by Margaret, Jack, Diarmuid & their families.

**4TH ANNIVERSARY AND 2ND ANNIVERSARY**



In loving memory of

**DENIS SHEEHAN**

Whose anniversary occurs  
at this time



**MARGARET COTTER**

(NEE SHEEHAN)  
Whose anniversary occurs  
at this time

Kilmurry, Co. Cork

*Your are more than a memory  
Silently Kept,  
You are part of our lives  
We will never forget.*



Loved and remembered by Ann, Tom, Jim and Kathleen.

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**7TH ANNIVERSARY**



In loving memory of

**DIARMUID  
O'CONNELL**

Ballymakeera, Macroom, Co. Cork  
Who died 9th January 2017

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

*Though heaven and earth divide us  
We are never far apart,  
You are always in our thoughts and prayers  
And forever in our hearts.*



Sadly missed by his wife Ina and family.

**8TH ANNIVERSARY**



In fond remembrance of

**DANJOE  
HALLISSEY**

Munavadra, Inchigeela  
Who died on 13th January 2016.

*For this one farmer the worries are over,  
lie down and rest your head,  
Your time has been and struggles enough,  
put the tractor in the shed.*

*Your labor is done,  
your home now is heaven;  
no more must you wait,  
Your legacy lives on, your love of the Land,  
and we will close the gate.*



Always remembered by your loving family and friends

**4TH ANNIVERSARY**



In loving memory of

**SHEILA  
O' LEARY**

"Bruac-na-Laoi", Gougane Barra,  
Macroom, Co. Cork  
Whose 4th anniversary occurs on  
January 13th.

*We think about you always,  
We talk about you still,  
You have neve been forgotten,  
And you never will.  
We hold you close within our hearts,  
And there you will remain,  
To walk and guide us through our lives,  
Until we meet again.*



Lovingly remembered and never forgotten by Pauline, Helen and families.

**2ND ANNIVERSARY**



In loving memory of

**TED KELLEHER**

Gurrane Clondrohid Macroom  
who died on Jan 5th 2022

*A silent thought,  
A quiet prayer,  
For a special Dad,  
In Gods care.*



Always remembered and loved by Catherine, John, Ciara, David and Jason

**3rd & 25th ANNIVERSARIES**



In loving memory of

**KITTY & MICHÉAL  
MURRAY**

Oakwood, Macroom  
& Ballina, Toames.  
who died on 4th of January 2021,  
and on 5th December 1998.

*Those we love don't go away  
They walk beside us every day  
Unseen, unheard but always near  
So loved, so missed, so very dear.*



Fondly remembered by The Murray family.

**20TH ANNIVERSARY**



In loving memory of

**JOHN LEHANE**

Kilbarry, Macroom  
Who died on the 28th January 2004

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



Lovingly and fondly remembered by His wife Agnes, sons Jerry and Sean and daughters Mary and Una and extended family members

**40TH ANNIVERSARY**



In loving memory of

**DONAL  
TANGNEY**

Late of Main St., Macroom and  
Scartaglen, Co. Kerry,  
who died on 18th January 1984.



Requiescat in pace.

**2ND ANNIVERSARY**



In loving memory of

**DAVID STEARMAN  
SMITH**

Nead Na Spidoige, Augeris  
Ballingearry, Macroom  
Died 21st January 2022 aged 65.

*Those special memories of you  
will always bring a smile,  
If only I could have you back  
for just a little while.  
Then we could sit and talk again  
just like we used to do,  
You always meant so very much  
and always will do too.  
The fact that you're no longer here  
will always cause me pain,  
But you're forever in my heart  
until we meet again.*



Remembering with love and gratefulness for the time we shared, gone too soon. your loving wife Kate, daughter Claire son in law Andy grandchildren Ethan and Emilia, sister Sue, brother Mike sister in law Pauline, brother in law Jimmy sister in law Chris, nieces and nephews friends and neighbours.

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**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of  
**WILLIAM O'ROURKE (BILL)**  
Lyrøe, Rylane, Co Cork  
who died on the 9th January 2023

As we fondly remember Bill on his first anniversary, his sister, nieces, nephews and their extended families wish to express our gratitude and sincere thanks to our friends and kind neighbours who sympathised with us on our sad bereavement. We would like to thank those who attended the removal and funeral and special thanks to his carers Joe & John, doctors and nurses who took great care of Bill, Fitzgeralds Funeral Home, Fr. Joe O Mahony and Saccirstan singer Michael. As it would be impossible to thank everyone individually The Holy Sacrifice of the Mass will be offered for your intentions.

*It broke our heart to loose you  
but you did not go alone  
for part of us went with you  
the day god took you home.*



May he Rest in Peace.

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of  
**SHEILA GOOD**  
Lissarda, Co. Cork  
who died on the 17th January 2023.

As we lovingly remember Sheila on her First Anniversary, we her family would like to express our sincere gratitude to all who sympathised and supported us on her passing and for all the calls, texts, mass cards and those who travelled long distance to be with us.

We also would like to thank Fitzgerald Undertakers whose help and guidance was so professional at all times.

Also thanks to Cannon Roberts, Cannon O Donnell, Father O Mahony, Father O Donovan musicians Norma Gavin and Martina Moynihan, the sacristan, altar servers and the grave digger. It's impossible to mention everyone individually please accept this acknowledgement as an expression of our deepest gratitude.

We would especially like to mention the staff of Macroom Community Hospital and Doctor O Riordan for all their kindness and care shown to mam. The Holy Sacrifice of the mass has been offered for your intentions



Always remembered and dearly missed by Charles, Helen, Lillian, Isabel, granddaughters and sons in law.

Sheila's first anniversary Mass will be on the 21st of January at 11.30 AM in St Colmans Church Macroom.

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of  
**MARY DRUMMY (NEE MURPHY)**  
Macroom & Piercetown, Whitescross, Co. Cork  
who died on the 16th January 2023.

As we lovingly remember Mary on her first anniversary we would like to express our sincere thanks to all those who symphathised with us.

Mary's death was very unexpected and we as a family greatly appreciate everyone who has supported us during this difficult year. Your presence, Mass cards, stories and messages of condolence have meant so much to us. We are grateful to you all.

We would like to extend a special thanks to the HSE Ambulance Service, doctors and staff of Accident and Emergency in the Mercy University Hospital.

Thanks also to Fr. Pat Fogarty and Fr. Con Murphy for the Beautiful Mass.

As it would be impossible to thank everyone individually, please accept this acknowledgment as a token of our sincere thanks and gratitude.

The Holy Sacrifice of the mass will be offered for your intentions



Sadly missed and always remembered by her loving husband John and family and the Murphy family, 63 Main Street.

*One year in heaven,  
Forever in our hearts.*

**3RD ANNIVERSARY**



In loving memory of  
**MICHAEL F KELLEHER**  
Kiel, Macroom  
whose 3rd anniversary  
occurs at this time

*O dear angel, me defend  
And bring me to  
A happy end.*



sadly missed and always remembered by his wife Bernie, daughter Helen, sons Denis and Hugh, son in law Séamus, daughters in law Sarah and Joanna and grandchildren Pádraig, Emily, Julia, Katie, Sophie, Michael, Holly and Grace.

An anniversary mass will be held in St Colman's Church, Macroom on Saturday 20th January at 10am.

**17TH ANNIVERSARY**



In loving memory of  
**PADDY O'MAHONY**  
Clonud, Kilnamartyra, Macroom  
who died on 12th January 2007

*Silent thoughts, sincere and true,  
From a family who thought the  
world of you.*

*No longer in our lives to share  
But in our hearts,  
you are always there.*



Deeply missed and always remembered by his loving family.

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**51ST BIRTHDAY IN HEAVEN**



Forever and Always Missed

**DAMIAN DINEEN**

Remembering Damian on his 51st Birthday Which occurs on the 4th Jan 2024

Happy Heavenly Birthday Damian

*Today is full of memories  
Happiness and tears  
Of birthday celebrations  
We've shared throughout the years.  
And thought we'll always miss you  
The endless joy you brought  
Warms our hearts with gratitude  
And fills our every thought.*



Pat, Mary, Ann, Con Gearoid, Eileen  
Aoibhinn, Rhóna, Úna & Conor  
xxxxx

**BIRTHDAY REMEMBRANCE**



**DAMIAN DINEEN**

Dirrincullin, Coolea

Remembering with love on his 51st birthday that occurs at this time

*Happy birthday In heaven Dad  
We miss you every day  
We hope your celebrating  
in a very special way  
We will light the candles for you  
And whisper a wish to you  
We love you Dad with all our hearts and  
never stop thinking of you.*



Loved always and forever  
Liadh, Eoghan, Liam and your loving wife  
Lucy xxx

**11TH ANNIVERSARY**



In loving memory of

**PEIG UÍ MHIRCHÚ**

Cahirdaha, Kilnamartyra, Macroom  
Died on 15th January 2013

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



Always remembered by her loving family

**2ND ANNIVERSARY & BIRTHDAY REMEMBRANCE**



In loving memory of

**MICHAEL HERLIHY**

Coolduve, Lissarda,  
who died on his birthday on the  
23rd January 2022.

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



Sadly missed and always remembered  
by his loving family Mairead, Miriam,  
Michael, John, Ally, Róisín, Úna and  
Seán xxx

**3RD ANNIVERSARY**



In loving memory of

**MARGARET LEHANE**

Deshure, Terelton,  
Macroom, Co. Cork

Died 14 January, 2021

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



Fondly remembered and deeply missed  
by her loving family: her husband,  
Jerry; children, Catriona, Siobhán and  
Conor; sons-in-law, Colm and Kevin, and  
grandchildren, Oisín, Hannah and Evan.

**13TH ANNIVERSARY**



In loving memory of

**EILEEN KELLEHER**

Carrigthomas, Macroom who died  
on the 11th of January 2011

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



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

Always remembered by her loving family.

**8TH ANNIVERSARY**



Treasured memories now and always  
of our dear Dad

**TIMMIE KELLEHER**

Belmont Place, Crookstown  
Whose 8th Anniversary occurred on  
the 9th of January

*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.*



Always in our thoughts,  
Forever in our hearts,  
Your loving family.

**15TH ANNIVERSARY**



In loving memory of

**MOLLY CREEDON**

Who died on 6th January 2009

*Deep in our hearts  
your memory is kept  
To Love  
To Cherish  
And Never Forget.*



Always remembered by Joe,  
Sharon & Sam x

**MEMORIALS**  
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