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Bishop William Crean unveiled two newly commissioned statues of the wooden statue of Saint Gobnait, in the Ballyvourney Cultural Center on Saturday 10th February during the Gobnait Festival. Right; A Gobnait Group was present at the Cultural Center during a series of Lectures on the Saint on Saturday 10th February. Pics. Ie Nóra Uí Luasa.

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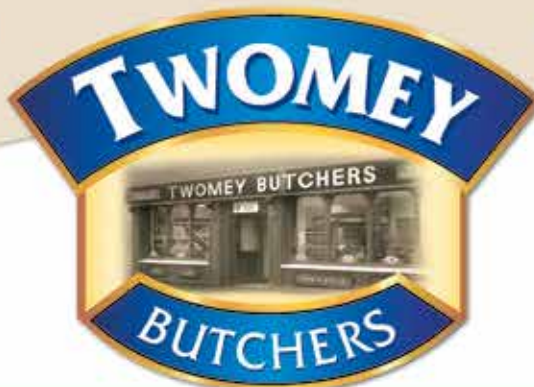
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Don't be a stranger If you have an article, photo or story you wish to share, email:

leevalleyoutlook@macroom.ie

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
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MACROOM GIRL GUIDES

On Saturday 10th February Macroom Girl Guides attended the "Meet the Clubs" Day in Macroom Sport Complex. This very successful event was organised by Macroom & District Lions Club. It was a great event where all the volunteers from the different clubs met each other and the people who live in the area witnessed first hand the array of clubs which are very active in our town. We would like to thank the Lions club for organising this excellent event and we are looking forward to next year's event.

Mac Egan Rangers

Dara Russell and Katie Cronin from MacEgan SB, Macroom, attended the NYCI's Youth Democracy

Festival in Cork City on Thursday 15th February. This is part of a festival that is happening throughout Europe as part of the Mobilise Europe =Engaging Together (MEET) project.

The festival is to bring the ideas of our youth members forward to the European Youth Forum for further discussions about democracy; to influence policy makers about the meaningful inclusion of young people at all levels of policy and decision making; help to lift the voices of young people who may not have their voices heard often and to ensure that their ideas are shared at European level.

For further information on Guiding in Macroom please contact macroomguides@gmail.com



Dara Russell and Katie Cronin from MacEgan SB attended the NYCI Youth Democracy Festival on Thursday 15th Feb in Cork City



Macroom Girl Guides at Meet the Clubs Day on Saturday 10th Feb in Macroom Sports Complex



Macroom Girl Guides at Meet the Clubs Day on Saturday 10th Feb in Macroom School Complex

Meet The Clubs Day



Meet the Clubs Day, organised by Macroom and District Lions Club proves that there is a club out there for everyone. Pics. By Con Kelleher



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COOLACREASIG, LISSACREASIG, MACROOM, CO. CORK, P12 Y621

Killian Lynch Auctioneers are pleased to offer this 4 bedroom bungalow & garage on c.2.05 acres. The property which consists of c.1500 sq ft living accommodation throughout, is in need of modernization but appears to be in good structural condition with ample room for extension. This is a fantastic opportunity for someone looking to experience countryside living, located only c.3km from Clendrohid village, c.8 minutes drive from Macroom town centre, c.30 minutes drive to Killarney & Cork city.

BER D1 (106903263)
GUIDE PRICE: €210,000



3 OAK BROOK, TANYARD WOOD, MILLSTREET, CO. CORK, P51 V2W6

Killian Lynch Auctioneers are pleased to offer this stunning 3 bedroom semi detached house with front & rear gardens. The property which is in fantastic condition comprises of c.1195 sq ft living accommodation throughout & would make for an ideal family home. The property also boasts a large fully floored attic accessible by a stairs staircase. Located just walking distance to Millstreet town, c.25 minutes to Macroom, c.30 minutes to Killarney & c.45 minutes to Cork city.

Viewings highly advised.
BER: C1 (117190983)
GUIDE PRICE: €225,000



CAHERKEREEN, KILNAMARTYRA, MACROOM, CO. CORK

Killian Lynch auctioneers are pleased to offer this newly constructed 4 bedroom house comprising of c.1900 sq ft living accommodation. The house which is situated adjacent to Kilnamartyra village, c.10 minutes from Macroom and c.30 minutes from Cork city is an A3 rating making it eligible for a green mortgage. The house is a fantastic opportunity to acquire a newly built house in the countryside.

GPS: 51.902432, -9.079857
BER: A3 (117088377)
GUIDE PRICE: €320,000



CODRUM, MACROOM, CO. CORK, P12NN24

Killian Lynch Auctioneers are pleased to offer this 4/5 bedroom detached house on c.0.25 acres. The property which consists of c.1776 sq ft living accommodation is in need of modernization throughout but appears to be in good structural condition. The property also boasts a large garage and multiple outbuildings. It also qualifies for the vacant home grant making it eligible for a renovation grant of up to €50,000. Located in the much sought after area of Codrum which allows you to experience countryside living, while only being walking distance to Macroom town centre, c.30 minutes' drive to Killarney and c.30 minutes to Cork city.

BER F (116827296)
GUIDE PRICE: €220,000



13 THE GEARAGH, MEADOWLANDS, MACROOM, CO. CORK, P12EY60

Killian Lynch Auctioneers are pleased to offer this immaculate 4-bedroom semidetached house. The property which has a beautiful modern interior consists of c.1425 sq ft living accommodation throughout & is in turnkey condition. It also has a fantastic BER rating of A3 making it eligible for a green mortgage. This is a brilliant opportunity to acquire a newly built house walking distance from Macroom town centre, c.30 minutes' drive to Cork city & Killarney.

BER: A3 (112662689)
GUIDE PRICE: €350,000



GORTANIMILL, RENANIREE, MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to offer this c.24.5 acres forestry land which is comprised of a mature spruce plantation. The forestry which has direct access onto a main public road is 20 years old and is very good quality. The property is located c.5 minutes' drive southwest of Ballyourney village, c.20 minutes west of Macroom and c.45 minutes from Cork. GPS: 51.906683, -9.167063

AMV: €170,000

ROS ALAINN, MACROOM, CO. CORK



NEW TO THE MARKET
3 & 4 BEDROOM SEMI DETACHED HOUSES

Killian Lynch Auctioneers are pleased to offer this beautiful development of 3 and 4 bed roomed semi-detached house situated within a courtyard type development within Ros Alainn. The houses which range in size from c.1235 sq ft 3 bedroom house to c.1656 sq ft 4 bedroom semidetached house. The properties are located only c.1km from the Macroom bypass interchange junction c.2km from Macroom town, c.30 minutes from Cork city.

- Mains water and drainage. • Air to water heating. • 9ft ceilings on ground floor. • Shaker style kitchen with quarts worktop.
- Landscaped gardens. • A rated houses • Qualify for help to buy.

AMV: €360,000 - BER A2



Meet The Clubs Day

organised by macroom and district lions club, proving that there is a club out there for everyone



Macroom and District Lions Club, hosts of at Meet The Clubs Day. Pic. Stephen McCabe



Blood Bike South at Meet The Clubs Day held in Macroom. Pic. Stephen McCabe

There is a club out there for everyone – and that is definitely true for the people of Macroom who have an abundance of local clubs, societies and organisations ready to welcome new members and volunteers.

Meet The Clubs Day, organised by Macroom and District Lions Club and with the support of Macroom Credit Union, took place on Saturday 10th February in Macroom’s Leisure Complex, attracting large numbers of local people, young and old. The free event was an opportunity for clubs, societies and organisations operating in the Macroom area to be in the one place at the one time and to show the people of Macroom exactly what is on offer in their community. People were amazed to learn about the 60+ clubs, societies and organisations that are in the area and open to new members or volunteers.

Aussie Rules and former Cork All-Star footballer Erika O’Shea, who is a native of Macroom, officially opened the event with a short Q&A session. Erika commented on the broad range of clubs in attendance and spoke about the value of community involvement and being part of a team. Declan Sheehan from the Macroom and District Lions Club said, “This event is about highlighting how much is available to people in their local community. Social inclusion and community involvement are so important to people of every age, regardless of your situation. Feeling like you are a part of something, that you belong and that you are valued is exactly what these community groups offer its members and volunteers. We had a massive variety of groups join us on the day, from the very well known groups to very niche groups. Each group was here for one reason – to

invite people to join them. The variety of clubs and groups on the day reflects how vibrant a community we have and we are thrilled to have been able to organise the event with the support of Macroom Credit Union.”

The groups on the day represented different types of sports, leisure activities, hobbies, charities, social groups, special interests and everything in between. There was an incredible buzz at the event and the large numbers in attendance confirms that community engagement and involvement in Macroom is strong and ever-more important.

For further information on the event or the Macroom and District Lions Club, contact macroomlionsclub@gmail.com or find us on social media.

Macroom Flower Club

Macroom Flower & Garden Club held it’s AGM on Thursday 8th of February at Coolcower House. It was wonderful to see Members return for 2024 and announce upcoming Club Schedule for the coming year.

The AGM was followed by a Mini Floral Demonstration presented by Maureen O Riordan

from Betsy’s Florist. Her floral exhibits had Valentine’s Day and a bit of fun in mind with some beautiful flowers and quirky but practical mechanics. A cup of tea and chat was enjoyed to end the evening. The next Club Meeting is a Gardening Talk and Presentation which will take place on Thursday March 14th 8.00p.m. Guest Speaker

T. J. Maher from Kiltegan Co. Wicklow. Annual Membership accepted and visitors most welcome. We will hold a series of Spring Floral Arranging classes for Members please contact 087-9821708 for further information. We look forward to seeing you for March Club meeting.



Nuala O Connell, Nora Gallagher, Maureen O Riordan, (Demonstrator from Betsy’s Flowers Macroom) Marie O Sullivan, Mary Murray and Winifred Lynch of the Macroom Flower and Garden Club. Pic. Le Nóra Uí Luasa



Winifred Lynch, President of Macroom Flower Club, Liz Ryan who won Maureen O Riordans demonstration, florist from Betsys Flowers, and Marie O Sullivan, secretary of Macroom Flower Club. Pic Le Nóra Uí Luasa.



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MCEGAN COLLEGE



1st & 2nd year Girls Basketball teams who won their games v St. Patrick's Girls secondary school Cork City, with assistant trainers, Daimond Salami & Arnau Latori both TY students.



McEgan U16 Boys who lost out to The Abbey of Limerick in the Munster Semi Final.

Boys Basketball: What a year for under 16 boys' basketballers, after winning the County before Christmas we made the long road to Tipperary to play The Abbey in a Munster semi-final. Unfortunately, it was not our day, but this was our first time competing at this stage of the tournament and the experience will hopefully stand to our team going forward. A huge congratulations to all the panel for their commitment and representing the school so well throughout the year.

First and Second Year Boys Basketball: Building on the success from the under 16 team, our first- and second-year teams opened the group stage with two convincing wins. They are training weekly and are progressing well, hopefully there are more good days out to come.

1st & 2nd year Girls Basketball: Our first- and second-year girls' basketball continued with both teams securing wins over St. Patrick's Girls secondary school in Cork city. Played in Mayfield sports complex our first years got off to a great start with a 16 to 12 points win. Twins Zee and Zaa Sibanda were top scorers with 6 points each, others to score on the day were Georgia McSweeney and

Mollie O'Donoghue. The second years also won a very tight competitive game coming out victorious with a winning scoreline line of 26 points to 23. Some excellent all-round play from Lili Madigan who finished as top scorer with 12 points, followed by Maria Daria on 8 and Emma Rose Twomey on 6. Well done girls and continue to practice hard at training.

Celebration of Ethos & Wellbeing in McEgan College: The five Core Values of ETBI schools are - Care, Equality, Community, Excellence in Education and Respect. Our whole school Ethos project celebrates this five Core Value as experienced by the students. The students work on this is now on display in the school's assembly area encapsulating all that is good in our school community.

A second whole school project entitled 'Happiness in McEgan College is ...' is also on display. Photos of our staff and students involved in activities such as School Trips, Teaching and Learning, Charity Work, Sports involvement etc. Celebrating the happy times in our school is important for the wellbeing of both staff and students.

Internet Safety Week Feb 19th – 24th 2024: A weeklong schedule of events will take place from Monday 19th to Friday 23rd Feb highlighting the importance of having awareness of safety while using the internet. Keep a close eye on TikTok and Instagram for some interesting tips and posts about the week's activities. Throughout the week, students will get lots of information and engage in activities all related to keeping themselves safe while using the Internet.

Parents who are at a loss as to how to guide their children through the potential perils of the internet this can access WEBWISE.ie for helpful tips and guidance in this area. The top advice given to parents is that it's crucial for them to prioritize open communication and education about online risks with their teenagers. Establishing clear guidelines for internet use, monitoring online activities, and encouraging responsible behaviour are key. Remember, internet safety is an ongoing conversation and it's essential to stay informed and proactive in addressing any concerns or issues that may arise. #TalklistenLearn.



1st year students studying space and building a model of our solar system.



LCA6 students Owen Duggan & Cormac Slattery practicing for their Catering Practical Exam recently.



McEgan LCA6 Student Shaun Barnes putting the finishing touches to the Ethos & Wellbeing Displays in Assembly area, assisted by student Teacher Shauna Cronin & English Teacher Ms. Máire NiLaoire.



Emily Barrett practicing recently for LCA Catering Practical Exam.



McEgan Leaving Cert Students Paul Grigorescu & Ricardo Bello were honoured recently at a Cork ETB awards ceremony 2024.

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ST MARY'S NEWS



St Marys Second Year Basketball Team



St Mary's Mini Co students who have submitted their Business Reports for the Student Enterprise Competition.

STUDENTS TRAVELLING TO INDIA WITH THE HOPE FOUNDATION

Ten of our Transition Year students, Ellie Buckley, Mai Buckley, Emily Cronin, Ellen Duggan, Erin Kelleher, Ella Lucey, Maureen O'Brien, Alice O'Callaghan and Rachel O'Shea travelled to India with the HOPE Foundation on Wednesday the 7th of February. They were accompanied by Ms. O'Keeffe. We can't wait to hear all about their trip after Mid Term.

BASKETBALL

Another great day out with our first and second year basketball teams recently. Both teams faced off against Pobalscoil na Tríonóide. Our first years started off the match with a solid 8-2 lead. Heading into the third quarter we kept the lead at 12-6. It got very exciting in the last quarter when the teams were level with only 10 seconds to go. Supported by her team, Katie made an absolutely phenomenal buzzer shot to win the watch. Final score: 18-16. Such an amazing team effort by the girls. Our second years continue their winning streak. They are really making their mark in the league coming

away with a phenomenal win of 52-8. Well done to both teams. Fantastic basketball played and more to come. Many thanks to Pobalscoil na Tríonóide for travelling to play us. Thanks to Paul and Ms Hickey for their continued support of our Basketball teams.

ST MARYS ALUMNI

Calling all past pupils! Would you like to join our Alumni Association? Follow the link below to find out more information. This link is also available on our Facebook page and on our Instagram account. https://docs.google.com/forms/d/e/1FAIpQLSelBvAYLIXP3gtY0QzEDG6RjMjXWTFP4fCpjE9hfdp_ixodVw/viewform

We would love to invite all of our past pupils to join our vibrant community by becoming part of our official secondary school alumni database! Stay connected with the latest updates on school events and activities with 3 to 4 newsletters per year. Your valuable skills and connections may also contribute to exciting opportunities for current students. Let's build a stronger bond with our alma

mater. Complete the form on the link above and be a proud member of our growing network! Thank you, we can't wait to hear from you all.

MACROOM TIDY TOWNS

Thanks to John Lyons and Geraldine Galvin for delivering a fantastic presentation to our 5th year LCVP and 4th year Mini Company classes recently. Their presentation outlined the importance of Volunteerism and they spoke about the importance of having pride in your community. They also informed our students of all of the work being undertaken by the Tidy Towns and how our students can help by volunteering their time. We would like to take this opportunity to thank all of the members of Macroom Tidy Towns for all of the fantastic work that they do to keep our community looking so well, we really appreciate your time and efforts. Thanks to Mr Galvin for arranging this talk for the girls.



John Lyons and Geraldine Galvin from Macroom Tidy Towns giving a presentation to students in St Mary



Students with Ms O'Keeffe going on their trip to India with the HOPE foundation



Meet The Clubs Day, organised by Macroom and District Lions Club proves that there is a club out there for everyone. Pics. By Con Kelleher



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NUAcht Ó Choláiste Ghobnatan



Daltaí ag baint taitneamh as an Seó Bóthair



Oíche na nGradam BOOC - ó chlÉ Sarah Ní Éalaithe, Caoimhe Ní Mhurchú, Déaglán Ó Murchú, Ellen de Búrca, Ava Ní Chonaill, Róisín Ní Mhurchú, Emma Ní Cheallaigh, Kate Ní Urdail, Aodhagán Ó Riordáin agus Mary Ellen Ní Chéilleachair. As láthair ó ghrianghraf ná Ailbhe Ní Riordáin agus Helena Ní Éalaithe

COMHGHAIRDEAS

Tréaslaimid le Síle Uí Chróinín atá tar éis éirithe as an Ionad Cultúrtha le déanaí – guímid gach rath uirthi sa toadhcháí.

RÉAMHSCRÚDUI THE

Roimh an meán téarma dhéin ár ndaltaí sa séú agus tríú bliana na réamhscrúduithe – seo céim eile déanta ar a n-aistear foghlama.

IDIRBHLIAIN - TAITHÍ OIBRE

Faoi láthair tá muintir na hidirbhliana ar thaitthí oibre. Is deis iontach é dóibh foghlaim faoi shaol na hoibre. Ba mhaith linn buíochas a ghabháil leis na fostóirí go léir a thugann na deiseanna dóibh. Míle buíochas le hIníon Ní Chéilleachair as an obair ar fad a dhéanann sí chun na taitthí oibre a eagrú.

OÍCHE NA NGRADAM BOOC

Tréaslaimid le daltaí na hArdeiste anuraidh a fuair gradaim ag Oíche na nGradam BOOC le déanaí. Bhí an ócáid ar siúl in Ostán Páirc an Róistigh. Reáchtáilann Bord Oideachais agus Oiliúna Chorcaí (CETB) an oíche sin chun aitheantas a thabhairt do na daltaí Ardeiste sa chontae. Fuair teastais éachta

bunaithe ar a gcuid torthaí Ardeiste – na daltaí atá i gceist ná Na daltaí atá i gceist ná Sarah Ní Éalaithe, Caoimhe Ní Mhurchú, Déaglán Ó Murchú, Ellen de Búrca, Ava Ní Chonaill, Róisín Ní Mhurchú, Emma Ní Cheallaigh, Kate Ní Urdail, Aodhagán Ó Riordáin, Mary Ellen Ní Chéilleachair, Ailbhe Ní Riordáin agus Helena Ní Éalaithe. Sin 33% de rang Ardeiste 2023 – éacht den scoth! Bronnadh gradam “Dalta na Bliana” ar Ava Ní Chonaill chomh maith. Táimid an-bhródúil as bhur ngaicsí agus guímid gach rath oraibh don toadhcháí.

MARDI GRAS

Aujourd’hui la classe de Mlle de Staic ont cuisiné les crêpes pour le Mardi Gras. On a suivi La recette en français. On a garni nos crêpes avec des fraises, du citron, du sucre et du Nutella.

Résultats - délicieuses! Miam Miam!

SEÓ BÓTHAIR

le Darcy Ní Bhriain

Ar an 9ú lá de mhí Fheabhra, bhí ceardlann Seo Bóthair ar siúl in Ostán Ghobnatan leis an idirbhliain agus roinnt daltaí ón gcúigiú bliain. Tháinig Dónal

anseo ó Chóbh chun caint agus comhrá linn faoi na poist ina n-úsáidtear Gaoluinn iontu timpeall na tíre. Bhí go leor spraoi ann le cluichí agus duaiseanna chomh maith. Bhain gach duine sár-sult as an gceardlann seo mar d’fhoghlaimiomar go leor faoi deiseanna fostaíochta trí Ghaoluinn. Míle buíochas le Dónal as an gceardlann iontach a chur ar siúl & le In.de Staic as é a eagrú dúinn.

FOCLÓIR

- Fostóirí – employers
- Oíche na ngradam – awards night
- Bord Oideachais agus Oiliúna Chorcaí – Cork Education and Training Board
- Seó Bóthair – Roadshow

ÁR MEÁIN SHÓISIALTA

Leanaigí ár gcuntais le haghaidh an nuacht is déanaí!

X nó Twitter: @ColGhobnatan

Facebook: Coláiste Ghobnatan @colghobnatan

Instagram: @colaiste_ghobnatan

TikTok: @colaiste_ghobnatan



On the 13th of February our secretary attended a presentation in the County Hall for the Cork County Council ‘Best of Cork’ Awards.

Tiny Feet Fairy Garden was a finalist and was nominated in the Best Tourist Attraction (Free Entry) Category. Elaine Crowley from TV3 acted as master of ceremonies and the category was won by the Donkey Sanctuary in Liscarroll who are very worthy winners.

On the 10th of February the Tidy Towns, Tiny Feet Fairy Garden and The Men’s Shed all took part in the Macroom Lions Club ‘Meet the Clubs Day’ in Macroom Leisure Centre. This was the 3rd year for this event and it gives clubs and organisations the opportunity to meet the people and explain what they do, and maybe recruit new members.

A big thanks to the Castle Hotel Macroom for their generous donation to our group which is very much appreciated.

St Joseph’s Primary School girls recently did a litter



Lisa Manning, Brian O Sullivan and Asad at the Meet the Clubs Day

pick around town and were joined by Tidy Towns Volunteers Shelia Murphy, Liam Walsh and Joe Cronin on the day.

Macroom Spring Clean takes place throughout the month of April it will be going from Coolcower Roundabout to Carrigphooca Roundabout, including all other approach roads, streets and lanes. This is an opportunity for you, your friends or family or work group to come out and assist in some way. Volunteers will be out each weekend in April why not come along and bring a pair of gloves and maybe a litter pick.



Lisa Manning with Elaine Crowley at the Best of Cork Awards

Current activities, in addition to litter picking include planting, pruning and maintenance of trees and shrubs.

Tidy Towns AGM takes place on the 5th of March at 8 pm in the Castle Hotel. This is a public meeting for everybody to attend and have your say, and perhaps make a commitment to do some activity to help out. Remember the date.

Volunteers meet every Saturday at 9am in our base in Masseytown, we are always open to people joining, so why not come along some Saturday morning and see for yourself the work that is done.

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DE LA SALLE College Macroom

Athletics

It was a very successful day for our Cross Country athletes at the South Munster Championships today. De La Salle finished second in the Minor, Junior and Intermediate categories. All teams will now compete in the Munster Championships in the upcoming weeks.

Leaving Cert Visitor

L/SBA Walsh visited De La Salle before the mid-term break. He spoke to the Leaving Cert students about life in the Irish Naval Defence Forces. During an enthralling presentation L/SBA Walsh described in detail the level of training involved, the recruitment

procedure and the various career opportunities available in this sector

U14 Hurlers

De La Salle U14 Hurlers are into the Cork Colleges County Final after an excellent performance in Buttevant. In what turned out to be a comprehensive and impressive win over Coláiste Mhuire Buttevant in their semi-final the score-line did not reflect the commitment of the opposition. The Macroom boys were made to battle through miserable conditions and play with fierce determination against a tough Buttevant side. A great team effort with some stand out performances from David Bradley, Dylan

O'Shea, Micheal Twohig, Rory Eklof and Tommy McCarthy. Roll on the final!

DLS Macroom 3-6, Coláiste Mhuire Buttevant 0-0

Special Achievement

De La Salle are very proud of Aiden Coughlan a member of the staff at the school. Aiden received special recognition for outstanding service to Cork County Fire Department and Macroom Fire Station. Aiden has worked as a Fireman and Driver Mechanic for 34 years. All at De La Salle College congratulate Aiden for his service.



De La Salle U14 Hurlers who defeated Coláiste Mhuire Buttevant.



De La Salle Athletics Team competing at the South Munster Cross Country Championships

What a difference a community can make to those living with dementia

Ten months ago Macroom town made a commitment towards becoming a Dementia Inclusive Community. With the support of the Alzheimer Society of Ireland (ASI), Friends of ASI Macroom was established and since then has made great strides on this journey.

Over the past two months the Friends of ASI Macroom group has been very proactive planning several activities to promote awareness of dementia and the support services provided by the Alzheimer Society of Ireland. The group meets once a month to implement activities, identify opportunities with local clubs, community groups and businesses, and deliver training workshops.

On Saturday 10th February our volunteers hosted a stand at the Macroom and District Lions Club 'Club Day'. We met with over 60 wonderful local organisations, who expressed interest in our community dementia awareness training, our local services and our schools programme. We are looking forward to meeting up with all those

groups to see how we can support them on this journey.

Now in its fifth month, the Social Club is gaining momentum with new people constantly joining us. Held on the third Saturday of each month in the Macroom Hub, Railway View, Macroom, P12 HN60; this free social gathering provides a wonderful opportunity for families living with dementia to enjoy a morning of song, stories and laughter. The talented Local Vocal singing group is always on hand to provide great entertainment. There is no registration or cost, just pop in on the day.

Over the coming two months there are different activities to get involved with:

1. Denim Day For Dementia

We are asking everyone from around the Lee Valley to don their denims – to the crèche, school, work, or wherever they will be – on Friday, March 1st, and donate to support families impacted by dementia. Visit <https://alzheimer.ie/get-involved/fundraising-events/denim-day-for-dementia/> for

more information.

2. Dementia Awareness Training

We will be providing free dementia awareness training to local businesses, sporting clubs and community groups in April. The workshops will give you an insight into how you and your organisation can help to build a Dementia Inclusive Community in Macroom.

3. Volunteering

We always welcome new volunteers to support us with the delivery of our services e.g. day care, organising and running social clubs, providing musical or artistic entertainment in our day centres, and fundraising.

If you would like to volunteer at an event, support a service, or participate in the training workshops contact Laura Curtin on 087 3736496 or email friendsofasi@alzheimer.ie.



Great turnout at the recent Alzheimer Society of Ireland's Social Club held in Macroom.



Friends of ASI volunteers Deirdre Coughlan, Grace Hourihan and Alberto Martin at the Macroom and District Lions Club Day.

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- **23rd February** Ahakeera Drama Group hilarious comedy " God Rest his Soul" in Clondrohid hall at 8pm
- **26th February** The Annual Dripsey Ambush

Memorial Parade @ 3pm.

- **27th February** Kilmurry Active Retired will have a talk in the Independence room Kilmurry @ 7.30pm by Dermot Cronin from Muintir na Tire on engraving valuables so that they can be identified
- **29th February** Rusheen PA Bingo Fundraiser, Aghinagh Hall @8pm
- **1st March** Denim Day For Dementia - We are asking everyone from around the Lee Valley to don their denims – to the crèche, school, work, or wherever they will be and donate to support families impacted by dementia.

- **1st March** Declan Sinnott and Evelyn Kallansee play at Creedons on doors open 7.30pm
- **2nd March** Ahakeera Drama Group hilarious comedy " God Rest his Soul" in Inchegeela hall at 8pm
- **4th March** Muskerry Local History Society presents a lecture on 'Butter Roads' @ 8.00 pm in Ballincollig Rugby Club.
- **4th,5th 6th March** Michael Collins, A Musical Drama, in the INEC Arena, Killarney
- **6th March** Kilmurry Active Retirement host a talk 'Impressions of India' @7pm, Canovee Old School

Muskerry Local History Society

Muskerry Local History Society members are looking forward to a very interesting lecture on The Cork Butter Market and the Cork Butter Roads, c. 1747-1933 by Colin Rynne. For much of the 19th century, the Cork Butter Exchange was the largest butter market in the world. Butter was transported to the Exchange from towns and villages in Cork and Kerry along routes that became known as 'Butter Roads'. Colin's lecture will be held at 8.00 pm on Monday, 4 March, in Ballincollig Rugby Club.

Cork Butter Exchange (Lawrence Collection)



Dripsey Ambush Memorial Parade

The Annual Dripsey Ambush Memorial Parade is on Sunday February 25 2024. It starts in Dripsey Cross at 3.00 pm. Lord Mayor of Cork Cllr. Kieran Mc Carthy will give the Oration this year. The Ballingearry Pipe Band will lead the Parade. The Dripsey Ambush Memorial Committee is having a Table Quiz on Friday February 23rd 2024 starting at 8.00 pm in The Weigh Inn at Dripsey Cross.

Image top right: The newly refurbished dripsey ambush site before the beautiful flowers grew.
Bottom left: Lord Mayor of Cork Cllr. Kieran Mc Carthy will give the Oration at the Annual Dripsey Ambush Memorial Parade this year.
Image bottom right: The Dripsey Ambush Memorial Committee is having a Table Quiz on Friday February 23rd 2024 starting at 8.00 pm in The Weigh Inn at Dripsey Cross.



RUSHEEN NS



Rusheen N.S. Parent's Association and students are excited about their upcoming Bingo Fundraiser which takes place on Thursday night, 29th February, in Aghinagh GAA Hall at 8.00 pm. This enjoyable yearly event is 10 rounds of bingo, with each round including a full house prize of €50 and a full line prize of €20. There will also be a jackpot round for €150, kindly sponsored by Kelleher's Garage, Macroom! Raffle and refreshments are also available on the night

Rusheen N.S. Parent's Association upcoming Bingo Fundraiser



QUINLAN'S GIFT SHOP

COMMITMENT TO COMMUNITY AND SUSTAINABILITY



In the heart of Macroom, Quinlan's Gift Shop has been a cornerstone of the local community for the past 36 years. Founded by Brigin and John P. Quinlan, the business has not only weathered the sands of time but has also flourished into an award-winning establishment. Situated in premises with a rich history, once home to J.P.'s father's trucking business, the store has become a cherished part of the Lee Valley in County Cork.

Now, with the next generation at the helm, James Quinlan and his fiancée Maite are taking the family business in an exciting new direction. Their vision extends beyond the traditional brick-and-mortar store, as they plan to transition Quinlan's Gift Shop into a fully online experience while maintaining the familial roots within the same premises.

Central to their new approach is a commitment to working with local Irish companies. Despite the shift to an online platform, Quinlan's Gift Shop aims to stock sustainable and eco-friendly products, maintaining a strong connection with suppliers on a first-name basis. This dedication to supporting local businesses echoes the values that have been at the core of Quinlan's for nearly four decades.

One notable change is the introduction of a Click and Collect service every Tuesday and Thursday, allowing customers to pick up their orders directly from the front door of the family's

beloved premises. This innovative approach ensures that, despite the shift to an online model, Quinlan's remains deeply rooted in the community.

The vibrant and colourful window displays, a hallmark of Quinlan's Gift Shop, will continue to adorn the storefront. The Quinlan family believes in the power of visual merchandising, even in the virtual realm, to enhance the online shopping experience

James and Maite emphasise that while the business model is evolving, their commitment to customer service remains unwavering. They invite customers to reach out, ask questions, and seek advice on choosing the perfect gift from their revamped website, quinlans.ie.

As they approach the end of an era, John P. and Brigin would like to express their gratitude to their wonderful staff over many years, their loyal customers, cherished friends and valued suppliers.



THE PHYSICAL SHOP WILL CLOSE ON FRIDAY, 1ST MARCH, 2024.
THE END OF AN ERA? YES, BUT ALSO THE BEGINNING OF ANOTHER.



GO ON JOE – UP KERRY

When Joe O'Connor passed away in August 2018 it cast a shadow of gloom over the Parish of Farran/Ovens and his native Brosna in North Kerry.

Joe was a great character, larger than life and endearing to all his acquaintances. Though living at Aglish Farran for the major part of his life he never forgot his Kerry roots and always quietly supported the Green and Gold. His employment as a Psychiatric Nurse brought him to his employer The Southern Health Board at Our Lady's Hospital at Shanakiel Cork where he was deeply involved in their GAA Club both as a player and mentor.

With his dear wife Margaret and family T.J. and Deirdre he settled in easily amongst his adopted neighbours. Being a man of many talents he was always ready to give a helping hand and the Magnificent Marina Shrine at Farran church is testament to his many abilities. Before long he was involved in the Éire Óg GAA Club, again both as a player and mentor and played a huge part in the development of the younger players, being a vital cog in their many triumphs.

His training sessions were always enjoyable and his famous phrases are oft times repeated. These included "kick the high balls in low" and "lads, will ye pair off in 3's around the field". He was always at hand to treat any injured players with his soft hands and medical experience which complimented his famous "magic" potion. We never found out the exact mixture of his potion but we had a strong suspicion that Joe may have added a large portion of poteen to the mixture.

Being a loyal supporter of Kerry football his initial duty each year was to purchase the famous match



The combined Eire Og and Brosna teams that competed for the Joe O Connor trophy.

tickets for the Green and Gold itinerary and he travelled the length and breadth of the country with his beloved brother Mike and his many other Kerry friends.

Joe was a regular attendee at the weekly traditional entertainment sessions at the local Farran Well pub where he danced the night away with Polka sets and Kerry Slides. Being a man of the people he was always happy to help out in any situation and spent many hours at the Éire Óg Club carrying out repairs and improvements including the refurbishment of the Club bar as well as preparing the pitches for upcoming games.

The idea of an Annual Football challenge in his honour was first mooted when his many friends from Brosna crossed the County bounds to pay their final respects to our own Laochra Gael. This finally came to pass recently on Saturday February 10th and a fine crowd witnessed an exciting game of competitive Adult Football between Brosna

and Éire Óg. Well refereed by Ted Hayes and his officials, it ended in a narrow victory for the hosts on the scoreline of 1-10 to 0-11. The Man of the Match Award went to the very impressive Adam Barry who gave a great display at centre forward for the Brosna side. The Joe O'Connor Trophy was presented by his wife Margaret to the winning captain Brian Hurley. Afterwards players, mentors, and supporters joined the O'Connor family for refreshments in the Club Pavilion and the musical entertainment concluded a very successful day. The Éire Óg boys will make the return trip over the border in 2025 and this is eagerly awaited.

One abiding memory of our farewell to Joe is of the funeral cortege leaving his home at Aglish on that beautiful August afternoon in 2018. As the hearse moved slowly down the roadway his brother Mike gave a strong thump on the roof and exclaimed "Go on Joe - Up Kerry" - Ní Bheigh A Leithead Ann Arís Go Deó. *By PO'C*



At the presentation of the 'Joe O Connor' trophy, Dan Creedon, Brian Hurley, Margaret O Connor, Paddy Corkery and Paudie O Toole.



The magnificent Marian Shrine at Farran Church, expertly constructed by Joe O Connor.

New Cup named after 1930's Farming Leader

The Munster Agricultural Society, which has the distinction of being a nominating body for the Seanad, recently launched a new silver cup. This cup is named after a well-known national farming leader from the 1930s, who was based in mid Cork. The Patrick J. Manley Perpetual Cup honours the achievements of 'Packie' Joseph Manley (1905-1975), who gained national recognition in his early twenties as an agricultural organiser, and served as a member of the national executive of the Farmers' Party (which became defunct during that decade). Manley actively participated in and established numerous local and national committees and boards related to farmers. He was a well-known mediator and lobbyist who frequently facilitated fruitful communications involving representative bodies and the government. As the head of the Cork Farmers' Union, which was connected to the Irish

Farmers' Union, he performed a crucial part in the farmers' guerrilla campaign during the 1930s. This campaign was driven by opposition to annuities, widespread bankruptcy, farm repossessions, and severe economic circumstances. Historian Tim Pat Coogan has pointed out that this campaign was particularly intense in County Cork. In 1934, Manley was abducted prior to his scheduled appearance before a military tribunal in Dublin. Now, nearly a century after his peak in political activism and agricultural importance, this newly crafted silver cup will honour his legacy.

Manley was a strong proponent of agrarianism and actively contributed to numerous farming and dairying magazines and journals. Additionally, he was the father of Rena Manley, a highly esteemed camogie player for the Munster team. Rena gained national admiration in the 1960s for her exceptional

individual talent. Later on, Rena resided in a historic property on a vast farm in East Cork. Interestingly, she formed a friendship with Angela Lansbury, the renowned Hollywood actress, who moved to Conna in the 1970s and became her neighbour.

'Packie' has recently garnered attention in the field of agricultural heritage. He was a younger cousin and neighbour of Timothy Manley, a prominent leader of a War of Independence internee group and later a South Cork Fine Gael TD. Despite being a teenager during the War of Independence, Packie was apprehended by the 'Black and Tans' while returning home from rugby training in Cork City. They mistakenly believed he was an older IRA 'spy' and detained him in a prison cell for four days. It is worth noting that Packie had achieved the distinction of winning the Schools' Senior Cup with CBC Cork around 1920.

Is Sciatica Getting On Your Nerves?

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

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

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

Repeat sufferers throw in the towel and say they have tried everything and nothing works.

But did you know that research proves that Chiropractic has a 72% success rate in the treatment of Sciatica?

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

While over the counter drugs may provide temporary relief from pain and inflammation, they do so at a cost.

Longterm use of over the counter or prescribed painkillers manifests in injury to the digestive tract.

If you don't like taking these meds and are looking for a drug free, surgery free avenue then chiropractic may be the answer.

In our office in Ballincollig we look for problem areas that interfere with the delicate nervous system.

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



Dr Benjamin Martin
of Optimal Chiropractic

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

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The countdown is on with 3 week to go.....

Its going to be big and colourful, its going to be noisy, its going to be great. So draw from the potential of entering into the Parade and promote your club or business. It's free so come along and join in the fun.

Please contact Lee Valley Enterprise Board for your Entry Form & include some details about your organisation, what inspired your float, or any information that would be of interest to the Grand Marshall & for those attending.

St Patrick's Day Festival Committee
(A Subcommittee of Lee Valley Enterprise Board)
Tel: 026 20544 | Email: lventerpriseboard@macroom.ie



DROMLEIGH NS

Students from Dromleigh N.S. are busy as always with lots of activities and special events. Pupils had a wonderful time with lots of tasty treats on Pancake Tuesday on February the 13th. Keep up to date with all our news. Contact office@dromleighns.ie or visit www.dromleighns.ie Follow us on Facebook 'Dromleigh N.S Kilmichael'.

Junior pupils from Dromleigh N.S. all smiles for Pancake Tuesday.



SAINT GOBNAIT, BALLYVOURNEY

Nocht an t'Easpag William Crean dhá dealbh nua-choimisiúnaithe den dealbh adhmaid Naomh Ghobnait, san Ionad Cultúrtha Baile Mhúirne Dé Satharn 10ú Feabhra le linn Feile Ghobnait. Fuair an paróiste deontas ón Roinn Oidhreacht Comhairle Chontae Chorcaí chun an togradh seo a dheanamh. Sa phictiúr tá An Doctúir Connie Ní Cheilleachair

seandálaí sinsearach leis an Roinn Oidhreacht, An t'Easpag Creann, An t'Athair Seán Mac Cárthaigh SP Baile Bhúirne agus an dealbhadóir an t'Uasal John Hayes. Pic le Nóra Uí Luasa. The following is my translation edited for a caption for the Banner Bishop William Crean unveiled two newly commissioned statues of the wooden statue of

Saint Gobnait, in the Ballyvourney Cultural Center on Saturday 10th February during the Gobnait Festival. Right; A Gobnait Group was present at the Cultural Center during a series of Lectures on the Saint on Saturday 10th February. Pics. le Nóra Uí Luasa



Bronnadh Buan Chom Cuimhneacháin Ghobnait Ní Thuama ar Eibhlín Gobnait Ní Chriodáin ag Comórtas Babhlála Ghobnait le linn Feile Ghobnait 2024 i mBaile Mhúirne ag na deireadh seachtaine so chaite. Sa phictiúr tá Micheál Ó Ceallacháin ó Ból Chumann na hÉireann, Eibhlín Ní Chriodáin, Iarla Ó Tuama @Grá Mhúscraí agus Eibhlín Ní Lionáird @Plean Teanga Mhúscraí. Pic. le Nóra Uí Luasa.



Iomaitheoirí a glac páirt san Chomórtas Babhlála Ghobnait 2024 i mBaile Mhúirne agus an Sáirsint Nua Cheapadh sa pharóiste Siobhan Ní Mhaonaigh, An Comhairleoir Chontae Gobnait Ní Muimhneacháin I dteannta OPT Mhúscraí Eibhlín Ní Lionáird. Pic. le Nóra Uí Luasa.

Go raibh maith agaibh!

A thank you note from Elle O'Sullivan, Ballyvourney

I just wanted to say thank you to everyone for all the donations and support for my "Every Child Matters" 55km Cork to Ballyvourney charity run last October. It raised €10,500. I travelled to India last November and delivered 5 trucks of Food, Clothes, and blankets to orphan children in 10 tribal villages, 5 schools and one orphanage. Thank you to everyone who came out and supported me also on the day of my run. It's so much appreciated.





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CLONDROHID NEWS

AHAKEERA DRAMA GROUP ARE COMING TO CLONDROHID COMMUNITY HALL:

This brilliant drama group, who performed in Community Hall last year to a full house, are back again on this Friday night Feb 23 at 8pm. They will present the comedy God Rest His Soul by Hank O'Regan, this is produced and directed by Brian Collins. Tickets are €13, and will be available locally, at the door, or on line from www.gr8events.ie/godresthissoul. There will be a raffle on the night with some great prizes. Great night assured. This event is a fundraiser for the Community Hall, so your support would be greatly appreciated. Anyone who has availed of the hall recently, will know that it is now an excellent comfortable, warm facility. There is an outstanding debt, so all contributions, bookings and support for events in hall going forward will be of benefit. Thank you for your support.

CLONDROHID DEFIBRILLATOR COMMITTEE:

Following their meeting last week, they are looking to organise an event "Introduction on how to use a Defibrillator", in the coming weeks in the Community Hall, open to everyone. If interested in attending please contact the following numbers 0872385112, 0876361893, so that they can get it sorted, as soon as possible, as no one knows what the 'road of life' has in store for any of us. A

little knowledge could be the saving of a life. Your support would be appreciated. Thank you.

CART CARRIGANIMA FUNRAISER:

A great nights entertainment guaranteed at the Pub on Sat night Mar 2 from 9.30pm sharp. Tim Joe and Ann, with guests, Peter lane, Sheila and Mike, Sheila Heery, Peadar O'Donovan, Eoghan Kelleher, and more. Spot prizes galore, all proceeds to our great Cart Bus service. Please support.

CLONDROHID PARISH ACTIVE RETIRED

All this week, they had a full programme of events, with a talk on St Gobnait by Con Lynch, trip to the Inec for a country and western night, a Saoi meeting in Newmarket and the play God rest his Soul. Hope ye all enjoyed the events.

SWIFTDOC:

Please take details for this new Medical out of hours service now in Macroom above Deasy's Pharmacy Main St. It is for minor injuries and routine medical complaints. Open Monday to Friday 5pm to 9pm. Saturday and Sunday 9am to 1pm. Ring 0818009911, or www.swiftdoc.ie

CLOYNE DIOCESAN PILGRIMAGE TO KNOCK:

This annual event will take place on Sunday May 12. Cost €25 depending on numbers. Bus to leave Ballyvourney at 7am, Clondrohid 7.15am, Macroom 7.30am. For more info and booking contact Noel Lynch 086 2202452, Michael Dineen 087 6434910

MOVEMENT OF CONTINUOUS PRAYER:

The next 24 hours of prayer will be midnight Tues Feb 27 to midnight Wed. Feb 28. Please remember your hour, and thank you.

MEDJUGORJE GROUP PILGRIMAGE:

Direct flights. May 29 to June 5 €845 is the new price since Feb 2. Contact John Fitzpatrick on 087 2560154 for more info.

PREPARING FOR MARRIAGE:

Weekend residential courses available. 26 to 28 April and 20 to 22 Sept. Details from www.grasta.org info@grasta.org

CARRIGANIMA WALKING/RUNNING:

Mondays and Thursdays of every week at 7pm. Meeting at Pike Cross Carriganima for a distance of 5km.

CART WEEKLY TRIP TO MACROOM ON TUESDAYS VIA CLONDROHID:

Leaving Carriganima at 10am, returning at 1pm. For more info contact cartcarriganima@gmail.com

LOTTO: Results for Feb 14 Jackpot €1,000. Congrats to Neddy Walsh Carriganima who won the jackpot of €3,800, what a nice surprise on Valentines day. Enjoy €70 Cath McCarthy Bealnamorrive. €20 Martin & Y O'Mahony The Glenties, Helen Healy Gortnalicka, Olan Buckley Kilnagurteen, Daniel Buckley Lioscreassig.

KILMURRY NS

2024 has started off very well in Kilmurry NS.

Huge congratulations to our pupils who won the Sciath na Scol quiz! We had two teams representing the school and they both did extremely well. Our 6th class had a great day in MTU at the VEX Robotics regional competition. The class' hard work really paid off as they won two awards; the Judge's Award and the Teamwork Challenge Award. They are through to the Nationals at the end of February. Best of luck 6th class!

Our school community are extremely concerned about how dangerous the road outside the school is. Our Student Council came together to write a strongly worded letter to the County Council making it absolutely clear just how dangerous crossing this road is. The children offered some of their own suggestions and they have called upon the Council to do something to make this pedestrian crossing area safe for all our students, parents, staff and visitors. They are awaiting a

response. Well done Student Council!

Our 1st & 2nd class started the Picker Pals programme. They have been taking turns taking home the litter picking pack to clean up the areas near their homes. Well done to 1st & 2nd for looking after the environment!

Find us on our Facebook and Instagram pages to keep up to date with all that's going on in Kilmurry NS.



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KILLARNEY MUSICAL SOCIETY

Michael Collins - A musical Drama

Killarney Musical Society will be staging Michael Collins, A Musical Drama, in the INEC Arena, Killarney on March 5th, 6th and 7th.

We are very excited about this year's production. It is an historical romance about one man's fight for freedom. It is powerful, emotional, and thrilling. We hear about a time of conflict in our land when passions were ignited and history was in the making. A time when raw ambition fed the fight to save our own tradition's destiny. While all the time life continues with friendships and love stories. Watch for a scene with Michael Collins, Kitty Kieran and Harry Boland together. It will bring tears to your eyes.

Oliver Hurley, award-winning director and choreographer, has worked with Killarney Musical Society on many different occasions and we are very lucky to have him work with us again this year. It is fascinating to see him bring all the pieces together. He teaches and encourages us all and ensures he gets the best from us while still making the whole process enjoyable.

Michael Young, musical director, is new to KMS this year. He is highly involved with musical theatre and works on many productions a year as musical director, chorus master or pit musician. We are the recipients of his musical talents this year and we are thrilled at the fantastic sound and harmonies we are producing after a choral workshop with him.

Our director and musical director are ably assisted by KMS members Stella O Shea, Jack Brosnan and Sorcha O Connor. The extra rehearsals with these 3 talented members ensures that all the cast are confident and well-prepared to go on stage.

Behind the scenes we have a committee led by Brid O Callaghan. We would not be able to put on our show without her commitment and selfless hard work. Many of us are unaware of what goes into a production of this size in an amateur society. We are lucky in KMS to have members, family, friends and patrons willing to offer help when we need it.

Tickets for Michael Collins, a musical drama are available online at www.universe.com. Follow Killarney Musical Society on our Facebook page. Put March 5th, 6th or 7th into your calendar and come to see us in the INEC Arena. We promise a great night's entertainment.



Scoil Réidh na nDoirí



Cork College of FET at Meet The Clubs Day held in Macroom. Pic. Stephen McCabe

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Musical Director
MICHAEL YOUNG

5th, 6th, 7th March 2024
The Gleneagle INEC Arena, Killarney



Kilmurry Active Retirement

AIB presentation: We started our activities for this term with our AGM at the Kilmurry Museum, on the 13th of February. Before the AGM we had Ann Marie McMahon and Alberto Martin from AIB Macroom, who gave us an interesting presentation and brought us up to date on all the I.T scams and more importantly on how to protect ourselves from them. It was very well received by the large attendance, and I'd say we all learned something new. One thing I learned was that it is wise to use a different phone to ring back the bank or service provider and do not use the phone on which you had just received a suspicious call. Apparently, these weasels can keep the line open and impersonate a bank or service provider if you use the same phone to call back. It is great to see local banks coming out to the community and addressing such concerns. Well done, AIB Macroom and thank you.

At our Annual General Meeting the Southern branch of Active Retirement Ireland was represented on this occasion by Con Sheehan, Donoughmore ARA. He gave us advice on activities and referred to the upcoming meeting in Killarney on the 28th February, an event that any member may attend. After the approval of a small change in our constitution to facilitate the appointment of additional officers and to facilitate wider access to the fun that the management committee are having, our honorary President, Phyllis O'Mahony, accompanied by Con presided over the election of officers and committee for 2024. They did a great job, Breda Murphy was appointed as Vice Chair, the committee was extended adding three volunteers, and there was designation of additional roles. The outcome was a great indication of the dynamism and of the continued optimism of the membership

in our association.

Upcoming activities:

Our Coffee crawl is recommencing on Wednesday 21st February at 2pm from the museum. Who knows where we will be brought to this time, don't mind the rumours! We intend to continue our coffee crawl one Wednesday each month until our summer break.

On Tuesday 27th we will have a talk in the Independence room Kilmurry at 7.30pm by Dermot Cronin from Muintir na Tire on engraving valuables so that they can be identified and returned to you if recovered after theft, and it also discourages theft in the first place. We intend to facilitate the provision of the actual engraving service for those who may indicate interest at a subsequent date.

On Wednesday 28th some of us will be going to the Southern Region AGM in Killarney but we hope, if all goes to plan, to have activities as usual at 2pm in the museum.

Rumour has it that one of the officers skived off from his work for a good few weeks and went to India. Our chair Breda O'Connell considered carefully what sanction would be appropriate to apply in such circumstances. The outcome is that a talk 'Impressions of India' is to be given by the repentant on 6th March at 7pm in Canovee Old School Community hall. This is the first time we are using the hall since its refurbishment, and we are greatly looking forward to using it and checking out how the tea and coffee may taste there. Everyone and all that would like to see amateur photography of Indian beauties with colourful fashion and such like are welcome, (and women there look good too)! There is no entry fee, but any

voluntary donation to our community bus fund will be much appreciated.

Rose McCarthy will start a new course 'Dance to Music' on Tuesday March 12th at 2 -4pm in the Museum Kilmurry. This will conclude after the tea with her popular Tai Chi and Meditation/Relaxation. A New Gardening class with Pat Sheehan will start on Thursday 14th March at 2pm at Curraghbeg Nurseries in Ovens. We are very grateful to Dominick Cullinane for his generosity in facilitating us for these six two-hour sessions.

Our very popular Zumba gold classes with Yvonne Murphy will be starting in Crookstown hall on Wednesday 20th March from 6.15pm to 7pm and all are welcome. It will cost just €50 euro for ARA members for ten sessions. Non-members, will need to join our association for insurance purposes at the annual fee of €20, (this will cover too the intended follow on course in the Autumn).

Our association is open to all, and our membership fee is just €20/calendar year or €30 for a couple. Our philosophy is that age makes no difference, but health does. We try to do what we can to keep healthy and challenged in body and in mind, and together that is easier. You will be kept as busy as you choose to be and positively engaged in your community, and we think you will enjoy it. There are several active retirement associations in the Lee valley. If you are interested in finding out more, we can put you in contact with the right secretary for your locality, or if you are interested in starting one up there is support for that too.

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

INDEPENDENCE MUSEUM KILMURRY

We kicked off our 2024 events schedule with a talk by Neil Donovan about Mick Fitzgerald Volunteer and hunger striker, and the launch

of an exhibition about General Liam Lynch, one of the key figures of the Irish Revolution. The exhibition was opened by Aindrias Moynihan TD

and will be on display in the museum's Heritage Room over the coming months. Museum Opening hours are 2-5pm From Thursday to Sunday .



At a talk by Neil Donovan about Mick Fitzgerald Volunteer and hunger striker Mary O'Mahony KHAAs Chariperson, Nuala O'Riordan , grandniece of General Liam Lynch, Pat O'Brien, Councillor Michael Looney, Councillor Eileen Lynch, Neil O'Riordan, Aindrais Moynihan T.D. (Photos are courtesy of Independence Museum Kilmurry)

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UIBH LAOIRE NOTES

Tree Planting

Inchigeela Tidy Town's members have been busy recently with a tree planting project, where 100 native trees were planted at various points in and around the village. Three areas selected were, the Island park, the route to the swimming are in the river called the Long Reach and the stepping stones on the Garbhhabha river on the Derryvane road. The trees consist of rowan, birch, alder, crab apple and hawthorn. These help biodiversity, prevent soil erosion of the river banks and of course they look good. Well done to all involved and to Shane who sourced the sapling trees.

Pot holes

Thanks to the Council workmen who promptly fixed the potholes referred to in the last issue. One can report these potholes, fly tipping and other hazards to the council by going to "your council.ie" or "macrooomd@corkcoco.ie or phoning (026)41545

Inchigeela Festival

The dates have been announced for the popular festival. So, let's note it in our diary, August 16, 17, 18 and August 23,24,25.

Best of Cork Finale

Congratulations to Dorothy Uí Thuama whose food tours company was one the 6 finalists in the Co Council sponsored competition, "Best Tourist Attractions." This Uibh Laoire lady also runs very successful tours of Macroom Buffaloes, the water buffalo rearing and cheese making business on the Toon Road. While her business was not judged as first, it was still a great achievement to be up there with the best.

Yoga

Classes in yoga will be held in the hall in Inchigeela hall for 5 weeks, starting on Wed 28th from 8 to 9pm. It will be run by Uibh Laoire Gaa healthy clubs. Call 087 9065613 early to book a place.

Inchigeela Hall

Please support The Ahakeera Drama Group and their hilarious comedy " God Rest his Soul" in the hall at 8pm on March 2nd. Inchigeela National School Parents Association are hosting the night. Bingo each Friday at 8pm and Cards on Sundays at 8.30pm.

For dancing see Inchigeela Hall facebook.

Music @ Creedons

Declan Sinnott and Evelyn Kallansee play at Creedons on 1st of March doors open 7.30pm. Tickets from Eamon 087 6759695

Lá Fhéile Pádraig

In Béal átha the preparations for the big parade have started . Many people not alone from the parish but from beyond call to Ballygeary to see the colour, music and high jinks that accompany the parade on March 17th. We have no doubt but this year's production will again produce a great, memorable day.

Mercy Foundation

It was announced that the Big Christmas Quiz, Tráth na gCeist, succeeded in accumulating €2450 for the Mercy Hospital foundation. Great achievement, great work, all organisers and supporters.

Lóistín

Temporary Lodgings Needed:

As Kilnamartyra are the hosts of 2024 Comórtas Peile na Gaeltachta, they are looking for lodgings in the area for players and followers. If you think you can help out by offering a room or two, please call 086 1010516 Or 087 6471903 for more information

MUINEFLIUCH NS

Since returning to school after Christmas pupils in Muinefliuch N.S. have been very busy.

The Green Schools committee organised an action week in January with lots of events ranging from 'walk a km' daily to having parents host a multicultural day in our multipurpose room to 'Healthy foods' Tuesday. A sincere thank you to all of the families who helped with this in any way and went to lots of effort cooking different dishes on the day.

We are delighted to have started planning a 'family forest trail' as part of the Sports Partnership Ireland funding granted in January. We look forward to our beautiful forest walk.

Pupils from the middle and senior rooms made Saint Brigid's day crosses with the rushes that many kind families sent in. On Thursday 1st February assembly took place and pupils from the student council read stories about Saint Brigid's life.

On Friday 2nd February Niall Quillinan from 'Trócaire Ireland' visited our school and completed a talk with the junior room on the work Trócaire does and the water for justice campaign for this year. The pupils from 2nd to 6th class completed the breaking barriers workshop with Niall focusing on the 17 sustainable developmental goals.

On Friday 19th January all pupils completed the 'Walk a mile and smile' with buddies from the other



Pupils from Muinefliuch N.S with the pancakes they made on Pancake Tuesday

classrooms.

In January we also received our new ipads. Each pupil has access to their own individual ipad and keyboard in the classroom enabling them to learn to type, play literacy and numeracy games and do research for projects. The STEM learning the pupils will be able to complete in the future will be fantastic.

Pupils have commenced drama classes with Martina Ring and are enjoying learning poems, role playing and engaging in different improvisations. On Tuesday 13th February all pupils made



Pupils from Muinefliuch N.S. busy with their new ipads

a pancake with Regina and enjoyed adding numerous toppings.

Our wellbeing initiative organised by the student council for this month involved the student council committee organising 'compliment Wednesday' on 14th February where all pupils wrote a compliment for one of their peers.

Our after school club from 2-5p.m. daily with Rosie has been very popular with many pupils staying after school for activities like homework, making play doh, board games, arts and crafts and pe.



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MACROOM HISTORY GROUP (MHG) ACTIVITIES

Stand: MHG took a stand at Macroom Lions 'Meet-the-Clubs' Day at the 2024 event, together with about sixty other clubs and organisation. This is as very worthy project and there was great activity and a super buzz in the Sports Complex.

The MHG stand exhibited historic photos, items and literature and activities of the Group over the last two years. Much effort was needed in collecting material and erecting the stand. Paul Lynch's (McEgan School) display board was immensely helpful. Margaret Lucey and Douglas Kidd erected and decorated the board and display unit. Other members who helped were Pat Sheehy, Seosamh Ó Críodáin, Jerry Kelleher, Mick Walsh and Con Kelleher. Most interest was taken in old photos such as those of Macroom anglers, Macroom pantomime performers and the burning of Macroom Castle. Would that it were still intact! Attractive items were a bottle bottom with the print of Abraham Morriss, Hanover Hall, nemesis and possible killer of Art Ó Laoghaire and a rifle that replicated one used in the American Civil War. Guns and violence are intrinsic parts of Irish and Macroom's History. Also available were minute books from the ICA, Macroom GAA and Golf clubs, as well as records from the Macroom Pioneers. A 1911 All-Ireland medal, won by John Lynch, was on view as was his Irish War of Independence medal. A history book on Macroom Workhouse was on display as were Charlie Browne's and Stephen Brady's insightful volumes.

MHG thanks the Lions Club for organizing a wonderful day, those who loaned us objects, our pleasant neighbours on the day, KHAA AND Macroom Golf Club and especially those who stopped, browsed and engaged.

Con Lynch Talk on St. Gobnait, 12 February, 2024, Castle Hotel, Macroom.

St Gobnait's Feast Day fell on 11 February and Ballyvourney celebrated it in style with lectures, masses and rounds. Pilgrims came from far and wide. Con Lynch has published a book on the topic and spoke in the Ballyvourney commemoration. He shared his insights with the MHG on the 12 February before an audience of over fifty people. His depth of knowledge and meticulous research and preparation were remarkable.

His talk had three parts – an introduction, a recount of her travels (or 'aistear') through Munster and her legacy. Con outlined her historical background and the time and milieu in which she existed – sixth century Ireland. He then traced her journey through Munster, from Clare through Limerick, Waterford, Kerry and Cork before settling in Ballyvourney where she found the nine white deer. There are signs of devotion to Gobnait in many places marked by wells, churches, shrines and stained-glass windows and schools. She was a remarkable woman by any standard. That she is still venerated in so many places is evidence.

For the final section, Con spoke of Gobnait's legacy which is essentially spiritual. For Gobnait, devotion and dedication to God and the Church, trust in God and acceptance of His Will were the touchstones of her faith. He also emphasised that her spiritual legacy lives on and is present and active. Considering Con's work in tracing her journey, her spirit is alive and well in Con. Following a lively questions-and-answers session, Con and his wife, Marie, met attendees, signed books and posed for photographs. His book, 'St. Gobnait' is in its second print and all profits are

donated to charity.

Tea, coffee and biscuits were served and raffle prizes were won by Kathleen Murray, Claire Dineen and Jim Cooney.

Town Plan: MHG met Ms Karen Lysaght, South Gate Consultants, who is drawing up a Macroom Town Plan. Knowledgeable of the history and geography of the town and area, she is very keen to make the town centre a community area, where people can stop, chat and 'pass the time'. In a way she wants to look back, recapture the good things of the past and, by using them judiciously, make the town better for all in the future. The town is steeped in history and has accounts of the The McCarthys, Bishop McEgan, Malachy Duggan, William Penn, The Famine and Workhouse, TC Murray's works, The War of Independence/Kilmichael Ambush, Kilgobnet Killings and so on. This omits the social history of the town – cinema, pubs, card-playing, dancing, ICA, pantomimes which are another treasure chest of knowledge. There is so much history about the town. Some of Karen's ideas are very ambitious and there seems to be money available to realise them.

Hopefully people will see the greater good of the area, and keep in mind the overall welfare and future of the town.

As the Romans wrote 'Carpe Diem' – Cease the day/opportunity.



Con and Marie Lynch with Pat Sheehy, Douglas Kidd and Mick Walsh at the St Gobnait talk. (C. Kelleher).



Con Lynch speaking on St Gobnait for the MHG in the Castle Hotel, 12/2/2024. (C. Kelleher).



Town Planner meets Macroom History Group members. Karen Lysaght, South Gate Consultant with James O'Callaghan and Douglas Kidd, Macroom History Group. (C. Kelleher).



Olde Schoolhouse Drama Group
Back: Colm Burgoyne, Geraldine Cotter, Sharon Murphy, Kieran Murphy, Norma Duarte, Gérard Murphy, Andrea Cotter and Rosemarie O Riordan. Front: Sheila Burgoyne, Yvonne Galvin, Theresa O Leary, Donal Kelly, Michael Burgoyne and Con O'Sullivan.



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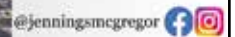
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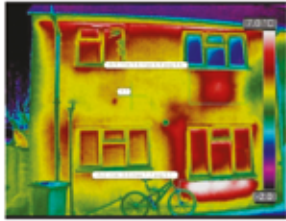
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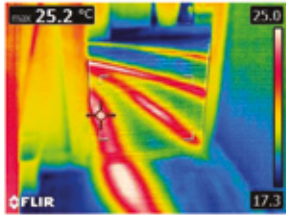
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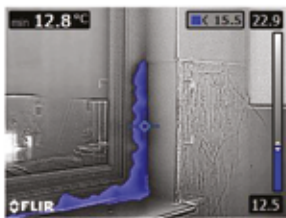
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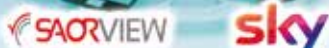


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Antoine Ó Raiftearaí (1779-1835)

Anois teacht an Earraigh
Beidh an lá dúl chun síneadh,
Is tar eis na féile Bride
Ardóigh mé mo sheol.
Go Coillte Mach rachad
Ni stopfaidh me choíche
Go seasfaidh mé síos
I lár Chondae Mhaigh Eo.

I gClár Chlainne Mhuiris
A bheas mé an chéad oíche,
Is i mballa taobh thíos de
A thosós mé ag ól
Go Coillte Mách rachad
Go ndéanfad cuairt mhíosa ann
I bhfogas dhá mhíle
Do Bhéal an Átha Mhóir.
Fágaim le huacht é
Go n-éiríonn mo chroí-se
Mar a eiríonn an ghaoth
Nó mar a scaipeann an ceo
Nuair a smaoinim ar Cheara
Nó an Ghealang taobh thíos de
Ar Sceathach an Mhíle
Nó ar phlánaí Mhaigh Eo.

Cill Aodháin an baile
a bhfásann gach ní ann,
Tá sméara is subh craobh ann
Is meas de gach sort,
Is dá mbéinnse i mo sheasamh
I gceartlár mo dhaoine
D'imeodh an aois diom
Is bhéinn arís óg.
Bíonn cruithneacht is coirce,
fás eorna is lín ann,
Seagal i ggraobh ann,
Arán, plúr agus feoil,
Lucht déanta poitín
Gan licence a dhiol ann,
Móruisle na tire ann
Ag imirt is ag ól.

Tá cur agus treabhadh
Is léasú gan aoileach
Is iomaí sin ní ann
Nár labhair mé go foil,
Áitheanna is muilte
Ag obair gan scíth ann,
Deamhan caint ar phingín chíosa
Na dada dá shórt.

The Blind Poet's Vision of Spring

Aistriúchán le Michael Cody

With the coming of spring the light will be gaining.
So after Brid's feast day I'll set my course -
Since it entered my head I'll never rest easy
Till I'm landed again in the heart of Mayo.

I'll spend my first night in the town of Claremorris
And in Balla I'll raise my glass in a toast,
To Kiltimagh then, I could linger a month there
Within easy reach of Ballinamore.

I testify here that the heart in me rises
Like a fresh breeze lifting fog from the slopes.
When I think on Carra and Galen below it,
On Sceathach a' Mhíle or the plains of Mayo.

Killeadan's a place where all good things flourish,
Blackberries, raspberries, treats by the score,
Were I to stand there again with my people
Age would fall from me and I would be restored.

Sea, tá sé ar eolas agat chomh maithe, nó is cuimhin leat cuid de ar a laghad. Agus mé á léamh, nó ag éisteacht i súil nó i gcluas m'íntinne, tugann sé ar ais mé go dtí mo laethanta bunscoile. Tusa chomh maithe? Is dócha gur féidir leat cuimhneamh freisin ar bholadh den smúit cailce agus b'fhéidir fiú boladh tine mhóna an tseomra ranga agus an t-adhmad fionnuar, crua a mhothú leis an cruith lonracha bhí ar na sean-deasca scoile mar aon leis na toibreacha dúigh ceirmeacha gan caint fiú ar do chosa is phroimpín a bhí préachta leis an bhfuacht! Go leor den turas sin síos bóithrín na smaointe... 'an bhfuil cead agam dul amach?'

Ar aon chuma tá sos uaim go luath mar taréis bás mo Dhaid i lár mí Eanáir chuireas síos cúpla seachtain ana bhruidiúil ag uilfhú 3 lá de Fhéile Ghobnait 2024. Bhí clár lán d'imeachtaí le linn na deireadh seachtaine, le suipéir is blaiseadh bia agus dí sa Mhuileann oíche Dé hAoine ina sheinn ceoltóir óg cumasach ó Chill na Martra Ellen De Búrca an cruit/cláirseach do tigh lán. Bhí 20 oilithrigh ó Inis Oirr ina measc. Thánadar an mhaidin sin go dtí an meán tír, cuid acu ar bád agus roinnt eile ar an eitleán agus ar an mbus go Baile Mhúirne, inar cuireadh fáilte Uí Ceallaigh Rompu in Óstán Ghobnatan. Bhí oíche go Maidin againn le chéile ag ceiliúradh ár Naomh Patrún.

Níl go leor ama agam críoch a chur le scéalta agus imeachtaí uilig na féile ach beidh siad agam don chéad eagrán eile.

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Think Globally, Act locally

Hi! Chris Barrett back here with you.

Today I have the pleasure of speaking with my friend Majella O'Riordan who is a Herbalist and Holistic therapist from Dandelion Health, and is also the mother of two young children.

Majella reminds me that we are all part of nature even though so many of us lose that full understanding which was so integral to us when we were younger. Young children are so open to and totally feel part of the natural world. For many of us who have moved so far away from a child's simple relationship with nature, it is really vital that we do not diminish our children's relationship with nature by trying to get them to see it through jaded adult eyes.

Someone walking with her very young daughter saw the daughter pick an ivy leaf.

Daughter: Why is it growing on the tree?

Mother: It's protecting the tree.

Ivy is good for grief.

Daughter: What is grief?

Mother: It is sadness.

Daughter: I think I'll keep it. I know a boy who is sad at school and misses his mammy.

This interaction reminds me that it is all too easy to overlook children's relationships with nature and how our children are totally in touch with nature.

As you crouch down close to the earth with a child, away from the demands of work and the phone, you are helped back to being grounded.

A child's contact with nature is intuitive and Majella feels that they can absorb a huge amount of knowledge without being painstakingly taught the names of plants, for example.

To this end she is working with a friend to see if they can put together a group of three Saturdays to watch and learn from their small children's (aged from about 3-10 years), responses to nature.

Saturday 1 would involve a little walk where the children would be shown an easily identifiable plant such as a dandelion or nettle, and would bring some home to create a craft, food or medicine.

Saturday 2 would take the children on a repetition of that same walk and see what they remember of what they saw previously and the follow-up.

Saturday 3 would be an opportunity for the children to lead the walk and for everyone to see and appreciate how it evolves.

Obviously, it really hopes to know your child well and to make these times in nature as appropriate for them and their age as possible.

Majella gives talks to adults as part of The Good Lives Project and participants are asked to remember two things from a talk that matter to

them, so that might be something to emulate.

Games where 5 or 6 natural items are looked at before being hidden under a blanket to be remembered, is a fun game at this level and it could, for example, be taken a stage further by asking the child to find and match the same item in the garden.

Children are not naturally afraid of soil on their hands and are happy to feel the difference between a dry and mushy touch.

Their energy is close to the ground and it is good to let them take their socks and shoes off when the weather allows so they can feel it more fully.

Majella has planted seeds, garlic and bulbs with her children so that they can be more closely involved with the miracle of growth.

Children are naturally perceptive if given the time and when Majella was at the playground with her daughter, she felt the tree with her small hands and noticed that it was peeling.

When she wanted to give the tree a hug, that was encouraged, not at all found to be a bit strange as some of us sadly feel when we get older.

This natural desire is untaught behaviour and reminds us that a love and connection with nature is within us all.

When enjoying nature with children, Majella feels it is important not to be too preachy. We get so much information from screens and phones that we can get very disconnected from nature.

It is essential to share outdoor time completely, when a child is open to nature, and turn off phones so as not to allow distraction etc.

Nature offers a space of solace if things are hard, and an early experience in nature teaches self-calming.

Just recently the children's father took the kids on an organised treasure hunt in St. Gobnait's wood where they looked for 9 white deer.

Everyone benefitted! It was a bit wet and it was good to be reminded that the kids don't feel the rain like we do.

They don't get stressed by what we consider to be bad weather.

They can be outside in all weathers. There is no bad weather say the Scandinavians....just bad clothes!

Gardening, like walking, allows families to be together to plant herbs and flowers and learn what is good to eat. Children have a natural intuition regarding nature which can be lessened by adult fears.

The truth children remind us of, if given the chance, is that nature is simple. It is vitally important for everyone's health in so many ways. To go back to

the nettle. It is full of iron and it can be seen to change with the passage of the year, growing big enough soon for the tips to be used as a really useful, blood strengthening, green vegetable in a short while.

When plants are identified early, children get to understand their potential and get to know which can be unsafe. They learn that some plants will give us tea.e.g mint leaves. Majella reminds me that blackcurrent leaves have more antioxidants than green tea albeit with rather less marketing.

Once outside all senses can be involved. Listening to a bird and see if it sounds like one heard before, or looking at the length of a bird's tail or flight is good for everyone.

When working with the ETB Majella was told that her students admitted to buying nettle tea when they had it in the garden. Our children have not been blinkered by this sort of learning and still see nature from the ground up whereas we tend to look down on it.

Above all when involving ourselves and our children in nature Majella believes in the importance of remaining positive. We have the opportunity to empower our children to be somewhere really special.

Nature provides a playground which we cannot build. Encouraging children to find their own special place/house within a garden, where they can relax and use their imagination is a real gift to them.

A child's energy is special. It is also special for adults to remember their own childhood and being able to tap into the freedom and endless space of a child's imagination is something we would do well to emulate, for our own mental health. So Majella feels, as do I, that we should respect our child's connection with nature and learn from it. Our task is to allow it to happen without spoiling it. Muddy hands and boots do not matter, but teaching a fear of earth by calling it 'dirt', does. Our children absorb nature through their pores by being present in it and are physically and mentally more resilient as a result.

Remember that even if you have no garden or park available you can create a green space with a pot on a balcony. Nature is everywhere if you keep your mind and soul open.

I am really grateful to Majella for talking with me today. If you would like to learn more you can contact her on info@dandelionhealth.ie. If you, or anyone you know, would like to contribute an environmental article to this publication, please contact chriseealley@gmail.com





GAA NEWS

Macroom Motors Mid Cork U21 Football Championships 2024 'A' Championship Final:

Ballinora 3 – 11 Naomh Aban 0 – 9

Ballinora GAA made history at Ovens when their U21 footballers won the Macroom Motors Mid Cork U21 A Football championship title for the very first time ever, and did so in style. The final winning margin of eleven points is more than a little unfair on the efforts of Naomh Abán however as the Gaeltacht side had recovered well from a disastrous first half performance to cut a deficit of 1-10 to 0-4 back to a mere five points with five minutes remaining but then the new champions struck for a second goal slightly against the run of play, and added further lustre to the scoreline with another goal just before the final whistle.

Ballinora inflicted major damage in the first half. Early points from Michael and Robert Quirke got them off to a grand start and a goal from Andrew O'Sullivan in the 10th minute had them really buoyant. Shane Kingston was dominating midfield for the winners and the forwards thrived on the supply of quality ball coming in. N Abán danger man Ed Ó Mir was starved of possession and after opening his side's account with a 5th minute point was not to score again until the 22nd minute by which time Ballinora led by 1-8 to 0-2. Andrew O'Sullivan, Robert, Ivan and Michael Quirke and Kevin Werner were all on target for the winners and when Ó Mir added two more points to the N Abán tally, Ballinora matched them and so led at the break by 1-10 to 0-4. The game looked over as a contest as the Gaeltacht side were struggling.

Naomh Abán rearranged their line out at the interval and were a transformed side in the second half. After Ballinora added a point to their tally from Ivan Quirke, the fight back commenced with a point from team captain Danny Ó Ceallaigh and Ó Mir and when Jack Ó Donnchú and Ó Ceallaigh added further points the western side had momentum though Ballinora still leading by 1-11 to 0-8 in the 43rd minute. The pressure on the Ballinora defence continued with Jack Ó Donnchú driving N Abán on from midfield and Ed Ó Mir cut the deficit to five points in the 50th minute as Ballinora struggled to re-impose their earlier superiority. Naomh Abán had chances of a goal which were not availed of, and in a break up the field Ballinora struck a lethal blow when Andrew O'Sullivan got in for his second goal in the 55th minute, 2-11 to 0-9 now the score and Ballinora back on top. They finished with a superb goal from Ben Mayer to take their first title in style.

Scorers: Ballinora: A O'Sullivan 2-1, B Mayer 1-0, R Quirke 0-3 (0-1f, 0-1 '45'), I Quirke 0-3, K Werner 0-2 (0-1f), M Quirke 0-2. N Abán: E Ó Mir 0-6 (0-3f), D Ó Ceallaigh 0-2, J Ó Donnchú 0-1.

Ballinora: Alex McAllen (capt); Darragh Byrne, Ronan Barrow, Colin O'Flynn; Nathan Davis, James Byrne, Ivan Quirke; Shane Kingston, Adam Laverty; Mark O'Brien, Michael Quirke, Danny Dineen; Kevin Werner, Robert Quirke, Andrew O'Sullivan. Subs: Ben Mayer and Peter Mayer, both on 41, Sean Lyons for D Dineen 52, S Brennan for A O'Sullivan and C O'Donoghue for R Quirke both 60.

Naomh Abán: Eoghan Ó Luasa; Ciarán Ó Críodáin, Jack Ó Murchú, Shane Ó Horgáin Ó Loingsigh; Ciarán Ó Luasa, Adrian Ó Cathasaigh, Jeremiah MacSuibhne; Jack Ó Donnchú, Macdara Ó Conaola; Donagh Ó Loingsigh, Daniel Ó Ceallaigh (capt), Éanna Ó Laoire;

Tomás Ó Críodáin, Ed Ó Mir, Mairtín Ó Súilleabháin. Subs: Dan Ó Luanaigh for C Ó Críodáin, Tadgh Ó Ceallaigh for J MacSuibhne, Sam Tinsley for E Ó Laoire (all h-t), Liam Ó Murchú for T Ó Críodáin 56. Referee: Robert Whelan (Gleann na Laoi).

'B' Championship

Semi Finals: Donoughmore 3 - 15 Canovee 0 - 7: Grenagh 5 - 8 Kilmurry 4 - 15

Final: Kilmurry 1 - 16 Donoughmore 1 - 14 aet
A thrilling Macroom Motors Mid Cork U21 B Football championship final at Carraigadrohid ended in victory for Kilmurry whose winning goal came three minutes from the end of extra time and turned impending defeat into joyous victory. It was heart breaking for Donoughmore who had earlier gone three points clear in extra time and had still enjoyed a two point advantage with time ticking on but the Kilmurry goal was followed by a further point and there was no time left for Donoughmore to stage another revival.

Conditions at Canovee's riverside playing fields at Carrig were good, the ground was firm and the rain largely held off. Popular fancies Kilmurry got off to a good start with points from Laurence Aisling and a Joe McGinn free but Donoughmore were on level terms by the ninth minute after points from a Gavin O'Sullivan free and a fine score from Seán O'Hanlon. Kilmurry temporarily lost a defender to a black card but before being restored to full strength in the 22nd minute had added four points to their tally, per Oisín McDonald, Joe McGinn 2 and Laurence Aisling, to lead by 0-6 to 0-2. David McDonnell cut the deficit with a point from a Donoughmore free and there was a sensational finish to the half when Donoughmore got a goal in a crowded goalmouth from Adam Dinan and followed on with an added-time point from Seán O'Hanlon to lead by 1-4 to 0-6 after a half which had seen Kilmurry largely in control.

On the restart, Kilmurry drew level with a Denis Mullane point, Oisín McDonald and Joe McGinn put them in front but Donoughmore, playing more confidently now hit back with three points in a row to level matters at 1-8 to 0-11 by the 50th minute. Donoughmore went in front and still led by a point until Joe McGinn pointed a Kilmurry free on 60 to send the game into extra time, 1-11 to 0-14.

Donoughmore went three points clear before Kilmurry got a point back, 1-14 to 0-15 at half time in extra time. There was no change in the scoreline until three minutes from time when Oisín McDonald found the net in a crowded square to give Kilmurry the lead and Laurence Aisling added a point for the winners before the final whistle for a 1-16 to 1-14 victory.

Kilmurry: Cian Desmond; Eoin Keane, Gearóid O'Mahony, Fionn Kelleher; Seán O'Leary, Alexander Aisling, Max O'Leary; Laurence Aisling, Conor Kelleher; Rory Duggan, Joe O'Mullane, Oisín McDonald; Michael Fitton, Joe McGinn capt, Denis O'Mullane. Subs: Alan Desmond and also Conor Muller, Dylan Shanahan, Mark O'Connell, Diarmuid O'Donoghue, Enda Linehan, Marco Irwin, Killian McCarthy, Michael O'Mahony, Sam Dineen, Daniel Keane, Eoin Thomas

Donoughmore: Stephen McSweeney; Finn O'Callaghan, Josh Crowley, Frankie Honohan; Billy O'Sullivan, Kevin O'Connell, Seán O'Hanlon; Cian Buckley, Jack Honohan; David O'Connell, Adam Dinan, Darragh Lawton; David McDonnell, Dylan Danagher, Gavin O'Sullivan Subs: Seán Broderick

29, Scott Barrett, Daniel Holland, D J Foley, Liam O'Sullivan and also Charlie O'Donovan, Adam Kearney, Mike Guiry, Eoin McNamara, Roughan O'Connell, Daniel Honohan, Darragh Buckley, Rory Honohan, Redmond Reardan, Dylan Kearney, Lucas Glasheen, Jack McCarthy, James Fehily, Adam Geaney, Jack Murphy, Tom Murphy.

Referee: David Murnane, Macroom.

The championship trophy was presented by Muskerry Board Leas Cathaoirleach Ed Warren and Eoin Barrett Macroom Motors, Sponsors, to Joe McGinn, Kilmurry captain.

'C' Championship

Semi Finals: Blarney 1-4 Macroom 0 - 8: Kilmichael 1-9 Clondrohid 1 - 8

Final: Kilmichael 1 - 13 Macroom 0 - 13

Joy for Kilmichael, as they won their first Mid Cork U21 football title since winning the 'B' championship in 2003, by defeating Macroom in the Macroom Motors Mid Cork C football championship final at Kilmurry on Sunday afternoon last. There was no doubting the merit of the Kilmichael victory as they led Macroom all through the second half after the sides had finished level at 0-5 each at half time. Star of the game for the winners was centre forward Tom Browne who finished with no less than 1-9 to his credit, with 1-3 from play, and his goal in the 35th minute was the decisive score of the game. Macroom were always struggling to contain the winners but did put in a battling last quarter and were very unlucky when Colin Kelleher's well placed shot hit the upright and rebounded out to safety, but overall few would dispute the contention that the better team on the day won out in the end.

Danny Horgan kicked an early point for Kilmichael, Liam Holland levelled for Macroom and Colin Kelleher pointed a free to put Macroom in front in the 5th minute. Brian Horgan equalised, Kelleher pointed another Macroom free and Tom Browne pointed a Kilmichael free to equalise at 0-3 each in the 23rd minute. Browne added two more points from frees, Macroom replied with points from Oisín O'Sullivan and Liam Holland to be level at the break, 0-5 each.

Tom Browne put Kilmichael in front again two minutes into the second half, and three minutes later scored the only goal of the game after being put through by Cian McCarthy. Points were exchanged three times, 1-9 to 0-8 at the 45th minute. Further points from Browne and Brian Horgan pushed Kilmichael six points clear and as Macroom tried desperately to rein in the Kilmichael lead to get back into contention, the winners replied with two key points to keep a gap between the teams.

Scorers: Kilmichael T Browne 1-9 (0-6 f), B Horgan 0-2 (0-1f), C Horgan and D Horgan 0-1 each. Macroom: C Kelleher 0-6 (0-4f), O O'Sullivan 0-4 (0-2f), L Holland 0-2, Cian O'Sullivan 0-1,

Kilmichael: Dylan Connolly; David O'Riordan, David Lynch; Isaac Wood, Michael Downey, Dylan Lynch; Brian Horgan, Danny Horgan; Cian McCarthy, Tom Browne, Diarmuid Kelleher; Zack Ryan, Conor Horgan. Sub: Sam Wood

Macroom: Nia Koller; Sam Kelleher, Liam McSweeney; Cormac Burke, Ryan Sabas, Bobby Murphy; Ben O'Connell, Mark Condon; Colin Kelleher, Mark Hunt, Liam Holland; Oisín O'Sullivan, Kieran Doody. Subs: Barry Galvin, Cian O'Sullivan, Jack Sexton

Referee: Kieran Furey, Cill na Martra

Semi Finals:



In the 'B' Football championship semi finals Kilmurry who had easily accounted for the Ballincollig B team in the quarter final got the better of an up and coming Grenagh side at Grenagh on a 4-15 to 5-8 scoreline. Kilmurry led by 2-10 to 2-23 at half time but Grenagh staged a late rally in the second half and had the winners anxiously awaiting the final whistle. Joe Mullane and Laurence Aisling had the first half goals and Denis O'Mullane had the two second half goals for Kilmurry. Kilmurry: Cian Desmond: Seán O'Leary, Alexandre Aisling, Max O'Leary: Fionn Kelleher, Laurence Aisling, Conor Kelleher: Gearóid O'Mahony, Eoin Keane: Oisín McDonald, Joe O'Mullane, Alan Desmond: Denis O'Mullane, Joe McGinn, Michael Kelleher. Subs: Conor Mueller, Micheál O'Mahony. Grenagh: Cathal Cronin: Olan Falvey, Jason O'Keeffe, Conor McCarthy: Danny Warren, Paul Ahern, Michael Russell: Ted Twomey, Sean Joyce: Pádraig O'Connell, David Coleman capt, Robert Coleman: Shane Morley, Dan Twomey, Zack Hickey. Subs: Jack Twomey, Seán Browne, Neil O'Riordan.

In the other semi final, Donoughmore were at home to Canovee and had a fine 3-15 to 0-7 victory, having already accounted for Aghabullogue away in the quarter final. Donoughmore led by 1-8 to 0-2 at half time and never lost their control on proceedings in the second half. Donoughmore: Stephen McSweeney: Frankie Honohan, Josh Crowley, Finn O'Callaghan: Billy O'Sullivan, Kevin O'Connell, Sean O'Hanlon: Cian Buckley, Jack Honohan: Darragh Lawton, Adam Dinan, David O'Connell; Gavin O'Sullivan, Dylan Danniher, David McDonnell.

In the 'C' Football championship, Kilmichael and Macroom advanced to the decider after both had one-point wins in their respective semi finals. Kilmichael were at home to Clondrohid and won through on a 1-9 to 1-8 scoreline. A golden goal from Danny Horgan midway through the second half put Kilmichael in front and they held on to the finish. Kilmichael: Dylan Connolly: David O'Riordan, David Lynch: Dylan Lynch, Michael Downey, Isaac Wood: Danny Horgan, Brian Horgan: Cian McCarthy, Tom Browne, Diarmuid Kelleher: Conor Horgan, Zack Ryan. Subs: Conor McCarthy, Sam Wood, Con O'Sullivan, Robert Collins.

Clondrohid: Adam O'Shea: Darragh Fitzgibbon, Aaron O'Riordan: James Burke, Lorcan Flanagan, Derry Twomey: Owen McCarthy, Fionán O'Leary: Fionn Fitzgibbon, Sean Murphy, Oran Manning: Jamie Hourihan, Cian Kelleher. Subs; Conor Lucey, Alan Neville, Odhran O'Leary, Colin Murphy. Macroom travelled to Blarney and were relieved to come away with a one point win on a 0-8 to 1-4 final score. With points from Cormac Burke, Kieran Doody and two from Colin Kelleher, Macroom led by 0-4 to 0-2 at half time, the two Blarney points coming from Cathal McCarthy frees. Denis McSweeney scored a superb point for Blarney in the 40th minute and the home side hit the front for the first time in the 50th minute when Cian Lawless scored a goal from close range, 1-3 to 0-4 now the score. Macroom put in a great rally in the closing ten minutes. Oisín O'Sullivan on 54 and Mark Hunt on 55 levelled the scores and Mark Hunt put Macroom back in front on 57. Joey O'Dwyer levelled for Blarney at the end of normal time but Oisín O'Sullivan got a winner for Macroom in the 64th minute.

Macroom: Nia Koller: Liam McSweeney, Sam Kelleher: Bobby Murphy, Ryan Sabas, Cormac Burke: Mark Hunt, Mark Condon; Liam Holland, Darragh Kiernan, Oisín O'Sullivan; Kieran Doody, Colin Kelleher. Subs: Ben O'Connell, Jack Sexton, Cian O'Sullivan, Cian Noonan, Robert Lucey.

Blarney: Adam O'Mahony: Dave Lordan, Michael O'Keeffe: Sam Sullivan, Denis McSweeney, Tiernan Buckley: Eoghan Kiely, Joe Cronin: Joey O'Dwyer, Darragh XXX, Ciarán Sexton: Cian Barrett, Cathal McCarthy. Subs: Craig Walsh, Cian O'Connell and Cian Lawless.

Referee: Mr John Horgan, Gleann na Laoi

Mid Cork GAA Championship Draw 2024

The draws for the 2024 Mid Cork championships were made at the recent meeting of Bórd Mhuscraí CLG at Coachford.

MJK Oils Junior A Hurling Championship

- Nine teams, 3 groups of 3.

Sequence of games: A v B, B v C, A v C. Top two teams from each group progress to knock out stages - six teams. Top two to semi finals, four to quarter finals

Group One: A Dripsey, B Éire Óg, C Inniscarra Group Two: A Grenagh, B Kilmichael C Ballincollig Group Three: A Ballinora, B Blarney C Donoughmore

Oriel House Hotel Junior B Hurling Championship

Twelve teams, Open draw with first round losers entering a Plate competition.

Round One: Cloughduv v Gleann na Laoi

Aghabullogue v Uibh Laoire

Inniscarra v Donoughmore

Blarney v Ballinora

Éire Óg v Grenagh

Ballincollig v Laochra Óg

Ross Oils Junior A Football Championship

Twelve teams, three groups of four teams.

Sequence of games: A v B C v D, A v D C v B, A v C B v D. Top two teams in each group to progress - 6 teams. Best two to semi finals, four to quarter finals.

Group One: A Inniscarra B Béal Átha'n Ghaorthaidh, C Blarney D Ballinora

Group Two: A Éire Óg B Kilmichael C Donoughmore

D Clondrohid Group Three: A Aghinagh B Grenagh

C Ballincollig D Dripsey

Ballincollig Credit Union Junior B Football Championship

Fifteen teams, open draw with a Plate competition for first round losers.

Gleann na Laoi - a bye

Naomh Abán v Aghabullogue

Uibh Laoire v Cill na Martra

Grenagh v Canovee

Kilmurry v Béal Átha'n Ghaorthaidh

Aghinagh v Ballincollig

Donoughmore v Ionniscarra

Macroom v Éire Óg

Rochestown Park Hotel Junior C Football Championship

Ten teams, open draw.

Round One: Béal Átha'n Ghaorthaidh v Blarney

Clondrohid v Ballincollig

Dripsey v Naomh Abán

Canovee v Kilmichael

Inniscarra v Macroom

2024 Allianz National Football League - Div 2

Jan 28th Donegal 1-20 Cork 2-6 in Ballybofey

Feb 4th Louth 2-9 Cork 0-13 in Ardee

Feb 17th Cork 0-16 Cavan 0-17 in Cork

Feb 25th Sunday Fermanagh v Cork in Ederny 2pm

Mar 3rd Sunday Cork v Kildare in Cork 3.30pm

Mar 17th Sunday Meath v Cork in Navan 1.45pm

Mar 23rd Saturday Cork v Armagh in Cork 7pm

2024 Allianz National Hurling League

Feb 4th Clare 1-25 Cork 2-19 in Ennis

Feb 10th Saturday Cork 1-17 Kilkenny 0-21 in Cork

Feb 25th Sunday Cork v Waterford in Cork 3.45pm

Mar 10th Sunday Offaly v Cork in Tullamore 1.15pm

Mar 17th Sunday Wexford v Cork in Wexford 1.45pm

Mar 23rd Saturday NHL semi finals

Cork 1 - 17 Kilkenny 0 - 21

Cork suffered two successive opening league defeats for the first time in five years at SuperValu Páirc Uí Chaoimh, losing to Kilkenny before an attendance of 16,274.

Eight points behind after 20 minutes, Cork went ahead with 12 minutes to go but they were left to rue a hat-trick of missed goal opportunities early in the second half as a Kilkenny point in additional time proved the difference.

Blarney's Mark Coleman made his first appearance since 2022, one of a few positives for Cork who now face a challenge to avoid being demoted to Division 1B next season.

For two-thirds of the first half, Cork's play was dreadful. Kilkenny, on the other hand, were sharp and hard working. Kilkenny led by eight points by the 20th minute and were 0-13 to 0-4 ahead by the 26th minute. However, they failed to point for the remaining 11 minutes of the half as Cork finally made a game of it. The Rebels crowned their purple patch when Conor O'Callaghan finished low for a goal in the second minute of additional time after he was put in by Seán Twomey.

Cork had two goal chances inside the first 10 minutes of the second half, both wasted. Cork tied up the game in the 50th minute and went ahead for the first time in the 58th but those earlier opportunities should have yielded two points at the very least. In a frantic finish Kilkenny twice went ahead only to be pegged back and Patrick Collins did well to keep out a batted Walter Walsh goal bound shot in the 69th minute. Donnelly put Kilkenny up once more in additional time with a superb point.

Scorers for Cork: P. Horgan 0-10 (all frees); C. O'Callaghan 1-0; C. Lehane 0-3, T. O'Connell, T. O'Mahony, R. O'Flynn, S. Barrett 0-1 each.

Cork: P. Collins; Seán O'Donoghue Inniscarra(c), E. Roche, Eoin Downey; T. O'Mahony, N. O'Leary, Robt. Downey; T. O'Connell, C. O'Callaghan; L. Meade, C. Lehane, S. Twomey; S. Kingston, P. Horgan, R. O'Flynn. Subs: G. Millerick for R. Downey 21; B. Roche for L. Meade (h-t); E. Twomey for C. O'Callaghan 42; Shane Barrett (Blarney) for R. O'Flynn inj 44; Mark Coleman (Blarney) for E. Downey (49).

Allianz Football League Div 2

Cork 0 - 16 Cavan 0 - 17

Cork footballers suffered a defeat with serious consequences at SuperValu Páirc Uí Chaoimh and now, after receiving no return from their three Division 2 league fixtures to date, are in a battle to avoid relegation to Div 3 and to earn a place in this season All Ireland Sam Maguire championship series. One cannot but have some sympathy for the situation the footballers now find themselves in. Cork did not play badly, nor did they lack spirit but they conceded easy early scores which settled Cavan, missed two good goal opportunities in the first half and lacked discipline, which cost them a black and a red card, both with consequences on the scoreboard also. The problem now will be an erosion of confidence after entering the season with high hopes.

Cavan were first to score, Brady fisted the ball over



the bar after a minute. The Rebels responded with a Brian Hurley free, before Caoimhin O'Reilly restored Cavan's lead, but Cork responded with three well-worked points through a Mark Cronin 45, and efforts from Chris Óg Jones and Brian O'Driscoll, 0-4 to 0-2 after 10 minutes and they also had their goal chances but Eoghan McSweeney palmed onto the crossbar when set up by great play from Ruairí Deane and Matty Taylor and Ian Maguire then had a shot blocked by Gerard Smith.

Luke Fahy was black-carded, Cavan similarly had lost a player and another to injury but the visitors still kicked four in a row to retake the lead before half-time with three from Lynch (two frees) and one from Conor Rehill. Cork hit back with four points of their own, via a pair from Jones, Colm O'Callaghan, and Brian Hurley and Cork led by 0-11 to 0-8 at the break. The Rebels started the second half sluggishly as Cavan kicked four of the first five points. Cork were

dealt a huge blow 10 minutes in, when Fahy picked up a yellow card, and having got a black card in the first half, it resulted in a red card.

A free gave Cavan the lead, 0-13 to 0-12 and two more converted Lynch frees gave his side a three-point lead with 18 minutes remaining. A Mark Cronin 45 for Cork was a much-needed score, but Cavan led 0-15 to 0-13 with six minutes left. It was 14 players each after 65 minutes when Cavan lost a player to a yellow after a black and the home crowd got behind Cork.

A Steven Sherlock free left a point in it and then Sherlock levelled the scores three minutes into injury time. Cavan finished well as they kicked two points on the trot. Cork got a late free, Sherlock had to try for a goal but the ball was diverted over the bar from a packed goalline and the final whistle followed.

Cavan are the only team in all four divisions yet to concede or score a goal in their three games.

Mid Cork players: Chris Kelly (Éire Óg), Luke Fahy (Ballincollig), Colm O'Callaghan (Éire Óg), Chris Óg Jones (Iveleary) Cork Scorers: Mark Cronin 0-4 (0-2 45s, 0-1f), Brian Hurley (0-2fs), Chris Óg Jones and Steven Sherlock (0-3f) 0-3 each, Matty Taylor, Colm O'Callaghan, Brian O'Driscoll 0-1 each.

Cork: Christopher Kelly (Éire Óg): Maurice Shanley (Clonakilty), Daniel O'Mahony (Knocknagree), Tommy Walsh (Kanturk): Luke Fahy (Ballincollig), Rory Maguire (Castlehaven), Matty Taylor (Mallow): Ian Maguire (St Finbarrs), Colm O'Callaghan (Éire Óg): Eoghan Mc Sweeney (Knocknagree), Ruairí Deane (Bantry Blues), Brian O'Driscoll (Carrigaline): Mark Cronin (Nemo Rangers), Brian Hurley (Castlehaven) Capt, Chris Óg Jones (Iveleary). Subs: Sean Powter (Douglas) for Cronin 56, Fionn Herlihy (Dohenys) for Deane 56, Steven Sherlock (St Finbarrs) for Hurley 60, Darragh Cashman (Millstreet) for Shanley 64, Jack Cahalane (Castlehaven) for McSweeney 70.

2024 Lidl Ladies GFA National Football League Division 1

Waterford 2-12 Cork 1-6

Waterford picked up their first points in the Lidl Ladies NFL after they brushed aside the challenge of Cork at Pairc Uí Rinn. The visitors dominated from start to finish with Cork unable to live with their running game, and they are now drawn firmly into the relegation battle.

Waterford were on the front foot from the outset and Cork were finding it hard to make inroads as Waterford were defending well and driving forward at pace. Waterford were still dominating after 12 minutes when they led by 1-5 to 0-1 and it was 1-9 to 0-1 at half time.

Early points from Kiely and Sadhbh O'Leary reduced the deficit but it wasn't long before Waterford got their second goal and with 40 minutes gone the game was well and truly over as a contest as Waterford led by 2-11 to 0-3.

Lydia McDonagh got a late goal for Cork but it was no more than a consolation score as Waterford outplayed and outclassed their opponents from start to finish.

Scorers – Cork: L McDonagh 1-0, D Kiely 0-2 (2f), A Ring 0-3 (3f), S O'Leary 0-1.

Cork: S Murphy; M Duggan, S Leahy, D Kiniry; K Redmond, A Healy, A Ryan; M O'Callaghan, S Cronin; E Jack, L Coppinger, L O'Mahony; S O'Leary, H Looney, D Kiely. Subs: Ema Cleary for A Ryan (20), A Ring for L O'Mahony, E Twomey for D Kiniry, K O'Driscoll for L O'Mahony, Lydia McDonagh for L Coppinger (all ht), A McDonagh for S Cronin, L Hallihan for S O'Leary (both 35), A Corcoran for H Looney, E Hurley for K Redmond (both 41), K Smith for D Kiely (45), R Corkery for A

Healy (46), A O'Mahony for M O'Callaghan (48).

Camogie

Kilkenny 1-16 Cork 1-17

Eight points from Katrina Mackey was one of the features as All-Ireland champions Cork began 2024 with a hard-earned 1-17 to 1-16 win over a much-changed Kilkenny unit, after a pulsating opening round Division 1A Very Camogie League tie at UPMC Nowlan Park.

Both sides are under new management since the Rebels overcame the then reigning All-Ireland titleholders in last year's quarter-final, with Ger Manley, who served as coach under Matthew Twomey, stepping into the Cork vacancy left by the Douglas clubman.

There was a far more familiar look to the Cork team but Kilkenny gave every bit as much as they got and led at the end of the first half by 1-9 to 1-8.

Aoife Doyle opened the scoring for Cleere's crew from the first attack and though Mackey equalised soon after, a fired-up Kilkenny soon established a three-point advantage thanks to scores from Asha McHardy, Sophie O'Dwyer (free) and Katie Power.

The advantage had stretched to four by the end of the first quarter but after Mackey split the posts for the first time, Claire Mullins continued the goal-scoring form with Sarsfields that earned her a call-up at this grade, with a smart finish after a trademark solo run by Hannah Looney and assist by Mackey, exhibiting her customary 360-degree awareness.

That brought the sides level and a Looney point in the 29th minute edged the visitors in front for the first time. The Kilkenny response was excellent however, with Doyle goaling from the restart with a rifled finish

from a tight enough angle after Power had pounced on an error by Ashling Thompson, to ensure they the home side held marginal sway at the break.

Manley's players bounced out with the first three points of the second half including another two from the outstanding Mackey, who was excelling in general play as well as converting placed balls, and when the evergreen attacker brought her individual tally to eight points from a free after 46 minutes, Cork had moved three ahead.

But you never write off Kilkenny and they hit the next three points themselves, the equaliser coming from an O'Dwyer penalty that rose over the crossbar rather than under.

Cork's All-Ireland-winning captain and three-goal hero in that game, Amy O'Connor, came on as a sub and worked a pocket of space before snapping her side into the lead. O'Dwyer responded with her eighth point but Emma Murphy drove over an excellent score to restore Cork's advantage.

The Glen Rovers flier followed up with another neat finish, which was vital as the lively Katie Nolan reduced it to the minimum before the final whistle sounded.

Scorers for Cork: K Mackey 0-8 (0-4 f), C Mullins 1-0, E Murphy, F Keating, S McCarthy 0-2 each, H Looney, O Mullins, A O'Connor 0-1 each

Cork: Amy Lee; Meabh Murphy, Libby Coppinger, Meabh Cahalane; Niamh O'Callaghan, Aoife Healy, Izzy O'Regan; Hannah Looney, Aisling Thompson; Laura Hayes, Fiona Keating, Saoirse McCarthy; Clare Mullins, Katrina Mackey, Orlaith Cahalane. Subs: Amy O'Connor 35, Orlaith Mullins 39, Hayley Ryan 45, Emma Murphy 53, Sorcha McCartan 55.

Fixtures for February/ March 2024

Sun, Feb 18th @2pm Cork LGFA League Cork v Waterford in Pairc 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 Pairc 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 Sun, March 3rd @1.30pm U20 F Challenge Cork v Kildare in SuperValu Pairc Uí Chaoimh Sun, March 3rd @3.30pm AFL R5 Cork v Kildare in SuperValu P Uí Chaoimh Sun, March

3rd Club F League R1 McCarthy Insurance Group Football League Sun, March 10th @1.15pm AHL R4 Cork v Offaly in Tullamore Sun, March 10th Club H League R1 Red FM Hurling League R1 Sat, March 16th @7pm AHL R5 Cork v Wexford in Chadwicks Wexford Park Sun, March 17th @1.45pm AFL R6 Cork v Meath in Pairc Tailteann, Navan Sun, March 17th Club F League R2 McCarthy Insurance Group Football League R2 Sat, March 23rd U17 F Challenge Cork v Armagh in SuperValu Pairc Uí Chaoimh Sat, March 23rd @7pm AFL R7 Cork v Armagh in SuperValu Pairc Uí Chaoimh March 23rd - 24th AHL Allianz Hurling

League Semi-Finals Sun, March 24th Club H League R2 Red FM Hurling League R2 March 30th - 31st AFL Final Allianz Football League Final Sun, March 31st Club F League R3 McCarthy Insurance Group Football League R3 (Div 6 & 7 start) Tues, April 2nd @8pm Thurs, April 4th @7pm Munster U17 H R1 Cork v Tipperary in Tipperary Venue Fri, April 5th @7pm Munster U20 H R1 Cork v Waterford in Waterford Venue April 6th - 7th AHL Final Allianz Hurling League Final Sun, April 7th Munster SFC QF Cork v Limerick in SuperValu Pairc Uí Chaoimh

AGHINAGH GAA TRIPLE CELEBRATIONS

On January 27th last, Aghinagh juvenile players were honored for their achievements on the football field in 2023. There were 3 titles to be celebrated, the U15's won division 3 of the Feile competition, the U16s captured Division 2 West League and the U17's were kings of Division 3 Mid League. The celebration was hosted in the Lee Valley Golf & Country Club, the players were treated to a standing ovation on arrival and a beautiful meal was provided. The medals were presented by Dano Dineen, Kilnamatryra. On behalf of the club we would like to sincerely thank Dano for taking time to attend this celebration & deliver a rousing speech to the players. Trophy's of appreciation were also presented to the coaches of the 3 winning teams. A great night of celebration was enjoyed by players, trainers, parents & grandparents. We look forward to many more nights of celebration in our club.



Aghinagh celebrates 3 titles, the U15's won division 3 of the Feile competition, the U16s captured Division 2 West League and the U17's were kings of Division 3 Mid League. Pics. Peter Scanlan



Aghinagh celebrates 3 titles, the U15's won division 3 of the Feile competition, the U16s captured Division 2 West League and the U17's were kings of Division 3 Mid League. Pics. Peter Scanlan



Under 13s v Ballinhassig



Under 14s National Cup



Under 10s played los Zacros



Macroom U8 girls GAA team with Erika O'Shea at their first training session back today



MACROOM SOCCER CLUB

Ladies first:

Well done to Macroom's under 11 girls who played a great game at home to Ballinhassig great improvements were evident on the pitch as well as super sportsmanship.

Our under 14 girls: are having a fantastic run in the National Trophy who played Thomastown, from County Kilkenny recently in a cracking game in Murrayfield, full time was 1-1, which led to extra time, on the second half on extra time Thomastown scored, however Macroom were not going to be defeated and the mighty Mai Fitzgerald took the opportunity when it came only for it to hit the crossbar her team mate Shauna Keane was ready and waiting for the rebound and scored. The Macroom supporters were fantastic and encouraged the girls all the way! Full time came so it was taken to penalties and Macroom came out on top thanks to their fantastic keeper Lorna Hodman. Goal Scorers: Katherine Toale, Shauna Keane, Keelin Lynch, Shannon Cotter. The girls will now play Cloughjordan in the last 16.



Chloe Hubbard who played in goals for Cork against Kerry recently.

Our under 13 keeper Chloe Hubbard: changed from the green and white this weekend to the red and white of our county colours to take on Kerry and had a victorious 3 nil win. Well Done Chloe!!

Our Under 17 Player Szonja Mora also changed from the green and white and put on the red and white for the Cork under 16s and they played Louth in the semi final, Best of luck in the final Szonja!!



Macroom FC members at Meet the Clubs day, from left: Connie Foley, Fiona Phelan, Luke Ring, Darrin Ring, Darragh Deasy and Mark Twohig.



Kilmichael U21 who defeated Macroom in the U21



Pictured at the recent drive in at Macroom golf club, incoming junior captain Liam Hennigan, captain James Neville, lady caption Eleanor Baldwin, Lady president Meadhbh Loughrey, president Tony O'Riordan



Young Kerry visitors, relatives of Neilly and Margaret Lehane, Ballinagree, at Meet-the-Clubs Day. (C. Kelleher).



Eddie Warren Cathaoirleach Muskerry Board, John O Leary of Macroom Motors (Sponsor) and Danny Horgan Captain of Kilmichael U21s



Blarney u21



MACROOM HANDBALLERS WIN MUNSTER TITLE

For a small club with just a few competitive handballers, Macroom Handball Club is punching above its weight. John Lyons and Noel Carty have recently won the Munster Final of the Diamond Masters B Doubles in a game played in Ballydesmond. Their opponents were from the well known Ballymagelligot Club in North Kerry and were the reigning Munster champions. The Kerry pair won the toss and took an early lead, going 6:0 ahead before the Cork edged their way back into the game to win the first one 21:17. Cork were first to serve in the second game and went 4 aces ahead before being overtaken by Kerry who steadily increased their lead to 15:6 in a powerful showing, which took its toll and they called for a time out. On the resumption of play Cork took over and played their best handball, closing out the game at 21:6. They can look forward to an All Ireland Semi Final in Croke Park in early March against the Leinster champions. Macroom handballer Ray Griffin and his doubles playing partner Enda Ahern from Boherbue also



Dermot Casey and Pat Lacey (Kerry) vs John Lyons and Noel Carty (Cork)

contested the Munster Final in the Silver Masters A division, having beaten Kerry in the semi-final. Last year this pairing of Ray and Enda won the All Ireland B division. This game was played in Liscarroll against

an experienced Cork pairing from Mallow and Ballydesmond and proved to be a titanic struggle, with long rallies, dominated by roof shots. In the end the title went to the Mallow/Ballydesmond pairing.

MEET THE CLUBS DAY

Macroom FC were delighted to take our place at the day hosted by Macroom and District Lions Club last week. There was a huge array of clubs and societies displaying what they have to offer at the event held at Macroom Community Leisure Centre. Our club were delighted to meet those who visited our stand and it was also a worthwhile experience where our members got the chance to chat to other volunteers involved in local groups. The day was a great success with something for everyone and a real positive atmosphere. It throws further weight behind the idea that Macroom is now a much sought after place to live with loads to do in the town and surrounding areas. Anyone interested in joining/volunteering with Macroom FC can find us on Instagram @ macroomfc, our Facebook page, X (formerly Twitter) @ macroomfc1977, visit our website www.macroomfc.ie or chat to any club or committee member.

Schoolboys Round Up

U13 Div 2, Leaside 5 Macroom 4.

Our U13 team travelled away to Leaside at Little Island. The home side were fast out of the blocks taking the lead in the first minute but Macroom fought back and equalised via Seán MacSullivan. In what was a very entertaining first half, Macroom led 3-2 at half time. Once again the goals for Macroom came from Seán MacSullivan who helped himself to a first half hat trick. Leaside pressed hard for an equaliser in the second half and were rewarded from a corner mid way through, before going on to take the lead. The score was now 4-3 to the home side. Once again, Macroom showed great bravery and fought hard to get back into the game. The equaliser came when a Darragh O' Shea free kick was turned home by the Macroom man of the match, Seán MacSullivan. As the clock ran into added time, Leaside were awarded a free kick on the edge of the Macroom box. In what was a heartbreaking end to the match, Leaside scored and the game cruelly finished 5-4 in favour of the home side. Well done to our Macroom team for bringing the game to Leaside and they were very unlucky to come out on the wrong side of the scoreboard. Thanks to all



Macroom FC U7 academy boys who played a blitz against Killarney Celtic and Newcastlewest FC in Killarney.

the parents for traveling and offering great support to our team. There were several good performances on the Macroom side but without doubt the Macroom player of the match was Seán MacSullivan with 4 goals on the day, a fantastic return.

U16 Div 5, Macroom A 7 Leaside B 2

A fantastic squad performance at the Town Park led to an emphatic 3 points. Macroom, sponsored by Sterling Pharma Solutions, started really well and the goals were flying in. It was 3-0 to the home side but Leaside responded so it was 4-2 at half time. Macroom continued to do well in the second half with some lovely play from Simon Condon, Kuba Zarzyki and winger Euan Orchard which created many chances and some fantastic goals. Captained by Ronan Buttimer, the team should be very proud of what was a fantastic game of football. Thanks to Leaside who were much stronger than the scoreline suggests and to the referee for his positive contribution throughout. Goals came from Arnau Latorre, Jack Cooper, Rory McIlroy, Euan Orchard and Luke Mulcahy.

The U12s had a big 2-1 home league win over leaders Midleton at Murrayfield. Facing strong opposition, the boys, captained by Cormac O'Leary put in a fantastic performance and had a 2-0 half-time advantage. Midleton had chances themselves in the opening period but goalkeeper Daniel Dineen was excellent in

Macroom goal.

The visitors returned determined in the second half and pulled back a goal. Macroom didn't lose focus and kept the scoreline to 2-1 in what was a keenly contested and sporting encounter. Well done to all players for keeping positive and calm. Goals for Macroom came from Tiernan Knight-Desmond and Noah Moss.

In the U17 Youths League, Macroom defeated visitors Leeds 2-0 at the Town Park. (Pedro) João Denardi had his shooting boots on for this one and he delivered both of the home side's goals. This was another fine win with the whole squad once again contributing. In particular, goalkeeper Diarmuid O'Donoghue made a number of outstanding saves which gave Macroom the platform to go on and get the three points. Eoin McCarthy also gave a tremendous performance for the hosts. The work ethic of the players was very noticeable, well done to all and thanks to sponsor Greg's Garage. The U7 Academy boys travelled west over the county bounds to play a blitz in Killarney. The event was hosted by local club Killarney Celtic at their fine facility. Macroom played a number of non competitive games against the locals as well as Limerick side Newcastlewest FC. It was a great morning of football and was enjoyed by players, coaches and supporters.



Macroom FC U16A who beat Leeside United 7-2 at the Town Park.



The U17s from Macroom FC who defeated Leeds 2-0 at the Town Park

Macroom Girl/Laochra Óg Player won an All-Ireland camogie medal in 2023.

'What is rare is wonderful.' Irish seanfhocail: 'An rud is annamh is iontach.'

Ava McSweeney won an All-Ireland U-16A medal with Cork in 2023. As a Macrompian, she is unique or very rare in that achievement – most probably the first female to do so. It is also a significant accomplishment for Laochra Óg Camogie and Hurling Club, founded in 2014. Macroom has produced many winners of All-Ireland football medals at all grades but rarely in hurling or camogie. (Danny O'Donoghue won an All-Ireland Vocational Schools' medal with Cork in 1971).

A pupil of St Mary's School, Macroom, Ava is now in transition year. Her parents David and Ursula are both Macrompian and there is no strong history of sporting excellence on either side of the family. Thankfully, girls now play field games almost as much as boys and Ava played football and camogie and this became her beloved sport. She also plays golf. Luckily for Ava, there was a club at hand. Neither is there a strong history of hurling/camogie in Macroom – according to Paul Rouse sports historian, hurling/camogie survived in areas that had flat land, East Galway, Tipperary, Kilkenny, Limerick, Offaly, Wexford and East Cork. Before the GAA was founded, cricket was popular in Ireland, in the same areas and for the same geographical reason.

The Laochra Óg Club (Young hero/heroine) was born ten years ago and is thriving. Unusually in this area,

the club draws players from Ballyvourney, Clondrohid, Kilnamartyra and Macroom parishes – a type of 'united nations' which in itself is great for socializing. So successful has the club been that it has a new home, essential for any club, and a beautiful newly-built pitch in Ballymacorcoran. It hopes to stage matches there in the near future. The vista from the grounds is magnificent.

Ava has, as Liam Slattery said, grown-up with the club as she began camogie at eight. With interest and dedication, she blossomed as a player. This year she was part of a Laochra Óg U-16 team that won a county league. The Cork selectors noted her abilities and picked her for the county panel. As a slight player, Ava depends on her skill and speed. At inter-county level, most girls are big and strong. Being selected is but the beginning of the story and the commitment for club, school and county is daunting. Ava enjoys it enormously and is lucky to have devoted parents and a great club to back her. Her parents drive her to matches and training.

St. Mary's currently has a strong camogie team – it won two county titles last year and Ava played. When previously successful, St. Mary's drew its players mostly from Canovee, Coachford, Aghabullogue, Cloughduv, Farnanes and other camogie-playing areas – one thinks of the Dunlea sisters and Briega Corkery. Now, Laochra Óg supplies many members of its team.

On February 11, 2024 Ava was practicing in the new grounds - her father was present and club chairperson Ian Keoghan was on hand. Having provided the background, they posed for some photos. David and Ian are justly proud of not only Ava's achievements but of the club's wonderful progress to date. Despite many obstacles, they and their colleagues have created a club, provided an environment and now a place where young boys and girls can socialize and develop as people and players in a healthy environment. Congratulations to Ava and to Laochra Óg club and Best Wishes to both for the future.

19 February 2024, Con Kelleher

Laochra Óg @ Macroom meet the clubs day.

What an incredible day and so great to see how much is going on in our community. Meeting the many wonderful people behind each group and learning about their activities was brilliant. Massive thanks to Macroom Credit Union and Board for their support and to everyone who came and took the time to be there and spend time talking to each group and showing interest in what they bring to our community



Ava McSweeney with the All-Ireland U16A Cup. (C. Kelleher).



David McSweeney, Ava McSweeney and Ian Keoghan (Chairperson, Laochra Óg.). (C. Kelleher).

Farm families feel that they are not being listened to...

Farmers in Ireland and across Europe are saying enough is enough to the EU.

Loads of red tape, over regulated with paper work and squeezed margins it's no surprise that no young people are going into farming. I don't blame them but we must encourage and give some incentive to the young people to go into farming.

Farming is very important to us here in the Lee-Valley and Muskerry Gaeltacht.

A lot of small businesses here in the local area are depending on farmers buying power. You can see the business that is brought into Macroom town on Saturday because of Macroom Mart. Farmers are protective of the environment and nature you only have to look around the Lee Valley and Muskerry

Gaeltacht to see all the plantation, forestry trees, shrubs and the lovely wildlife they attract.

Farmers will not stay in farming unless they can make a living for their families, and if that wont happen and farmers cannot make a living, food will be imported from South America where they are cutting down the Rain Forest. Irish farming families produce the best food in the world the cattle eat grass because we have a grass based system (beef, milk and cheese). As a housewife I know only too well the increase in the cost of living but I also know that the farmer has no increase in what he sells.

Mary O Callaghan – Hallissey Macroom



Mary at home with hand reared calves

CREDIT UNIONS TAKING ON THE BANKS IN THE MORTGAGE MARKET WILL HELP FUTURE HOMEBUYERS - MEP KELLEHER

Fianna Fáil MEP Billy Kelleher has said that new legislation enabling Credit Unions to more coherently take on the banks in the mortgage market will help many potential homebuyers due to the lower rates they offer.

Kelleher, Chair of the European Parliament's Credit Union Interest Group, was commenting ahead of the first phase of implementation of the 2023 Credit Union (Amendment) Act, with the second phase expected in April. This is the first piece of Credit Union specific legislation in over 12 years.

"We all know how important credit unions have been in terms of supporting families with personal, car, holiday and other loans. Now, with the enactment of this Act, we will see our credit unions be able to greatly expand their offering in terms of mortgages.

"While some Credit Unions are already offering mortgages, 1800 in 2023 were drawn down, the new

legislation will enable non-mortgage lending credit unions to refer their members to other credit unions.

"Additionally the law will allow the credit union movement to collaborate nationally on mortgages by developing and marketing a national brand and a national mortgage rate.

"This is something I very much support. As I have previously stated on many occasions, our traditional banking sector is too small. A lack of competition pushes interest rates up.

"With more and more credit unions getting into the mortgage market, it will increase competition and improve services for us all.

"The Credit Union movement is strong in Ireland. There is significant member loyalty with member unions of the Irish League of Credit Union holding over €310 million in savings alone.

"However, the ability of credit unions to issue

mortgages is still limited by Central Bank of Ireland regulations which impose a cap on lending relative to the credit union's assets.

"With the Credit Union (Amendment) Act the Department of Finance has opened new opportunities for credit unions. It is now the job of the Central Bank to step up and play its role.

"I would urge the Central Bank to review these lending limits and consider whether they are proportionate and well calibrated or whether raising these limits could stimulate more competition in the market," concluded Kelleher.



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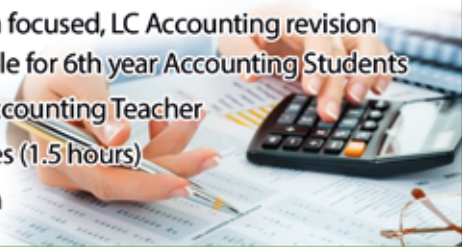
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A Word of Victory

Welcome back dear student through this weekly study you are growing in wisdom. 'Wisdom is the principal thing' (Proverbs 4:7). No matter what age, in everything we do, we all need Wisdom. Wisdom, or the lack of wisdom, is a key factor in how one's life plays out. Many associate it with older generations, but that's not always the case; younger people are often far more astute than given credit for. Certainly, as we grow older we become more experienced: learning 'I won't do that again!' - for hindsight is a wonderful thing.

But what is Biblical Wisdom? "The fear of the Lord is the beginning of Wisdom" (Proverbs 9:10). Really Wisdom is God's knowledge given to us through the Person of the Holy Spirit Who lives inside of every believer in Christ. So, it's like an internal antenna wired direct to God bringing discernment, understanding and intelligence that's supernatural - not from the flesh. It's the Power of God to help us navigate this life to make smart and right decisions as a result of our Creator's input.

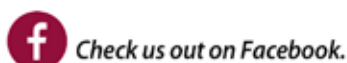
James put it this way "... if you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking. But when you ask Him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. Such people should not expect to receive anything from the Lord. Their loyalty is divided between God and the world, and they are unstable in everything they do" (James 1:5-8).

Later James went on to lay out the difference between earthly, sensual wisdom and God's Wisdom. "... If you are wise and understand God's ways, prove it by living an honourable life, doing good works with the humility that comes from wisdom. But if you are bitterly jealous and there is selfish ambition in your heart, don't cover up the truth with boasting and lying. For jealousy and selfishness are not God's kind of wisdom. Such things are earthly, unspiritual, and demonic. For wherever there is jealousy and selfish ambition, there you will find disorder, and evil of every kind. But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favouritism and is always sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness (James 3:13-18).

Wisdom doesn't mince her words. The world's culture has sugar coated truths, lulling people into a false sense of security when they should've been alerted to the danger they're in. Perhaps this is the reason reality tv shows are so popular - it's much easier to analyse, judge and mock others instead of examining oneself. God's Wisdom, which is more to be desired than gold, calls out to each of us daily - 'alerting the inexperienced and those easily misled to seek common sense and prudence, warning those who are closed-minded (self-confident fools) to seek the insight and self-discipline that leads to godly living' - "... for I speak the Truth and detest every kind of deception. My advice is wholesome. There is nothing devious or crooked in it. My Words are plain to anyone with understanding, clear to those with knowledge. Choose My instruction rather than silver, and knowledge rather than pure gold. For Wisdom is far more valuable than rubies. Nothing you desire can compare with it" (Proverbs 8:1-11; Proverbs 3:13-26).

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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Saturday Night March 2nd CART Carriganima FUNDRAISER



Enjoy a Night of Music Song and Dance at
The Pub in Carriganima

Tim Joe and Ann, with Guests, Peter Lane, Sheila and Mike, Sheila Heery,
Peadar O'Donovan, Eoghan Kelleher, and Others

Great Night of Musical Entertainment promised with Spot Prizes to be
won with all Proceeds going to Carriganima Rural Bus Service (CART)

Music from 9.30pm Sharp

Your Support on the Night would be very Welcome



For Details Contact 086 8231003



Join us for BIBLE STUDY & WORSHIP

Every Sunday at 11am
Turner's Cross Community Centre

Contact Glenn: 085-1542297

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 **SS**

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8TH ANNIVERSARY



In loving memory of

MICHAEL O'RIORDAN

Lake View Macloneigh Macroom, Co Cork, who died on 18th February 2016

We lost a Dad, Husband & Grandfather with a heart of gold, How much we miss him can never be told, He shared our troubles and helped us along, If we follow his footsteps, we will never go wrong.

We miss you from your fireside chair, Your loving smile and gentle air, Your vacant place no one can fill. We miss you Dad and always will

He was a Dad, Husband & Grandfather so very rare, Content in his home and always there, On earth he toiled, In Heaven he rests, God Bless you Dad, you were the best.

Each time we look at your picture, You seem to smile and say, Don't be sad but courage take, And love each other for my sake.



Sadly missed by your loving wife Josephine & family.

40th & 32nd Anniversaries



In loving memory of

DONNCAD & NONIE HURLEY

Tig na Croise, Balingeary, Macroom 28th February 1984 & 8th March 1992

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



Fondly remembered by your loving family

16TH ANNIVERSARY



In loving memory of

CHRISTIE (SCOTCH) HEALY

Dear husband, father, grandfather 5 Belmont Pl, Crookstown who died on February 21st 2008 (aged 60)

A bouquet of beautiful memories Sprayed with a million tears, Wishing God could have spared you If just for a few more years.

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



Forever in our thoughts and prayers his wife Noreen, daughters Christine and Caroline, son-in-law Derek and grandchildren.

25TH ANNIVERSARY



In loving memory of

MARY WALSH O'SULLIVAN

Late of Newport, Rhode Island & Toames, Macroom who died on March 1st 1999

Time cannot steal the treasures that we carry in our hearts. Nor ever dim the shining thoughts our cherished past imparts. For the memories of the ones we loved still cast a gentle glow, To grace our days and light our paths, wherever we may go.



Always loved, never forgotten, Your loving sister Noreen, brothers Jimmy, Pat and Stephen and their families.

13TH ANNIVERSARY



In loving memory of

LAURA MOYNIHAN

Who died on 19th Feb 2011

No heart so soft and gentle, No heart so tender, true No sorrow life could bring us, Could equal losing you.



Thinking about you and miss you every day Love John, Michelle, Sean, Kevin, David and Maria XXX

5TH ANNIVERSARY



In loving memory of

EILEEN O'RIORDAN

Frankfield, Cork and Cooldorrihy, Kilmichael Who died on February 23rd 2019.

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



Sadly missed and always remembered with love, Your sisters Mary, Anna and their families.

4TH ANNIVERSARY



In loving memory of

MATTHEW (MATT) TWOMEY

Shanacloon west, ballymakeera, who died on 23rd of February 2020

A daily thought, a silent tear, A constant wish that you were here.



Lovingly remembered by Catherine, Katie, Jack, David and Der.

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

BRIDIE GALVIN

Gortaneadin, Inchigeela,
Died 4th March 2023.

As we lovingly remember our Mother Bridie on her first anniversary, her family Sean, Eoin, Bridget, Gerard, and Paul along with their own families would like to thank all those that offered their sympathies, their support and comfort, and to those who had masses and prayers offered for Mam during this sad time for us all.

We want to thank all those who looked after Bridie in her final years, her family and carers, our neighbours and the local community. We really appreciate your kindness which meant so much to us.

We are grateful to all at Rosnalee Care Centre for making Mam's final days so peaceful and comfortable, and for the respect and dignity they showed throughout those difficult days.

Sincere thanks to everyone that made Bridie's funeral mass and send off so special, Norma and Martina for the beautiful music, the community that shouldered her from the church to her final resting place, and to Joe Creodon for his graveside rendition of the Inchigeelagh Lass which was so apt for Mam, we are very grateful to you all.

Thank you to Cryil and all at Casey Undertakers for your guidance and professionalism.

To everyone else that helped in any way, please accept this as a token of our appreciation. The Holy Sacrifice of the Mass will be offered for all of your intentions.



Also remembering our Dad



TIMOTHY GALVIN

Died 18th February 2012

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

Bridie's 1st Anniversay Mass will be celebrated in Inchigeela Church on 10th March 2024 at 11.30am

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

JUDY HORGAN

Inchigeelagh, Macroom, Co. Cork
who died on March 3rd 2023

As we lovingly remember Judy on her first anniversary, we as her family would like to express our sincere gratitude to all those who supported and sympathised with us on our sad loss.

Thank you to all our neighbours and friends who were a huge support to us in such difficult times.

We would like to thank everyone for the messages, online condolences, mass cards/sympathy cards as well as those who attended the Removal and Funeral Mass.

We would like to extend a special thanks to the HSE Ambulance service, Doctors & Nurses of both Sullane Family Practice and Cork University Hospital who cared for Judy through her short term illness.

Also thank you to Fr Anthony O Mahony and to all those who participated in Judys funeral Mass.

Thank you to Cyril Casey & staff at Caseys Funeral Directors for their support, advice and professionalism.

As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our appreciation. The holy Sacrifice of the mass will be offered for your intentions.

*We think about you always
We Talk about you still,
You have never 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.*



Dearly loved and missed by your husband Martin. Children Kevin, Mary, Sheila, Sean & Odhran and grandchildren Eryn, Zoe, Taylor, Eibhleann & Caoimhe.

Judys first Anniversary Mass will be celebrated on Sunday 3rd March 2024 at 11:30am at St Finbarrs Church, Inchigeelagh.

2ND ANNIVERSARY 16TH ANNIVERSARY



In loving memory of our father and mother

TED HEALY

Who passed away on
1st March 2022

MARY HEALY

Who passed away on
20th February 2008

**late of Clondrohid Post Office
whose anniversaries occur around this time.**

*Everyday in some small way,
memories of you come our way,
though absent, you are always near,
Sadly missed and always dear.*



Always remembered by their loving family and friends.

May they Rest in Peace
Our Lady of Lourdes Pray for them.

Anniversary Mass in Clondrohid Church, Thursday 29th Feb at 7.30 pm

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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. **SH Ed14**

THE MIRACLE PRAYER



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THE MIRACLE PRAYER



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4th ANNIVERSARY



In loving memory of

CHRISSIE SPILLANE

Upper Carraigadrohid, Macroom who died 20th February 2020

*Somewhere beyond the sunset
Where loved ones never die,
You sleep in a beautiful garden
Beneath a golden sky.
Though heaven and earth divide us,
We are never far apart,
For you are always in our thoughts
And forever in our hearts.*



Too deeply loved to be forgotten.

Your Daughters Margaret & Joan,
Son in law John &
Grandsons David & Mark.

5TH ANNIVERSARY



In loving memory of

CATHERINE WHITE

**Ballyverane, Macroom
Died 26th February 2019**

*You are missed each and every day
For you were someone special
who meant more than words can say.
Those we love can never be more
than a thought away
For as long as there's a memory
They live in our hearts to stay.*



Always Remembered by her sisters
Mary, Elizabeth & Sheila

31st ANNIVERSARY



In loving memory of

TIM LEHANE

**Gortacrohig, Aghabullogue
Who died on 26th Feb 1993**

*Each time we look at your picture,
You seem to smile and say,
Don't be sad but courage take,
And love each other for my sake.*



Always remembered by his
loving wife, family, brother
and sisters.

12TH ANNIVERSARY



In loving memory of

**KATE KELLEHER
(NEE MCCARTHY)**

**Clondrohid, Macroom
Who died on February 28th 2012**

*They say there is a reason,
they say that time will heal.
But neither time or reason,
will change the way we feel.
For no one knows the heartache
that lies behind our smiles.
No one knows how many times
we have broken down and cried.
We want to tell you something
so there won't be any doubt.
You're so wonderful to think of
but so hard to be without.*



Always remembered by your son Gene,
daughters Marie & Breda, Brother,
sister, grandchildren, relatives,
neighbours & friends.

14TH ANNIVERSARY



In loving memory of

MARY MURRAY

62 St. Colmans Park, Macroom

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



Gone 14 years but dearly missed by her
heartbroken children:
Sinéad, Geraldine, Conubhar, Tomás and
Siobhán

9TH ANNIVERSARY



In loving Memory of

**ELIZABETH
(LIZA)
KELLEHER**

**Aharas, Balingeary, Co. Cork
who died on 26th February 2015**

*No longer in our lives to share,
But in our hearts you're always there,
Will those who think of Elizabeth today,
A little prayer to Jesus say.*

Sacred Heart of Jesus pray for her.



*Sadly missed by your loving
husband Diarmuid and her family.*

9th ANNIVERSARY



In loving memory of

JOAN KELLY

**Gneeves, Kilmichael, Macroom. Who
died on the 24th February 2015.**

*Will those who think of Joan today,
a little prayer to Jesus say,
Sacred Heart of Jesus pray for her.*



Always remembered by her loving family.

3RD ANNIVERSARY



In loving memory of

**SADIE
O'CALLAGHAN**

who died on 2nd March 2021.

*You gave us years of happiness
then sorrow came with tears.
You left us lovely memories
we will treasure through the years.*



Forever in our hearts
Eileen & Family

Anniversary Mass in Berrings Church
on Sunday 25th February at 10.15am.

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