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The Viewing Stand at the Macroom St Patrick's Day Parade. See Pages 34 -35 for more photos. Pic Peter Scanlan

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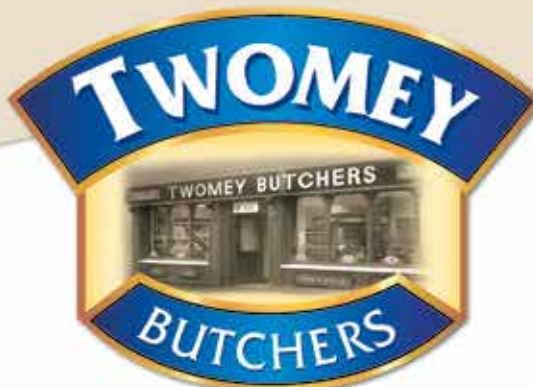
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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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

will be published in the following edition. As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne

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Please note Des has a new number
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ST PATRICKS DAY MACROOM 2024

A bumper crowd in glorious sunshine lined the Streets and Square area in Macroom on Sunday last for the annual St Patrick's Day Parade in the town.

Hundreds maybe even thousands made their way to see the annual display of colourful floats and colourful characters make their way through the streets of Macroom all lead by our Grand Marshall Erika O'Shea.

As the people lined the route before the parade they were entertained with street entertainment, and music in the square. Local dance troupes, schools, community groups, clubs and local businesses all came along. The Cullen and Ballingearry Pipe Bands also took part in the multi-cultural, all-inclusive community event.

As always our tireless volunteers from the Tidy Towns were out early in the morning to set the town up for the parade, and again in the evening to take everything down. They along with our new volunteers, those who answered the call out for help ensured the whole event from start to finish ran very smoothly.

Plenty entertainment was available in the restaurants and bars after the parade and many stayed on to enjoy the music, and a few light and not-so-light beverages as well we're sure, all to mark the special day.

The Chairperson David O'Leary and the Macroom St. Patrick's Day Committee would like thank everyone that took part, our volunteers and sponsors, and those who posted photos and videos for making the 2024 parade a very successful one.

Pictures by Peter Scanlan



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NEW TO MARKET

For identification purposes only

DROMREE, MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to offer this c.0.76 acre site, subject to planning permission and local housing control (ie persons with a housing need in the general locality). The site which is level and easily developed, has road frontage on the southern boundary and is situated in a most sought after convenient location, only c.4km from Macroom town and c.30 minutes drive from Cork City.

G.P.S.: 51.932053, -8.968454

GUIDE PRICE: €65,000



VIEWING ADVISED

ALTAMONT, MILLSTREET, CO. CORK P51 C7D8

Killian Lynch Auctioneers are pleased to offer this spacious 4 bedroom family home and mature gardens, which is situated in a most sought after area, convenient to Millstreet town centre, c.45 minutes drive from Cork City and c.25 minutes drive from Killarney town. The property comprises of c.1,660 sq.ft. living accommodation and comes with a large attic space and ample room for further expansion. This is an opportunity not to be missed. BER: E2 (116102500)

GUIDE PRICE: €275,000



VIEWING ADVISED

LUMNAGH BEG, COOLEA, MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to offer this 4 bedroom detached residence on c.0.5 acres. The house which is under construction, comprises of c.2,927 sq.ft. living accommodation and has had 1st fix heating and wiring complete. The property was constructed in 2007 and has double glazed PVC windows and underfloor heating and a large basement making a total of 3 floors. This is a fantastic opportunity to acquire a property 2/3 complete and to put a persons own stamp on completion. Located c.5 minutes drive west of Coolea, c.10 minutes from Ballyjourney, Macroom c.20 minutes, Killarney c.25 minutes and Cork City c.45 minutes from the property.

G.P.S.: 51.916082, -9.24135

GUIDE PRICE: €150,000



VIEWING ADVISED

CODRUM, MACROOM, CO. CORK, P12NN24

Killian Lynch Auctioneers are pleased to offer this 4/5 bedroom detached house on C0.25 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



NEW TO THE MARKET

8 CASTLE ROCK, MEADOWLANDS, MACROOM, CO. CORK, P12 YH28

Killian Lynch Auctioneers are pleased to offer this pristine 3 bedroom semidetached house comprising of c.958 sq ft living accommodation. The property which is in brilliant condition throughout comes with fitted wardrobes in every room and has a balcony to the front & rear of the property. The house would make for an ideal family home as it is conveniently located only c.5 minutes' walk to Macroom town centre, c.30 minutes' drive to Cork city & Killarney. Viewings are highly advised. BER C2

GUIDE PRICE: €240,000



UNDER OFFER

1 RAILWAY VIEW TERRACE, MACROOM, CO. CORK, P12 RX82

Killian Lynch Auctioneers are pleased to offer this well maintained and newly decorated 2-bedroom townhouse. The property which comes with front and rear gardens and a rear yard, has also got the great benefit of parking to the rear entrance. The house is in pristine condition having been all modernized and decorated throughout and comprising of C.983 sq ft living accommodation. The house is within a short stroll of Macroom town square and only C.30 minutes from Cork city.

BER: D2 (105067573)

AMV: €235,000



ROS ALAINN, MACROOM, CO. CORK

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.

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Cappabue Easter Egg Hunt



Please support the Cappabue National School Parents' Association's Easter Egg Hunt in The Parklands, Kealkill on Friday, 29th March @ 11am-1pm. Free fun-filled event for all the family but donations to our Parents' Association would

be very welcome. We'll have a coffee cart & baked goods, face painting and fun photo opportunities. Each participating child will get an easter egg! Advance booking strongly recommended, see CappabueEasterEggHunt.eventbrite.ie

MACROOM GIRL GUIDES

International Women's Day 08 March 2024

The campaign theme for International Women's Day 2024 was Inspire Inclusion. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment. The tagline for Irish Girl Guides is "Giving Girls Confidence" so for International Women's Day Ardilaun Guides and McEgan Senior Branch joined in the International Women's Day Campaign of "Strike the #InspireInclusion pose to show solidarity. When we truly value difference, inclusion comes from the heart".

Go Global International Event

On Saturday 10th March, Ardilaun Guides travelled to the IGG training centre in Dublin to attend the

"Go Global" International event where they took part in a number of activities. A patrol from Ardilaun Guides facilitated a workshop at the event. As part of the workshop the girls spoke about teamwork and how they worked as a team on a project for the competition "Tímeall an Domhain", a competition which they won last year.

The following is a description of the day by one of our Guides Anna Mehigan "We Got on the train at 7am in Cork and after a long journey we hopped on the Luas to Tallaght then we got to the event. I learned a lot of things about WAGGS (World Association of Girl Guides and Girl Scouts) and the world centres. We met a lot of other guides from around the country and we had great fun".

St. Patrick's Day Parade 2024

This year our theme for the St. Patrick's Day

parade was continued on from our Thinking Day celebrations "Our World, Our Thriving Future". The girls see their future as being bright and full of adventure. The girls displayed their vision of their thriving world by having ladybirds, birds, bees, butterflies and an array of animals on display – full of colour and life. We had all units walking in the parade with our Ladybirds, Brownies, Guides, Senior Branch and our wonderful volunteer leaders taking part. We would like to thank the Lee Valley Enterprise Board and their volunteers for a wonderful parade.

For further information on Guiding in Macroom and the surrounding areas please contact macroomguides@gmail.com



Ardilaun Guides strike the #InspireInclusion pose for International Women's Day



Macroom Girl Guides at the Macroom St. Patrick's Day Parade 2024



McEgan Senior Branch strike the InspireInclusion pose for International Women's Day



Ardilaun Guides at the IGG Training Centre on Saturday 10th March 2024



Pictured are Sadbh McCarty, Dylan Sheehan, Dr. Christina Duborg and Matt Murphy, 6th yr students got helpful tips from Dr. Duborg on back health.



De La Salle: Nathan Nott 1D a bhuaigh an comórtas seanfhocail, maith an fear!



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MCEGAN COLLEGE



McEgan College 2nd Year Students who recently visited Kilmurry Museum & Beal na Bláth as part of their History studies.



McEgan Junior Cycle Science students were at one with nature as they explored the flora and fauna of Killarney National Park during their recent Ecology Field trip. Through using quantitative and qualitative methods they measured and identified a wide variety of native and non-native species.

Second Year Local History Tour: On Tuesday 5th of March 2nd Year students visited Independence Museum Kilmurry. They were given a guided tour of the museum and history was brought to life for the students as their guide told the stories behind many of the artefacts on display. The knowledge they gained on this tour will help the students with their Classroom Based Assessment. Each student must complete a project about a local place or event of historical interest for their Junior Cycle. Some of the comments from students:

"The tour was interesting, and we were told the history behind the displays. I really enjoyed looking at the old guns and weapons. It was great to be hold them" Justin Mc Sweeney

In the museum we got to see artefacts that dated back to the 1700s." Ronan O Neill

"We saw the black hooded cloak that the women used to wear which had many pockets to hide guns for the men that were fighting in the war of independence. We learned that Irish women took huge risks to conceal weapons". EbenEzer Tshibasus. A big thank you to the staff of Independence Museum Kilmurry for a very memorable tour.

Minding your back when studying: Recently Chiropractor, Dr.Christine Duborg, conducted a session for 6th year students focusing on posture support. She provided practical demonstrations of stretches aimed at alleviating shoulder tension commonly experienced during exam preparation. Additionally, Dr.Christine imparted valuable guidance on maintaining proper posture while using mobile devices and studying for exams. We extend our sincere appreciation to Dr. Christina for her dedicated support to the student's wellbeing during this important time for them.

WSE /MLL Inspection Report: The report on the recent Department of Education Inspectorate has been published. The five day inspection of the school involved 2 Inspectors spending 5 days where they observed classes, held focus groups with students, parents Board of Management members & Staff teams including the DEIS, Student support, Guidance & Additional Support Team. The Quality Continuum has 5 categories from Weak to Very Good, The Inspectors scored McEgan Very Good in all areas. A snippet of the report

1. The quality of teaching and learning: Lessons were universally conducted in a warm, caring and supportive environment, which was inclusive of all students. A particularly striking aspect of teachers' practice in a range of lessons observed was the way student voice was captured as part of formative assessment practice.

2. Quality of school leadership and management: Very effective leadership of learning and teaching was evident through the activities of both the senior management team and at other levels of the organisation. The senior management team worked very well together. They displayed significant dedication to the school, along with a keen interest in achieving the best outcomes for all their students.

3. Quality of support for students' wellbeing: The quality of support for students' wellbeing was very good. This was best exemplified through the very positive relationships observed between members of the school community, and, overall, very positive responses regarding care for students in teacher, student and parent questionnaires distributed as part of the evaluation.

Faith Club- Ramadan & Lent: This month's faith

club was based around two religious observances happening for students at this time, Ramadan & Lent.

Some of our student of the Muslim Faith spoke to the group to explain the significance of Ramadan and in turn Students of Christian faiths spoke about the origins of Lent with a focus on biblical verses. A fun competition was then had with Diamond Salami claiming victory.

#ETB week in McEgan college 11th -15th March.

Here at McEgan our Ethos about giving the students the best experience in education. The ethos of all ETB schools is underpinned by the core values of Excellence in Education, Care, Equality, Community, and Respect. To celebrate ETB week and our school Ethos, students actively engaged in understanding and discussing these core values, offering suggestions for enhancing these values within our school. Students actively participated in role play around the core values and contributed to a beautiful display in the assembly to make connections between the core values and what we offer and do in McEgan College. Our school Ethos plays a significant role in shaping the experiences and perspectives of our students, and we continue to integrate these values into their educational journey here in McEgan.

Sport: The U14 ½ Boys Football Team played in a Blitz Day recently at Pairc Uí Chaoimh 4g. The opposition included Coláiste Ghobnatan, Scoil Mhuire gan Smál and Carrigaline Community School. McEgan had two teams playing. McEgan College came out on top in 4 of the matches. It was a great competitive sporting day for all involved.



McEgan U14/2 Boys footballers who recently took part in a Blitz at Pairc Uí Chaoimh 4g.



March gathering of Faith Club at McEgan where students explored Ramadan & Lent.

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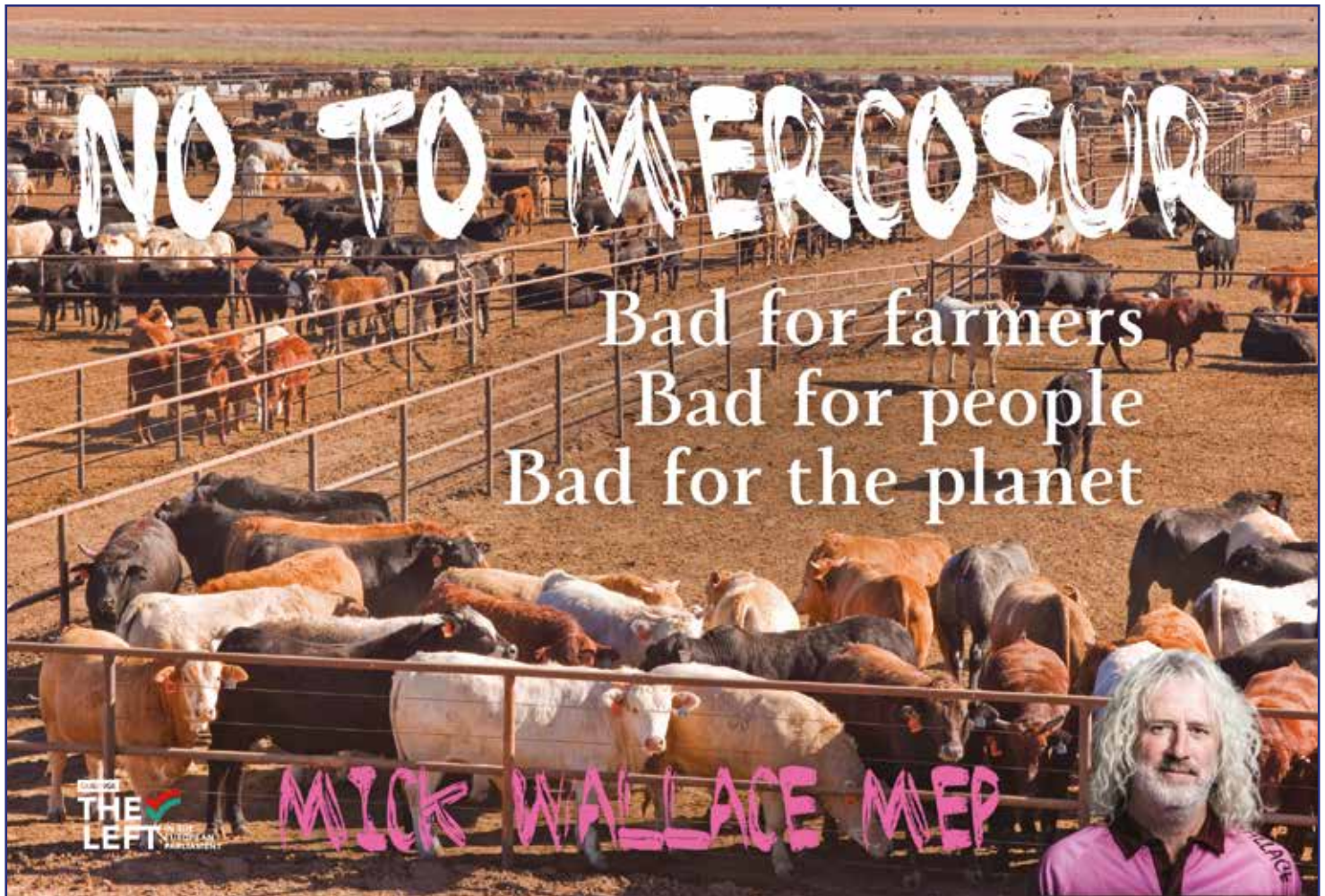
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MICK WALLACE MEP

ST MARY'S NEWS



Ms Grays 1st year CSPE Class who organised a fundraiser for the Irish Guide Dogs with Catriona O Leary and her puppy in training Reggie



St. Mary's Second Year Basketball team who are through to the Cork Regional Final

GREEN SCHOOLS TRAVEL FLAG

Our very active Green Schools Committee are working towards achieving the travel flag. As part of this challenge they are encouraging our school community to remember to walk/park/stride to school where possible! Well done girls, keep up the great work.

SPONSORED WALK FOR THE IRISH GUIDE DOGS

Well done to our 1A3 class who held a sponsored walk in aid of the Irish Guide Dogs recently. The girls held the event as part of their CSPE Action Project with Ms. Gray. We would like to pay a huge thanks to Catriona O'Leary and her puppy in training "Reggie" for making a special appearance and to everyone who contributed in raising money for this fantastic organisation.

VISIT FROM NORTH MELBOURNE HEAD COACH AND WAFL STAR

We were delighted to receive a visit recently from former student and current WAFL star Erika O'Shea and North Melbourne Head Coach Darren Crocker. They both spoke to our Junior Footballers in preparation for their All Ireland Final. Crocker a premiership winner himself, past on some excellent advice to our up and coming stars. Team Captain Maisie Murphy presented Crocker with a school jersey which he promised to display in North Melbourne's training ground.

INTERSCHOOLS EQUESTRIAN COMPETITION

Well done to our team performers at the

interschools horse-riding competition in Maryville on Friday the 8th of March. The girls on the two teams were Harriet Scott, Grace Kiernan, Maureen O'Brien, Erin Kelleher, Amelia Scott, Avril Casey, Kayla Casey and Lily Walsh. Congratulations to Anna Crowley who came 4th out of 70 participants in the 80cm class. Well done Anna, what a fantastic achievement.

SCHOOLS ATHLETICS ALL IRELANDS

Results from the Schools All Ireland Athletics held in Dublin on Saturday, March 9th. were Katie Murray, Minor Girls, 39th out of 112. Orla O'Brien, Junior Girls, 39th out of 98 and Saoirse Twomey, Senior Girls, 18th out of 75. Saoirse also got selected to do a trial race for international selection for a mountain race. Well done girls, fantastic results!

FIRST YEAR CAMOGIE

Well done to our superb first year camogie team who started their league campaign with a win recently against St. Angela's. The girls demonstrated exceptional teamwork to overcome strong opposition, well done everyone. Special thanks to our TY camogie players, Ava McSweeney and Lily Desmond, for leading the warm up and contributing their expertise to the next generation.

MUNSTER SCHOOLS INDOOR GAMES COMPETITION

Huge congratulations to Saorlath Murphy who won a gold medal last week in the Munster Schools

Indoor Games competition which was held in Nenagh. Well done Saorlath, this is a fantastic achievement, we are delighted for you.

PI QUIZ

Well done to all who took part in the Pi Quiz regional competition held in Coláiste Ghobnatan Baile Mhic Íre last week. A big Congratulations to Pia El Asmar, Cara O'Brien, Emily Mehigan and Chloe Lehane who placed 2nd in the competition. Thanks to Ms Barrett and Mrs Kerrigan for attending the quiz with the girls.

BASKETBALL

A tough few days of back to back games for our 1st & 2nd year teams who faced some very tough opponents. Our two 1st years teams are finished their season. We are so incredibly proud of how hard they have worked to reach the Regional Semi-Finals. They'll be back fighting even harder next year and putting all they learned this season on show. One of our 2nd year teams have also finished their season at Semi-Regionals. They have come so far since starting back at basketball in September and we are in awe of their hard work and determination. We can't wait to see what next year brings for them. Finally, a huge congratulations to our 2nd year team who have come away victorious with a 33-18 win against St Mary's Charleville. The girls will play the Cork Regional Final next Wednesday in Neptune Stadium. Thanks so much to Paul and Ms Hickey for their dedication to Basketball in St Marys.



All Ireland Finalists



L-r Chloe Lehane, Cara O'Brien, Pia El Asmar and Emily Mehigan from St. Mary's who came second in the regional Pi Quiz



Anna Crowley from St. Mary's who came 4th out of 70 participants in the Interschools Equestrian competition



Erika O'Shea and her North Melbourne Head Coach Darren Crocker who spoke to St. Mary's Junior footballers ahead of the All Ireland



Saoirse Twomey from St Mary's who has been selected to do a trial race for international selection for a mountain race.

GRANVILLES

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BEO AR STÁITSE

Le hAndrea Ní Mhurchú

Chuaigh bliain a trí isteach go Corcaigh go dtí an Cork Arts Theatre chun féachaint ar dhrámaí, ar aithris filíochta agus amhráin ó Shíollabas na Sraithe Sóisearaí. D'fhágamar an scoil timpeall a leath uair tar éis a naoi ar maidin agus shroicheadar Cork Arts Theatre timpeall ar leath uair tar éis a deich. Bhaineamar sár taitneamh as an lá agus d'fhoghlaimíomar go leor eolais nua faoin dráma Lá Búí Bealtaine. Ár mbuíochas le hIníon Ní Ríordáin agus Iníon Ní Bhriain a thaisteal linn.

AGALLAMH LE PEADAR Ó RIADA

le Renata Wermínska

Bhí staidéar déanta ag na daltaí ar an amhrán cáiliúil Mo Ghile Mear mar pháirt den rang Gaeilge. Tháinig Máire Ní Chéilleachair isteach mar pháirt den amhránaíocht Aisling Ghael freisin chun an t-amhrán a mhúineadh dos na daltaí. Ar an 22 Feabhra 2024 tháinig Peadar Ó Riada isteach chun caint le daltaí na céad bliana.

Bhí an t-agallamh an suimiúil agus d'fhoghlaim mé a lán faoin amhrán 'Mo Ghile Mear' agus faoin saol deacair a bhí ag Peadar Ó Riada. Ar dtús dúirt sé go bhfuil a lán rudaí gaolta agus nach bhfuil a fhios agat. Ansin d'fhoghlaim mé faoina shaol agus conas a thosaigh sé ag obair ar an amhrán. Labhair sé faoi Chór Chúil Aodha freisin. Ag an deireadh sheinn sé an pianó agus chanamar an t-amhrán 'Mo Ghile Mear'. Bhí sé an suimiúil foghlaim faoi agus

bhain mé an-taitneamh as. Tá súil agam go raibh sé suimiúil do dhaoine eile freisin.

CLÁR FIONTRAÍOCHTA

Le hÉireen Ní Luanaigh

D'fhreastalaíomar ar an gclár fiontraíochta ar an 27ú Feabhra i gCorcaigh. Bhí deich scoil eile ann taobh linne ansin. Sheol Coláiste Ghobnatan cúig ghrúpa chun dul san iomaíocht leis na scoileanna eile. Shroicheadar timpeall a deich a chlog agus chuireamar ár stalláí réidh le breith a thabhairt. Bhí gach grúpa ag obair go dian na seachtainí roimhe sin ag obair ar na tuairiscí gnó agus ag ullmhú don mholtóireacht. Fhíoc ár múinteoir gnó Nasctha go Deo go randamach chun am stáitse a bheith acu (is é sin grúpa amháin as gach scoil ag cur isteach ar mhíonghnó go dtí a breitheamh) Bhuaigh 'Nasctha go deo' gradam don am stáitse is fearr 'pitch agus bhíomar an-sásta leis an mbua. Tar éis na gradaim ar fad a bheith thart ghlannamar suas ár stalláí agus chuamar abhaile ag thart ar a dó a chlog. Deis iontach a bhí ann agus d'fhoghlaimíomar go léir an-méid sin uaidh agus bhaineamar an-taitneamh as ár lá amach. Míle buíochas le hIníon Ní Chéilleachair as an tacaíocht go léir.

TRÁTH NA gCEIST MHATA

Chun an lá Idirnáisiúnta Pí a cheiliúradh, d'eagraigh Cumann Oidí Matamaitice na hÉireann Tráth na gCeist do dháltaí tríú bliana i gColáiste Ghobnatan, an scoil óstaigh. Bhí 8 mbabhta ann déanta suas de 6 nóiméad i ngach babhta. Ghlac cúig fhoireann déag ó sé scoil páirt ann. Bhí géar iomaíocht idir na foirne agus níl raibh mórán eatarthu. Bhí an bua ag foireann ó Scoil Ghramadaí Dhroichead na Bandan - beir bua sa chraobh! Foireann Choláiste Ghobnatan ná Aobha Ní Mhuimhneacháin, Claire Ní Aodha, Doireann Ní Mhócháin agus Danielle

Ní Mhurchú. Is í Iníon Ní Ríordáin a d'eagraigh an ócáid, ár mbuíochas léi. Bhí Étaín Ní Aodha, Róisín Ní Thuama agus Kayla Ní Éalaithe ón Idirbhliain ag cabhrú freisin. Míle buíochas leis an Ionad Cultúrtha as an spás a úsáid agus na múinteoirí óna scoileanna eile a chabhraigh ar an lá.

A huge word of thanks to the local schools that attended – looking forward to next year!

CAINTEOIR – GNÓ

Tháinig Eithne Bean Uí Ealaithe chun cainte leis an rang gnó ó bhliain 5 agus 6 le déanaí. Oibríonn sí le PepsiCo agus bhí sí ag caint linn mar gheall ar an ngnó agus cad a dhéanann siad. Bhí sí ag caint linn faoi EDI agus an tslí a úsáideann sí EDI ina post go laethúil. Bhí ana chuid topaicí ónár gcúrsa luaite aici. Bhí sí ag caint linn faoi ghairmeacha chomh maith agus na cúrsaí ollscoile a dhein sí agus an tslí gur bhain sí amach gairm san earnáil seo. Bhí an chuart ana shuimiúil agus d'fhoghlaimíomar go léir an chuid as. Míle buíochas le hEithne as teacht isteach chughainn i gColáiste Ghobnatan. Míle buíochas le Bean Uí Dhonnchú as an gcainteoir a eagrú.

SEACHTAIN NA GAELIGE

In ainneoin na drochairsime, thug daltaí na céad bliana tréimhse ag imirt cluichí boird, ag éisteacht le ceol Gaolúinne agus ag comhrá i rith ranganna Gaolúinne agus iad ag céiliúradh Sheachtain na Gaolúinne. 'Tír gan teanga, tír gan anam'!

SCRÚDUITHE

Faoi láthair tá roinnt daltaí ón tríú agus ón séú bliain ag obair go dian ag ullmhú le haghaidh scrúdaithe. I rith saoire na Cásca beidh na scrúduithe béil ar siúl. Gabhaimid ár mbuíochas leis na múinteoirí atá ag cabhrú leo go háirithe Bean Uí Thuama, Iníon Ní Bhriain, Iníon de Staic, Iníon Ní Chollata, Iníon Ní Chéilleachair agus Máistir Ó Duinnín. Guímid gach rath ar na daltaí go léir!

FOCLÓIR

- aithris filíochta – reciting of poetry
- agallamh – interview
- fiontraíochta - enterprise
- stalláí – stalls
- babhta – round
- in ainneoin – despite
- scrúduithe béil – oral examinations

ÁR MEÁIN SHÓISIALTA

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TikTok: @colaiste_ghobnatan



Ghlac Aobha Ní Mhuimhneacháin, Claire Ní Aodha, Doireann Ní Mhócháin agus Danielle Ní Mhurchú páirt i dTráth na gCeist Pí.



Ghlac Cathal Ó Loingsigh, Cian Ó hÉalaithe, Seán Ó Tuama, Cian Ó Loingsigh, Sara de Grant agus Klaudia Saj páirt i Wheelchair Basketball 4 All

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DE LA SALLE College Macroom

Athletics

On Saturday 9th March, our athletes took the road to Dublin to compete in the All-Ireland Cross Country Championships. Both our Intermediate and Junior Teams represented De La Salle with distinction. The Intermediate team clinched a 9th place finish while the Juniors secured 10th place overall. This was a fantastic showing from the De La Salle boys who can be very proud of their performances throughout the year.

Lasallian Projects

Schools from across Ireland gathered in Castletown on Tuesday March 12th for one of the most uplifting celebrations of the Lasallian Mission in our calendar. Four first years from De La Salle Macroom made it through to the finals which was held in Castletown Co. Laois. Congratulations to Micheal Twohig & Ramon Fuentes Quintero on receiving an award for their project.

Tom O'Neill visited the school today to talk to students and staff about the Lasallian Projects which has been running for 35 years. Tom spoke to both students and staff on the work of the Lasallian Projects. Tom has helped to build and improve educational facilities in communities where poverty is rampant and where the literacy rate is very low. For the last 35 years Lasallian volunteers from the District have completed hundreds of projects both big and small in Asia and Africa thus making sure that education is provided for the poor, the marginalised, the downtrodden and those with little hope.

World Book Day

Celebrating World Book Day, second-year students

gathered in the hall for a literary quiz. The quiz questions encompassed a wide range of popular book series such as Harry Potter, Horrid Henry, Diary of a Wimpy Kid and more. The competition was fierce, but two teams rose to the occasion, tying with an impressive score of 29/30! Well done lads. As part of our celebration of World Book Day, 1st and 2nd year students were challenged to model some of their favourite characters out of toilet roll.

Transition year workshops

De La Salle Transition year students aced their cooking class, whipping up delicious burgers like seasoned pros. Conor Creedon, Charlie Magee and Jude Murphy put together the best burgers, taking home Easter eggs as their prize. The previous week saw the fourth years pull off an excellent carbonara, perfectly balancing a creamy sauce with crispy bacon. They also dished up some tasty garlic bread to have on the side.

Seachtain na Gaeilge

Bhí gach iarracht á déanamh ag daltaí De La Salle, a dteanga dhúchais a thaispeáint le linn seachtain na Gaeilge. I rith na seachtaine d'eagraigh a múinteoirí Gaeilge gníomhaíochtaí agus dúshláin am lóin. Bhain na buachaillí an-taitneamh as na gníomhaíochtaí agus as na mílseáin a fuair said. Ghlac na scoláirí páirt i ngníomhaíochtaí ar nós; Tráth na gCeist, poc fada agus cic fada, Comórtas don "Doras is Fearr", cluichí boird, comórtas seanfhocal.

A huge "go raibh míle maith agaibh" to the DLS Music Group who played some lovely traditional music for Seachtain na Gaeilge at break time today! Well done to everyone involved! 5ú Bliain ag imirt cártaí

- spraoi le linn Seachtain na Gaeilge! Ceolchoirm deas inniu sa halla, lovely entertainment on Friday last at break time by our very talented musicians, they have put in so much effort in the past few months, tá siad ag dul ó neart go neart!

Toraíocht Taisce ag am lóin, an Irish Treasure Hunt concluded the Seachtain na Gaeilge activities. Míle buíochas do gach duine a ghlac páirt i rith na seachtaine

Macroom Charities Appeal

Our fourth year students presented a cheque to Pat O'Connell. Pat expressed his gratitude to the school for their donation. He explained how the funds would go to the meals on wheels initiative which has an ever growing demand. Initially servicing Macroom the team is now travelling to neighbouring villages to supply meals to vulnerable people in those areas. The students worked hard on December 12th and 14th to raise funds, showing commitment to helping those in our community who need it most.

The Sibly

Matthew Collins founder of "The Sibly" visited De La Salle business studies students. Matthew spoke to 4th and 5th year students about his company, how he managed to develop the business model and the successes and failures he has encountered along the way. This was an excellent opportunity for the students to gain knowledge from a successful entrepreneur and get an insight into the world of business development.



De La Salle Students who were invited to Castletown



DLS Music Group who played some lovely traditional music for Seachtain na Gaeilge at break time.



De La Salle Students competing in the All-Ireland Cross Country Championships



Thanks to Everyone

for helping to make it a fantastic St. Patrick's Day Parade!



Cork County Council
Comhairle Contae Chorcaí

The Gearagh: ... Ireland's Next National Park?

Green party local election candidate Harriet Burgess and renowned ecologist Kevin Corcoran hosted a talk on their call for the Gearagh to be made a national park on Saturday the 24th of February in Kilmurry Independence Museum, with the support of MEP Grace O'Sullivan.

Huge support was voiced for the idea by the many locals in attendance.

Speaking at the event, Harriet Burgess highlighted her views that the Gearagh is an international outlier in terms of the protection afforded to inland river deltas across the world:

"The Okavango River Delta in Botswana as well as the River Napo in Equador are similar in structure to the Gearagh, and due to the rarity of these formations, they are afforded vast protections, through national legislation and national park status. We now need to ask the question: do we need a change of management to ensure protection of the Gearagh into the future?"

Further, Harriet Burgess raised:



"We need a change of politics when it comes to the Gearagh. Immediate actions that could be taken by local government to improve access and awareness about the Gearagh river forest include improving pedestrian routes between the Gearagh and Macroom, launching an awareness raising campaign, and providing adequate signage."

MEP for Ireland South Grace O'Sullivan commented after the event:

"The Gearagh is clearly an extraordinary and special site with a high value for biodiversity. It is clear we all share the desire to improve the ecological status of the Gearagh and to ensure it is an amenity that the public can enjoy. Parallel conversations about the Nature Restoration Law in Europe and Ireland's national plans to restore nature could complement these calls to create and protect this special place for nature and people alike."

A petition has now been launched for individuals to show their support for the idea at change.org: https://www.change.org/p/the-gearagh-ireland-s-next-national-park?recruiter=1331933493&recruited_by_id=6bd524c0-d19f-11ee-89ed-9f132c2c95ce&utm_source=share_petition&utm_campaign=share_for_starters_page&utm_medium=copylink



Tidy Towns AGM took place on March 5th in the Castle Hotel. Chairman Martin Coughlan thanked everyone for coming and the volunteers throughout the past year commenting that for such a small group of dedicated volunteers we do a fierce amount of work in the town.

Treasurer Judy O Sullivan read out the treasurer's report and gave a very detailed summary of income and expenditure throughout the year.

Secretary Lisa Manning delivered the Secretary's report and thanked everyone that helped her during the last year, also the volunteers that show up at weekends and so often during the week. This comprehensive report covered the following headings: 1) Tidy Towns Shed and Site, 2) Sensory Garden, 3) Fairy Garden, 4) Biodiversity Garden/Riverside Walk, 5) Famine Memorial, 6) Flower Baskets, 7) Schools liaison, 8) Town Cleanliness,

9) Tidy Towns Competition, 10) Sponsorship, 11) Advertising and social media. Under each of the headings there was a synopsis of what took place throughout the year. During the year we have had the support of COPE Volunteers who have contributed hugely to the litter picking.

Tidy Towns volunteers have supported the Lee Valley Enterprise Board and helped with the St Patrick's Day Parade, The Food Festival, The Christmas Lights, all major events that take place in Macroom throughout the year. Lisa thanked the other officers for their ongoing support throughout the year and a big thanks to our sponsors who provide the necessary financial support so we can carry out all the projects. All the officers were re-elected with Martin Coughlan as Chairman, Lisa Manning as Secretary and Judy O Sullivan as Treasurer.

Tidy Towns works very closely with the Men's Shed and the Men's Shed would welcome any new members that might like to join their activities. If you are interested in meeting up a regular basis for a chat and have a look at what they do why not come along and see. They are open Tuesday, Wednesday and Friday from 2-4pm at their base in Masseytown Road. So why not call in and see for yourself.

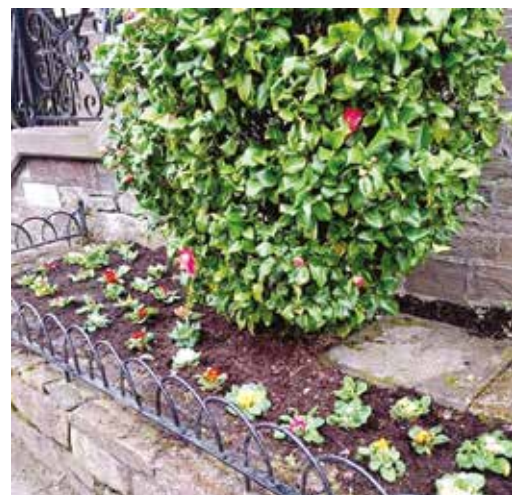
Macroom Spring Clean takes place throughout the month of April and it will be going from Coolcower Roundabout to Carrigphooa Roundabout, including all other approach roads, streets and lanes. This is an opportunity for you, your friends or family or work group to come out and assist in some way. Volunteers will be out each weekend in April why not come along and bring a pair of gloves and maybe a litter picker, will be meeting in the Square at 9:30 each Saturday Morning.

It has been a busy few weeks with Cleaning, Planting, Litter Picking and Preparing the St Patricks Day Parade. We have now got our own Eircode at P12 N243. Also, a big thanks to Laszlo from Lidl for donating bedding plants.

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.



Some of our dedicated volunteers helping out at the St Patrick's Day Parade



Some of the Bedding Plants Kindly Donated By Laszlo

The Gearagh

Ireland's Next National Park?




Cork is a county known for its natural beauty, and this must not only be protected but also ensured with restoration - for biodiversity, for climate mitigation and for food security.

The passage of the **Nature Restoration Law** in the European Parliament is therefore a win for citizens - rural and urban, old and young - across Europe.

Increased protection for areas like the **Gearagh** can occur hand-in-hand with these measures, and be a fantastic amenity for locals too.



Contact Me  grace.osullivan@europarl.europa.eu



Coffee Morning

IN AID OF THE HOPE FOUNDATION

In the "INDEPENDENCE MUSEUM KILMURRY"

On Easter Sunday Morning 31st March
after 10am Mass

Come along and support a very worthy cause
All welcome.

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ST JOSEPHS NS

St Josephs Macroom Updates:

- 5th and 6th class pupils had a competitive but fun for all **Chess tournament** in West Cork in the last few weeks. Practicing their skills, learning new strategies and most importantly meeting new chess enthusiasts from other schools were the highlights of the day!
- As part of learning about the EU through the **BLUE STAR programme**, the Senior pupils have engaged in lots of study and research using digital tools and others to find out information about the history, geography and culture of a variety of EU countries. They also demonstrated their learning by teaching some EU songs, rhymes and dances to the Junior and Senior Infants. Maith sibh cailini!
- We were delighted to welcome volunteers from the local branch of the **Irish Guide Dogs** to St. Joseph's recently. The staff and children were intrigued

to hear all about the work of the Guide Dogs, the training involved and the benefits to those who require assistance. Cooper the dog was the star of the show and lapped up all the attention. He was so patient, gave every child an opportunity to meet him and brought a smile to everyone's faces.

- We celebrated **Engineer's Week** in St Joseph's from the 4th – 8th March. We were lucky to have lots of our boys and girls parents come into school during the week to do lots of fun engineering activities and experiments. A huge thanks to Conor Lynch, Brendan O'Mahony, Denis Paul Bradley, Maria Cregan, Alice Da Silva, Lynda Hurely, Fionnan Cronin, Donagh Goulding, Jamie Twomey & Jeremy Kelleher.
- The students from 6th class have been very lucky to venture to McEgan College over the last 4 weeks for a variety of exciting STEM workshops.

They explored Tangrams, solved a murder mystery, explored Hook's Law using springs which they then used to create a bungee jump. There was lots of collaboration, discussion, problem-solving and fun involved. We would like to say a huge thank you to all the staff of McEgan for such a warm welcome and look forward to continued collaboration into the future.

- **World Book Day** took place on the 7th March. Pupils were unrecognisable in their innovative creations as characters from their favourite books. Bhí tús maith again do Seachtain na Gaeilge – Céilí mór, Tráth na gCesit, Biongó, páisti mhóra ag léamh leabhaie leis na Naíonáin, amhráin agus drama trí Ghaeilge agus craic agus spraoi ag gachéinne!



A visit from the Irish Guide Dogs.



5th & 6th class at the Chess Tournament in Ballineen.



Engineers Week in St Josephs



Bealnamorive Daffodil Day

Bealnamorive Daffodil Day will be supporting the Irish Cancer Society on its 10th Anniversary this March!!

They have fund raised with phenomenal success over the years. The organisers are much appreciated long standing and fantastic supporters of the Society and once again, will be raising funds through their annual Daffodil Day raffle on 23rd March and this is where we hope you can provide assistance.

Along with other vital services, your support will help us continue to provide many free services, including:

Daffodil Centres, Night Nurses, Cancer research, Helpline.
We would be very grateful for any assistance you can give to Nora, Theresa and Sandy to help them with their fund raising efforts on our behalf. If you have any queries please phone the Irish Cancer Society on 0818 10 20 30.



Why Do I Wake Up With Neck Pain?

Sometimes described as a "crick" or "kink" in the neck, pain on waking in the morning is a common complaint from patients that come into our office.

The result is not only pain but an overall decrease in the range of motion of the neck. **So, how does this happen?**

The main cause of neck pain upon waking is poor sleeping position. People who sleep on their stomachs typically have the most issues with their necks. While sleeping on the stomach for 6-8 hours each night the head is rotated to the left or right when laying on the pillow.

So, imagine standing or sitting with your head rotated in either direction for up to 8 hours. Another way to develop the "kink" or "crick" is by sleeping on more than one pillow or a pillow that is too large. This

will cause the neck to either be pushed forward or to the side too much where it is not aligned with the rest of the spine resulting in misalignment, muscle pulling and pain.

To have a "crick" or a "kink" is a term used when the bones, (vertebrae) in the neck are severely misaligned and putting pressure on the nerves leading to pain and decreased motion. Some people like to refer to this as a "pinched nerve". The misalignment of the neck will also cause muscle pulling over a period of time that can lead to spasm and inflammation resulting in pain.

How does the "kink" get fixed? As chiropractors we help to treat the problem in the neck with an adjustment. This will allow the bones to be restored to their normal position in the neck which results in reduced nerve pressure. After an adjustment, range of motion

and pain will be improved but inflammation is still taking place. The use of ice for periods of 15-20 minutes at a time will help with decreasing swelling and pain between adjustments.

Be sure to consult a chiropractor after feeling a "kink" or "crick" in the neck and do not allow the injury to try and heal over time.

Even if the pain subsides, the chances for re-exacerbation are high because the nerve pressure still exists.

It's important to remember, painkillers work to numb the pain but never resolve the underlying issue.

Chiropractic on the other hand will help relieve the pain and symptoms while also addressing the root cause.



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• **March 22nd** Kilmurry Historical & Archaeological Association (KHAA) AGM on Friday @8pm in The Heritage Room, Independence Museum

Kilmurry. 2024 membership can be renewed at the AGM. New and existing members are welcome.

COACHFORD UPDATES

Inspirational Coachford teacher passes

Tributes have been pouring in for Coachford College teacher, Diarmuid Hickey who passed away last weekend. Mr. Hickey was the deputy principal of the college and was well liked and respected by all the pupils, staff and everyone who came in contact with him. He was diagnosed with motor neurone disease (MND) almost two years ago but continued to work as a beloved and respected Physics and Maths teacher. His illness inspired the students of Coachford College to raise almost €52,000 for the Irish Motor Neurone Disease Association earlier this year.

Coffee morning

Brian Dineen is holding a Coffee Morning in Coachford GAA Hall next Sunday morning, March 24th after 10am mass. Brian is fundraising for Nurture Africa as he will be participating in their overseas volunteer programme and travelling to Uganda this year to support the work of the

organisation. By contributing to Brian's fundraising, you directly aid in delivering essential healthcare services in Uganda, encompassing HIV testing, anti-retroviral treatment, counseling, educational workshops and child rights advocacy.

Good Friday Litter Pick

Coachford Tidy Towns are taking part in the An Taisce Spring Clean initiative again this year. The group are busy making plans for their annual Community Litter Pick on Good Friday, March 29th. Everyone is invited to join in the Litter Pick where people are encouraged to pick litter and clean up the areas where they live and Coachford Tidy Towns in conjunction with Cork County Council will dispose of the collected rubbish.

Table Quiz

Paddy Mac's Bar in Coachford is the venue for the monster Table Quiz on Friday, April 5th at 8.30pm There will be a wide selection of general knowledge questions ranging from "name the cork actor who

recently won an Oscar" to "who captained Ireland in this year's 6 nation championship". The table quiz is a fundraiser for Nurture Africa's work in Uganda. Brian Dineen, a third year student in Mary Immaculate College is going to Uganda in June to work on some of Nurture Africa's educational and health projects.

Coachford Hospital open for visitors

Coachford Players drama group will be performing their hilarious comedy, 'Hospital Affairs;' In Coachford GAA Hall from Saturday April 13th to Tuesday April 16th at 8pm each night. Come and watch how confusion reigns in an unused ward where a cleaner who doesn't understand English causes mayhem, a dodgy grandmother tries to avail of free accommodation, a porter runs scams and a nurse and hospital manager tries to get into bed with one of the doctors. It all promises to be great fun.



Canovee children ag damhsa for tSeachtain na Gaeilge



Best of luck to Farran NS novelty act as they head to Éire Óg on Saturday March 23rd to compete in the County Final of Scór na bPáistí



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RUSHEEN NS

It has been a busy few weeks for the boys and girls in Rylane National School. 4th Class girls took part in a camogie blitz in Donoughmore. Catholic School's Week was celebrated in the school recently. All children attended Mass and read readings and prayers of the faithful in the local church. All the children and staff worked together in the school hall to craft traditional St. Brigid's Crosses on 1st February. February was a special month for our seven 6th Class pupils who received the Sacrament of Confirmation along with boys and girls from Aghabullogue and Coachford National School. Boys and girls from 4th, 5th and 6th Class participated in the FAI soccer Blitz in Blarney recently. All the children really enjoyed the day.

One of our girls' teams qualified for the County Final which will take place in Musgrave Park on Monday, 12th April. All the children in the school are currently participating in a 5-week programme of Speech and Drama lessons with Theatre Tricks organiser, Susan Collins. 2nd, 3rd and 4th Class are currently into their 3rd week of swimming lessons in the Castle Hotel Leisure Club. 2nd Class received their First Confession recently in preparation for their First Holy Communion in May. Children really enjoy our monthly assemblies which take place on the last Friday of each month. 'Well Done' awards are presented to children for their achievements throughout the month. World

Book Day was celebrated on in the school on 7th March. All children brought in their favourite books. The whole school came together where older and younger children read to each other in small groups in the school hall. World Down Syndrome Day was celebrated in the school recently. Children wore odd socks and designed their own socks to mark this special day and to raise funds for Down Syndrome Cork. Seachtain na Gaeilge was celebrated in the school over the past two weeks. Ghlac na páistí páirt ar Tráth na gCeist, Céilí, ceolchoirm agus lá glas i rith an coicís ar scoil.



Rylane Girls FAI Soccer Team



Rylane Boys FAI Soccer Team



Rylane School; Making St. Brigid's Crosses from rushes



Tráth na gCeist- Seachtain na Gaeilge in Rylane NS

INDEPENDENCE MUSEUM KILMURRY

KILMURRY HISTORICAL & ARCHAEOLOGICAL ASSOCIATION - MEET ME AT THE GRAVEYARD 2 - KILBONANE with Sean Crowley

In May 2023, the KHAA began a project to highlight the importance of local graveyards in the district. As well, of course, as being the final resting place of many of our families and friends, there is an historical interest within the church ruins or connections to national events. The weather in 2023 made planning any outdoor event very difficult so it was decided to leave any further talks until 2024 in the hope of better weather.

Rain or shine, on Sunday, 14th April at 2pm, Sean Crowley, local historian, will give a talk on the history of Kilbonane graveyard and recall its fascinating story. Situated at the eastern end of Kilmurry Parish, the grave inscriptions were recorded by the KHAA in 2019. Kilbonane is unique locally in having a caretaker, Jim Holland, who has looked after the graves since the death of his father, Jack, over 50 years ago and is, in fact, the third generation of his family to do so. Jim also contributed an article to the KHAA Journal, People & Places in 2021 on Kilbonane and will have the burial records dating back to the 1930s available on the day.

Sean Crowley's talk will conclude at the grave of the late Eddie O'Riordan, the famed hurley-maker for many years for the Cloughduv Hurling Team who is

mentioned in the second verse of the club's anthem - Hand Me Down My Hurley:

*So hand me down my hurley,
That Riordan made for me,
To see it nigh, to swing it high
Will fill my heart with glee*

Sean Crowley was Captain of Newcestown when they beat Kildorrery in the County Hurling Final on the 3rd December 1972. Sean and his brothers, Tim and Paddy, played with hurleys made by Eddie O'Riordan who had his own unique style. On their way home to celebrations in Newcestown, they called to Eddie's home in Cloughduv with the Cup, and presented him with a bottle of whiskey in honour of the great occasion. Eddie died six weeks later on the 29th January 1973. His tradition of hurley making is continued today by Ted O'Mahony of Aherla who has himself a proud record of hurling with Cloughduv and Cork. Ted will sing the Cloughduv anthem, Hand Me Down my Hurley, to conclude what will be a very interesting and enjoyable occasion.

As with the first talk at St. Mary's Graveyard, Kilmurry, this event will be filmed by Peter Scanlan for Cork County Council's iCan project* and will be available to view on YouTube. Peter Scanlan's excellent recording



KILMURRY HISTORICAL & ARCHAEOLOGICAL ASSOCIATION - 'MEET ME AT THE GRAVEYARD 2 - KILBONANE' with Sean Crowley. Pic Karen Lally

of our first event at St. Mary's is presently available on YouTube.

*Irish Community Archive Network is a collaboration initiative led by the National Museum of Ireland in partnership with the Heritage Council



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CLONDROHID NEWS

EASTER CEREMONIES: Penitential Service on this Thurs night Mar 21 at 7.30pm in Clondrohid Church.
Holy Thursday Mar 28 at 7.30pm. Mass of the Lord's Supper in Clondrohid Church

Good Friday Mar 29 at 3pm The Lord's Passion in Carriganima church

Good Friday Mar 29 at 7.30pm Stations of the Cross in Clondrohid Church.

Holy Saturday Mar 30 at 7pm Easter Vigil in Clondrohid Church

Holy Saturday Mar 30 at 9pm Easter Vigil in Carriganima Church

LENTEN STATION: Clondrohid Station Areas, Mass in Clondrohid church on Friday April 5 at 8pm

MOVEMENT OF CONTINUOUS PRAYER: For marriage and Family Life, the next 24 hours of prayer is Wednesday Mar 27 and 28.

Mark it in your diary.

CLONDROHID PARISH ACTIVE RETIRED: The annual Scoraiocht in conjunction with the Bealtine Festival will once again be held in Community Hall on Wednesday May 15 at 8pm. A great night assured with music, song and storytelling and refreshments. This is open to non members. Anyone who would like to perform on the night will be most welcome. Give your name to Maria at Post Office or to Mary 0872036947, or Breda 0868831206.

This Active Group continue with their activities, yoga, cards, singing, card making, day trips etc.

CLONDROHID DEV GROUP: They held their AGM last week and all systems go for the coming few months. Anyone willing to give a hand at any project in the village is most welcome. The more available, the easier the job. Plenty ideas in the pipeline. Anyone interested please contact any committee member.

The following officers were elected

Chairperson: Eileen Lane

V Chairperson: Sean O'Connell

Secretary : Mary Twomey

Asst Sec : Willie Riordan

Treasurer: Patrick Murphy

Asst Treasurer: Maria Healy

All others present on the night elected on to Committee.

The outgoing chairperson thanked everyone past and present for all their hard work over the years, without whose voluntary help, we would not have our nice



Pictured are members of Rusheen Community Group from left: Shauna Philips, Donal O'Callaghan, Mary Deasy, Hugh Kelleher, Caroline Corkery and Maura O'Riordan who received €5,000 in funding towards its Keep Rusheen Tidy initiative. The funding was granted from EirGrid's Clashavoon Dunmanway Community Benefit Fund. Pic Sean Curtin True Media.

and vibrant village, as it is today. A special word of thanks to all the businesses that support them year after year with generous donations. The village is lucky to have ye. Please continue to support all local businesses.

CLONDROHID COMMUNITY HALL: The hall has been successful with funding recent refurbishments due to great local support but also with the aid of government initiatives such as Project Ireland 2040, Thanks to the Dept of Rural and Community Development under the Community Centres Investment Fund 2022.

Due to the growing needs of the area it is important to maintain or improve our cultural and social amenities. Project Ireland 2040 sets out to deliver these.

Thanks to everyone for their continued support A great night of celebrating will be held in the Community Hall, once the final step of refurbishment takes place ,namely the painting. Promises to be a great night.

BRICK LEGENDS IRL: They are hosting an Easter Lego Camp for 5 to 12 yr olds in the Community Hall on March 26 to 28. Contact stephen@bricklegends.ie

FOOD CONNECT: Looking for new volunteers, they provide free food parcels for families and individuals in the Macroom and surrounding areas. Anyone willing to give 2or 3 hours fortnightly would be most welcome. Contact 0833749008 for more info

GAA NEWS: The under age training has commenced

and will continue on Saturdays. U6 and u 8 on the Astro, and u 10 on the pitch 10am to 11am. New members very welcome, girls and boys age 5+. Come along and enjoy the fun.

ST.MARY'S MACROOM: Congrats to the Junior Footballers of St. Mary's on reaching an All Ireland Final last Friday, They travelled in force 4 busses from the convent and all their supporters, family and friends up to UL to play Ballinrobe Community School. All was in place, but unfortunately luck was not on their side. Well done to the players their teachers, and their clubs. A great achievement to reach an All Ireland.

LOTTO NEWS: Results for Mar 13. Jackpot €1,800

€70 Dean O'Sullivan c/o Laine

€20 John Mc Donagh Dromree (2), Tim and D Ring Carriganima, Ger Burke c/o MCP

CLONDROHID DEFIBRILLATOR COMMITTEE: Following a recent meeting, the committee 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.



Pictured are members of Carrigadrohid Killinardrish Tidy Towns Committee who received €35,000 from EirGrid's Clashavoon Dunmanway Community Benefit Fund to support village enhancement works. Pictured from left are: Vincent Harrington, Sinead Dooley, EirGrid Head of Public Engagement and Chrissie O'Donoghue. Pic Sean Curtin True Media.



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CILL NA MARTRA AGUS RÉIDH NA nDOIRÍ

God Rest His Soul

Beidh grúpa drámaíochta Ahakeera ag teacht chuig Ionad Pobail Chill na Martra ar an Satharn 23ú Márta chun an seó deirneach den clár ghrinn 'God Rest His Soul' a léiriú. Tá sceitimíní ar mhuintir na háite go bhfuil a leithéid ag teacht mar is fada ó shin a bhí drámaí ar siúl sa cheantair. Tá ticéid fós ar díol ag €10 an cheann, le fáil mórthimpeall an pharóiste nó beidh siad ar fáil ag doras an halla ar an oíche. Bígí linn chun gáirí ceart a bheith agat!

The fantastic Ahakeera Drama Group ar bringing the final night of their tour to the community hall in Cill na Martra, this Saturday 23rd of March at 8pm. The hilarious comedy, 'God Rest His Soul' has been to Clondrohid and Inchigeela halls recently with rave reviews. For anyone who has missed out, here's your last chance; with tickets on sale at €10 throughout the parish and at the door on the night. Come along for a laugh and a good night out!

Lá 'le Lachtaín

Is é an 19ú Márta Lá 'le Lachtaín, agus mar naomh pátrún de pharóiste Chill na Martra agus Réidh na nDoirí beidh roinnt mhaith cheiliúradh ag an deireadh seachtaine. Ar Shatharn 23ú Márta beidh aifreann amuigh faoin aer ag Tobar Naomh Lachtaín ag 3.30in agus leanfaidh caint stairiúla é san Ionad Áise, Réidh na nDoirí ag 4.15in. Ar an nDomhnach beidh aifreann Lachtaín i Séipéal Lachtaín Naofa, Cill na Martra ag 11.30rn leanta le paráid tríd an sráidbhaile d'aon comhlachtaí nó ghrúpaí áitiúla óna 12.15in. Rachaidh an cheiliúradh ar aghaidh san Ionad Phobail le sólaistí agus siamsaíocht ag 1in, agus



Leanaí ó Scoil Réidh na nDoirí ar lá an Céineartaithe

chríochnofar le Sheisiún Ceoil ag muintir Comhaltas i dTigh Uí Mhurchú óna 2.30in.

The feast day of our local patron saint, St. Lachteen, is celebrated on the 19th of March and many celebrations are planned, in honour of this event, throughout the parish next weekend. Saturday afternoon, 23rd of March will see an open air mass at St. Lachteen's Well at 3.30pm, followed by an historical talk at Ionad Áise Réidh na nDoirí at 4.15pm. Mass for St. Lachteen will be celebrated in Cill na Martra church on Sunday 24th of March at the usual time of 11.30am. A parade of local businesses and groups, in celebration of St. Lachteen and our parish, will march through the village from 12.15pm. The celebration will continue in the community hall in Cill na Martra with refreshments and entertainment at 1pm, finishing up in Ó'Murchú's pub from 2.30pm with

a music session performed by our local Comhaltas group.

Parent and Toddler Group, Réidh na nDoirí

Le déanaí tá tinreamh an grúpa 'thuismitheoirí agus leanaí Réidh na nDoirí' tar éis titim go mór. Is mór an díomá é grúpa chomh luachmhar a fheiscint dul in éag. Leis na blianta b'é an ghrúpa seo a tharraing máithreacha nua amach chun bualadh le daoine sa chás céanna nó a thug deis do dhaoine nua sa cheantair bualadh le tuismitheoirí eile. Má tá páistí óga agat agus suim agat bualadh suas le tuismitheoirí eile, do scíth a ligint, deis súgradh a thabhairt do'd pháiste – tar chuig Ionad Áise Réidh na nDoirí ar an AOINE óna 9.30rn – 11.30rn. Beidh tae, caife is brioscáí ann, chomh maith le fuíollach bréagáin!

In recent times the attendance of the much loved 'Mother and Toddler Group Renanirree' has dropped significantly. It is a pity to see such a valuable group fall apart as it has been the backbone of parent interaction in the locality for many years. This group has given people the opportunity to meet up and share insights into the big bad world of parenting, as well as offering a location for those new to the community to come and get to know other parents. If you are a parent of young children or babies and are interested in a meet up with other parents, to chill out and let the children play – come along to the Ionad Áise, Renanirree on FRIDAY from 9.30am – 11.30am. There will be tea, coffee and biscuits, as well as loads of toys!

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Kilmurry Active Retirement

Just imagine

Last week my sister sent me details of a study that was published on the 1st of March in the Journal of Alzheimer's Disease. Like other families with histories of the disease we have cause to keep abreast of developments in this area. Scientists have yet to find a cure. We know that if one were to be developed that showed some promise, the drug administration approval authorities, being justifiably cautious, would demand extensive collaborating research and trials and this process usually takes many years before ultimately being successful in achieving approval. I have been resigning myself therefore thinking that it is more realistic think that the benefit from any such discovery will be for the following generations.

But just imagine it isn't so. Imagine that a drug was found that could greatly reduce the odds of getting the dreaded disease in the first place. I mean substantially reduce the risk by say a third or even a half. Imagine further that this drug has already gone through an approval process and has been sold from pharmacies around the world. Imagine let's say, as is the case with many drugs, it is a drug that you can get on prescription in the Republic and over the counter in the North. Wouldn't this be exceptionally good news. The new study which my sister had sent to me provides more evidence that the drug sildenafil which is used to treat a number of conditions including pulmonary hypertension may help to protect against Alzheimer's disease (AD). The research leader Dr Cheng, from the Cleveland Clinic Genome Centre, said that 'our findings provide further weight to repurposing this existing FDA-approved drug as a novel treatment for Alzheimer's, which is in great need of new therapies'. The team had access to two huge databases of individuals that got drugs from pharmacies in the United States. One database had data for the period 2012 - 2017, while the other had data for the 2007 - 2020 period. They used AI (artificial intelligence) to search for all those with pharmacy claims for the drug sildenafil and four other drugs that were to be used for comparison purposes. After adjusting for gender, age, race, and comorbidities, their results showed that less of those taking sildenafil went on to get Alzheimer's compared to the other drugs. They showed a 54% reduced incidence of Alzheimer's in one of the

databases and a 30% reduced incidence in the other.

Dr Cheng said, "we believe our findings provide the evidence needed for clinical trials to further examine the potential effectiveness of sildenafil in patients with Alzheimer's disease.". I for one certainly agree with him there. I know that many earlier hopes diminished with time. This research though is from very large databases of people using the drug and the condition is so serious it certainly warrants the resources and attention to enable the required further research. The trade name of the drug that I am referring to is Viagra. I hope that the name does not distract thought from this potentially very significant research. Scientific research can be often like looking for a needle in a haystack. Tedious and almost impossible. Artificial Intelligence doesn't mind the tedious. It can gobble mountains of data in no time and throw out to us those things that could potentially be needles. Scientists still must confirm whether they are in fact needles. But we are now living in a world radically changed by AI. It is reasonable that we should have hope again. What a great time it is to be still alive.

Canovee Hall

On 6th March we had the real pleasure of getting the use of Canovee Old School Community Hall for a talk ('Impressions of India'). This is the first time that most of our members got to see the hall following its complete renovation. The space was lovely and warm, and many of our members are hoping that we get the chance to use it again. We must thank all those who put in the hard work, hours and hours of effort to plan and to oversee the restoration. All that work made a great amenity available again for the community, and in particular we thank you for welcoming our association to use it. There were over thirty-five in attendance and the tea and biscuits made a welcome break in proceedings indeed. As often can occur in this parish there were more niceties than just tea and biscuits. I often wonder how such niceties can just appear, manifesting from I do not know where. And I often wondered too how the washing up gets done before my cup get empty. We got a great boost too from the donations given on the night for our community bus fund. Thanks to all for your generosity. The talk/slide show itself, to my relief, was well received. Or perhaps, that may be another example of the generosity of our

members!

Ongoing

Rose McCarthy started her new course 'Dance to Music' last Tuesday and will continue on Tuesdays at 2-4pm in the Museum, Kilmurry but skipping 3 and 10 April. After the dancing and after the tea it concludes with her popular Tai Chi and Meditation/Relaxation.

A New Gardening class with Pat Sheehan started on Thursday 14th March at 2pm at Curraghbeg Nurseries in Ovens, but members are still welcome to join in. We are very grateful to Dominick Cullinane for his generosity in facilitating us for the six two-hour sessions on Thursday afternoons.

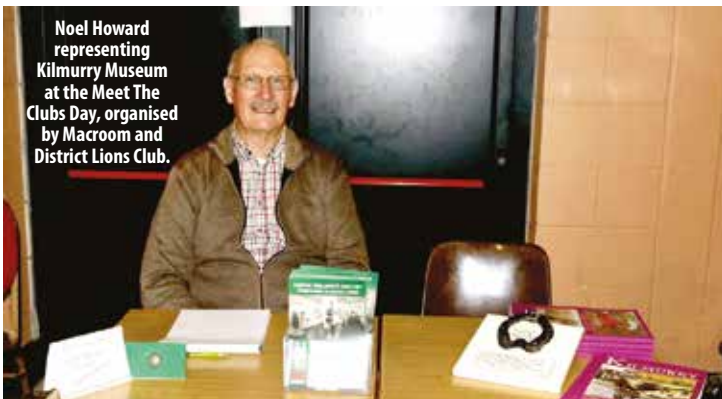
Upcoming

Our very popular Zumba gold classes with Yvonne Murphy 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). If you miss the first class you can still join in, the second class being on the 10th of April.

On Wednesday 10th of April too at 2pm we will have Mary and Trish doing a repeat of the enjoyable exercise and yoga that has proven to be so popular. Thank you, Mary and Trish.

Please mark your calendars! Our bus tour day out is to be on Saturday 11th May. We went east last year, and so we are heading off in a different direction this year. 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



Noel Howard representing Kilmurry Museum at the Meet The Clubs Day, organised by Macroom and District Lions Club.



Members of the Macroom Youthreach at the Meet The Clubs Day, organised by Macroom and District Lions Club.



Members of the Irish Guide Dogs for the Blind at the Meet The Clubs Day, organised by Macroom and District Lions Club.



Members of the Society of St. Vincent de Paul at the Meet The Clubs Day, organised by Macroom and District Lions Club.

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MUSIC EASTER SUNDAY

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THINK GLOBALLY, ACT LOCALLY

Kilmurry Museum hosts a talk on The Gearagh

Kevin Corcoran & Harriet Burgess

Supported by Grace O'Sullivan (MEP)

Hi! Chris Barrett back with you, writing about a really interesting talk concerning the Gearagh which I attended on February 24th.

The wonderful Kilmurry Museum hall was packed with locals keen to hear the speakers. Those who are regular readers of this column will be familiar

with Kevin Corcoran's wonderful long-term research and enthusiasm which I wrote about in a previous article. If you did not see it, you can catch up with it and any other articles you have missed, by going online. In the case of Kevin's article, go to [https://www.outlookmags.com/archives/lee-](https://www.outlookmags.com/archives/lee-valley-outlook/issues/LVO766.pdf)

[valley-outlook/issues/LVO766.pdf](https://www.outlookmags.com/archives/lee-valley-outlook/issues/LVO766.pdf) and you will find the article on page 28

THE GEARAGH.

COUNTY CORK'S FIRST NATIONAL PARK

Kevin was the first speaker in Kilmurry, and on this occasion he started by reminding us of anticipated population increases, and how much we all need to have green spaces to walk in - in the Lee Valley there are very few options to take a long walk away from tarmac roads. The Gearagh is one such place but it is quite small and under the control of the ESB whose purpose is to manage the reservoir and dams. He proposes that the ESB no longer requires the upper or Carrigadrohid dam and that the water level could be lowered, allowing land to be returned to nature and public access.

The Gearagh is a very rare case of primeval forest that has survived everything, although much of it was felled to develop the reservoir in the 1950s. It's survival until then was due to the particular river delta geography which made access and exploitation difficult. This is still the case and its deeper recesses persist, a magical water world where fish swim among the trees and where strangers lose their way.

The Hydroelectric Scheme which started to fell and flood it in the 1950s has not completely destroyed its incredible species. Fresh water mussel and freshwater sponges still exist alongside 200 diverse species of plants. A recent British Wildlife Magazine article which was having difficulty in finding



clean rivers in Europe, makes particular mention of the Gearagh, as such rivers are incredibly rare. However, we need to be aware that the Gearagh is constantly changing. In the late 1990s there were thousands of diverse wildfowl to be found there including Whooper swans. The reservoir is rarely full nowadays. With algal blooms and stumps emerging in place of the natural ecology, the grey crows are dominant.

Why Do We Need A National Park?

There is no coherent management plan and access is a problem. Sadly the Gearagh is not alone in its lack of care in Europe or Ireland. Our wildflower meadows are 95% gone, and the Lough Neagh is so polluted that extraordinary measures are needed. We have the opportunity to do good not just for our local area, Cork and Ireland but also for the world.

How could we go about making the Gearagh a National Park?

He gives the Killarney National Park as a very good local example where it is sustainably managed by Ecological Tourism. We have a great example on our doorstep and expertise which could help us.

We could and should investigate the removal of the Carrigadrohid Dam which is now 70 years old and future needs are rapidly being overtaken by more realistic understanding.

Already we can see how river forest islands are advancing and natural rewilding is occurring.

Ecologically sustainable cycle routes and Greenways would be a legacy to leave to our children.

And what about Carrigadrohid Castle?

The dam itself has a Heritage designation set up by the ESB but the centuries older Carrigadrohid Castle has been ignored.

Maybe we should remember our local lament.

Alone I dreamt,

Our bright-limed home tumbling

The Gearagh all withering

Caoinéadh Airt Uí Laoghaire



The talk in Kilmurry Museum was packed!



Harriet Burgess and Eamon Ryan, leader of the Green Party. Eamon's mother comes from Macroom

Advertorial**The second speaker of the evening was Harriet Burgess, (Green Party Local Election Candidate for Macroom LEA).**

On a personal local level she has a great affection for the Gearagh and she is particularly concerned that politics to date have failed to provide it with much needed protection.

As with so many caring locals she is shocked at the current management at the Gearagh as it compares to other similar international sites, and the fact that the ESB is managing this extremely important site by default.

Surely, when we have a geological miracle on our doorstep in the form of such an incredibly rare river delta, it is essential for us to put in place knowledgeable management that is of the highest quality we can provide.

Harriet gave us tantalising glimpses of other countries, who respect and protect other inland deltas, similar wonders of nature and manage them for the benefit of nature and locals.

For the Okavango Delta in Botswana, legal protection is afforded through Botswana's Wildlife Conservation and National Parks Act 1992 and an associated Wildlife Conservation policy, and it is a huge Eco-Tourist Destination.

The Litoveske Pomoravi Protected landscape area is in the flood-plain of the Morava River in the Czech Republic. Here as with the Okavango Delta, scenic trails traverse the nature reserve, which is known for its meandering river and abundant wildlife. This inland river delta has adjacent floodplain forests, wet alluvial meadows and wetlands and cycling fans can take advantage of the diverse network of bike paths.

Finally, the Napo river in the Yasuni National Park in Ecuador, lies within the Napo moist forest ecoregion and is primarily rain forest which is popular with tourists. It was designated a UNESCO Biosphere in 1989.

What about our responsibility for the Gearagh, one of the largest areas of surviving natural

**woodland in Ireland and the last ancient river forest in Western Europe?**

One of the problems is a lack of appreciation. There is a lack of awareness concerning the special nature of the Gearagh. People in Cork city sometimes do not even know of its existence or have only heard its name in passing.

The River Lee Hydro-Electric scheme Approval Order of 1949 gave huge power and land to the ESB.

That was for an outdated scheme, 75 years ago, and yet it is still under the control of the ESB, while many local people are unaware of the current lack of appropriate management. Although the Gearagh has to a large extent protected itself till now, a Knowledgeable State Agency is now needed for its management.

There are many temporary issues to resolve. Despite current awareness, e.g. the Citizen's Assembly's attention to Biodiversity loss, where they recommend tackling biodiversity loss through reviews and appropriate implementation, there is a complete lack of footpaths and cycle routes between the Gearagh and Macroom.

Signage needs to be improved desperately and awareness among locals and in Ireland and Europe needs to be increased.

Why Does the Gearagh need a National Park Designation?

Eco-Tourism: We could do worse than consider what it could do, for the now-bypassed town of Macroom, in terms of Balanced Eco-Tourism. Killarney National Park is an example where nature and tourism are jointly managed successfully.

Within Cork, the Greenway movement is progressing, with plans for "Lee to Sea".

We need to consider if the NPWS is adequately funded to deal with such a complex system containing rare and endangered species. There need to be enforced consequences if any legislation is not adhered to.

Historical Legacy: Is it in the best interests of local people and the Gearagh itself, that the ESB is still in control of its management when knowledgeable ecologists look on in dismay?

Harriet has set up a petition for a change in thought and management of the Gearagh.

<https://www.change.org/p/the-gearagh-ireland-s-next-national-park?>

harriet.burgess@greenparty.ie

The third and final speaker was the MEP Grace O'Sullivan.

Grace started by applauding Kevin and the legacy of all the work he has done.

She then thanked Harriet and reminded the audience that Harriet brings with her the particular skills and knowledge of being a Barrister.

Finally she paid tribute to the huge crowd who turned up to the meeting, and who would continue with a lively question and answer session following the contribution of the three speakers. Among them was John Lynch from Birdwatch Ireland who said the existing mechanism for management was inadequate.

Grace spoke of the European Green Deal which is taking into account the Restoration of Habitats, the Decline of Biodiversity and the change in Habitats. She reminded us that Nature Restoration Laws give protection to biodiversity, to stop more damage being caused. The ESB is not moving forward and wants to continue business as usual. Grace believes we could form a group with different competencies who could formulate a plan. They could learn from others such as those in Killarney who have relevant experience.

Grace reminded us that the Government put 3 billion euro aside for nature in the last budget. From the Climate perspective we need to reduce greenhouse emissions. We need to give the Gearagh a hand in its regeneration.

What will a Restored Gearagh do?

It will help us to meet our climate targets. It will restore Biodiversity, flocks of lapwing and whooper swans. It will allow generations to come to walk along and appreciate the diversity of the Gearagh, gaining a sense of history and well-being.

She appreciates that the target is high in asking for a National Park but that urgently needed restoration is best achieved by that designation. I would like to thank Kilmurry Museum, the three speakers and members of the audience who made contributions.



Harriet Burgess, Kevin Corcoran, Grace O'Sullivan

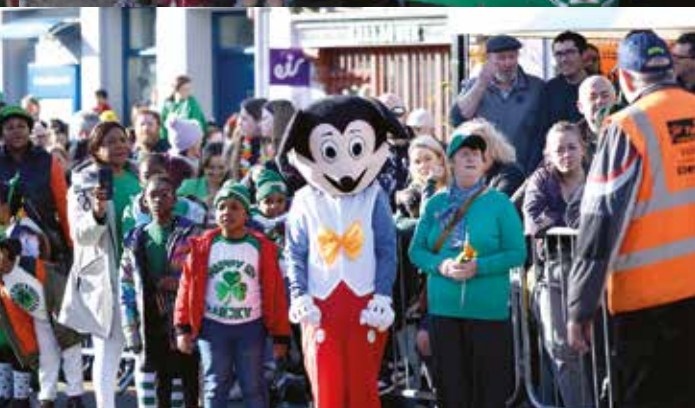


The original village as shown by Kevin Corcoran.

**If you or anyone you know would like to contribute an article, you can contact me
chrisleevalley@gmail.com**

ST. PATRICK'S DAY MACROOM 2024

Pictures by Peter Scanlan



ST. PATRICK'S DAY MACROOM 2024

Pictures by Peter Scanlan



West Cork groups celebrate EirGrid community benefit fund achievements

Thirty-four community groups received a total of €600,000 through EirGrid fund

March 19 – Groups from a host of communities including Dunmanway, Macroom and Carrigadrohid celebrated the completion of community projects with an appreciation event held at Doheny GAA Club, Dunmanway recently.

The event, hosted by EirGrid, the operator and developer of Ireland's electricity grid, was a chance for community groups and organisations to come together to mark the completion of projects achieved through the Clashavoon Dunmanway Community Benefit Fund.

The fund, established by EirGrid to leave a positive legacy in communities along the Clashavoon

Dunmanway electricity line from outside Macroom to Dunmanway, saw €600,000 being shared across 34 projects and initiatives.

Speaking at the event, which saw over 70 people come and celebrate community initiatives achieved, EirGrid Head of Public Engagement, Sinead Dooley said it was only with communities like those in attendance that EirGrid could successfully complete work which will go towards achieving Ireland's climate ambitions.

"Strengthening the electricity grid to allow more renewable energy onto the grid is essential for us all to achieve our climate targets, and we thank all of you who worked with us and continue to host this vital infrastructure.

"It is fantastic to see so many successful projects

improving and future-proofing communities in west Cork. It is clear to see that when people come together and are supported in their efforts great things can be achieved," added Dooley.

Mark Farr of Doheny GAA told those in attendance that the EirGrid fund was "a catalyst" for the club, having received €20,000 through the EirGrid fund which was used to upgrade the roof of the club's changing rooms.

Other projects which were successful from the fund, included the development of the Carrigadrohid Community playground, the renovation of Canovee Community Hall, and the upgrade of St Mary's Tennis Club in Dunmanway.



Ahakeera Drama Group members Sean O'Sullivan, Kathleen O'Regan, Francis O'Regan, Bernard Collins, John G Nyphan, Phil Murphy, Carmel O'Sullivan and Sinead Dooley, EirGrid.



Carrigadrohid Community Playground: Gráinne Dunlea, Sinead Dooley, EirGrid Head of Public Engagement and Ronnie Dunlea at the Clashavoon Dunmanway Community Appreciation Evening.



Avril Wilson, EirGrid and Anne Sweetman, St Mary's Tennis Club Dunmanway.

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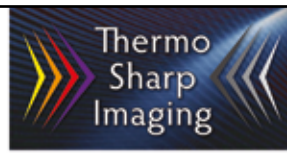
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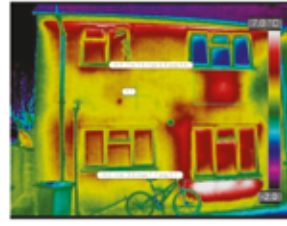
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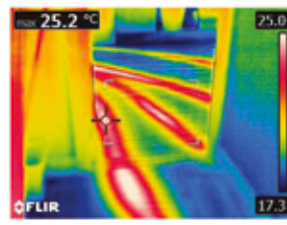
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go to <http://morrisonislandcampus.ie/macroom> or contact us on 086-0140217 or email Bernie at: BAngland@morrisonislandcampus.ie

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Or pop in today to meet us at our Open Day on Thursday March 21st from 9.30 – 3.30pm at the eBusiness Park, Bowl Road, Macroom, P12 FV30

Looking for something truly unique to do with your family this Easter?

Try a fun painting miniature workshop at your local Toy Soldier Factory and you will not be disappointed.

You can partake in a hour long workshop and choose from a wide range of miniatures, from Easter bunnies to Fairies to Toy Soldiers and so much more. Once you chose your favourite figure we make it in front of you by pouring liquid metal into rubber moulds. This silvery metal will cool into beautiful shapes in front of your eyes. Then we clean and polish the figures and prime them for you. After that you take your figures to our spacious workshop area to paint with high quality acrylic paints, and can decide to use our examples for inspiration or freelance and paint them any way you desire. Acrylic paints dry quickly so you will progress surprisingly fast. When finished you can

take your prized masterpiece home with you as a cherished souvenir of your experience here.

We are situated in the village of Kilnamartyra, only a short drive from Macroom and we are between Killarney and Cork City (do not take the new bypass or you will miss us). Open Monday to Saturday - Our visitor centre is filled with exciting miniatures we created inhouse so you can view and buy miniatures and chess sets that you will not see anywhere else. Suitable for ages 7+ and adults.

If you have younger kids we ask that adults do the workshop and they assist you.

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Easter fun planned at Kennedys Pet Farm

Easter Egg Hunts will be the order of the day at Kennedy's Pet Farm over the bank holiday weekend with lots of chocolate Eggs all the boys and girls who want to enjoy a fun filled family day out at the farm this Easter where they can run through the fields with their basket to find all the clues the Easter bunny has left!

The Easter egg hunts are on Friday 29th, Sat 30th & Sun 31st of March. There will be two sessions each day - 10am to 1pm and 1.30pm to 4.30pm.

Easter is a ticket only event. Tickets are now The pet farm is a great attraction for both young and old. A great advantage is the all weather facilities, a brand new indoor playgrounds & indoor little stars play centre, so come rain or shine the Kennedy family can offer you an exciting day out.

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CURRAGHBEG NURSERY & GARDEN

What's Up Dom ...

CHRIS BARRETT speaks with Dominic Cullinane, Noel Murphy and Brendan O'Halloran about exciting three upcoming events at the Nursery which showcase its huge potential as an up and coming Events and Exhibition space.

Hi Chris Barrett back at this wonderful nursery near Ovens (P31EP48) where I am watching Ireland's most unique Nursery and Garden evolve further.



I speak first with **Noel Murphy** who is known for giving very successful 1:1 courses in BEHAVIOURAL DOG TRAINING.

You now have the chance to attend a course at Currabeg Nursery in the Green Room on 13th April. A video is available and you can also

contact Noel in advance on yourdogmatters@gmail.com

This DOG TRAINING course will be run as a one-off by Noel, who originally learned his trade from his grandmother and has honed his skills over the last 35 years with various dogs and their owners. (It is also possible that other courses may be arranged later). The full fees paid for this event will be donated by Noel to the West Cork Dog Shelter and

others. Participants will be asked to pay 20 euro for the course, where they will also be able to check out the Nursery, and enjoy tea, coffee and cakes.

This talk is strictly for the owners of the dogs only and YOU MUST LEAVE YOUR DOG AT HOME.

You will however have the opportunity to make notes or record the talk on your phone.

Noel will be available to take questions, before, during and after the talk; and he is always very happy to speak with dog owners. Having spoken to Noel myself, I believe that such is the wealth of his experience that you will be unable to come up with an issue that Noel has not seen and dealt with previously!

[Bookings can be made through Dominic before the event (0857820736) and paid for by Revolut or transfer, and cash or card at the door.] An unusual bespoke ART EXHIBITION will open at Currabeg Nursery on Friday 19th April at 6pm and run for 2 weeks until Friday 3rd May.

Readers will be amazed to learn that this exhibition comprises individual pieces made by Noel Murphy. These one of a kind pieces showcase an unusual and striking combination of wood and copper.

There is no production line and Noel prides himself in taking and reusing material that others discard.

He is a man who is not fond of waste!

Interestingly Noel has only been working in this medium for about 5 years and regrets not finding his niche earlier; and that he did not know sooner that he had a gift in this area.

He really hopes you will come and see his work. The pieces can be viewed during Nursery hours (9am to 5.30 daily) in the Green Room and several of the pieces will be available for sale.

(Noel's Business cards will be available on the day.)

The third exciting event could not be more appropriate for the nursery. It is a series of classes in

BUILDING GARDEN FURNITURE

run by Brendan O'Halloran.

Brendan is a local carpenter with over forty years

experience. He has a vast knowledge in all areas of

carpentry. Originally from

Templemartin, Brendan has been living with his wife and



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family in Coolmakee since 1981. After school, he completed an apprenticeship and worked alongside his father, uncles and grandfather. He has two sons who also work as carpenters, who Brendan supported in training up. Brendan is passionate about carpentry and has worked on everything from small projects - more recently garden furniture, to large scale projects including new builds, renovations etc. Over the years Brendan has worked alongside plumbers, electricians, architects, and labourers working both as a foreman and sub-contractor.

He has worked on private residential properties and with other agencies including the HSE, City and County Councils. He has plenty of experience in working to time targets and is able to budget and adapt to job changes as needed. Over the years, Brendan has worked with FAS, and has had many apprentices who are now qualified successful carpenters.

In the past 15 years Brendan has been running a very successful garden furniture business. This has included making furniture for private residences as well as local businesses i.e. pubs, restaurants, creches and garden centres. He now has customers throughout Ireland.

His courses at Currabeg will start at 10am on Saturday 27th April. They will run for a total of 6 weeks and the cost of the entire course is 300 euro, payable by bank transfer or cash on the first day. Due to logistics and expense each class will be by demonstration only. Brendan is an enthusiastic, self-motivated individual. He is looking forward to passing on his skills to people who are interested in designing creative pieces of furniture. If you wish to contact Brendan you will find him online and you can email him for further details Brendanohallorancs@yahoo.ie

Dominic is excited to bring these events to you, and is looking to host other exciting events and exhibitions in the future.

So if you have anything in mind, you can contact Dominic 085 782 0736

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If you or anyone you know would like to contribute a similar article, you can contact me chrisleevalley@gmail.com





World Book Day at St Josephs



Ecology Students from McEgan 3rd Year collecting data during their recent Ecology field trip to Killarney National Park.



2nd class children from Canovee & Kilmurry NS pictured here with their teachers, Canon Bernard and Fr Michael at the First confession ceremony



Pat O'Connell receives a cheque from De La Salle 4th year students who raised funds during Christmas



Dromleigh N.S. students celebrating World Book Day in style!



Members of the Cork Hot Rod club who participated in the first race in Cork 55 years ago attending the anniversary get together and dinner at Kilumney Inn. Included are Leo O'Sullivan, Dripsey, Kevin McSweeney, Ovens, Tom Mullins, Crookstown, Tom McGrath, Belgooly, Dinny Bradfield, Carrigaline, Vincent McGrath, Passage and Tom McSweeney, Aherla.



Comórtas don "Doras is Fearr" (one of the 1yr enteries for "Best Decorated Door" competition for Seachtain na Gaeilge!) An-ealaíonta ar fad a bhuachaill



St. Brigid's Day Crosses at Rylane NS



McEgan Students Ronan O'Neill & Finbarr Creedon checking out one of the many exhibits at Kilmurry Museum as part of their History studies.

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GENERAL GAA NEWS

March 18th 2024**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 Fermanagh 0-16 Cork 1-14
 Mar 3rd Cork 2-15 Kildare 3-9
 Mar 16th Meath 1-11 Cork 1-15
 Mar 23rd Saturday Cork v Armagh in Cork 7pm

Allianz National League Div Two

Table after 6 Rounds:

Donegal and Armagh 11 points each, both promoted
 Cavan 7, Cork 6, Meath 6, Louth 4, Fermanagh 3,
 Kildare 0

Meath 1 – 11 Cork 1 – 15

When Cork fell three points in arrears, 1-11 to 1-8, with 14 minutes to go it seemed that this game in Navan was going away from the Rebels but they then kicked the last seven points to take the spoils by three points and assure themselves of retraining their Div Two status for next season. Cork have now recorded three wins on the trot in the Allianz Division 2 football league.

Cork, just back from a training camp in the Algarve, had started well despite the weather not being very

kind, frequent heavy showers with wind making underfoot conditions very slippery. After an early Meath point Cork struck for a confidence boosting goal from Conor Corbett, put through by Brian O'Driscoll after four minutes. It was 1-1 to 0-2 after the first quarter, Cork went four clear but left Meath back into contention and the sides were level at 1-4 to 0-7 at half time, a disappointing position for Cork on the run of play.

Cork made a strong start to the second half when Seán Powter set up Corbett for a fine point, and Corbett then made it 1-6 to 0-7 after 38 minutes. Meath came back well and drew level, Powter had a Cork point, 1-7 to 0-9 before Meath then scored 1-1 in a minute, 1-10 to 1-7 after 54 minutes. The sides traded points, and the momentum was with the home side but a pair of Luke Fahy points and a point from Corbett brought Cork level with five minutes remaining, 1-11 apiece and further points from Steven Sherlock and Matty Taylor sent the Rebels two points clear and in added time a Sherlock point from a free followed by one from Mark Cronin assured Cork of a fine victory. Cork's last league game is against Armagh at SuperValu Páirc Uí Chaoimh on Saturday March 23rd at 7pm.

Cork scorers: C Corbett 1-3, S Sherlock 0-3 (0-1 f), L Fahy, B Hurley 0-2 each, M Taylor, M Cronin, C Óg

Jones, B O'Driscoll, S Powter 0-1 each.

Cork: Christopher Kelly (Eire Óg): Kevin Flahive (Douglas), Daniel O'Mahony (Knocknagree)

Tommy Walsh (Kanturk): Luke Fahy (Ballincollig), Sean Meehan (Kiskeam), Matty Taylor (Mallow): Ian Maguire (St Finbarrs), Colm O'Callaghan (Eire Óg): Paul Walsh (Kanturk),

Seán Powter (Douglas), Brian O'Driscoll (Carrigaline): Chris Óg Jones (Iveleary), Conor Corbett (Clyda Rovers), Brian Hurley (Castlehaven) Capt. Subs: Ruairi Deane (Bantry Blues) for P Walsh (44), Steven Sherlock (St Finbarrs) for B Hurley (48), Mark Cronin (Nemo Rangers) for C Óg Jones, Killian O'Hanlon (Kilshannig) for B O'Driscoll (both 60), Eoghan McSweeney (Knocknagree) for R Deane (64) and Micheál Aodh Martin (Nemo Rangers), Maurice Shanley (Clonakilty), Darragh Cashman (Millstreet), Thomas Clancy (Clonakilty), David Buckley (Newcestown), John O'Rourke (Carbery Rangers).

Munster Senior Football Championship

April 7th Sunday at Supervalu P Uí Chaoimh 4pm, Quarter Final Cork v Limerick

April 20th Saturday, Munster Semi Final at Killarney, if Kerry v Cork 4pm

May 5th Munster Football Final

HURLING

2024 Allianz National Hurling League

Feb 4th Clare 1-25 Cork 2-19 in Ennis
 Feb 10th Cork 1-17 Kilkenny 0-21
 Feb 25th Cork 1-21 Waterford 1-9
 Mar 10th Offaly 0-16 Cork 5-28
 Mar 16th Wexford 1-15 Cork 3-21

Final Group League Tables (5 games):

1A: Clare 9pts, Kilkenny 7, Cork 6, Wexford 5, Waterford 2, Offaly 1.

1 B: Limerick 9, Tipperary 8, Galway 7, Dublin 4, Westmeath 2, Antrim 0.

NHL semi finals:

Limerick v Kilkenny in Supervalu P Uí Chaoimh Saturday March 23rd at 4.30pm:

Clare v Tipperary in Portlaoise on Sunday March 24th at 4pm

Offaly 0 – 16 Cork 5 – 28

Alan Connolly marked his first Cork start in a year and a half with three goals as the Rebels eased past Offaly in Division 1 Group A of the Allianz Hurling League at Glenisk O'Connor Park, a win which left the Rebels nicely positioned to secure a top-three finish in the table.

Cork led virtually throughout with Connolly striking two first-half goals and completed his hat-trick in the third quarter as Pat Ryan's side ran amok in the midlands.

Substitutes Darragh Fitzgibbon and Brian Hayes weighed in with 1-1 each too while free-takers Declan Dalton and Shane Kingston contributed 0-11 between them. Robert Downey, who struck 0-3, stood out in a well drilled defence that denied Offaly their first win of the season and held the hosts to just five points from open play.

It's Cork's biggest win of the campaign following losses to Clare and Kilkenny in the opening rounds

and a win over Wexford would secure a top-three finish at least in the table and top tier hurling in 2025. Cork changed almost two thirds of their team from the narrow Round 3 defeat of Waterford.

Cork finished up with 2-12 in the first-half while Offaly struggled for scores and only managed 0-8 in that half.

Cork went through the motions in the third quarter and the visitors added on further goals to take their winning margin to a whopping 27 points by full-time. Scorers for Cork: Alan Connolly 3-1, Declan Dalton 0-7 (0-4f, 0-2 65), Brian Hayes 1-1, Darragh Fitzgibbon 1-1, Shane Kingston 0-4 (0-2f), Robert Downey 0-3, Jack O'Connor 0-2, Brian Roche 0-2, Conor Lehane 0-2, Shane Barrett 0-2, Luke Meade 0-2, Seamus Harnedy 0-Cork: Patrick Collins; Eoin Downey, Damian Cahalane, Niall O'Leary; Ger Millerick, Tim O'Mahony, Robert Downey; Brian Roche, Luke Meade; Declan Dalton, Conor Lehane, Seamus Harnedy; Jack O'Connor, Alan Connolly, Shane Barrett (Blarney). Subs: Robbie Cotter for O'Connor h/t, Darragh Fitzgibbon for Harnedy 45, Shane Kingston for Dalton 55, Brian Hayes for Connolly 58, Cormac O'Brien for R Downey 68.

Mark Coleman (Blarney) is out injured.

Wexford 1 – 15 Cork 3 – 21

Cork get the better of Wexford in their Allianz Hurling League Division 1 clash at Chadwicks Wexford Park and assured themselves of a place in the new Division 1A next season but the Rebels did not qualify for the 2024 semi-finals. The new Division 1A next year will be Clare, Kilkenny, Cork, Wexford, Limerick, Tipperary and Galway though, with Clare v Tipperary and Limerick v Kilkenny this season's semis.

Overall Cork were by far the better side as Wexford never really recovered from a powerful start by the visitors.

Once again the goal-poaching instincts of Alan

Connolly played a major say in their win, with his two first-half green flags helping them to a 14-point lead by half-time.

The game was less than 15 seconds old when Cork were in front as Joyce split the posts and then Shane Barrett and Patrick Horgan combined to see Connolly raise a green flag. Horgan added two points, 1-3 to no score after five minutes, 1-6 to 0-2 with 20 minutes gone, 1-7 to 0-4 after 25 minutes and then Connolly raised his second green flag and Cork led by 2-13 to 0-5 at half time.

Defensively Cork were rock solid with Seán O'Donoghue leading by example and all around him very dependable. Connolly eventually got his hat-trick after Barrett was pulled down by Eoin Ryan, leading to a penalty which the Rockies man buried.

Scorers for Cork: A Connolly 3-2 (1-0 pen), P Horgan 0-9 (0-8 f), B Hayes 0-2, C Joyce, P Collins, T O'Connell, S Harnedy, R Downey, C Lehane, L Meade, S Barrett 0-1 each.

Cork: P Collins; E Downey, D Cahalane, S O'Donoghue; G Millerick, C Joyce, R Downey; T O'Connell, D Fitzgibbon; D Dalton, S Harnedy, B Hayes; P Horgan, A Connolly, S Barrett.

Subs: L Meade for D Fitzgibbon, B Roche for S Harnedy (both 49), C Lehane for D Dalton (55), S Kingston for P Horgan (59), T O'Mahony for R Downey (66).

Munster Hurling Championship 2024 – Round Robin

April 21st Sunday Waterford v Cork at Walsh Park, 4pm throw in

April 28th Sunday Cork v Clare at Supervalu P Uí Chaoimh, 2pm

May 11th Saturday Cork v Limerick at Supervalu P Uí Chaoimh, 7pm

May 19th Sunday Tipperary v Cork at Thurles, 4pm Munster Hurling Final June 9th

LGFA - 2024 Lidl Ladies GFA National Football League Division 1

Dublin 2-11 Cork 0-6

Dublin bolstered their Lidl National Football League Division 1 title prospects with an emphatic Round Six victory against Cork who despite showing plenty of endeavour throughout, suffered their fifth consecutive reversal of 2024 and will now be battling to avoid relegation to Division 2 when they pay a visit to Meath on Sunday March 24th.

Cork opened the scoring in this contest courtesy of a sixth-minute point from wing-forward Emma Cleary but Dublin responded with unanswered scores by Orlagh Nolan, Carla Rowe and Hannah Tyrrell

(free). Pointed frees from Ellie Jack and Abigail Ring brought Cork back on level terms, but Dublin created significant daylight with a goal on 19 minutes and they led by 1-5 to 0-4 at the interval.

On the resumption, Bohan substitutes galore but the hosts continued to defend and attack with confidence. A second goal from close range in the 47th minute effectively placed the outcome beyond doubt. Cork responded with points from Sadhbh McGoldrick and Lydia McDonagh but Dublin finished with 11 points to spare.

Scorers -Cork: A Ring 0-2 (2f), L McDonagh (1f), E Jack

(1f), E Cleary, S McGoldrick 0-1 each.

Cork: C Richmond; M Duggan, S Leahy, E Twomey; E Jack, A Healy, K O'Driscoll; M O'Callaghan, A O'Mahony; A McDonagh, L Coppinger, E Cleary; A Ring, H Looney, E Hurley. Subs: A Ryan for Jack, S O'Leary for Hurley (both h-t), S Cronin for O'Mahony, L McDonagh for Ring, D Kiniry for Twomey (both 42), K Redmond for A McDonagh (both 46), S McGoldrick for Duggan, K Smith for O'Driscoll (both 53), M Burke for Coppinger (58).

Camogie

Cork 1-10 Tipperary 2-10.

Tipperary struck late in Páirc Uí Rinn to emerge winners over Cork in round 3 of the Very Division 1A National Camogie League.

Trailing by two points with four minutes remaining, goals in the 59th and 65th minutes leave Tipp in a good position with fixtures against Kilkenny and Clare to come while Cork remain in the hunt for a league final spot, this being their first loss of the campaign, having already recorded wins over Kilkenny and Waterford.

The top two teams in this division qualify for the final. Tipperary, with wind advantage, enjoyed a bright start, and led by three points before Cork's Orlaith Mullins opened the home side's account Cork's account just before the quarter hour mark, and they had the next two points from Amy O'Connor (45) and Sorcha McCartan (free) to level matters 0-3 apiece.

Tipperary found their form coming into the break, fired over three points and led by 0-6 to 0-3.

Cork started the second half well, with 1-1 from

Amy O'Connor within a two minutes spell and later Tipp fell a goal behind 1-7 to 0-7, but never gave up the fight and Eimear McGrath fired home her goal Tipperary moved 1-9 to 1-8 in front and when Niamh Treacy was on hand to fire a rebound to the net it sealed Cork's fate on this occasion. Cork's only reply in those closing stages were Amy O'Connor and Sorcha McCartan frees.

Scorers for Cork: A O'Connor (1-6, 0-1 45, 0-4 frees), S McCartan (0-2 frees), O Mullins and C Finn (0-1 each). Cork: M Lynch (Capt); Meadhbh Murphy (Ballinora), L Coppinger, A Barrett; I O'Regan, A Thompson, M Cahalane; L Hayes, H Looney; Cliona Healy (Aghabullogue), E Murphy, F Keating; A O'Connor, O Mullins, S McCartan. Subs: K Mackey for C Healy, L Treacy for A Barrett (both half-time), C Finn for O Mullins (39), N O'Callaghan for E Murphy (48).

Fixtures for March/April 2024

Sat, March 23rd U17 F Challenge Cork v Armagh in SuperValu Páirc Uí Chaoimh

Sat, March 23rd @7pm AFL R7 Cork v Armagh in SuperValu Páirc Uí Chaoimh

March 23rd - 24th AHL Allianz Hurling League Semi-Final

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 Páirc Uí Chaoimh

Mc Carthy Insurances 2024 County Football Leagues

Div One: St Finbarrs 3, Nemo Rgrs 3, Ballincollig, Newcestown, Carrigaline, Castlehaven, Douglas and Cill na Martra- all on 2 points, Carbery Rangers and Éire Óg 1pt each

Div Two: Dohenys 6, Valleys 2, Fermoy 2, Clonakilty 2, O Donovan Rossa's 2, St Michaels 2, Béal Átha'n Ghaorthaidh 0, Knocknagree 0, Kiskeam 0, Clyda 0

Div Three: Newmarket 4, Mallow, Bishopstown, Aghada, Rockchapel, Kanturk 2 pts each, Castletownbere 1, Kilshannig 1, Macroom 0 Nemo Rgrs 0

Div Four: Bantry 2, Iveleary 2, Aghabullogue 2, Bandon 2, Boherbue 1, Glanmire 1, St Vincents 0, Naomh Abán 0, Ilen Rvrs 0, Glanworth 0.

Div Five: Buttevant 4, Adrigole 2, Kilmurry 2, Kinsale 2, Millstreet 2, Dromtariffe 0, Ballydesmond 0, Mitchelstown 0, Na Piarasigh 0, Glenville 0

Div Six: Ballinora, Aghinagh

Div Seven: Canovee

Div One:

Ballincollig 3-6 Castlehaven: 0-9

Ballincollig, defeated by Carrigaline in their opening league game by 0-12 to 0-9, got on the winning trail with a prestigious win over County Champions Castlehaven at a very wet and windy Ballincollig under light in their second round McCarthy Insurance Group Division 1 football league encounter.

The Village took their chances very well in what was a solid team performance after The Haven had started well with a Michael Hurley point after two minutes. Seán Kiely levelled for the home side, and after

20 minutes it was still 0-1 apiece. Dara Dorgan put Ballincollig in the lead on 22 and four minutes later 'Collig were awarded a penalty when Cian Dorgan was fouled, Cian's spot kick was well blocked but Dara Dorgan shot the rebound to the net. Hurley made it 1-2 to 0-2 after 27 minutes but The Village kicked two late points from a Dara Dorgan mark and a Cian Dorgan 45, and so led by 1-4 to 0-2 at the break.

Two minutes into the second half Cian Dorgan had a second Ballincollig goal and after 37 minutes Sean Kiely finished a good move to the net to make it 3-4 to 0-3 and Ballincollig were on the high road to victory. Castlehaven did not die and got the deficit down to six points in the closing stages but the home side defended their goal well and remained in control.

Next up: Ballincollig v Carbery Rangers, at Rosscarbery on Saturday, March 30 at 2pm.

Ballincollig scorers: D Dorgan 1-3 (0-1 m), C Dorgan (45), S Kiely 1-1 each, P Kelly 0-1.

Ballincollig: C Walsh; C Moore, L Jennings, D Ebili; D Kirstein, JP Murphy, S O'Neill; S Dore, S Kiely; M Oldham, C Buckley, P O'Neill; D Dorgan, C Dorgan, D Murphy. Subs: J Murray, P Kelly, C Sheehan, O Dorgan 58. Referee: John Ryan (Macroom).

St Finbarrs 1-11 Cill na Martra 2-8

Cill Na Martra 1-8 Nemo Rangers 2-5

Cill na Martra, County Premier Intermediate football champions in 2023 and promoted to Senior A for this year's championship campaign, have started their

competitive season well with two draws against the two leading clubs of the city in the McCarthy Insurances Division One league. These results were achieved despite Cill na Martra being understrength and augers well for the year ahead under the club's new management team.

Cill na Martra were away to St Finbarrs in the first league game and the sides were level at half time, 'Barrs 0-7 to 1-4 for Cill na Martra, Shane Ó Duinnín the goal scorer.

A goal for the 'Barrs put the Togher side in front but the second Cill na Martra goal had the visitors a point to the good before 'Barrs scored a late equaliser.

Cill na Martra: Antóin Ó Conaill: Cormac Ó Cróinín, Fínén Ó Faoláin, Danny Ó Conaill: Aaron Ó hUídir, Sean Ó Foirréidh, Cianie Ó Foirréidh: Gearóid Ó Goillidhe, Anthony Ó Loinsigh: Eoin Ó Conaill, Jason MacCarthaigh, Eoin Ó Céilleachair: Shane Ó Duinnín, Ciarán Ó Duinnín, Maidhchí Ó Duinnín.

Cill na Martra were at home at Páirc Uí Chuana on a very wet St Patrick's Eve and this time it was the Gaeltacht side which rescued a point with a score from a very late free.

Conditions were very difficult with water beginning to lodge in places from the persistent heavy rain but in fairness to the two teams they gave it everything in a sporting manner. Nemo got the perfect start as a Paul Kerrigan point was followed by a goal from Luke Horgan, 1-1 to nil after six minutes. Damian Ó hUairil opened the scoring for the home side with 7th minute point and Jason MacCarthaigh added another from a free. Nemo struck for a second goal



in the 13th minute, corner back Eoin Nation finishing a slick 4-man move to the net. From there to the half time break Cill na Martra got motoring. Jason MacCarthaigh pointed a free and then was overjoyed to see his high speculative lob into the goalmouth bobbed over the line by the Nemo goalkeeper on 14 and the sidws were level on 22 when Damian Ó hUrdail pointed a free, 1-4 to 2-1 now the score. A further point from Damo and a point apiece from Danny Ó Conaill and Shane Ó Duinnín had Cill na Martra ahead at the break by 1-7 to 2-1.

After consultation with the teams it was decided by referee Pat O'Leary to continue with the game and the second half saw almost total dominance by the city side. They had drawn level by the three quarter stage and a Gary Sawyer point in the 49th minute had them 2-5 to 1-7 in front. With scores at an absolute premium it seemed that this point would give victory to the Tramore Road men but in the 36th minute, Cianie Ó Foirreíd, up in attack, was fouled, the ball was advanced for dissent and Jason MacCarthaigh's free levelled the scores for Cill na Martra with the last kick of the game.

Cill Na Martra: Antóin Ó Conaill: Cormac Ó Cróinín, Finén Ó Faoláin, Danny Ó Conaill: Donagh Ó Buachalla, Seán Ó Foirreíd, Cianie Ó Foirreíd: Gearóid Ó Goillidhe, Anthony Ó Loinsigh: Eoin Ó Conaill, Jason MacCarthaigh, Eoin Ó Céilleachair: Shane Ó Duinnín, Ciarán Ó Duinnín, Damian Ó hUrdail. Fir Ionaid: Micheál Ó Cathasaigh agus Luke Ó Laighean.

Next up: Cill na Martra away to Carrigaline (managed by Kevin O'Sullivan who guided Cill na Martra to their County Intermediate championship title in 2018)

Éire Óg 1-9 Carbery Rangers 2-6 St Finbarr's 2-10 Éire Óg 2-7

A last minute goal from the boot of Michael Murphy earned a share of the spoils for Éire Óg in their opening round league game at home to Carbery Rangers but a bad start proved costly for the Ovens men in their next outing away to St Finbarrs at Togher. St Finbarrs dominated the opening half and led at half time by 1-8 to 0-1, the sole Éire Óg point coming

COUNTY HURLING LEAGUES

Div One

Glen Rovers 0-22 Ballincollig 1-13

Mar 24th: Ballincollig v Charleville

Div Two

Eire Óg 3-6 St Finbarrs 0-15

Mar 24th: Éire Óg v Newtownshandrum

Div Three:

Ballymartle 2-17 Blarney 1-16

Mallow 1-14 Inniscarra 0-7

Mar 23rd: Inniscarra v Blackrock: Mar 24th:

Blarney v Bishopstown

Div Four:

Cloughdub 1-15 Bandon 0-18

Mar 24th: Milford v Cloughdub

Div Five:

Aghabullogue

Mar 23rd: Middleton v Aghabullogue

Div Six:

No Mid Cork teams

Div Seven:

Ballinora

April 6th: Ballinora v Douglas

Éire Óg 3-6 St Finbarr's 0-15

Éire Óg and St Finbarr's shared the spoils in an

from Eoin O'Shea. St Finbarrs added a goal from a penalty to their tally on the restart but Éire Óg now started a spirited come back with points from Diarmuid Dineen, Joe Cooper and Brian Hurley. A Daire McCarthy goal reduced the deficit further and Joe Cooper added a point. Leading by 2-9 to 1-5 'Barrs were still in control but Conor McGoldrick from a free and Daniel Healy points narrowed the gap to six points. Brian Hurley's goal for Éire Óg left only three points between the teams but time was up and the rattled home side survived.

Scorers for Éire Óg: B Hurley 1-1, D McCarthy 1-0, J Cooper 0-2, E O'Shea, R O'Flynn, C McGoldrick (f), D Healy 0-1 each.

Éire Óg: E Kelleher; D Dineen, S Mullins, C McGoldrick; E O'Shea, M Griffin, A McCarthy; D McCarthy, B Thompson; J Murphy, J Cooper, D Casey; D Healy, B Hurley, R O'Flynn.

Div Two:

Dohenys 2-19 Béal Átha'n Ghaorthaidh 1-14

Doheny's made it three league wins in a row when they were clear winners over Béal Átha in Dunmanway on St Patrick's Day. The home side showed the benefit of having being more active as they blitzed Béal Átha, playing their opening league game of the year, in the first half particularly at the end of which they led by 2-11 to 0-4.

Béal Átha improved as the second half progressed and the thgird quarter was fairly even, Dohenys leading by 2-17 to 0-9 in the 47th minute and a goal for the Gaeltacht side from Donagh Seartan gave the Muskerry men fresh impetus and they added three points before Dohenys reasserted command and finished eight points to the goods.

Scorers for Beal Átha were: Donagh Seartan 1-1, Ben Seartan 0-7 (0-6f), Diarmuid Mac Thomáis 0-3 (0-1f), Conchur Ó Loinsigh 0-2, Matt Ó Riordáin 0-1.

Béal Átha'n Ghaorthaidh: Darren Ó Coill: Peatsaí Ó Tuama, Barra Ó hArgáin, Nollaig Ó Laoire: Gavin Ó Loire, Liam Ó Críodáin, Seán Ó Donnchú: Cian Ó Duinnín, Eanna Ó Duinnín: Colmán Ó Tuama, Conchur Ó Loinsigh, Donagh Seartan: Ben Seartan, Seán Ó Muineacháin, Diarmuid MacTomáis. Fir Ionaid: Matt Ó Riordáin, Leonard Ó Conchur, Daire Ó Briain,

entertaining opening game in this RedFM Division 2 hurling league clash at Ovens.

Despite two grades being between the teams, the hosts, despite missing some key players, could have got a winner late on, when a couple of chances went begging, but were reasonably content with the draw. In a low-key opening 30 minutes with the heavy rain playing a factor, scores were at a premium. Éire Óg led 0-2 to 0-1 after 20 minutes. Ben Cunningham landed a free before the home team raised a green flag seven minutes to the break when Daniel Healy kicked the ball into the net following a goalmouth scramble.

The sides traded points before a Ben Cunningham free and a Pádraig Buggy effort cut the gap to a point, 1-3 to 0-5 after 29 minutes. A long-range Kevin Hallissey effort gave the home side a two-point lead, but another Ben Cunningham free meant there would be the bare minimum between the sides at the break, 1-4 to 0-6.

On the resumption, David Healy got a second goal for the home side and Éire Óg had a third goal after 38 minutes through Jerome Kelleher 3-4 to 0-7 now the score. St Finbarr's rallied and the sides were level after 53 minutes, 3-5 to 0-14.

A 'Barrs free edged the city side in front but Eoin O'Shea levelled for Éire Óg with a fine point.

Diarmuid Ó Ceallacháin, Brian Ó Duinnín.

Next: Béal Átha'n Ghaorthaidh v Fermoy, Saturday March 30th

Div Three: Nemo Rangers Int v Macroom postponed. Nemo pitch unplayable

Div Four: Ivelaery, Aghabullogue, Naomh Abán – Rd 2 matches postponed

Div Five: Kilmurry – Rd Two match v Boherbue postponed

Mitchelstown 1-6 Kilmurry 3-12

Kilmurry got their Div Five league campaign off to a good start with an away win over Mitchelstown under lights. Kilmurry led by 1-4 to 1-3 at half time, Joe McGinn the goal scorer. The exchanges continued to be very close until the final stages when two goals for Kilmurry gave the scoreboard a misleading appearance.

Kilmurry scorers: Kyle Kelleher 1-3, Joe McGinn 1-2, Darragh Linehan 1-0, Liam Wall 0-4, Alex Aisling 0-1, Joe O'Mullane 0-1, Laurence Aisling 0-1.

Kilmurry: Liam Long: Gearóid O'Mahony, William Ronan, Owen Keane: James O'Mullane, Brian Hinchion, Alexander Aisling: Laurence Aisling, Kyle Kelleher: Rory Duggan, Barry Griffin, Liam Wall: Joe O'Mullane, Greg Barrett, Joe McGinn. Subs: Darragh Linehan, Daniel Cahalane, Mark Dromey, Patrick Grainger

Div Three:

March 16th Nemo Rangers v Macroom off

Div Four:

Mar 14th: Naomh Abán v St Vincents

March 17th: Ivelaery v Bantry Blues OFF, Glanworth v Aghabullogue

Div Five:

March 5th: Mitchelstown v Kilmurry

March 17th: Kilmurry v Ballydesmond

Div Six:

March 31st: Aghinagh v Kildorrery,

Ballinora v Mayfield, March 30th/31st

Div Seven:

March 31st: Argideen Rangers v Canovee March 31st

Scorers for Éire Óg: D Healy 2-0, J Kelleher 1-1, E O'Shea 0-3 (0-1 f), K Hallissey, D Kirwan 0-1 each.

Éire Óg: M Brennan; J Mullins, M Brady, B Corcoran; D Dineen, C McGoldrick, D O'Herlihy; D McCarthy, K Hallissey; D Kirwan, E O'Shea, B Hurley; D Casey, J Kelleher, D Healy. Subs: L Considine for J Kelleher (42, inj), E Kelleher for D Casey (52).

Next: Éire Óg v Douglas March 31st

Roinn Mhuscraí CLG – Mid Cork League Groupings 2024

FORMATS 2024: EPH Controls Football Leagues:

Div 1FL – 8 teams, 7 games each, Top 2 placed teams will play final. Commencement date 17th/18th March
Div 2FL – This is divided into East & West – 8 teams in each, 7 games, Top two play semi-finals – Top team of East will play second team of West and vice a versa to determine the teams in the final – Commencement date 17th/18th March

Div 3 FL – 8 teams, 7 games, Top 2 placed teams will play final - Commencement date 14th April

Div 4 FL – 4 teams, 3 games, Top 2 placed teams will play final - Commencement date 23rd June

Cumnor Construction Div 1 HL – 8 Teams, 7 games, Top two teams will play final – Commencement date



23rd/24th March

Erneside Engineering Div 2 HL – 8 Teams, 7 games, Top two teams will play final – Commencement date 23rd/24th March

Erneside Engineering Div 3 HL – 5 Teams, 4 games, Top two teams will play final - Commencement date 4th/5th May

EPH Controls Football Leagues

Division 1

Ballincollig, Béal Átha'n Ghaorthaidh, Clondrohid, Donoughmore, Éire Óg, Grenagh, Inniscarra, Kilmichael

Division Two East Aghabullogue, Ballincollig2, Ballinora, Blarney, Donoughmore2, Éire Óg2, Inniscarra2, Dripsey

Division Two West Aghinagh2, Béal Átha'n Ghaorthaidh2, Canovee, Cill na Martra, Macroom, Uibh Laoire, Kilmurry, Naomh Abán

Division Three

Ballincollig, Béal Átha'n Ghaorthaidh, Gleann na Laoi, Inniscarra3, Kilmichael2, Naomh Abán2, Macroom2, Grenagh2

Division Four

Dripsey2, Clondrohid2, Canovee2, Blarney2

HURLING

Cumnor Construction Division 1 Aghabullogue, Ballincollig, Blarney, Donoughmore, Dripsey, Éire Óg, Grenagh, Inniscarra Erneside Engineering Division Two Blarney2, Cloughduv, Éire Óg2, Gleann na Laoi, Grenagh, Inniscarra2, Uibh Laoire, Kilmichael Erneside Engineering Division 3 Ballincollig 2, Ballinora 2, Donoughmore 2, Laochra Óg, Lough Rovers

MID CORK GAA CHAMPIONSHIPS 2024

CHAMPIONSHIP DATES & FORMATS 2024

Junior A Football & Hurling Championship will commence on the same weekend as the county football & hurling championship. Football commencing weekend 26th -28th July and Hurling commencing weekend 2nd -5 th August. Deadline for Divisional Junior A Finals is Sunday October 27th. Junior B Football provisional commencing 10th -11th August, Junior B Hurling provisional commencing 30th Aug-1 st Sept. Deadline for Divisional Junior B Finals is Sunday October 27th . Junior C Football commences in late September depending on the rounds of U21 Hurling completed and also teams' involvements with first and second teams. U21 Football has already been concluded, U21 Hurling provisional last weekend of October and have a straight knockout.

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: 1. A v B C v D 2. A v D C v B 3. 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

LAOCHRA OG

March 10th 2024

Today saw our U15 Camogie girls take to the pitch in Castle Road, playing Ballinora, Grenagh and Rockbán and contesting the final against Ballinora whom came out winners on the day . Thanks to Muskerry

Camogie for organising todays event. A special thanks to parents for your support today and to our team sponsors Healys SPAR. Well done to the girls , it was great to be in a final so early in the season. Laochra Óg Camogie players on the 2024 Cork Camogie Panel

Lily Desmond and Ava McSweeney U17 Cork Camogie Panel, Darcy O'Brien U16A Cork Camogie Panel
Clara O'Connell U16B Cork Camogie Panel, Cliona O'Brien U15 Cork Camogie Panel



U15 Camogie v Ballinora 10th March
Top left: Clara O'Connell U16B Cork Camogie Panel 2024
Top Right: Cliona O'Brien U15 Cork Camogie Panel 2024
Bottom left: Darcy O'Brien Cork Camogie Panel U16A 2024
Bottom right: Lily Desmond and Ava McSweeney U17 Cork Camogie Panel 2024



MACROOM SOCCER CLUB



Macroom FC U13 schoolboys who defeated Douglas Hall 2-0 at Murrayfield.



Macroom FC U14 schoolboys side who won 3-1 away to Bandon in the league.

Lotto Win

Huge congratulations to Mary, Ciara and Michelle c/o Greyhound Bar who were the lucky winners of the €3,200 lotto jackpot on Monday 11 March last. The lucky numbers drawn were 3, 23 and 26. Well done to this syndicate and enjoy the winnings from all at Macroom FC. Our lotto jackpot restarts at €1,000 and increases €200 each week that the jackpot is not won. There are also weekly consolation prizes on offer. Pick only 3 numbers for €2 to be in with a chance. All monies raised go directly towards the running of our busy club. Paper tickets available throughout Macroom and online tickets as well as annual subscriptions can be purchased at <http://www.macroomfc.ie/1lotto>. Thanks to all for your constant support of our club.

Schoolboys Round-Up

The U14 div 2 side had two good away league wins recently. First up it was a trip to Bandon and Macroom came away with a 3-1 success. Matthew Kelleher was on target from the penalty spot after Aled Hopkins was fouled in the box. Hopkins then scored a cracker with a first time strike from distance. Bandon replied on the stroke of half time to make it 2-1. The hosts piled on the pressure in the second half but the Macroom defence stood up well with Ciaran Coleman and David Condon doing well. The win was secured late on when another Kelleher penalty was dispatched. It was off to a wet and windy Ballea Park in Carrigaline last Saturday afternoon and Macroom emerged victorious on a 4-0 scoreline. Dylan O'Shea scored direct from a corner to give Macroom the lead. It was another O'Shea corner soon-after which caused panic and ended up in the net via a Carrigaline defender. Then, good work from Cathal Lyons, Mike McElroy and Ryan Brophy saw the energetic Dylan O'Connell finish well from a tight angle. Into the second half and facing the wind, Macroom continued to

work hard with all 14 players contributing. Cian Lee popped up late on to score Macroom's fourth, a fine strike from outside the box. Micheál Deasy, David Bradley, Mike McElroy, Cathal Lyons and Daniel Harte gave good performances. Well done to all players, coaches and parents for the support. Thanks also to the referees of both games; Bertie Stark and Victor Ufoh. In U13 div 2, Macroom beat Douglas Hall 2-0 at Murrayfield in their best performance of the season. The home side were on the front foot from the off and the visiting keeper made a string of fine saves to keep the scoreline at 0-0 for the opening period. The second half started in a similar fashion, Macroom were on top but Douglas defended bravely and their goalkeeper continued to frustrate the home side. It was clear it was going to take something special to beat the resolute Douglas defence. Macroom finally took a deserved lead when the ball fell to Darragh O'Shea and he curled a superb long range effort which nestled in the top corner of the Douglas net. From the restart Macroom bravely pressed up again on the opposition. They were quickly rewarded with a second goal when Sean McSullivan finished well. This continues his rich vein of form in front of goal this season. Lochlainn Phelan provided the assist from the left wing. The game finished 2-0 to Macroom in what was a deserved win. As always all 15 players contributed with players rolling on & off the bench and the coaches are extremely proud of every player. Thanks to all the parents for the great support as always and thanks also to referee, Shaun Lawson. The U13A boys welcomed Strand Utd and emerged winners on a 5-2 scoreline. James O'Brien was the standout performer in the first half and he delivered an excellent hat-trick. Maks Pietrzak in the Macroom goal made an excellent save to keep Strand at bay, before Alex Murphy made it 4-0 with a fine finish. To their credit, Strand fought back and scored twice to

make it 4-2. The hosts continued to fight hard though and Gena Lisoyvi sealed the win with a last minute goal securing a 5-2 result. It was notable to see every player working hard and all spectators enjoyed a fantastic morning of football.

In U15 div 7, Macroom took on city side Everton at Murrayfield with the game ending in an entertaining 3-3 draw. The old 'a game of two halves' line was very relevant here as Macroom started this game in the ascendancy. A Daniel Lucey goal in the 3rd minute was just the start the home team wanted. Lucey popped up again with another beauty in the 28th minute and Macroom were happy to take that lead into half time. Things got better early in the second period when William Healy seized an opportunity and scored a fabulous goal for the home team-his first of many we have no doubt. The tide then turned as Everton scored two quick goals against the run of play. All of a sudden, momentum had completely changed. The visitors followed up with an equaliser in the 64th minute to make it 3 - 3. Both sides tried hard to get the winner but the tie ended all square. Macroom were slightly disappointed having led 3-0 but credit also to Everton for the comeback. Well done to all players, management, parents and supporters. Thanks also to referee Revazi Kukhianidze. The U12 squad (captained by Milan Ragin) journeyed to Lakewood Athletic and were very unlucky to come away with a 1-0 loss. The lads played brilliantly but, unfortunately, the luck wasn't with Macroom on the day. Well done boys on a strong performance. The U11A boys headed to play Killarney Celtic and the U11B lads welcomed Avondale Utd in two very entertaining non competitive fixtures. Thanks to all of our coaches who volunteer their free time to coach all of our teams.



Kilmurry GAA Under 21 team that won the Mid Cork Under 21 B Championship 2024.



MACROOM GAA

U18 Division 1 League

Macroom and Kinsale met in division 1 league match on Tuesday 12th March at the Castle Grounds. Both sides were missing a few players through injury but served up a very exciting match considering conditions. Kinsale were off the mark first with a and quickly reeled off 2 more points before Macroom got a point. A Mark Condon goal helped Macroom settle however some sloppy play all over the field left Kinsale back into the game leaving the score at half time Macroom 2.2 to Kinsale 1.7.

Kinsale were better at holding the ball and not giving away possession in the second half as they kicked 3 unanswered points before Macroom got a goal through Kuba. With the game heading towards the last 10 minutes Kinsale stretched their lead out further ensuring a good start to the league.

Macroom will have to dust themselves down for a meeting with local rivals Kilmurry in a few weeks time. Full Time Macroom 4.04 Kinsale 3.12.

Team: Noe Kollar, Donagh Murray, Ryan Abas, Bobby Murphy, Shane McCarthy, James Slattery, Regan Wong, Oisin O'Sullivan, Mark Condon, Jamie Murphy, Kuba gdaniec, Ruadhan McKenna, Evan O'Sullivan, Ian O'Sullivan, Ordhan Creed, Jack White, Ruari Kiernan, David Neville, Denis McSweeney, Ruari O'Shea, Jack O'Shea, Charlie Magee, Eoghan Healy

U-14 Premier 1

Ballinora v Macroom U-14 Premier 1 League



Cill na Martra team v Nemo Rangers Div One County Football League



Maisie Murphy and Kate Downey from St. Mary's ahead of the All Ireland



U14 Macroom team v Ballinora on St. Patrick's Day.

Macroom travelled to Ballinora for their first league match of the year - both teams stepping up to P1, Ballinora having won P2 last year. Macroom were knocked out in the semi final last year by the narrowest of margins so there was a hunger to beat the champions. A strong cross wind favoured Macroom in the first half and they led 0-3 to 0-5 at the break with superb scores from Ryan Brophy and Dylan O'Shea.

The second half started very competitively before Macroom pushed on and opened a healthy lead cemented by two goals by Dylan O'Shea and a superb point from range by Cayden Dundon and another

by Conor Angland. Ballinora battled but Macroom defended well and dominated the closing stages. Ballinora did get a consolation goal and a point in the final two minutes but the result was never in doubt. Cian Lee, Tristan Mullane, Michael Deasy, David Condon, Darragh Creed. Ciaran Murray, Leo Slattery, Dylan O'Shea, Ryan Brophy, Aled Hopkins, Cayden Dundon, David Twomey, Dylan O'Connell, Oliver Kreszipina, David Bradley Subs: Brian McCrory. Con Moss, Conor Angland, Lochlann Phelan, Will Buckley, Calum O'Driscoll



Kilbarry NS 5-a-side soccer squad at the FAI Primary 5s competition in Lakewood FC, Ballincollig. 16 teams took part and Kilbarry were one of only two schools to progress to the next round of the competition after Easter.



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BLOCKING DATA CENTRES RISKS FUTURE ECONOMIC GROWTH - MEP KELLEHER

"Once again Minister Eamon Ryan is making unilateral decisions that have the capacity to undermine our country's future economic prosperity," said Fianna Fáil MEP Billy Kelleher as reports emerged over the weekend that the Energy Minister is blocking the future development of data centres in Ireland.

"No one disagrees with the principle that most data centres should be able to produce their own energy needs using renewables. It is common sense. However, it might not be always possible in every circumstance, or at the very start of the data centre's life span.

"His latest apparent use of a veto is another example of his failure to grasp the real issue at the heart of Ireland's energy problems.

"What Minister Ryan is fundamentally trying to do is reduce energy consumption in Ireland rather than

transition our energy system from majority fossil-fuel based to carbon free electricity.

"If our electricity generation was fully renewable or carbon free, it shouldn't really concern us how much electricity is used in our economy. The objective is to have zero carbon emissions not to reduce our overall energy consumption.

"If the Minister spent as much time focusing on ramping up our offshore wind energy production as he seems to spend on trying to block economic activity in Ireland, we wouldn't need to be worrying about how many data centres we have in this country.

"Data centres help anchor larg tech and web-services companies in Ireland. If we want to maintain the high levels of well-paying jobs that go along with having these companies in Ireland, then we need to stop

putting barriers in their way.

"The Minister would be better off finding additional investment for Eirgrid to expand grid capacity, for deep port development, and ultimately speeding up our offshore wind generation roll out. It is now 2024, and it is getting less likely by the month that we will hit our 2030-generation target of 5GW.

"This is serious. Ireland should be a wind energy super power, but due to lethargy in certain government departments, it is likely that we will fail to capitalise on our massive potential," concluded Kelleher.



Crookstown Vintage Club

Crookstown Vintage Club are holding their Annual Road Run this Sunday 24th March. All Cars, Tractors and Motor Bikes are welcome. The Club donates the proceeds of this Run to local Charities and this year's beneficiary is Marymount Hospice.

Sign in at the Cornerstone Bar from 10am. Further information contact Tony 087



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A Word of Victory

Welcome back dear student "...the Lord looks down from heaven and sees the whole human race. From His throne He observes all who live on the earth. He made their hearts, so He understands everything they do" (Psalm 33:13-15). Friend, do you have low self-esteem? Folks battle with inferiority, often because of abuse, rejection or a trauma endured, and it can manifest in all kinds of behaviours – anxiety, addictions, stonewalling others for fear of being hurt, cattiness, jealousy, depression, and negativity. Heavy burdens are carried - many since childhood; those bearing them have got so used to the weight they don't notice it. Feeling unpopular or unsuccessful can have a devastating effect, breeding inferiority. Janis Ian wrote a song years ago about the pain of those 'whose names were never called when choosing sides for basketball', and more recently Echosmith sang Cool Kid's – 'I wish that I could be like the cool kids, cause all the cool kids, they seem to fit in'. God knows everything about each one of us. What makes us tick and more importantly, why. There's Good News for those who feel insignificant - you are popular with God! He loves you passionately with unfailing love, for you are His child (John 1:12; John 3:16). Jesus longs for you to know Him and accept His invitation. You may not be a 'hotshot' in the world's eyes, but God wants you on His team friend. Not just for a game, but for Life Eternal. People stress year after year hoping their contracts will be renewed – will they make the cut? Nothing is certain in this world. Human behaviour is fickle and though some love you today – things can turn sour tomorrow, and they throw you on the ash heap of life. Many have found this out and live on with the pain. That's not the portion of a child of God (Psalm 23:5-6). "Who can be compared with the Lord our God, Who is enthroned on high? He stoops to look down on heaven and earth. He lifts the poor from the dust, and the needy from the ash heap. He sets them among the princes of His people! (Psalm 113:5-8). See the picture here? God – the Creator of all, reaching down into your pile of ashes and scooping you up into His arms, dirt and all. The Word tells us that Messiah Jesus gave us His beauty, which is His Righteousness for our ashes, - our sins, failures, pain, and past (Isaiah 61:3). People sing ... He's got the whole world in His hands... and He does - if we will let Him. God's Love is so tender. Some wrongly think that the Lord is waiting to whack them with those hands, when in fact He endured the pain of huge nails driven into them, so we could be redeemed from sin, death, and curse (Isaiah 53:5). Yeshua is not looking at your failings or your sin. He paid for them already with His sinless Blood, so receive His forgiveness, turn, and give Him your life and He will heal you. "Casting all your care upon Him, for He cares for you" (1 Peter 5:7; Psalm 103:12-14; Psalm 55:22). God assures us that He has removed our sins from us, as far as the east is from the west – gone forever! Give the Lord Jesus your burdens and ashes and watch Him transform you with His Peace and Love.

**Invitation - we are honoured to co-host a Special Worship & Prayer Gathering with our friends from Holy Cross Fellowship Killarney, this Sunday - March 24th at 11am in Word of Victory, Tiernaboul, Killarney V93V6X4. Everyone Welcome!*

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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EASTER REMEMBRANCE



In loving memory of

DANIEL O'REGAN

MARY O'REGAN

PATRICK O'REGAN

CHRISTINE O'REGAN

Whose birthday occurs on the 25th March

2nd Anniversary occurs on the 25th March

Codrum, Macroom, Co. Cork

*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*



Always remembered by Michael, Gbnait and Owen

xxx

2ND ANNIVERSARY



In loving memory of

CHRISTINE O'REGAN

Codrum, Macroom, Co. Cork and Donadea, Co. Kildare who died on the 25th March 2022

*Words and times we can no longer share
But in my heart you are always there.*



Dearly loved and sadly missed by Tom. xxx

2ND & 33RD ANNIVERSARY



In loving memory of

MAUREEN & GERARD CUNNINGHAM

Sleaveen Rd, Macroom
Maureen died 29th March 2022
Gerard died 17th March 1991

*In life we loved ye dearly,
in death we love ye still.
In our hearts ye hold a place,
that no-one will ever fill.*



Always remembered by Denis, Priscilla and family

29TH & 4TH ANNIVERSARY



In loving memory of

JOHNNY & JERRY MCCARTHY

Ballinagree

Johnny died on the 25th of March 1995.

Jerry died on the 30th of March 2020.

*Kind friends who think of them today.
A little prayer to Jesus say.*



Never forgotten by their loving family at home in Ballinagree and overseas.

May they Rest In Peace

6TH ANNIVERSARY



In loving memory of

MICHAEL MCSWEENEY

Barretts Place, Macroom

Who died on the 28th March, 2018

*A silent thought,
A quiet prayer,
For a special person in Gods care.*



Sadly missed by his loving wife Mary.

Anniversday Mass on Wednesday 27th March in St. Colmans Church Macroom at 10am

30TH ANNIVERSARY AND 13TH ANNIVERSARY



In loving memory of

JOHN MC CARTHY

Who died on the 23rd March 1994.

ABBEY MC CARTHY

Who died on the 18th May 2011

Slieveragh, Ballyvourney, Macroom, Cork.

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



Always remembered by your loving family

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



*"Those we love don't go away
They walk beside us everyday"*

**FLOR
O'DRISCOLL**

**Killberriert/Lacknahacknee
Who Died on the 22nd March 2023**

As we lovingly remember Flor on his first anniversary, we, his wife Caroline, Father in-law & Mother in-law Kevin & Judy, brother in-laws Kenneth, Alan and Paul and sister-in-law Gilian we would like to express our sincere gratitude to all those who supported and sympathised with us on our sudden sad loss of Flor.

We would like to express our sincere thanks to our kind friends, neighbours and extended family for their support, sympathy and prayers. To the many friends and work colleagues who attended our home and funeral service. To all those who sent mass cards, letters of sympathy and online condolences, thank you. We got great comfort from hearing your fond memories of Flor. We greatly appreciate every act of kindness shown to us by our friends and relatives and his work colleagues, The Laine Bar, Junes shop and Twomey Butchers who brought food, refreshments and supplies to our home and who helped in any way around the time of his funeral.

Heartfelt thanks to the priests of the parish, especially Father Joe who was extremely comforting during this hard time. Thanks to Nora McCarthy, sacristan, Ballinagree Vintage Club and all those involved with traffic control and The Old Triangle for their refreshments. We would like to thank most sincerely Billy and the staff at Fitzgerald directors for their support and professionalism.

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

*Silent thoughts, sincere and true,
From a family who thought the
World of you
No longer in our lives to share
But in our hearts
You are always there.*



Fondly remembered and deeply missed by his loving family; his wife Caroline, Father in-law Kevin, Mother in-law Judy, Brother in-laws and Sister in-law and a large circle of family and friends xx

Flor's First Anniversary Mass will be on Ballinagree Church on Friday 22nd March 2024 at 08:00pm

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory

**FLOR
O'DRISCOLL**

**Lacknahacknee Macroom Co Cork.
Who Died on the 22nd March 2023**

As we lovingly remember Flor on his first anniversary we wish to express our sincere gratitude and appreciation for the kindness and support shown to us at the time of the sad loss of our beloved son and brother. Thank you to all who attended the removal, funeral Mass and burial.

And all who came to our homes with food and shared there happy memories of Flor. Your presence was greatly appreciated.

We would also like to thank all those who sent mass cards, sympathy cards, letters and online condolences.

We would especially like to thank all of our wonderful neighbours for their kindnesses and support in the past year. And to Fr Joe for his kindness and support.

And to Nora McCarthy for all her help and kindness.

Thank you to the Vintage for all their help. And to Mike Twomeys butchers for their support.

*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 my thoughts,
And forever in my heart.*



Loved and missed by your mother Ann, late father Jeremiah, and sisters Noreen, Tricia, Annette, Cathy and Pam and his Aunt Mary

Missed and Loved by Brother in laws Dan Lynch, Alan Hourihan, Ridwan Ameerbeg, Alan O Driscoll

And missed by all his nephew and niece's Conchuir, Siobhan, Aine, Blaitin, Finn, Gearoid, Chloe, Zayn, Ilan, Harry, Jack, Ryan and Isla.

First anniversary Mass on in Ballinagree Church 22nd of March 6pm.

FIRST ANNIVERSARY



In loving memory of

**FLOR
O'DRISCOLL**

**Killberriert/Lacknahacknee
Who Died on the 22nd March 2023**

We miss your smile and your joking ways

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

You left us so many memories

To us you were so dear

No matter when we needed you

We always found you near.



Rest in Peace.
Kevin and Judy Lynch
and all the Lynch family.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**CONNIE
O'CALLAGHAN**

**Boston and Coolavookig.
First anniversary on 21st March**

As we lovingly remember Connie on his First Anniversary. We his family, Michael, Mark and Margaret, sister Catherine, brothers John, Michael and Paddy, daughter in law, grand children, brothers in law, sisters in law, nieces, nephews and their extended families wish to express our sincere gratitude for the kindness and support shown to us both here and in Boston during this sad time.

We would like to thank Fr. Dan Finn, Boston who visited and comforted him during his illness and officiated at his funeral mass there. His Beth Israel Deacones team, Dr. Bridget O' Connor, Dr. Downey, Beth Hammerstrand, Terri Forbush, Maureen Canny and Lauren Delorie whom he loved and who looked after him with tender loving care. Thanks to Fr. McCarthy, Kilnamartyra, Fr. Greene, Clondrohid, the Sacristan, the grave digger and all who directed traffic.

The Kilnamartyra Choir for the beautiful and meaningful music. His long time friend, Willie Burke for his touching song on his final journey from the Church. His cousin Dan who played the Uilleann pipes at the graveside.

As one of Connie's main interests was road bowling, our heartfelt gratitude to Ból Chumann North American region and Ból Chumann Na hEireann who travelled long distances to pay their respects and kind words of praise at the graveside.

We also express our heartfelt thanks to Gormleys Funeral Home, Boston and Martin Fitzgerald and staff, Macroom who were so helpful and professional in fulfilling his burial wishes and the Mills Inn for refreshments.

For those who phoned, sent messages of condolences, left on line tributes or sent flowers, mass cards and sympathy cards.

As it would not be possible to thank everybody individually, please accept this acknowledgement as a token of our appreciation. The holy sacrifice of the mass has been offered for your intentions.



Connie's First Anniversary mass will be celebrated in Kilnamartyra Church on Sunday 24th March at 11.30am.

2ND ANNIVERSARY



In loving memory of

**MARY O'
MAHONY
(NEE TWOMEY)**

**Derrynasaggart & Ballymakeera
East, Ballyvourney
Who died on 18th of March 2022.**

*Always in our minds
In our hearts you hold a special place,
Always true and kind,
Rest in peace in the Lords embrace.*

*For those of you who read today
a little prayer to Jesus say.*



Always remembered by
your loving family.

THE MIRACLE PRAYER



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

FIRST ANNIVERSARY



In loving memory of
CONNIE O'CALLAGHAN
Boston and Coolavookig.
First anniversary on 21st March

*A golden heart stopped beating,
Hard working hands at rest,
It broke our hearts to see you go,
God only takes the best.*



From Margaret, Michael, Mark and their families

2ND ANNIVERSARY



In loving memory of
NOREEN MURPHY
Kielnarovanagh, Toames
Died 25 March 2022

On Noreen's second anniversary we think of her kind heart, her generous spirit and her joyous laugh. We are forever grateful for her time with us and the memories that her friends have shared since her passing.



Always remembered by Eugene and family.

25TH ANNIVERSARY



In loving memory of
RACHEL RIORDAN
Knockanowen, Coachford
Who died on March 28th 1999

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



Remembered with love by your Dad, Mam and Aoife

12TH ANNIVERSARY



Cherished Memories of
CONNIE CREEDON
Knocksaharn, Kilnamartyra
Macroom
Who died on the 25th of March 2012
Rest in Peace

*You were a father so very rare,
Content with your farm
and always there
On earth you toiled,
In Heaven you rest
God bless you Dad
You were one of the best.*

*You were always there
When we needed you,
No task too great or small.
With loving heart and willing hands,
For us you did it all.*



Lovingly remembered by all the family.

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen.

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

x

5TH ANNIVERSARY



In loving memory of
MARY KELLEHER
Avalon, Macroom, Co.Cork
Who died 22nd March 2019

*Eternal rest grant unto her, O Lord
And Let perpetual light shine upon her.
And may her soul and all the souls of the
Faithful departed rest in peace.*



Lovingly Remembered by all her family

2ND ANNIVERSARY



In loving memory of
MAURA DINEEN
Aharas, Ballingearry
Who died on March 26th 2022.



Always remembered by her husband Dan, Sons Seán, Micheal and daughter Noreen, Sisters Nora and Sheila, Daughters in law, her grandchildren, great grandchildren, relatives and friends.

Anniversary Mass in Ballingearry Church on Sunday April 14th at 10:00am.

7TH ANNIVERSARY



In loving memory of
MICHAEL LEAHY
Droumreague, Kilnamartyra,
who died on the 30th of March 2017.

*Silently we grieve
and brush away our tears.
The memories he left behind
will last throughout the years.*



Sadly missed by your loving wife Ann, John and family

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
SHEILA LUCEY
INCHAMORE, COOLEA, MACROOM,
CO.CORK
DIED 16TH MARCH 2023

I, Michéal, son of the late SHEILA (nee O'Sullivan) would like to thank all who attended and participated in the prayers, funeral Mass and burial. Thanks to all who phoned, sent Mass cards, and sympathised with me over the past year.

Thank you to Fr. Sean McCarthaigh, Cór Cúil Aodha, sacristans Gerard and Nora, McCarthys Undertakers and the Abbey Hotel.

Thank you to Dr. Colette Faul, Nora and Margaret at Ballyvourney Health Centre, Deasys Pharmacy and Bantry General Hospital and all who cared for my mother. A special thanks to all her good friends and neighbours who were always good to phone and visit her over the years.



Naomh Gobnait Guidh Uirthi

6TH ANNIVERSARY



In loving memory of
NORA WALSH
Kielnarovanagh, Toames.
Died 21st March 2018

*Don't remember me with sadness,
Don't remember me with tears,
Remember all the laughter,
We've shared throughout the years.*

*Now I am contented
That my life it was worthwhile,
Knowing as I passed along the way
I made somebody smile.
When you are walking down the street
And you've got me on your mind,
I'm walking in your footsteps
Only half a step behind.
So please don't be unhappy
Just because I'm out of sight,
Remember that I'm with you
Each morning, noon and night.*



Always loved never forgotten,
your daughter Noreen, sons Jimmy, Pat
and Stephen, sons In law, daughters in
law and your 17 grandchildren.

"Never Goodbye, Always Good Luck"

30TH ANNIVERSARY



In loving memory of
JOHN BARRETT
Toames West
Who died on the 18th March 1994



Remembered always by
Katherine, Eileen, Theresa
and extended family

7TH ANNIVERSARY



In loving memory of
OLIVER SOMERS
Dromatimore,
Aghabullogue, Co.Cork
Who died on the 21st of March 2017
Aged 67 Years.
Rest In Peace



Always remembered by
his loving wife Eileen and family

7TH ANNIVERSARY



In loving memory of
ANN SPILLANE
Ballyvourney,
who died on the 24th of March 2017.

*Beloved Mam and Nana
Deep in our hearts your memory is kept.
To love to cherish and never forget.*



Dearly loved and sadly missed by her
loving family and friends

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
ÚNA O' RIORDAN
Tullatreada, Macroom
Died 31st March 2023

Thank you for the expressions of sympathy, letters and mass cards which are a great comfort to us. A mass will be held in St. Coleman's Church, Macroom on the 14th April 2024 at 11.30am.



Sadly missed by her loving family,
daughter Alice, son in law António,
grandchildren Eva and Pádraig and
family and friends.

5TH ANNIVERSARY



In loving memory of
MARY MCCARTHY
Bellmount Place, Crookstown
Who passed away on the 30th
March 2019

*Your home was such a warm
and inviting place
But now there is a sense of loneliness
Your favourite cup your comfy chair
The chats on end when you were here
Spring is in the air we have the flowers
you planted there
We will forever hold you close and dear.*



To us you were the best and miss you
more and more each year.
Sadly missed by your loving family
and friends

Ed 14

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

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10TH ANNIVERSARY



In loving memory of

JERRY VAUGHAN

Teerbeg, Macroom, Co. Cork.
Who died on the 17th of March 2014.

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



Fondly remembered by
Noin, Martina, John, Denis
and Michael.

2ND ANNIVERSARY



In loving memory of

TED (TEDDY) O'BRIEN

Srelane, Ovens
28th March 2022

Dad

*Our hearts are full of memories,
with pride we speak your name.
Though life goes on without you,
It will never be the same.
We miss your smile, your joking ways,
We miss the things you used to say,
And when old times we do recall,
It's then we miss you most of all.*



Lovingly remembered and sadly missed
by Sammy, Stephen, Conor, Molly and
Danny.

2ND ANNIVERSARY



In loving memory of

TED (TEDDY) O'BRIEN

Srelane, Ovens
28th March 2022

Teddy

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



Sadly missed by his loving wife Anne.

2ND ANNIVERSARY



In loving memory of

TED (TEDDY) O'BRIEN

Srelane, Ovens
28th March 2022

Dad

*Two years without you
feels like a lifetime.
Not a day goes by that
I don't think about you.
You are loved beyond words.
Miss you everyday.*



Love and remembered.
Lisa, Kevin, Shannon, Colleen & Charlie.

3RD ANNIVERSARY AND 16TH ANNIVERSARY



In loving memory of

MARY BARRETT

Who passed away on
2nd April 2021



JOHN BARRETT

Who passed away on
30th March 2008

Glounaghlough, Rylane.

Our Lady of Knock pray for them.

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



Always remembered by your loving family

2ND ANNIVERSARY



In loving memory of

EILEEN MURPHY

Derria, Inchigeela

Who passed away on 27th March
2022

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



Too deeply loved to ever be forgotten.
Your adoring family Joe, Brian, John,
Mary, Barry, son-in-law Sean and
grandchildren Sophie and Conor.

Anniversary Mass will be held on Sunday
24th of March at 11.30am in St Finbarrs
Church, Inchigeela.

14TH ANNIVERSARY



In loving memory of

**MAUREEN RING
(NÉE LOONEY)**

Rathonoane, Carrigadrohid
who died on 28th March, 2010

*Those we hold most dear
never truly leave us,
The live on in the kindness they showed,
the comfort they shared
And the love they brought into our lives.*



Lovingly remembered by the extended
Ring and Looney families.

NOVENA TO THE SACRED HEART



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

NOVENA TO OUR LADY OF MOUNT CARMEL



O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist us in our necessity. O Star of the Sea, help us and show us the way. Mary conceived without sin, pray for us who turn to you. Holy Spirit, you who solve all problems, light all roads, so that we can attain our goal. You who gave us the diving gift to forgive and forget all evil against us, and who are with us in all instances in our lives, thank you for all things, as you confirm once again that we are never to be separated from you in eternal glory. Amen **KW**

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