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Coláiste Ghobnatan, 2024. Pic le Nóra Uí Luasa.

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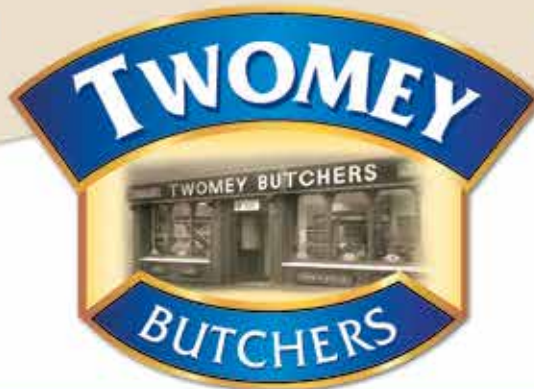
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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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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NOTE FROM THE EDITOR



Its rare I put fingers to the keyboard to write a few words but I wanted to congratulate and send best wishes to all those involved in the Paris Olympics & upcoming Paralympics 2024. I think the country has been gripped by our wonderful athletes and their amazing achievements and its been a joy to watch. Particular congrats to all the incredible medal winners for the fabulous memories, but thank you to all the athletes who have captured the hearts of a nation with their strength, determination, and wonderful achievements. I hope it will encourage a bright new generation of Olympians. #irelandabú



LOCAL POET RECONISED *at Bantry Literary Society weekend*

David Nash from Canovee has emerged just recently as a poet of national significance, having won the Seamus Heaney award for his recently published collection of poems 'No Man's Land', and already gone to a second printing at Deadlus press.

David is the son of Liam and Siobhán Nash from Canovee and attended Canovee primary School and De La Salle College Macroom. He now divides his time between Chile and Europe but took great inspiration from his home turf along the Lee Valley during the Covid lockdown. Last Friday, my wife Monica and I attended a reading which he gave in the Bantry Book Shop as part of the Bantry Literary Society weekend. His intriguing collection, inspired in the main by the natural world, drills down into that hitherto untouched by the greats gone before him. I recommend this collection to poetry lovers everywhere

(if you can manage to get your hands on a copy).

Brendan O'Brien



David Nash.




Monica O'Brien in conversation with David Nash.

In this Edition


Ed 16 - 8th August 2024

A. Macroom & Lee Valley Updates - pgs 4, 6, 8, 10, 12, 14, 16, 18, 20, 22
B. Appointments - page 43 - 44, 46
C. Sports - pages 46 - 54


D: Trades & Services pages 56, 57
F: Classifieds - page 59







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MACROOM GIRL GUIDES

The summer months are very busy for Macroom Girl Guides as our members are taking part in a number of international trips.

International travel is a part of the guiding experience for our Guide and Senior Branch members and a number of our members in Macroom Girl Guides have been successfully selected for a number of national contingents. Two of these contingents have recently returned from Adelboden in Switzerland.

MacEgan Senior Branch

Katie, a member of MacEgan Senior Branch was selected to be picked as a member of IGG's Senior Branch National Contingent trip to Adelboden, Switzerland at the start of July. Activities included a scavenger hunt around the village of Adelboden and playing mini golf in a nearby hotel and completing some of the camp challenge by doing some arts and crafts. During the trip, the group visited Kandersteg International Scout Centre and spent a day doing some backwoods skills which involved identifying different fire set ups, lighting fires, and chopping wood which was Katie's favourite activity and the highlight of her trip. The group visited the Girl Guide's world centre, Our Chalet, where they got a history lesson, tour of the centre, and a wonderful pinning ceremony with some enrolments! Katie said "It was an amazing chance to see what international opportunities there are for guides across the world. During the week we hiked higher than ever to visit the local wood carver where woggles engraved with our names were waiting for us and on our way back, we walked through Choleren Gorge and visited the village again in the evening for some souvenir shopping. For our last day in Adelboden we took cable cars across the village to different viewpoints, one being high above the mountains with a giant swing surrounded by the sounds of goats and cow bells. The leaders were very kind to us and surprised us with a visit to the Lindt Chocolate Museum in Zurich where we enjoyed lots of delicious chocolate and a history of the making of it all.

Ardilaun Guides

Liadain, Juliette and Emily of Ardilaun Guides were among the IGG Guide National Contingent to Adelboden Switzerland in the last two weeks. Juliette described her experience as follows "The trip began with an early start in Dublin Airport at 4:30am on Saturday the 13th of July. Travelling presented no problems and we arrived at our chalet in Adelboden later that evening. Exhausted, we had a quick dinner, showered, and went straight to bed. The next morning we were split up into teams, given a map and sent



Katie of MacEgan Senior Branch with the IGG national contingent in Switzerland.

orienteeing to get to know the picturesque village of Adelboden. We got back in time for lunch and spent the afternoon getting to know each other. Each day was a new adventure that usually involved hiking some way or another. Some of my best memories include the Adelboden Swing, our visit to the woodcarver's and our tour of Our Chalet. We made lifelong friends, some from Ireland and some from other parts of the world. All in all, it was a wonderful experience, and we are very thankful to everyone who made it possible." Emily described her trip as follows "In July, I and two other guides from the Ardilaun Girl Guide unit travelled to Adelboden in Switzerland with twenty other guides from all over Ireland along with four leaders. Adelboden is a Swiss village in the Alps and is a popular hiking and ski resort. We were kept busy every day with fun, outdoor activities. During the first few days we went on cable cars and ski lifts up to the Adelboden swing as well as going to the Adelboden Adventure Park where we had fun on the ziplines through trees and over a river. During the middle of the week, we hiked through a gorge to get to the woodcarvers where we all got wooden woggles with our names on them. Each evening, we relaxed at the outdoor pool in Adelboden which overlooked the beautiful Alpine valley below us. Sometimes we were treated to pizza afterwards. On our second last day we visited Our Chalet, one of the five world centres. There, we went on a tour, and we met a girl guide from the U.S.A. In Our Chalet we placed flags from our countries in a log and where we each got an Our Chalet pin. We

learned about the history of the centre and why it was built in Adelboden. On our return journey we stopped off at the Lindt chocolate factory where we got and ate lots of lovely Swiss chocolate. It was one of the best trips I have ever been on, and I made great new friends. Switzerland is a beautiful country, and I would definitely visit it again."

Liadain described Adelboden as a lovely town with beautiful scenery. Highlights of the trip included meeting up with the other guides of the national contingent and completing the activities such as taking the cable cars, hiking, visiting Our Chalet and taking the official photo on the famous steps of Our Chalet. The girls had a fantastic trip and would like to thank the leaders who accompanied the national contingent on the trip.

Deirdre Henley and Joe Willis of Macroom Guides were also part of a contingent that visited Adelboden in the last few weeks with a group from another region. Highlights of the visit to Adelboden included revisiting Our Chalet where Máire, a Leader and friend from North Longford, is volunteering for four months; standing above the clouds looking over at the peaks of the Jungfrau, the Eiger and the Mönch; chatting to the woodcarver and hiking around Oeschinensee in the crisp clear air.

For further information on joining our Ladybird, Brownie, Guide or Senior Branch units please contact macroomguides@gmail.com



Juliette, Liadan and Emily of Ardilaun Guides at Our Chalet World Center.



Deirdre Henley and fellow leaders on the trip to Adelboden.

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CLONDROHID NEWS

PARISH OFFICE CLONDROHID: Please note this office will not be open on Thurs Aug 15, but will be open on Wed morning Aug 14 instead. Will be opened as usual on Thurs Aug 22.

NELL'S BUS TO KNOCK: On Thursday Aug 15, the bus will leave Ballyvourney, via Clondrohid and Millstreet, Contact Mary Twomey on 0863299375 for more info.

ANNUAL CEMETERY MASS IN ST. COLMAN'S MACROOM: This takes place on Friday Aug 30 at 7.30pm . Mark in your diary.

SINGING IN THE TAVERN: This group of entertainers who meet for a chat and a sing song every second Monday night in the Tavern Clondrohid will meet this Monday night Aug 12 from 9pm. They would love to see you there. If you can't make it that Monday night they will be there on Monday Aug 26 from 9pm.All are welcome.

CARRIGANIMA ENTERTAINMENT: After a brilliant successful Country weekend recently in the Pub in Carriganima, to round things off in style CLIONA HAGAN will be appearing this Sunday Aug 11. Great entertainment guaranteed. All are welcome. If you

need more info contact Seanie on 087 2600640

ROAD BOWLING: Congratulations to Ross O'Brien on winning his second county and Munster title in the space of a couple of weeks last week in Newcestown , A brill year for him and his family

LOTTO: Results for July 31. Jackpot €3,400

€70 Brian Kearns Sally Gardens

€20 Gerard Kelleher Moulnahorna, Ann and Marcella Kelleher Moulnahorna, Trevor and Aoife O'Brien Clondrohid, Mary McSweeney Barretts Place

GAA NEWS: Rebel Og West U14 Div 2 league Clondrohid vs Ballinhassig on Friday July 19 in Ballinhassig.

Ballinhassig took control of this league fixture from the off and scored 4 goals in the first half to leave the score Clondrohid 1-02 Ballinhassig 4-04.

Clondrohid played better football in the second half and never gave up the fight to claw back the lead but Ballinhassig were the more consistent team throughout the game. Full Time Clondrohid 2-05pts Ballinhassig 5-8pts

Thanks to all the supporters for coming out to cheer on the lads.

Clondrohid Team - Rory O'Shea, Ciaran Lynch, Cormac Healy, Fionn Desmond, Simon McCarthy capt, Cathal Lyons, David O'Leary, Darragh Manning, Darragh O'Shea, Kevin Hennigan, Cal O'Driscoll, Jamie McCarthy, Joe Healy, Mathew Kelleher, Jayden Ring, John Casey,

The under 12 footballers were in action at home last week in the second round of the league V Sliabh Rua , this was a very good game played by two sporting teams and at the end both teams came away with a draw , some great scores were in display this evening , thanks again for the parents for your continued support and again well done to all our players

Well done to the under 11 footballers who took part in a monster blitz in MTU Bishopstown ,which also was the final evening of summer league competition , it was fairly hectic inside there with over 100 clubs taking part from under 9 up to under 11 in both hurling and football, Clondrohid had 4 ten min games taking on Garnish, Cobh, Lisgoold, Whitechurch. They came out on top on all four games, well done to the parents for travelling, the players and all involved.



Clondrohid u 11 footballers who took part in a monster blitz in MTU Bishopstown recently



Clondrohid u 12 footballers



Fáilte Sign donated by Pat O Connor of Killarney Antiques to Macroom Fairy Garden.

On the 25th of July, Macroom Tidy Towns officially received the brilliant news from Cork County Council Environment department that we have been provisionally granted €97,246.80 via Cork County Council CCAP Strand One to incorporate a 3m width footpath and Cycle Lane the full length of the GAA Pitch from the old pitch and putt small bridge to the Weirs. The application was made with the assistance of Macroom GAA. Thanks to Orla and other officers there. Thanks also for the help and cooperation of our local engineer James Dwyer of Cork County Council. Also, thanks to Cork County Environment department and

planning and the Department of Environment, Climate and Communications for approving our application.

On the 13th of August some of our volunteers will be stewarding for the West Muskerry Athletic Club Road Race to celebrate their 40th birthday. Our chairman Martin Coughlan along with Ted Herlihy were the founding members of the Club. We would like to wish them the very best of luck with their Road Race.

On yere next trip to the Tiny Feet Fairy Graden, there will be some new purchases to welcome ye. Also, a very big thanks to Pat O Connor of Killarney Antiques for donating the Fáilte sign. Very Much Appreciated

Macroom Men's Shed received a new sign to put over the door of their shed. A Big thanks to Rosanna Lenci for designing it.

Tidy Towns Volunteers have been busy over the last couple of weeks with Litter Picking, General Maintenance, cutting grass in the green areas of housing estates and clearing around the playground.

Come and join us some Saturday morning at 9am in our base in Masseytown and are always open to new people joining in and helping with the work. If you have any questions feel free to contact Lisa at 087-1434770.

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CANOVEE/CARRIGADROHID NEWS



Cheque presentation of €5,820 presented to Marymount Hospice, proceeds of a coffee morning which was held in Canovee Old School

GO RAIBH MAITH AGAIBH

Message of thanks from the Lyons Family: On the 13th of June, a cheque presentation of €5,820 was presented to Marymount Hospice in memory of Tadghie Lyons. The Lyons family would like to thank everyone who generously donated and baked for their recent fundraising coffee morning which was held in Canovee Old School. We think Tadghie would be proud of the local community who came together to raise money for a very worthy cause.

AMAZING RECOGNITION FOR CANOVEE POET DAVID NASH

Congratulations to David Nash as the winner of this year's Seamus Heaney Centre First Collection Poetry Prize!

At the award night, Nash said: "Seamus Heaney was the first poet of my life, in many ways, so to win a prize bearing his name is momentous to me both on a poetic and a personal level. I am extremely grateful to the Legacy Project, Queen's and the Arts Council, and of course to the judges, for selecting my book and for seeing in it what I had hoped would be seen. It really means a great deal to me."

This year's judges were Nick Laird, poet and Seamus Heaney Professor of Poetry at Queen's; Jenny Browne, Professor of English and Creative Writing at Trinity University, Texas; and Stephen Sexton, poet and lecturer in Poetry at the Seamus Heaney Centre at Queen's.

Laird said: "David Nash's No Man's Land is a book of return and renewal. Over and over the poems scrutinise modern Ireland with an insider's easy familiarity and an outsider's fresh perspective. Nash has technique in spades, a wry tone, an interest in formal ingenuity, and these poems set themselves ambitious aims which they invariably achieve."

'This extract taken from Seamus Heaney Centre at Queens', social media post.

CLIMBING MUSERA TO REMEMBER FALLEN FRIENDS

On Sunday the 14th of July, friends, neighbours and family members of Robbie Cullinane, who passed away last year, climbed Musera mountain to raise funds for Marymount Hospice. The event was organised by Jim and his friends in Carrig Inn and this is a message for everyone's support.

Thanks to everyone who showed up and contributed to our "Remembering fallen friends" event on Sunday 14th July! Many thanks to the Cullinane family and to Mary Browne and Eddie Healy for feeding everyone! We had a great day remembering our dear friend Robbie and delighted to say that €4000 euro was raised for Marymount!

CANOVEE GAA

Canovee GAA held their Annual Golf Classic in Macroom golf club on July 12th. It was another resounding success with over 60 teams out on the



Family and friends of the late Robbie Cullinane who recently climbed Musher Mountain in his memory.

day, supporting the wonderful work being done in the club. Congratulations to our winners, with a massive score of 60 points William, Aidan and Brian Ahern. Well Done Lads!!

Included also in the picture is John Moynihan our main sponsor of the prizes, TJ Lyons main sponsor of the course, John Dunlea (President) and Declan Allen (Chairman).

Comhghairdeas to our Premier Junior footballers who had a super start to their McCarthy Insurance Premier Junior Football Championship with a win over St James. The match was played on a bright Saturday afternoon in Newcestown GAA with a final score of 1-14 to 11 points. Daire Mc with the goal. Well done lads.

Our lotto draw is now at a massive €9,600. The draw takes place every Sunday night and you can buy your tickets locally or online at smartlotto.ie/canoveegaa.



With a massive score of 60 points – Canovee 2024 Golf Classic winners are @william.ahern @ahernaiddan and @brianahern1. Well Done Lads!! Included also in the picture is John Moynihan (@jmenergysavings1) our main sponsor of the prizes, TJ Lyons main sponsor of the course, John Dunlea (President) and Declan Allen (Chairman)



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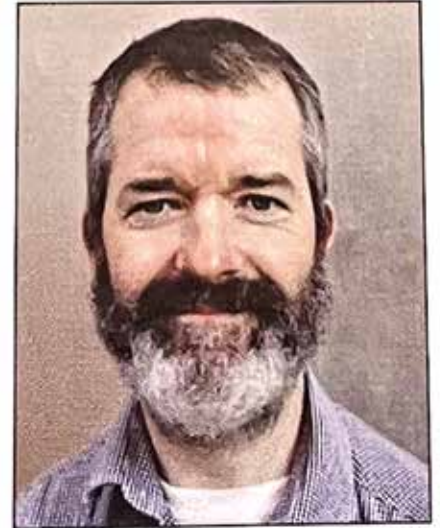
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Coachford News



Eugene O'Sullivan

Coachford Café opens in Dripsey

The Boathouse Coffee House is expanding its very successful business and has opened at McD's Garden Centre (formerly Griffins) in Dripsey this week. The Coffee House run by Kiera and John Buckley has been an amazing success since it first opened its doors on the Coachford Main street last year and when the opportunity to move into the restaurant area in McD's came up they were only too delighted to avail of this wonderful opportunity to expand their business and their menu. The new restaurant in Dripsey will also allow The Boathouse to showcase their delicious cakes, bakes and amazing coffee to a wider customer base at the beautiful riverside location at McD's. Kiera and John along with their exceptional staff will also be offering breakfast, lunch and dinner at their new location while continuing to operate their wonderful coffee house in Coachford and the gorgeous Boathouse Buoy Horsebox in various locations throughout the local area.

Coachford actor on national board.

Coachford Player's actor and director, Eugene O'Sullivan has been re-elected to the Drama League Of Ireland board and serves as National Secretary and Company Secretary for the

national organisation that looks after everything associated with amateur dramatics on the island of Ireland.. Eugene is one of Coachford Player's more experienced actors and directors and has appeared in many of the group's plays and musicals over the last number of years and is also the secretary of the Coachford group as well.

Coachford Agricultural Contractors are a hit on Youtube

Cronin Agri based in Fergus, Coachford were featured on the 'Grassman' Youtube channel in July and their video has been viewed more than 44,000 times on Youtube and as much again on Facebook. According to Grassmen "The video delves into the world of agricultural contractors and catches up with the Cronin Brothers, Derry, Greg and Trevor as they strive to navigate the agricultural contracting industry following the passing of their father. During the video Greg and Trevor discuss the state of their business and the many moving parts that keep it running smoothly. Throughout the video, it is clear how much positivity and love everyone has for the business, the agricultural contracting industry and their roles within it."

Coachford AFC go even greener

Although Coachford AFC play their games in green

they are now going green off the pitch as well. The soccer club is investing in solar panels and in EV Charging units at their grounds in Coachford. The club has been recently awarded a Community Climate Action Programme Grant from Cork County Council to the tune of just under €30k for the installation of solar PV panels. Liam Casey, Chairman said " Our 5 year plan for the club is ambitious and it needs to be as we have a huge growth in the number of boys and girls who wish to play soccer with us. We are investing in better facilities at our club to match the increased interest and with this growth comes increased energy costs. The solar panels will help with these costs but equally important to us is reducing our carbon footprint going forward. Protecting our planet for future generations is the main reason we are installing the panels and at least one EV charging station at our premises for those who may need to charge their vehicle while their kids are playing a game." Captions Eugene O'Sullivan who was re-elected as Secretary of the Drama League of Ireland recently. Grassmen - Coachford based Cronin Agri were featured in a recent online documentary about agriculture contractors.

KILMURRY HISTORICAL AND ARCHAEOLOGICAL ASSOCIATION

MEET ME AT THE GRAVEYARD PART 3. - MOVIDDY AND CROOKSTOWN

Reminder that the KHAA talk by Sile Healy Hunt on Moviddy graveyard will take place on sat 17th August . Sile's talk will be preceded by a short walking tour of Crookstown given by local residents which will begin in the carpark of Crookstown hall at 3.30pm sharp The

walking tour and graveyard talk will be filmed by Peter Scanlan as part of Cork County Councils ICAN project to record events of local cultural importance . At the conclusion in Moviddy there will be a performance by the Moviddy union choir.This event is free and will take place rain or shine so see you there.



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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.



By Dr. Ben Martin
of Optimal Chiropractic



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UIBH LAOIRE NOTES

Festival.

The annual Inchigeela Festival is just around the corner. Two weekends of great music and dancing, meeting old friends and making new ones. The festival has become famous as the last big fling of summer, providing great established acts and new faces every year. Starting on Friday night Aug 16 Mike Denver and his band, supported by Martin Kearney and Derry Kennedy. Aug 17 there's Seamus and James, followed by the rousing Rebel Hearts. Sunday night has Ultimate Shanai Tribute followed by the great Abbaesque. Second Weekend and on Fri 23 we will dance to the Patrick Feeney band supported by Gavin Gribbin. Sat night a great night with DJ Marty Guilfoyle and The Fogues. Last night but not least means the unbeatable Hell for Leather followed by the unconquerable Bog the Donkey. See Facebook and posters for details. And Enjoy!

Inchigeela Hall

Congrats to Carmel O'R and Bindra who shared a jackpot of €550 at Bingo on Friday night recently. Bingo continues with jackpot of €100. Cards on Sunday nights @8.30pm

Great Win

The local lads had a great win against Ilen Rovers in the PIFC, first outing in Dummanway recently. They showed great fitness, skill, confidence and team effort to completely wipe their opponents away. They may not get it as easy again, but it's looking good for future games The final score



Chilling out near Inchigeela. Pic John Kelleher.

of 4-15 to 0-5 was harsh on the efforts made by the boys from the West but, as many supporters observed, it was a better game than the lack lustre All Ireland, played in Croke Park earlier in the day.

Coláiste na Mumhan

Let's hope that whatever stumbling blocks are holding up the re-opening of Coláiste na Mumhan can be sorted out for next year. The village of Béal Átha is not the same without the visiting students from all over Ireland, who come to learn and practise their Gaeilge and enjoy

the summer break. The Coláiste is also a great boost for the local economy, for locals who get summer work in the historic building and for young teachers and trainee teachers. The Coláiste has been going for 120 years and has had many famous people on its roll books, many patriots and political figures as well as thousands of men and women who enjoyed their summer in Ballygeary. Guimis go mbeidh toradh maith as gach éinne ag teacht le chéile chun Colaiste na Mumhan a chur ar a chosa arís.



17th Ted's Opel Vauxhall Run at The Mills Inn, Ballyvourney, Co. Cork

With just over a week to go to the 17th Ted's Opel Vauxhall Run which takes place on Saturday August 10th 2024 based at The Mills Inn, Ballyvourney, Co. Cork.

Registration takes place on Saturday morning from 9am with a €20 fee per car. Each driver will receive a starter pack containing a special run Mug and Keyring and other goodies. The first Award of the day will be presented at 10am and the cars will depart at 10.30am.

A Scenic route will take in some of the Lee Valley's beautiful scenery along with some historic motorsport sections and former rally stages. It takes in Ballyvourney, Farnanes (the former Hillclimb Circuit), Coachford, Dripsey Model village, Berrings, Donoghmore. Rylane, Millstreet and returning to the Mills Inn (taking in parts of the Musher and Mullaghanish rally stages and the testing ground of the renowned Rally driver Billy Coleman).

On returning to the Mills Inn there will be a BBQ and the presentation of Awards. There will be an array of Spot Prizes, Special Awards and Numerous Perpetual Awards and also a Raffle.

We continue the association with the Dogs For the Disabled, a very worthwhile Charity. These incredible dogs have a profound impact on the lives of people living with disabilities and they need all the funding they can get.

So far we have participants coming from all corners of the country in a wide variety of cars. All Opel / Vauxhall / Bedford / GM vehicles are welcome to

attend regardless of age.

This year we are again delighted to have the continued support of Opel Ireland and Cartell.ie. and Casey Caravan Services.

We would hope to see you all on the weekend of the 10th August, Come out and give us a wave even if you don't have a vehicle.

For further information contact Ted;- 086 3256751 / Denis 086 3562905 or email tedsopelvauxhallrun@gmail.com or follow the event on Facebook, Ted's Opel Vauxhall Run 2024 .

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Everyone's a Winner at Killarney Races

JulyFest at Killarney Races delivered a fun-filled programme, fantastic crowds, spectacular views, top-class racing and an atmosphere that was not to be missed!

Monday kicked off the festival with lots of locals arriving at the track. Father and son Aidan and Joseph O'Brien were rewarded for the trip to Killarney, training four of the seven winners on the card for their independent training establishments. Another family affair also graced the winners' enclosure when jockey Andrew Slattery rode Independent Expert to victory for his Father Andy Slattery Snr who trained the winner of the Torc Mountain Handicap. In the trainer's post-race interview, Slattery suggested her next outing could be at the Galway Races "She is fit and well now and tomorrow morning I'll enter her in a Galway festival handicap on the Tuesday. If she gets in, we'll take our chances and if you're not in you can't win!" Tuesday evening offered a good evening for punters with five of the seven races won by favourites, leaving the bookmakers licking their wounds on Ross Road. With a good spread of winners from all the top yards represented and a double on the card for Meath trainer Gordon Elliott who saddled the last two winners on the card. Wednesday featured a lively family day programme that all the kids enjoyed, with face painting, games and a colouring competition. Adding to the fun, a visit from eight Roses from the International Rose of Tralee festival attended with their escorts to soak up the excitement of the festival. Jockey Wayne Lordan and Trainer Aidan O'Brien, enjoyed a double on the card including the feature race the Cairn Rouge Stakes of €50,000 when Greenfinch galloped her rivals into submission to land the listed contest in which the Justify filly was sent to post 3/1 joint-favourite.

On Thursday, jump racing took center stage to a packed crowd of racegoers with Frankie Foster from Raceday in attendance meeting and mingling with the crowd and sharing content live on his influential social media channels. Top jockey Rachael Blackmore got the upper hand on Red Glory winning the KPH Construction Handicap Hurdle for trainer Henry de Bromhead in fine style, at 4/1 joint favourite.

Last but by no means least, the final day of JulyFest was an extraordinary day, both on and off the track. Ladies and gents from all across the country arrived in style to take part in the Lee Strand Best Dressed fashion event. Celebrity judges Jake Carter and Karen Byrne had a tough challenge

whittling down their final sections in each competition.

Carly Murphy from Kenmare, was the lucky lady who claimed the much-coveted Lee Strand Best Dressed Lady title. The winning look was a stunning white suit from Phoenix V which she had purchased for her son's christening, paired with a beautiful headpiece from Kerry designer Carol Kennelly. Carly complemented the chic look with a gold bag and Valentino shoes that her husband bought her a few years back as a birthday present.

Delighted with her win and array of prizes including a specially commissioned crystal vase and a trip to Paris for two, Carly commented, "It's all a bit surreal. I have never won anything and today has been so lovely. All the ladies, Lee Strand and Killarney Races have been wonderful, there is such a sense of community here. Winning has given me such a confidence boost after having two small children. I can't believe it, I am over the moon"

In the gent's category Sean O'Leary from Killarney came out on top with his winning look after carefully putting together some classic pieces from his wardrobe showcasing sustainability and style in spades. His prize included a specially commissioned crystal decanter and a trip for two to the city of Milan.

Jack Kennedy is Kerry's first ever Champion Jockey. To celebrate his achievements, he was presented with a framed token of his racing highlights by The Killarney Racegoers Club. Back on the track the exciting thrills and spills of jump racing captivated patrons. 'Wudya' was a popular winner on the card in the hands of Kennedy for trainer Gordon Elliott in the Europe Hotel & Resort Mares Maiden Hurdle. It was also his first ride back in over two-months as he returned from injury, much to the delight of the crowd.

Killarney Races has two more wonderful festivals to look ahead to in August running from Thursday 22nd to Saturday 24th inclusive and for the final race meeting in October on the 7th.

If you're looking for a proper day out then look no further all details at KillarneyRaces.ie and on social media.



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12 OCTOBER 2024



THE WORLD'S BIGGEST ADVENTURE RACE
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Quest Killarney, the world's biggest adventure race, takes place on 12th October 2024, starting and finishing right in the middle of Killarney town centre which last year proved to be a blast!

Be one of 2,000 adventure enthusiasts descending on Kerry for this epic adventure in and around Killarney National Park.

Winding its way through iconic landmarks like Molls Gap, Torc Waterfall, the Ring of Kerry and Muckcross House, Quest Killarney has become renowned for its fabulous scenery as well as its challenging routes.

Choose from several options involving a run, cycle and kayak, depending on the challenge and pace you wish to set yourself: 85km Expert Route, 70km Dual Route (cycling and running only), a 62km Sport Route and a 32km Challenge Route (ideal for beginners and first-timers). The choice and varying lengths of these challenges allow for a wide range of experience and fitness levels to take part.

The town centre finish allows your friends and supporters to gather at the finish line to help you celebrate your fantastic achievement. Post-event

food will be available for participants, along with music, recovery stations, and outdoor seating in town centre bars where you can join your friends and family to continue the celebrations.

Anyone interested is urged to sign-up as soon as possible on the Quest website: www.questadventureseries.com and also via the links on Quest Facebook and Instagram.

Liebherr applications for 2025 Apprenticeship Programme NOW OPEN



- Choose from electrical, mechanical automation and maintenance fitter or metal fabrication
- Closing date is August 31st
- 4-year programme offers level 6 dual qualifications, trade and academic
- Programme allows apprentices to earn while they learn, including travel overseas

Liebherr Container Cranes, a global leader in container handling cranes and automation technology, is pleased to announce the eagerly awaited 2025 Apprenticeship Programme. This initiative demonstrates Liebherr's strong commitment to developing young talent in the engineering industry. For school leavers, this is an exceptional opportunity to enhance their skills, further their education, and kickstart a promising career with Liebherr Container

Cranes, all the while earning while learning. Aspiring apprentices can choose from three disciplines: Electrical, Mechanical Automation and Maintenance Fitter, or Metal Fabricator. Each option promises a well-rounded training experience, blending hands-on practical learning at Liebherr facilities with classroom-based education. The 2025 programme builds on over sixty-five years of experience, ensuring recipients receive the very best education and training experience.

Liebherr apprentices get the opportunity to work on international projects at Liebherr sites worldwide. They broaden their horizons, gaining exposure and fostering collaboration. Additionally, successful candidates can participate in an apprentice exchange programme with our sister companies in Nenzing, Austria and Rostock in Germany—an unparalleled

opportunity to learn, earn, and connect globally. Alongside their Level 6 craft qualifications, participants also earn a Level 6 higher certificate in engineering. This provides a solid foundation for future academic pursuits, with many of our apprentices choosing to continue their education to degree level and beyond. Collaborating with SOLAS and the Munster Technological University, the apprenticeship ensures excellence in practical skills and in theoretical understanding.

Applications for the 2025 Liebherr Apprenticeship Programme close on August 31st. Interested candidates should submit their up-to-date CV, academic results, and a cover letter outlining their preferred role and motivations to apprenticerecruit.lcc@liebherr.com.

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Inniscarra AGRICULTURAL & VINTAGE SHOW

Sunday August 25th 2024

Our family fun day is a wonderful day out for all the family before children return to school. We have many attractions, including bouncing castles, an extensive obstacle course and train rides for the youngsters.

We have a wide variety of cattle, sheep and poultry on display with perpetual trophies for the cattle showing classes. All are welcome to try their hand at our sheaf throwing event, which will be sure to spark competitiveness in young and old. Our pet dog show, sponsored by Lidl and Dairygold, includes classes for all dogs great and small, who can be shown by adult handlers and children alike. Each class carries great prizes for

1st, 2nd and 3rd, including a Perpetual Challenge Cup for the lucky winner of Best in Show. Our wide range of classes includes two Gain Qualifiers for the All-Ireland Gain Dog Show in Clonaslee, Co. Laois. Our family fun day also includes a Sheep Dog Demonstration, provided by MJM Dog Training Services, Bantry. In the Inniscarra Community Hall, we have a wonderful display of arts and crafts, with special classes for school children. Horticultural classes of homegrown fruit and veg are on display alongside classes of various cakes and jams, all of which are entered by the community. We have a great selection of quality food and craft stalls. A tree surgery



demonstration will be on display also. There will be a marvellous array of vintage cars, tractors and other farm machinery supported by all the local vintage clubs. A prize is awarded to all exhibitors and a Perpetual Challenge Cup is awarded to the Best Turned Out car and tractor. Our Fancy Dress competition is open to one and all and will be judged throughout the day. Tickets will be drawn for our raffle at 5pm in the Community Hall, as will the Community Centre monthly draw. A Sensory Room organised by a qualified therapist can be found upstairs in the Community Hall. Our show is open to everybody and we hope to see you there!!!

Ownership of meat thermometers up by 20% amongst home cooks, according to Safefood research.

Safefood says "well done" to Ireland's home cooks as meat thermometer use grows.

Of those who don't own a meat thermometer, almost one third say they intend to purchase one. To ensure meat is well done and avoid food poisoning this barbecue season, "keep trusting the meat thermometer" is the message from Safefood.

Dublin, Friday 12th July: Safefood is saying "well done" to the home cooks across Ireland who have made their meat thermometer a part of their cooking routine.

With barbecue season in full swing, ownership of meat thermometers is now at 38%, according to all-island research carried out by Safefood. This is up from 17% three years previously. Of those who don't own a meat thermometer, 32% say they intend to purchase one in the future.

These results show that people are understanding the key message that using a meat thermometer is an effective way to ensure food safety at your summer barbecue, said Safefood's Director of Food Safety, Trish Twohig.

"A huge 'well done' to those who have made their meat thermometer a part of their barbecue routine. With so many enjoying barbecues in the summer, it's important that we're all aware of the risk of food poisoning. A meat thermometer provides an extra layer of reassurance when cooking meats like burgers, sausages, chicken and kebabs. If you don't have a meat thermometer, follow the three checks of ensuring these foods are cooked until piping hot, with no pink meat and the juices run clear. But we'd encourage you to buy an easy-to-use meat thermometer."

Also supporting the campaign, Chef Nico Reynolds said: "We all want to enjoy a burger or sausage in the



sun this summer and using a meat thermometer is essential for ensuring the food you serve up is tasty, well-cooked and safe to eat. If you're not yet using a meat thermometer, what are you waiting for?!"

How to use your meat thermometer

Using a meat thermometer couldn't be easier. Just take the meat off the heat, insert the thermometer into the thickest part – when it reads 75 degrees Celsius, it's cooked through and safe to eat.

Safefood's 7 top tips for a safe barbecue if you're planning to hit the grill this summer, follow Safefood's expert advice to enjoy a safe barbecue.

1. Keep perishable foods like salads, coleslaw, and quiche in your fridge until you are ready to serve them.
2. Burgers, sausages and kebabs, pork and poultry must be cooked all the way through – take your food off the heat, pop the thermometer in the thickest part of the meat and when it reaches 75

degrees Celsius, then it's cooked and ready to eat. Steaks can be served 'rare' as harmful bacteria are on the outside only (and not in the centre). If you don't have a meat thermometer, follow the three checks of ensuring barbecue meats like burgers, sausages and chicken are cooked until piping hot, with no pink meat and the juices running clear.

3. If you like to marinate your meat, make sure any marinade used on raw meat is not then used as a sauce to coat vegetables or cooked meat as it will contain raw meat bacteria.

4. If you choose to barbecue any frozen food, it must be completely thawed first on the bottom shelf of your fridge before you cook it.

5. When handling raw meat and poultry, wash your hands thoroughly and frequently, most importantly before going on to prepare salads and other ready to eat foods.

6. Once your meat is cooked thoroughly, make sure to keep cooked meat separate from raw meat and to use separate chopping boards, cooking utensils and plates. Harmful bacteria in raw meat, poultry and their juices can cross contaminate cooked food and lead to food poisoning, something your family won't thank you for.

7. If you have barbecue leftovers, let the food cool, then refrigerate it within two hours of cooking. Consume leftovers within three days and reheat them only once. Always remember with leftovers - if in doubt, throw it out.

For more information on cooking meat safely and using a meat thermometer, please visit www.safefood.net/news or follow Safefood on Facebook, Twitter & Instagram

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Event Itinerary Information

Afternoon Times

12.30pm - Cycle Sense Training

Safe control and cycling of your bicycle followed by obstacle course

2.00pm - Garda Síochána Presentation

2.30pm - EGO Presentation

Presentation and Display of all battery garden equipment followed by demonstration

Evening Times

6.00pm - Cycle Sense Training

Safe control and cycling of your bicycle followed by obstacles course

7.30pm - Garda Síochána Presentation

8.00pm - EGO Presentation

Presentation and Display of all battery garden equipment followed by demonstration



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Learn more about this course



NURSING STUDIES (NURSING STUDIES)

Find out if Nursing is for you! This preparatory course is geared for those who intend to go on to further training for the BSc Degree in Nurse Education either in Ireland, England, Scotland, Wales or abroad. You will be introduced to subjects/topics commonly studied in the first year of the nursing degree programme. Learn about the skills and knowledge of the nursing profession with an emphasis on respect, dignity, empathy and confidentiality. Give yourself the best start for entry to a career in healthcare. There is a fully equipped nursing/HCA room for all of the practical work. Application assistance is available for UCAS applications for UK 3rd level colleges.



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Think Globally, Act locally - SUMMER ORCHARD PRUNING

“ Pruning is the most difficult of the skills practiced by fruit grower”s -
Masanobu Fukuoka - The Natural Way of Farming



Summer Orchard Pruning photos by Paul Lynch

Hi Chris Barrett here. Today I am hearing about this most challenging of fruit grower's skills from Paul Lynch, who has a wealth of skill and enthusiasm in this area...

Do not despair if you find pruning a bewildering task. Masanobu Fukuoka, the celebrated Japanese plant scientist turned natural farmer, philosopher and icon of the 20th century environmental movement describes it as "the most advanced skill in orcharding".

My orchard pruning career started in my teens trying to make sense of the instructions given in regular gardening books. This was long before I came across Fukuoka's works. Looking back I can see that the conventional advice is generally limited to specific situations and is lacking in a more general philosophy and understanding of fruit trees.

Just like us, each tree has its own history, is at particular stage of life and has particular living conditions. Giving general advice regarding tree pruning is as dangerous as giving general medical advice - we are all different and have different circumstances. I try to take a holistic approach and aim to restore the health of each individual tree with regard to its circumstances.

For the last eight years I have provided orchard care across county Cork in hundreds of orchards and gardens on thousands of different individual trees. Much of this is done in the summer months which may come as a surprise. In fact some of the most common problems I encounter are from too much winter pruning and the conditions this causes must be balanced out by summer pruning.

Is Apple Pruning Necessary?

The biological reproductive and photosynthetic aims of fruit trees can differ from our human-centered aims of high yield, the taste we like and large accessible fruit. Almost all apples we eat come from trees that have been grafted. This gives us the variety of apple we want on a tree whose size and disease resistance characteristics will suit the site it will be grown on - if the orchard is well designed that is. Grafting also however fundamentally upsets the natural growing pattern in the early stages of the life of the young tree.

For the above reasons it usually becomes necessary to prune for healthy productive trees. My general approach where possible is to intervene to re-establish the natural growing pattern of the tree. In this case however a little knowledge can be

dangerous - your tree will usually be better off untouched than pruned without the appropriate tools and knowledge. With that warning, please read on for a little knowledge on the subject.

The Natural Shape of Fruit Trees

Most fruit trees grown from seed that are never grafted, pruned or cut will grow to a fairly conical shape and will grow with one trunk called a central leader in orchard terminology. The classic Christmas tree shape is a good example of this form of growth. Such a tree is growing to a natural pattern that doesn't need human maintenance, as we didn't interfere in the first place. When we deviate from this, which we do in every fruit tree which is grafted, we are setting up some work for ourselves in re-establishing the natural tree shape and growing pattern again. When we want to maintain an unnatural shape as in the case of the popular open-center shape then we are setting up perpetual maintenance work. The more unnatural the shape, the more work involved.

Winter Pruning

In the winter the sap will have fallen and the tree stores its sugars in the roots. Pruning done in the winter will not really rob the tree of its energy, and so increased vegetative or leafy growth can be expected during the spring and summer after winter pruning, as a full tree's worth of energy tries to express itself in the reduced tree size. I use winter pruning to give structure and direction to younger growing trees and increase leafy growth in (generally ancient) trees that are lacking vigour.

I winter prune apple, pear, medlar and cobnut trees generally from November to February. It's a good time for disease removal as canker spores are less active. I winter prune mature trees to a limited extent and they may require subsequent summer pruning to re-balance the trees energy levels.

Summer Pruning

In the summer however, more of the sap is up in the branches and leaves, so if we prune now we will rob the tree of some of its energy. This is very useful if the tree has too much leafy growth and too little fruiting wood or if a tree has outgrown its allocated area. Summer pruning is useful if it is desirable to limit the trees size for any reason. You can thin out apples too now if you want bigger apples (from the ones remaining on the tree).

Summer pruning is generally more important for mature trees. Dead and diseased wood can be a little more obvious in the summer due to an

absence of leaves, but removing this can be done in the winter also. The overall structure of a tree is easier to assess in the winter for the same reason. I carry out summer pruning on mature apple and pear trees and all prunus species trees which includes cherries & plums.

Regularly winter pruning of apple trees into maturity often sets up an imbalance in the tree growing pattern generating an excess of vigorous upright leafy growth and very little fruiting wood. Such trees may need many years of summer pruning before calming down and becoming productive fruiting members of the orchard again.

Circular Economy

In addition to pruning I sometimes temporarily tie young flexible fruit tree branches to recreate the natural shape so as to minimise future care. For years now I've only used old bicycle inner tube cut into strips. They have many advantages being flexible and ultimately degradable (but not biodegradable I think) in the sunshine when stretched, so they will cause less damage than the other options if forgotten about as the tree grows.

I stock up on a couple of boxes of old bike tube inners every year as they have endless uses especially if you do orchard work. The people in the bike shop I go to are happy to give them away for free as they are otherwise a waste item that they pay to dispose of. They are happy to divert their material to good uses. Circular Economy - it would be a great name for a bike shop.

Dangerous Ties

I've come across many different materials used to tie the branches of trees to train the growth habit. The list includes bare wire, plastic covered wire, cut-up tights, cable ties and the plastic tying wire found for sale in garden centers. All ties have the potential to wound the tree as it moves or as it outgrows the tie. It is also a disease focal point as the tie may reduce ventilation to some degree, as well as cut into the tree. Of these examples I think the cut-up old tights are probably the least harmful being somewhat soft and flexible, but so far I think the inner tubes are the best solution...

Thank you so much Paul for sharing this information with us. If you want to find out more about this fascinating subject, you can go to <https://permaculture.design.ie>

If you would like to respond to this article or contribute another similar piece for publication, please contact me chrisleevalley@gmail.com



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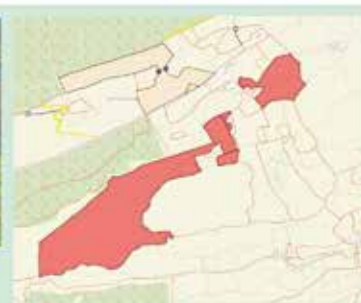
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Looking Back in Time



1995: Ballyvongane National School History Book 1845 - 1995 commemoration committee members, at the launch of the book, back from left, Noreen Healy, Tim Buckley, Jimmy Cotter. Fr Jackie Corkery, who launched the book and Mary O'Brien NT. Front, Joan O'Connell and Mary Cotter.



1995: Present at the launch of Ballyvongane N.S. history book 1845 - 1995 were past pupils from left, Mgt. McElroy, Coachford, Peig Manning, Coachford, Kathleen Desmond, Midleton, Mary Allen, Coachford and Hannah Kenneally, Crookstown.



2012: The late Rev Timothy O'Sullivan former PP of Kilmurry Parish, speaking at a function held in Crookstown Hall to mark his Diamond Jubilee as a priest (29-6-2012) © Peter Scanlan



2007: Photo taken outside FarranThomas Church Pic. Peter Scanlan



Early members of Crookstown Macra. Seated; from left, Arthur O'Leary, Anne O'Leary, Denis O'Sullivan. Standing; Theresa O'Sullivan, Donal Lehane, Bernie Cronin, John O'Mahony, John Barry-Murphy, Liam Wall and Claire Lucey.



1979: The officers and committee of the Macroom Museum at its official opening at Castle St. Included are: John Browne, chairman; Eugene O'Riordan, Secretary; Jim Cooney, vice-chairman; Peter Scanlon, Assistant Secretary; Patricia Kelly, P.R.O., Martin McCarthy, chairman, Macroom U.D.C.; Patrick O'Leary (who donated the museum building); Arch Deacon Hutchinson, Mrs. Peggy Buckley, U.D.C.; Mrs. Joan Creedon; Rev. Sr. M. Paul and Mrs. Teresa Walsh. (26-11-1979)



2012: Kilbonane Cookery Demonstration (23-3-12). © Peter Scanlan



1970; Members of the Macroom Ploughing Association pictured at their inaugural presentation of prizes in 1970



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Looking Back in Time



Joe Murphy, Chairman, Dromleigh 150 Anniversary Committee, presenting an engraved mirror to Mrs. Mary O'Rourke, Minister for Education, with, from left, Denis O'Callaghan who designed the mirror, Anne Bradley, Principal and Maire McSweeney, N.T.



2009; At the Lord Mayor's Ball in Ballinagree were Aine O'Leary, Anne Dunne, Bernie Healy and Caroline Lynch. Photo by Catherine Ketch



Officers, Coach, Trainer & Selectors 2007
L to R: Jerry Cronin Selector, John Ring Trainer, Dave Healy Chairman / Selector, Denis McCarthy Vice Chairman, Dan Murphy Selector, Mickey Ring Coach, Tim Lyons Secretary, John Barry Murphy Treasurer



2007: National president of Macra na Feirme, Catherine Buckley from Rylane, gets up close with an alpaca from the Aghinagh O Cathasaigh Alpaca Stud at Bengour Harvest Festival on Sunday. (Pic: Catherine Ketch)



2009: Fashion Show Kilmurry Hall. Pic. Peter Scanlan



2009: Noel Dunne, Principal, at De La Salle College, Macroom, congratulating Daniel Downey, Dooniskey, and Denis Quinlan, Umera, on their Leaving Certificate results. (Picture: O'Sullivan Photo)

2004: St Val's 8-11 Naomh Fionnbarra 1-8
Panel: Kevin Cotter, Nicola Lyons, Peggy Moynihan, Sarah Hinchon, Siobhán Scanlan, Ursula Murphy, Ciara Lucey, Karen Cotter, Elizabeth Coholan, Eva Dunne, Niamh O'Carroll, Katelyn Barrett, Jack Lynch and Willie Cotter, Selectors. Catriona McSweeney, Nuala Collins, Ellen Aherne, Michelle Byrne, Kerry Caldwell, Siobhán Kenelly Louise Hallisey, Jessica Ring, Katie Buttimer, Aoife McCarthy, Natasha Buttimer, Michelle Healy, Trainer: Denny Healy



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Looking Back in Time



2004: President Mary McAleese and Dr. Martin McAleese meet members of Macroom Town Council on the occasion of their visit to Aras Aoibhinn, Macroom. Front from left: Breda Cullinane-McCarthy, Dr. Martin Aleese, President Mary McAleese, Mayor Evelyn McSweeney and Martin Coughlan. Back: Donal Moynihan TD, Connie Foley, Paul Kingston, Kevigeurran (Town Clerk), Ted Lucey, Pat O'Connell and Tom Counihan. Photo by O'Sullivan Photo Macroom



1992: Children from Caum National School who received their First Holy Communion in Caum Church, with, at back Canon O'Donnell, P.P., Macroom, teachers Betty McSweeney and Teresa Murphy and Fr. Anthony Cronin, C.C.



1950's Can anyone help us out with names for this photo. It was probably taken in the Mercy Convent Grounds in Macroom sometime in the 1950's. The girl, 2nd from right back row is Lucey from Canovee. Who are the others? Leevalleyoutlook@macroom.ie (From the Nora Lucey Photo Collection)



1958; Kilmurry, Under 14 Football Team which defeated Mallow in the County B Final.



1980's: Work in progress for the Canovee GAA Pitch at Carrigadrohid. Pic Peter Scanlan



1957: Susan Kingston pours a welcome cup of tea for Jerry Horgan Ballinagree at the Cahermore Ploughing Match, while Denis Brennan looks on, January 17, 1957

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All Ireland Final: Armagh 1-11 Galway 0-13

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Camogie

All Ireland Camogie Finals Sunday August 11th at

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Senior: Cork v Galway

Intermediate: Cork v Kilkenny

Both games to be screened live on RTE

Glen Dimplex

All-Ireland Senior Camogie Championship semi finals:

Cork 4-17 Dublin 0-9

Tipperary 1-11 Galway 1-12

Glen Dimplex All Ireland Intermediate semi finals:

Cork 2-13 Offaly 0-13

Kerry 2-12 Kilkenny 2-14

Ross Oil Junior A Football Championship

In the Ross Oil Mid Cork Junior Football championship there are 12 teams organised in three groups of four for the initial round robin phase. The top two teams in each group will advance to knock out stages, the best two group winners to semi finals and the four other teams, 3rd best winner and three second placed sides, will play off in two quarter finals to determine who will join them.

Group 1: Inniscarra 2, Béal Átha'n Ghaorthaidh 0, Blarney 2, Ballinora 0

Group 2: Éire Óg 2, Kilmichael 0, Donoughmore 2, Clondrohid 0

Group 3: Aghinagh 2, Grenagh 0, Ballincollig 0, Dripsey 2.

Group 1: Inniscarra 2-12 Béal Átha'n Ghaorthaidh 1-12

Blarney 2-9 Ballinora 2-7

Blarney 2-9 Ballinora 2-7

This was a closely contested JFC 1st round game at Ovens between two well matched teams. Ballinora, B champions last year, got an early goal and it took Blarney 24 minutes before they drew level at 0-4 to 1-1 but they then struck for two goals before half time at which stage they enjoyed a 2-4 to 1-1 lead. They enjoyed a seven point lead at the three quarter stage but Ballinora put in a strong rally in the final stretch and a second goal five minutes from time left only a goal between the teams at that stage. Ballinora knocked another point off the deficit but Blarney were still in front at the final whistle.

Group 2:

Éire Óg 2-19 Kilmichael 0-7

Donoughmore 2-21 Clondrohid 1-8

Éire Óg 2-19 Kilmichael 0-7

Éire Óg junior footballers had a strong panel available when they faced Kilmichael at Cloughduv in G2 1st round of the Ross Oil Mid Cork Junior Football championship. The Ovens club fielded a fairly young team of very fine footballers and their fitness levels and football skills were altogether too much for a Kilmichael side which will be disappointed at the manner and scale of this defeat and apprehensive as they now face Donoughmore in the next round.

There was a strong cold northerly wind blowing and although facing into it Éire Óg were simply buzzing from the throw in. Centre forward Michael Murphy soon put them in front with his opening point. Kilmichael equalised with a Tom Browne point from a free in the 5th minute and when Éire Óg added two points, from Darragh Clifford and a Murphy free, Alan McCarthy had a fine point in reply for Kilmichael, 0-3 to 0-2 after ten minutes. Éire Óg were beginning to assume dominance and points from Michael Murphy, David Kirwin and Sam O'Driscoll were followed by a goal from Keith O'Riordan, the corner forward running on to a through ball from Adam McCarthy to billow the net in the 23rd minute. Kilmichael in their best period of the game had points from Brendan Cotter, a Tom Browne free and another from Brendan Cotter after a strong run by his brother Conor but Éire Óg finished

the first half scoring with a point from Jerome Kelleher on the stroke of half time. Leading by 1-7 to 0-5 and with the wind to favour them in the second half, Éire Óg looked to be on the road to victory.

Three more points within three minutes of the restart, two from Darragh Clifford and the other from David Casey confirmed the Éire Óg superiority and Clifford added another before Tom Browne pointed a free for Kilmichael in the 40th minute. Before the three quarter mark Adam McCarthy had kicked two more Éire Óg points and the game was over as a contest. The final quarter brought no let up in the Éire Óg efforts as they introduced substitutes to maintain the pressure and a string of points were followed by a late goal from Colm Quigley before the final whistle brought an end to the one sided proceedings.

Scorers: Éire Óg: K O'Riordan and C Quigley 1-0 each: D Clifford 0-5, M Murphy 0-5, D Casey, A McCarthy, 0-2 each, D Kirwin, S O'Driscoll, J Kelleher, J Galvin, L Sheehan 0-1 each. Kilmichael: T Browne 0-4 (frees), B Cotter 0-2, A McCarthy 0-1

Éire Óg: Eoin Kelleher: Kevin Cooper, Matt Brady, John Kelleher: Adam McCarthy, Mark Kelleher, Eoin O'Shea: Darragh Clifford, Denny Murphy: David Kirwin D Kirwin, S O'Driscoll, J Kelleher, J Galvin, L Sheehan, Michael Murphy, Jerome Kelleher: Keith O'Riordan, Sam O'Driscoll, David Casey. Subs: Colm Quigley for J Kelleher h/t, Óisín O'Shea for E O'Shea 45, Johnny Galvin for K O'Riordan 46, Hugh Murphy for D Kirwin 52, Liam Sheehan for D Casey 53.

Kilmichael: Ronan O'Callaghan: Ger Murphy, Finbarr Buckley, Eoghan Murphy: Danny Horgan, Cathal Foley, Michael Downey: Brendan Cotter, Brian Horgan: Alan McCarthy, Kevin Murphy, Shane Foley: Tom Browne, Conor Cotter, Andrew Kelleher. Subs: Chris O'Connell for S Foley 40, Danny Twomey for AKelleher 40, Ronan Murphy for A McCarthy 45.

Referee: Peter O'Leary, Cloughduv

Donoughmore 2-21 Clondrohid 1-8

Donoughmore, recent winners of the Muskerry Div One league, had an impressive win over Clondrohid at Rusheen. Donoughmore led by 2-10 to 1-5 at the interval with a newcomer this season in attack, Declan Keating the scorer of both goals. Donoughmore remained in control in the second half and were clear winners on a 2-21 to 1-8 scoreline, scoring 0-6 without reply in the final quarter. Declan Keating scored 2-8

(2-6 from play) from the full forward position and is a major addition to the club. Others scorers were David McDonnell and Gavin O'Sullivan 0-3 each, Mark Lucey 0-2, Daniel Forde, Darragh O'Shea, Adam Dinan, David O'Connell, Darragh Lawton 0-1 each. Clondrohid scorers were Brian Corcoran 1-1, Sean Desmond 0-2, Ciarán O'Leary 0-2, Darren Dineen, Conor Flanagan, Fionán O'Leary 0-1 each.

Clondrohid now face Éire Óg in the second round and will be hoping for a change of fortunes to get their chance of qualifying for the quarter final stage back on track.

Donoughmore: Kevin O'Regan: Frankie Honohan, Mark Foley, Finn O'Callaghan: Kevin O'Connell, Daniel Forde, Paul Crowley: Donnacha Morrissey, Josh Crowley: Darragh O'Shea, Colm O'Callaghan, Adam Dinan: David McDonnell, Declan Kwatinmgt, Mark Lucey. Subs Gavin O'Sullivan ht, David O'Connell 42, Jack Honohan 50, Stephen Goldan 55.

Management: Mossy Barrett, Owen McAuliffe, Daniel Forde, Declan Keating

Clondrohid: Seán O'Callaghan: Aaron O'Riordan, Conor Lucey, Darragh Fitzgibbon: Seán O'Connell, Callum O'Shea, Conor Flanagan: Brian Corcoran, Seán Desmond: Lorcan Flanagan, Ciarán O'Leary, Owen McCarthy: Darren Dineen, Cathal Creedon, Fionn Fitzgibbon. Subs: David O'Connell 28, Fionán O'Leary ht, Neil Buckley, George Lowrie.

Management: Tim Fleming, Chris Fitzgibbon, Diarmuid Twomey, Larry Flanagan, Dan Creedon

Group 3:

Aghinagh 4-15 Grenagh 2-6

Ballincollig 3-7 Dripsey 4-12

Aghinagh 4-15 Grenagh 2-6

With the departure of Ivelary, Kilmurry and Canovee from the Ross Oil Muskerry junior football championship in recent years, Aghinagh, champions in 2021, and now with former successful Cork minor manager Bobby O'Dwyer in charge, will rank among the favourites for the divisional title every year until they too move up to county premier junior ranks. They were impressive in disposing of the challenge of Grenagh at Coachford in their opening championship game and had Grenagh crushed by half time when the western side led by 2-8 to 0-3. The second half



Dripsey - Ross Oil Mid Cork Junior Football Championship 2024



was played out without real championship fire as the outcome was fairly predictable and while Aghinagh were never in danger of losing, Grenagh fought well and reasonably successfully in salvaging their pride.

Grenagh opened the scoring with a point but Aghinagh quickly responded with a point from Con Buckley and then Liam Twohig added two more before firing home a goal to make it 1-3 to 0-12 after the first quarter. A second Aghinagh goal on 23, this one from Darragh McCarthy left the winners in a strong position and it was 2-8 to 0-3 by the break, Buckley, McCarthy and 0-3 from Twohig adding to the mounting scoreline.

Grenagh did stage a stiffer challenge in the second half, Ultan Duggan's goal from a 40th minute penalty making it 2-9 to 1-4. Gearóid O'Sullivan had an Aghinagh goal in instant reply and Darragh McCarthy's second goal in the 50th minute made it 4-11 to 1-4. Grenagh battled on and were rewarded with a late goal from Shane Dorgan to add to points from Robert Coleman and Kelvin Cummins.

Aghinagh: Kevin Cotter: Olan Cummins, Donagh O'Riordan, Aodh Twomey: Declan Ambrose, Luke O'Leary, Eoghan McCarthy: Shane Corkery, Thomas Morgans: Mathew McCarthy, Con Buckley, Micheál Horgan: Dara McCarthy, Liam Twohig, Gearóid O'Sullivan. Subs: Tadhg Sheehan, DJ Buckley
Grenagh: Cathal Cronin: Jason O'Keefe, Peter McSweeney, Michael Russell: Tadhg Walsh, Ted Twomey, Kevin O'Neill: David Coleman, Darragh Kenny: Dara O'Shea, Paul BarryMurphy, Robert Coleman: Seán Joyce, Ultan Duggan, Dan Twomey. Subs: Paul Ahern, Shane Dorgan, Kelvin Cummins, Michael White
Referee: Brendan BarryMurphy, Aghabullogue.

Dripsey 4-12 Ballincollig 3-7

Dripsey got off to a good start in their Group 3 encounter at Donoughmore and led by 1-5 to 0-1 after the opening quarter, Mark O'Sullivan the goal scorer. Eoghan Maher added further goals for Dripsey and they were in a good place at half time leading by 3-6 to 0-5 against a shocked Village team. On the resumption, Ballincollig came roaring back into the game and had a goal straight from the throw in and when full forward later Olan Dorgan had a second the gap had been reduced to four points by the three quarter stage. Dripsey hit back with a goal from Shane O'Riordan to lead by 4-7 to 2-6 and they added five further points in the closing quarter to emerge winners by 8 points over a fancied Ballincollig side.

Dripsey: Aaron O'Riordan: Cathal O'Connell, Eoin O'Connell, Sam Manley: Dean O'Sullivan, Shane O'Riordan, Martin O'Sullivan: Mark O'Connell, Seán Murray: Michael O'Riordan, Gary Murphy, George Feeney: Eoghan Maher, Mark O'Sullivan, Jamie Manley. Subs: Killian Kelleher, Ronan Canavan and David O'Sullivan.

Management: Colm Dineen, Danny Ryan and Diarmuid O'Riordan

Ballincollig: Chris Walsh: Podge Harrington, Shane O'Neill, Jack Hoey: Dylan Ebili, Ronan Power, Brian Dore: Stephen Coughlan, Dylan Kirstein: Callum Sheehan, Pete Kelly, Ciarán Buckley: Alan Cronin, Olan Dorgan, Jordan Murray. Subs: Brian Moore and Sean O'Donoghue.

Management: Patrick Kelly, John Miskella, Barry Murphy, Stephen Halligan, John Buckley
Referee: Robert Whelan, Gleann na Laoi.

Ross Oil Muskerry JFC Round Two:

G 1: Béal Átha'n Ghaorthaidh v Blarney, Sat Aug 17th at Cloughdub 7.30pm

Inniscarra v Ballinora, Sunday Aug 18th at Ovens 7pm

G2: Kilmichael v Donoughmore, Saturday Aug 17th at Rusheen 7.30pm

Éire Óg v Clondrohid, Sunday Aug 18th at Carrigadrohid 3pm

G3: Aghinagh v Dripsey at Grenagh on Sunday August 18th 2pm

Grenagh v Ballincollig at Blarney on Sunday Aug 18th at 7pm

MJK OILS Muskerry Junior Hurling Championship

There are NINE teams competing, arranged in 3 groups of three teams each for the Round Robin initial stage.

Top two teams from each group will progress to knock out stages, best two to semi finals, other four to quarter final stage.

Group 1- Dripsey 2, Éire Óg 0, Inniscarra

Group 2- Grenagh 2, Kilmichael 0, Ballincollig

Group 3 - Ballinora 2, Blarney 0, Donoughmore

Round Robin

G1: Dripsey 2-13 Éire Óg 1-10

Rd 2: Éire Óg v Inniscarra Sun Aug 25th 7pm at Ballincollig

G2: Grenagh 1-17 Kilmichael 0-11

Rd 2: Kilmichael v Ballincollig Sat Aug 24th 7pm at Ovens

G3: Ballinora 2-23 Blarney 0-16

Rd 2: Blarney v Donoughmore Sun Aug 25th 7pm at Grenagh

Dripsey 2-13 Éire Óg 1-10

This 1st round group game between Dripsey, championship runners-up to Ballinora last season, and Éire Óg always promised to be a close affair and that's how it turned out.

The first half was very close all through and the sides were level at 0-4 after the opening quarter. Lar Considine was very accurate for Éire Óg and Darragh Coakley and Keith Riordan were also on target. Eoghan Maher and Mike O'Riordan were on target for Dripsey. Dripsey then hit three points in a row from Dean O'Sullivan, Maher and O'Riordan, but Éire Óg came back again with two more points from Lar Considine and in the 25th minute Mark Kelleher pounced on a breaking ball and fired to the Dripsey net to put the Ovens men in front for the first time in the game. A late Dripsey point from another Mike O'Riordan free left the score at half time Éire Óg 1-6 to Dripsey's 0-8. Dripsey had a good start to the second half with two points from O'Riordan and Garyb Murophy to regain the lead and when debutant corner forward George Feeney added a goal in the 37th minute to his point a minute earlier, the winners led by 1-11 to 1-7, Lar Considine getting the sole Éire Óg point in reply. Dripsey's Mike Riordan matched subsequent Éire Óg scores from Considine and Johnny Galvin and when Cathal Sheehan had the last Éire Óg point in the 56th minute, to leave only three points between the teams, Eoghan Maher's goal for Dripsey in the 58th minute opened up a six point gap and assured Dripsey of victory.

Dripsey scorers: E Maher 1-2, G Feeney 1-1, Mike O'Riordan 0-7 (fs), Dean O'Sullivan, Mark O'Connell and G Murphy 0-1 each. Éire Óg scorers were: M Kelleher 1-0, L Considine 0-6 (fs), D Coakley, K Riordan, J Galvin and Cathal Sheehan (f) 0-1 each.

Dripsey: Aidan Buckley: Cathal O'Connell, Shane O'Riordan, Eoin O'Connell: Dean O'Sullivan, John Carey, Sam Manley: Mark O'Connell, Mike O'Riordan: Jamie Manley, Eoghan Maher, Shane Burke: Gary Murphy, Mark O'Sullivan, George Feeney. Sub: Killian Kelleher.

Éire Óg: Michael Brennan: Cormac Buckley, Sean O'Flynn, Kevin Cooper: Johnny Galvin, John Kelleher, Culainn Malone: Colm Clifford, Adam McCarthy:

Darragh Coakley, Mark Kelleher, Rian O'Flynn: Eoin O'Shea, Lar Considine, Keith O'Riordan. Subs: Jerome Kelleher 35, Cathal Sheehan 45, John McCarthy 51 and Darragh Clifford 53.

Grenagh 1-17 Kilmichael 0-11

After a very even opening period at Cloughdub, Grenagh gradually pulled away and had established a 0-10 to 0-5 interval lead. Finbarr Buckley and Chris O'Connell had early points for Kilmichael before Grenagh went on to lead by 0-7 to 0-2. In the final ten minutes of the half, Kilmichael traded score for score with Grenagh, Conor Cotter twice on target from frees and Peter Kelleher getting the other point.

On the resumption, Kilmichael started well and two points from Peter Kelleher had the gap down to three points before David Coleman and Conor Cotter traded points, 0-11 to 0-8 the score now. The killer blow to Kilmichael's hopes came with a Grenagh goal from Kevin O'Neill in the 42nd minute and Kilmichael were fighting a losing battle from there on but in fairness they never gave up, playing with great spirit. Peter Kelleher and Conor Cotter got the Kilmichael points while Dan Twomey had 0-3 for Grenagh in this closing period with 0-2 from David Coleman and a point from Ultan Duggan.

Scorers: Grenagh: Kevin O'Neill 1-0, D Coleman 0-7, S Joyce 0-2, K Cummins 0-1, Dan Twomey 0-3, Ted Twomey 0-1, Ultan Duggan 0-2, D Kenny 0-1

Kilmichael scorers: C Cotter 0-5 (fs), P Kelleher 0-4 (0-2f), F Buckley and C O'Connell 0-1 each

Grenagh: James Walsh: Niall Coleman, Peter McSweeney, Paul BarryMurphy; Dara O'Shea, Ted Twomey, Cathal Cronin; Kevin O'Neill, Darragh Kenny; Kelvin Cummins, Ultan Duggan, David Coleman; Robert Coleman, Michael White, Seán Joyce. Subs: Paul Ahern, Dan Twomey, Shane Dorgan.

Kilmichael: Stephen O'Leary: Gerard Murphy, Shane Foley, Luke Hennigan: Cathal Foley, Eoghan Murphy, Michael Downey: Conor Cotter, Ronan Murphy: Alan McCarthy, Peter Kelleher, Andrew Kelleher: Brendan Cotter, Finbarr Buckley, Chris O'Connell. Subs: Cormac Burke, Trevor Tobin, Tom Downey.

Ballinora 2-23 Blarney 0-16

After an opening quarter of fluctuating periods of control the sides were level at 0-5 each but Ballinora then inched in front with a point which was followed by an Alan O'Shea goal in the 18th minute, putting Ballinora in control and they never subsequently got reined. Although Blarney were only two points adrift on 30, three Ballinora points before the whistle for the break left the champions in control leading by 1-11 to 0-9.

Scores were twice exchanged on the resumption before Ballinora stretched further in front with two more points, followed by a second Alan O'Shea goal in the 39th minute to make it 2-15 to 0-11 and Ballinora were never going to lose control after this.

Shane Kingston and Tommy Burns reigned supreme at midfield for the winners and provided scores a-plenty along with Alan O'Shea and Liam Lyons.

Ballinora: Barry Crowley: Patrick Fitton, Mike Lordan, Tim Forde: Barry McCarthy, Neil Lordan, Michael Quirke: Shane Kingston, Tommy Burns: Darragh Corkery, Danny Dineen, Kevin Murphy: Liam Lyons, James Keohane, Alan O'Shea. Subs: Colin O'Flynn, Ronan Barrow, Ivan Quirke, Robert Quirke, Andrew O'Sullivan.

Blarney: C Murphy: M J Shine, P O'Leary, D Murphy: J Jordan, S Crowley, D Quill: T Buckley, B Ahern: C Dunlea, W Crowley, J O'Keefe: L Kendellan, J O'Dwyer, J Murphy.



Cork 2024 County McCarthy Insurances Football Championship

Five grades in football. Twelve teams in each championship, each with three groups containing four teams per group. Top two in each group advance to knock out stages, 3rd team in each group is finished for this season, two of the 4th placed teams will be involved in a relegation play off. Sequence of Round Robin games:

Rd1: AvB, CvD R2: AvD, BvC R3: AvC, BvD

Premier Senior Football

Group 1: A Nemo Rangers 2, B BALLINCOLLIG 0, C Newcestown 2, D ÉIRE ÓG 0

Group 2: Castlehaven 2, Clonakilty 0, Carbery Rangers 0, St Michael's 2

Group 3: St Finbarr's 2, Douglas 0, Valley Rovers 1, Mallow 1

Senior A Football

Group 1: Carrigaline 2, BÉAL ÁTHA'n GHAORTHAIDH 0, CILL na MARTRA 2, Kiskeam 0

Group 2: Dohenys 0, Kanturk 2, O'Donovan Rossa 2, Fermoy 0

Group 3: Newmarket 0, Knocknagree 2, Clyda Rovers 0, Bishopstown 2

Premier Intermediate Football

Group 1: Ilken Rovers 0, UIBH LAOIRE 2, Aghada 0, AGHABULLOGUE 2

Group 2: Bantry Blues 2, Nemo Rangers 0, NAOMH ABAN 2, Bandon 0

Group 3: Castletownbere 0, Kilshannig 2, Rockchapel 2, MACROOM 0

Intermediate A Football

Group 1: Dromtariffe 0, Adrigole 2, Kildorrery 0, Gabriel Rangers 2

Group 2: Mitchelstown 2, St Vincent's 0, Glanworth 2, BALLINORA 0

Group 3: Na Piarasaigh 0, Boherbue 2, St Finbarr's 1, Glanmire 1

Premier Junior Football

Group 1: KILMURRY 2, Cobh 0, CANOVEE 2, St James 0

Group 2: Glenville 0, Cullen 2, Kinsale 2, Ballydesmond 0

Group 3: Urhan 2, Millstreet 0, Buttevant 2, St Nick's 0

Round 1 of Round Robin:

PSF: Nemo Rangers 0-11 Ballincollig 0-6

Nemo Rangers were just that bit better in the end for Ballincollig in the McCarthy Insurance Group Premier SFC at Ballymaw.

This was a most disappointing encounter as the Trabeg side recorded a third consecutive championship victory over the Village in three seasons, and Ballincollig have now lost six first-round matches on the trot.

It was all square at the break, 0-3 each telling its own story, with both sides very conservative as was expected, and very disciplined Ballincollig defending kept Nemo at bay. Nemo erupted after the interval, tacked on a pair of frees, Seán O'Neill did kick a point for the Village, and Nemo, had points from Corkery and Kevin Fulignati, 0-7 to 0-4 after 34 minutes. A point from Stephen Cronin extended Nemo's advantage but with 14 minutes to go, Cian Dorgan sent over from the sideline to keep The Village in touch. With seven minutes remaining, it was still a one score

game but a Mark Cronin free pushed the lead out to four points. Darragh O'Mahony cut the gap down to three points after 56 minutes before a Kerrigan point calmed the Nemo nerves with two minutes remaining. Nemo had a late score to win by five points after an eminently forgettable game..

Nemo face Éire Óg in the next group game while Ballincollig meet Newcestown.

Scorers for Ballincollig: C Dorgan (45), S O'Neill 0-2 each, L Fahy, D O'Mahony 0-1 each.

Ballincollig: Jack Gibbons; Noel Galvin, Liam Jennings, Colin Moore; Luke Fahy (c), Harry Ahearne, JP Murphy; Peter O'Neill, Dylan Desmond; Conor Dalton, Darragh O'Mahony, Evan Cooke; Sean O'Neill, Cian Dorgan, Darragh Dorgan. Subs: Shane Murphy 40), Tadgh O'Connell 45, Brian Dore 56.

PSF: Newcestown 0-12 Éire Óg 0-10

Last year's Senior A championship winners Newcestown got their 2024 McCarthy Insurance Group A Premier SFC campaign off to a winning start in Cloughdub giving a fine performance as they maintained their winning run. They were deserving winners with an all-round balance, hard working, strong in defence and with scoring forwards. Éire Óg could match the winners in most aspects of the game but could not get the scores to round off good approach work.

Newcestown led by 0-4 to 0-1 before Conor McGoldrick reduced the deficit courtesy of his second white flag. Eoin O'Shea made it a one-point game to conclude a lively first quarter.

A flowing Newcestown move to kick a fine point and make it 0-5 to 0-3, Brian Hurley flicked the ball into the net after 23 minutes but unfortunately for Éire Óg, the goal was ruled out for a square infringement. Daniel Goulding showed a flash of real class with as point from play but Newcestown had stretched the lead to five, 0-9 to 0-4 before the break.

Daniel Goulding landed a badly needed Éire Óg free, Rian O'Flynn made it 0-9 to 0-6 as Newcestown struggled but Jack Meade's point was matched by one from Eoin O'Shea with less than 10 minutes to go. Éire Óg goalkeeper Chris Kelly, the Cork net minder, converted a free from 45 metres on 51 and Daniel Goulding fired over a free to leave the bare minimum between the teams on 57, 0-10 to 0-9.

Seamus O'Sullivan's fisted effort gave Newcestown breathing space, 0-11 to 0-9, Rian O'Flynn's goal attempt was cleared off the goal line at the opposite end, Richard O'Sullivan and Eoin O'Shea swapped points but Newcestown hung on for a vital win.

Next up for Newcestown is a Group A meeting with Ballincollig in Ovens on Saturday, August 17th. Éire Óg will meet Nemo Rangers, who beat them last year by two points, and can be hopeful of reversing that result this timeound..

Scorers for Éire Óg: Daniel Goulding (0-2 f), Eoin O'Shea 0-3 each, Conor McGoldrick 0-2, Rian O'Flynn, Chris Kelly (f) 0-1 each.

Éire Óg: Chris Kelly; Dermot Herlihy, Micheál Corkery, Colm Clifford; Mark Griffin, Conor McGoldrick, Diarmuid Dineen; Colm O'Callaghan, Jack Murphy; Eoin O'Shea, Daniel Healy, Daire McCarthy (captain); Daniel Goulding, Rian O'Flynn, Brian Hurley. Subs: Jack Sheehan 21, Dylan Foley 25.

S AFC: Cill na Martra 1-18 Kiskeam 0-9

Cill na Martra commenced their Senior A football campaign with a workmanlike victory over a disappointing Kiskeam outfit at Clondrohid. The winners started well, led all the way from the second minute to the final whistle, with a one-sided second

half swelling the winning margin to double digits.

The Gaeltacht men used the wind to good effect in the opening half and powered on by the impressive Seán Ó Fóirréidh from centre-back, who also chipped in with four points, Shane Ó Duinnín had 0-5 and 1-3 came from Maidhcí Ó Duinnín. The goal, inside three minutes, opened a 1-1 to no score lead, and the 2023 Premier Intermediate and Munster Intermediate Champions show no sign of losing that winning momentum, and continue to exude confidence and self belief.

Cill na Martra led by 1-6 to 0-7 by the 21st minute and the Duhallow side were only to score another two points in the remaining 40 minutes of action, despite having an extra for ten minutes. It was 1-9 to 0-7 at the interval, points were exchanged in the ten minutes after the restart, and a run of seven points in the final 20 minutes, helped the Gaeltacht side to an easy victory to get their campaign up and running under new manager Morgan O'Sullivan, assisted by Alan O'Regan and Noel O'Leary.

Scorers for Cill na Martra: M Ó Duinnín 1-3; S Ó Duinnín 0-5; S Ó Fóirréidh 0-4; J Mac Cárthaigh 0-3 (0-2 f); D Ó Duinnín (mark), T Ó Corcora 0-1 each.

Cill Na Martra: Micheál Ó Deasúna; Antóin Ó hUidhir, Tadgh Ó Corcora, Finéin Ó Faoláin; Danny Ó Conaill, Seán Ó Fóirréidh, Cianie Ó Fóirréidh; Daniel Ó Duinnín, Gearóid Ó Goillidhe (Capt); Jason MacCárthaigh, Ciarán Ó Duinnín, Micheál Ó Cathasaigh; Eoin Ó Conaill, Maidhcí Ó Duinnín, Shane Ó Duinnín. Subs: Dara Mac Lochlainn 30; G Ó Goillidhe for E Ó Conaill (36); Cormac Ó Cróinín 52; Fionnbarra Ó h-Ealaithe 56.

S AFC: Carrigaline 1-18 Béal Átha'n Ghaorthaidh 1-10

Béal Átha came up against a fine Carrigaline side at Kilmurry and could have no quibble at this result. Recently crowned County Div 1 league champions, Carrigaline continued on their winning ways with an impressive display and served due notice to all opponents that they are intent on a quick return to Premier Senior grade after being demoted at the end of last season.

Aided by the stiff breeze in the first half, Carrigaline started well, led by 0-5 to 0-1 in the 10th minute and as the first quarter ended Béal Átha could only lament their tally of seven wides at that stage, a waste of hard earned possession and in stark contrast with their opponents blank wides tally.

Ben Seartan almost caught the Carrig 'keeper with a lob from close range in the 17th minute but the ball hit the crossbar and was scrambled clear. Seamus Ó Tuama gave Béal Átha some joy with a 25th minute point but two late Carrig points made it 0-13 to 0-3 at the break.

On the restart, Béal Átha had a point from Ben Seartan within a minute and he combined with his brother Donagh two minutes later before the latter drilled a low ball into the far corner of the Carrig net. Carrig steadied the ship with two fisted points, more or less matched Béal Átha score for score and a Carrig victory was assured in the 47th minute when a Brian O'Driscoll - Niall Coakley move released Brian Coakley all alone to tap the ball home to the Béal Átha net and put his side nine points clear. The Gaeltacht men battled on in spirited style to the final whistle but the outcome not now in doubt.

Carrigaline will meet Kiskeam in Mallow on Sunday August 18th in Rd 2 and that same afternoon, Béal Átha'n Ghaorthaidh and Cill na Martra (winners over Kiskeam in Rd 1) are scheduled to meet in Baile Mhuirne.



Scorers: Béal Átha'n Ghaorthaidh: B. Seartan 0-5 (0-3 f), D. Seartan 1-1, C. Ó Loinsigh 0-2, S. Ó Tuama and S. Ó Luasa 0-1 each.

Béal Átha'n Ghaorthaidh: Darren Ó Coill; Seán Ó Donnchú, Cian Ó Duinnín, Dara Ó Ceallacháin; Donagh Seartan, Eanna Ó Duinnín, Nollaig Ó Laoire; Seán Ó Luasa, Daire Ó Briain; Matt Ó Riordáin, Conchúr Ó Loinsigh, Seán Ó Muineacháin; Liam Ó Críodáin, Seamus Ó Tuama, Ben Seartan. Subs: Gavin Ó Tuama ht, Colmán Ó Tuama 45, Liam Seartan 53, Diarmuid Ó Ceallacháin 55.

Carrigaline are well coached by former Cill na Martra player and coach, Kevin O'Sullivan, who was in charge of his home club when the County Intermediate title was annexed in 2018.

PIFC: Iveleary 4-15 Ilen Rovers 0-5

Iveleary, recent winners of the Div Four of the McCarthy Insurances County league, had a very comfortable win over Ilen Rovers at Sam Maguire Park in Dunmanway despite being short a few notable regulars and on this evidence will again be challenging strongly for ultimate honours, having gone down rather unluckily to eventual Cork and Munster champions, neighbours Cill na Martra last year. Ilen, relegated from SAF last season appear to be in decline at present.

Cork senior footballer Chris Óg Jones ended up with 2-8 (0-7 f, 1-0 pen) to his credit but had plenty of support from his team mates. Iveleary did all the pressing as they hit the front after a minute through a Chris Óg Jones free but Ilen Rovers drew level. Chris Óg was causing the Ilen Rovers defence untold problems and hit the crossbar with a rocket, the ball going over the bar. The Muskerry side tacked on another point courtesy of Ian Jones before Ilen Rovers were reduced to 14 players for 10 minutes.

Barry O'Leary had a goal for the Uibh Laoire men who were in complete control and followed with another 1-1 in two minutes from Chris Óg Jones - 2-4 to 0-1 after 14 minutes, the goal from the penalty spot. In the final 10 minutes of the half, Iveleary added three unanswered points and led by 2-7 to 0-2 at half-time.

The one-sided contest continued in the second half as the winners scored two goals in a space of 30 seconds through Chris Óg Jones and Aaron O'Donovan, 4-7 to 0-2 after 34 minutes. Ilen Rovers, kept battling away but suffered another black card on 43 minutes, conceded the next five points and trailed 4-12 to 0-3 with 13 minutes remaining as the game dragged on to its inevitable conclusion.

Next up for the Muskerry side is Aghada in the second group outing while Ilen Rovers lock horns with Aghabullogue.

Scorers for Iveleary: C Óg Jones 2-8 (0-7 f, 1-0 pen), A O'Donovan 1-1, B O'Leary 1-0, I Jones, L Kearney 0-2 each, B Cronin, T Roberts 0-1 each.

Iveleary: Joe Creedon; Barry Murphy, Daniel O'Donovan, Timmy Roberts; Kevin Manning, Daniel O'Riordan, Kevin Jones; Barry O'Leary, Conor O'Leary; Aaron O'Donovan, Chris Óg Jones, Seán O'Riordan; Brian Cronin, Sam Pickering, Ian Jones. Sub: Liam Kearney 42.

PIFC: Rockchapel 1-18 Macroom 1-13

A late surge gave Rockchapel an impressive victory as they saw off Macroom in their McCarthy Insurance Group Cork Premier IFC opener at Dromtariffe.

There was just a point in this entertaining affair in the 56th minute after Macroom's Alan Quinn brought his tally to 1-6 to leave them 1-14 to 1-13 behind but it

was the last time they scored as the Rock tacked on four unanswered points for a comfortable winning margin..

The first half was a relatively open affair and entertaining. Macroom had the lead inside 25 seconds thanks to a good Alan Quinn point but then conceded a 'killer' goal which caused them problems to the finish. Rock went three up but Macroom with the wind fought back well. With Seán Kiely and Eolann O'Leary always dangerous, they were level, 1-2 to 0-5, by the 17th minute after Kiely got his second and then set up Dylan Twomey for another. They might have even had a goal as O'Leary found Kiely who had his shot leg blocked without penalty. Rockchapel went 1-4 to 0-6 ahead on 25, but Macroom with points from Patrick Lucey and Alan Quinn were one point clear at half time, 0-9 to 1-5.

Rockchapel came out with renewed vigour at the beginning of the second half and they led by 1-10 to 0-9 within ten minutes. Macroom fought back again and got a fine goal from Alan Quinn, set up by the work of Eolann O'Leary and Seán Kiely to lead by 1-11 to 1-10 on 47. Three points for the Rock followed, then scores were twice exchanged, 1-15 to 1-13 on 59 before the Duhallow side kicked over the last three points in added time.

Scorers for Macroom: A Quinn 1-6 (0-3 f), S Kiely 0-3 (0-1 m), P Lucey (f), C Donovan, E O'Leary, D Twomey 0-1 each.

Macroom: Brendan O'Connell; Ciarán Condon, Johnny Murphy, Don Creedon; Conor Buckley, Mark Corrigan, Michael Cronin; Tony Dineen, Patrick Lucey; Fintan Goold, Seán Kiely, Cillian Donovan; Eolann O'Leary, Dylan Twomey, Alan Quinn. Subs: Mark Hunt 27, Caleb Dineen and Shane Meaney both 38, Jack O'Riordan 43, Conor O'Sullivan 58.

PIFC: Aghabullogue 0-13 Aghada 0-10

A superb final quarter from Aghabullogue, I AFC winners last season, saw them make a winning debut in the McCarthy Insurance Premier Intermediate Football Championship when disposing of Aghada at Ballincollig.

Six points from David Thompson proved crucial in their win which was hard earned against a renowned gritty side in Aghada.

Pádraig O'Sullivan fist the ball over the bar after five minutes for the opening score and Aghabullogue quickly doubled their tally through Evan O'Sullivan. Aghada got a boost when Cian Hegarty kicked a free before following up with another point from play in the 12th minute. The Aghabullogue pressure continued, missed a goal chance, and Aghada stayed in the game on the scoreboard.

Three unanswered points for Aghabullogue from David Thompson (2) and Brendan O'Sullivan saw Aghabullogue go in at the break commanding a 0-6 to 0-3 lead.

Danny Creedon had an Aghada point within less than half a minute on the resumption and the East Cork men reduced the gap to a single point three minutes later. The sides were level midway through the half following a second and then Aghada went a point up four minutes but Aghabullogue responded as they kicked four unanswered points that saw them regain control.

They can now prepare for their clash with Ilen Rovers. Scorers for Aghabullogue: D Thompson 0-6 (0-4 f), M Bradley 0-2, P O'Sullivan, E O'Sullivan, A O'Sullivan, B O'Sullivan, J Corkery 0-1 each.

Aghabullogue: Ian O'Sullivan; Conor Smith, Michael Dennehy, P Dilworth; A O'Sullivan, Tom Long, Breandán O'Sullivan; C Gillespie, D Merrick; Pádraig

O'Sullivan, Evan O'Sullivan, John Corkery; Mathew Bradley, David Thompson, Luke Casey. Sub: C O'Sullivan 44.

PIFC: Naomh Abán 0-12 Bandon 0-9

Naomh Abán got over a tricky assignment to claim victory in their opening group game against Bandon at Carrigadrohid.

The teams were closely matched throughout the first half and Naomh Abán had a slender lead to show for it. It was a slow first half with Naomh Abán enjoying the majority of possession. Naomh Abán took an early lead through Ó Loingsigh, and held the advantage until the 22nd minute when Bandon equalised with their fourth white flag through Mike Cahalane.

The Muskerry side regained the lead when Wayne MacCárthaigh struck his second score, making it 0-5 to 0-4 after 27 minutes, and they remained in front for the rest of the game.

Unfortunately for Bandon, the 22nd minute was as close as they would get to the win and they've now only got one championship victory in the last two years.

The Gaeltacht side kept up the pressure at the restart, as Dónal Ó Ceallaigh dispossessed Conor Calnan, before setting up Wayne MacCárthaigh for the first of two quick scores from the corner-forward. Dara Mickey Ó Loingsigh kicked his second point to put them four in front after 35 minutes, but a free from Cahalane got Bandon back in the fray.

MacCárthaigh kicked another excellent point before Bandon responded with an equally impressive effort, though the gap remained three in favour of the Gaeltacht side.

Substitute Mark Sugrue cut the deficit to two in the 57th minute, and Bandon almost found the back of the net when Crowley put Calnan through on goal. Bandon continued their search for the winning goal, but Naomh Abán broke free in the second minute of added time and Marc Ó Críod fisted it over, sealing the win as it turned out.

Scorers for Naomh Abán: W MacCárthaigh 0-5, M Ó Duinnín 0-3 (0-2 f), D M Ó Loingsigh 0-2, D Ó Ceallaigh, M Ó Críod 0-1 each.

Naomh Abán: Gearóid Ó Luasa; Colm de Róiste, Criostóir Ó Deasúnaigh, Séamus Ó Mathúna; Niall Ó Ceallaigh, Colm de hÍde, Eanna Ó Críodáin; Dara M Ó Loingsigh (c), Jack Ó Donnchú; Conchúr (John C) Ó Críodáin, Marc Ó Críod, Maidhc Ó Liatháin; Wayne MacCárthaigh, Maidhc Ó Duinnín, Dónal Ó Ceallaigh. Subs: Séamus Hendy h-t, Adrian Ó Cathasaigh 49.

IAFC: Glanworth 1-7 Ballinora 0-6

This was a surprise result at Mayfield, as Ballinora came into the game with form, their young team coached by former Cork goalkeeper Ken O'Halloran, having recently won the Division 6 County football league title.

Glanworth, led on by David Pyne, who hit 1-4, Cork U20 footballer Darragh O'Brien and experienced campaigner Mikie Sheehan, were level at the break before pushing on. They were two points clear with 10 minutes remaining before a Pyne goal from the penalty spot minutes from the end put the icing on the cake.

The Muskerry outfit did reduce the gap down to four points and missed a penalty when Shane Kingston's effort was saved by Glanworth goalkeeper Shane O'Riordan.

The importance of that game was huge given the difficulty of the other two opponents in the group as



Mitchelstown and St Vincents are tough opponents to come. Ballinora: Alex McAllen: Adam Laverty, Tom Forde, James Byrne: Ian Wycherley, Neil Lordan, Ivan Quirke: Shane Kingston, Mike Lordan: Tommy Burns, Michael Quirke, Danny Dineen: Liam Lyons, Robert Quirke, Kevin Werner. Subs: Colin O'Flynn, Rona Barrow John O'Regan, Nathan Davis, Andrew O'Sullivan, James Keohane, Jack Twohig, Alan O'Shea, Denis Buckley, Brian McCarthy, Billy Carbery, Cian Lucey, Ben Ahern, Timmy Connolly.

PJFC: Canovee 1-14 St James 0-11

In Group 1, one of the fancied sides in the competition Canovee, were too strong for St James from Ardfield at Newcestown. The Muskerry side won last year's County JAFK crown but there were much changed from that final win over Mayfield.

St James led by 0-3 to 0-1 (Jack Kelleher) after ten minutes but two points from captain James Moynihan had Canovee in front on 12 and Daire McMahon and Kelleher again made it 0-5 to 0-3. Points were twice exchanged, Sean O'Connor and Jack Kelleher for Canovee and when St James had a further two points it was level at 0-7 each on 23 but a

Jack Kelleher point gave Canovee an interval lead of a single point 0-8 to 0-7.

Further scores from a Kelleher free and from Conor Dodd put Canovee three clear after 35 minutes, an Ardfield point was answered by one from Daire McMahon, Mark Healy had a point in the 43rd minute but back came St James with two points to leave it at 0-12 to 0-10 with seven minutes to go. Mark Healy had a point to ease the situation, St James replied with a point and then Daire McMahon struck for the vital score, a smashing goal to kill off the Ardfield challenge. Conor O'Neill added a late point to give Canovee a six point winning margin.

Canovee: Ben Cheasty: William Ahern, Denis O'Sullivan, Blake Ring: Shane Riordan, Ryan Delaney, Eoghan Lehane: Conor Dodd, Aidan Murphy: James Moynihan, Mark Healy, Conor O'Neill: Jack Kelleher, Seán O'Connor, Daire McMahon. Sub: Paul Healy

PJFC: Kilmurry 1-8 Cobh 1-7

Kilmurry just about got over the line against Cobh in the other group outing in what was a very entertaining battle. Joe O'Mullane was the hero with a late point to win the match for his team, 1-8 to 1-7.

Kilmurry started well with points from Joe McGinn,

Liam Wall and Daniel Cahalane to lead by three points after five minutes. Joe McGinn had his second on 7 to increase the advantage but Cobh fought back and kicked over four unanswered points, all from frees, to draw level by the 28th minute and it was 0-4 each at half time.

A goal from James O'Mullane in the first minute of the second half was a mighty boost for Kilmurry, Cobh hit back with a point but Liam Wall matched that score, 1-5 to 0-5 at the three quarter stage. Cobh now had the ball in the Kilmurry net to level the score at 1-5 each on 46, and the sides were still level on 51 at 1-6 apiece. Cobh now went a point up, again from a free, but Kyle Kelleher equalised from play on 53, and two minutes from full time substitute Joe O'Mullane sent over the deciding point to give Kilmurry the narrowest of victory margins.

Kilmurry: Jason McDonnell: Eoin Keane, William Ronan, Gearóid O'Mahony: Tomás Collins, Brian Hinchion, Darragh Linehan: Lawrence Aisling, James O'Mullane: Daniel Cahalane, Alexander Aisling, Rory Duggan: Lloyd Aisling, Liam Wall, Joe McGinn. Subs: Joe O'Mullane, Pádraig Berhanu.

HURLING: Co-Op Superstores County Hurling Championships

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

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

Premier Senior Hurling

Group 1: A Sarsfields 2, B Douglas 0, C Bishopstown 0, D Newtownshandrum 2

Group 2: St Finbarr's 0, Blackrock 2, Newcestown 0, Fr O'Neill's 2

Group 3: Middleton 2, Charleville 0, Erin's Own 0, Kanturk 2

Senior A Hurling

Group 1: BLARNEY 2, Carrigtwohill 0, Na Piarasigh 2, Courcey Rovers 0

Group 2: Bride Rovers 2, Cloyne 0, Fermoy 0, Castlelyons 2

Group 3: Glen Rovers 2, Killeagh 0, Ballyhea 0, INNISCARRA 2

Premier Intermediate Hurling

Group 1: Castlemartyr 0, Valley Rovers 2, Carrigaline 0, Watergrasshill 2

Group 2: Mallow 0, BALLINCOLLIG 2, ÉIRE ÓG 2, AGHABULLOGUE 0

Group 3: Kilworth 0, Ballymartle 2, Ballinhassig 0, Dungourney 2

Intermediate A Hurling

Group 1: Middleton 2, Ballygiblin 0, Aghada 0, Sarsfields 2

Group 2: Bandon 0, Blackrock 2, Erin's Own 2, Kildorrery 0

Group 3: Mayfield 0, Lisgoold 2, CLOUGHDUV 0, Youghal 2

Premier Junior Hurling

Group 1: Douglas 0, Meelin 2, Milford 0, Russell Rovers 2



Craobh Comórtas Príomh Idirmheánach Chorcaí 2024. Bhí an bua ag Naomh Abán ar Droichead na Bandan. Pic le Nóra Uí Luasa.

Group 2: Barryroe 1, Kilbrittain 1, Ballygarvan 2, Nemo Rangers 0

Group 3: St Catherine's 0, Glen Rovers 2, Argideen Rangers 0, St Finbarr's 2

Blarney 3-24 Carrigtwohill 0-14

Blarney hurlers gave a marvellous performance in their opening group game against Carrigtwohill in the Co Op Superstores Cork County Senior A hurling championship at Caherlag. Blarney showed their clear focus on victory from the throw in and struck over three consecutive points, Shane Barrett with two and Pádraig Power also on target, all in the opening three minutes to get off to a grand start. Carrigtwohill had a point in reply but in the 5th minute a dazzling run by Cian Barrett was followed by a perfect pass to Shane Barrett who drilled an unstoppable shot to the net, 1-3 to 0-1 to Blarney. When Blarney added a second goal in the 10th minute, this one from Cian Barrett, the game was after taking a decisive turn in their favour as Carrigtwohill found scoring very difficult, goals impossible! By half time all the Blarney players from No. 8 to No. 15 had scored as the winners led by 2-12 to 0-9 with wind advantage on the restart.

In the 3rd quarter Blarney matched Carrig score for score and in the 46th minute, both teams were reduced to 14 after a mini melee erupted.

Carrigtwohill kept battling but were not in the same class as Blarney and the Muskerry men with ten minutes remaining scored a sublime goal from Cian Barrett. Blarney captain Mark Coleman finished with a long-range point to round off on a great start to his side's championship season.

Scorers for Blarney: C Barrett 2-4 (0-1 f), S Barrett 1-6 (0-2 f), P Power 0-4, C McCarthy, D McSweeney, M Coleman 0-2 each, C Hegarty, P Crowley, O Hegarty, P Philpott 0-1 each.

Blarney: P Hallssey; A McEvoy, C Power, S Mullane; P Philpott, P Crowley, M Coleman; O Hegarty, C Hegarty; D McSweeney, S Barrett, S Mulcahy; C Barrett, P Power, C McCarthy. Subs: E Kirby for S Mulcahy (35), M O'Leary for D McSweeney (53), D Hanlon for C Barrett (56).

Inniscarra 1-20 (23) Ballyhea 3-11 (20)

Inniscarra were focussed on winning this opening round game at sunny Grenagh and achieved their objective, even without their Cork star Sean O'Donoghue, injured in the All Ireland final. Full forward Pádraig Holland impressed throughout.

Inniscarra were on form from the start with the first score of the game coming inside 15 seconds from Cameron Lynch. Ballyhea did hit back with a brace however Inniscarra were soon back in front, Andrew



McCarthy and Holland (free) showing the way. The sides traded the next few points before a point from Joe Enright was quickly followed by a goal from Holland.

Ballyhea responded with two pointed frees and one from play but Joe Enright pointed twice to sent Inniscarra in at the break leading up 1-9 to 0-8.

On the restart Inniscarra added a further four points to extend their advantage to eight points by the 40th minute. Ballyhea were reduced to 14 men on 49 but they fought to the finish and got the gap down to two points with two late goals, on 59 and 34, but Inniscarra pulled clear in added to time to deservedly take the win.

Scorers for Inniscarra: P Holland 1-4 (0-4 f), J Enright 0-4 (0-1 f, 0-1 65), C Lynch 0-3, M Murphy 0-2, S Sheehan, S O'Mahony, L Ryan, A McCarthy, F O'Leary, D O'Keeffe, M Nagle 0-1 each.

Inniscarra: J O'Keeffe; D Keane, B O'Mahony, J O'Sullivan; S Sheehan, C O'Leary, J Enright; S O'Mahony, L Ryan; A McCarthy, M Nagle, C Lynch; F O'Leary, P Holland, D O'Keeffe. Subs: M Murphy 45, T Lyons 50, A Doyle 59.

Ballincollig 2-19 Mallow 2-12

Ballincollig hurlers proved too good for Mallow in the Co-Op SuperStores PIHC at Ballynaly and are delighted to get their championship season off to an encouraging start after a dismal Div One league campaign.

Mallow are back in the PIHC grade after getting relegated from the SAHC at the end of last season, were down by six points at the break and got overpowered in the second half. Ballincollig had the benefit of a strong wind in the first half, and led by 0-3 to 0-1 after eight minutes. Steve Wills and Adam Wills made it 0-5 to 0-2 for the Muskerry men as Mallow wasted good chances through poor finish. Four more points for The Village followed, 0-9 to 0-3 after 27 minutes, a brace of points from the excellent Steve Wills pushed Ballincollig further ahead, 0-11 to 0-5 at half time.

Mallow had the wind advantage for the second half, got the first score from a super sideline cut but Ballincollig replied with points from Pearse Morris and Dwyer. When Ballincollig got two goals in the space of a minute, from Seán O'Neill and Cian O'Driscoll, to make it 2-14 to 0-8 after 43 minutes the outcome was nearly assured..

Mallow got a goal 14 minutes from time but Ballincollig were 2-18 to 1-12 on 55 and even though Mallow had another goal in time added and were also denied by a fine save by James Linehan it was Ballincollig's day and they will meet near neighbours Éire Óg in their next group game while Mallow and Aghabullogue face off with relegation trouble facing the losers of that game..

Scorers for Ballincollig: S Wills 0-6 (0-2 f), P Morris 0-5 (0-3 f), C O'Driscoll, S O'Neill 1-1 each, T O'Connell, J Dwyer 0-2 each, D O'Sullivan, A Wills 0-1 each.

Ballincollig: James Linehan; R O'Donovan, C O'Sullivan, C Moore; D O'Sullivan, F Denny, T O'Connell; J Dwyer, B Coleman; S Wills, B Keating, S O'Neill; A Wills, P Morris, C O'Driscoll. Subs: B Dore for B Coleman (47).

Éire Óg 0-18 Aghabullogue 0-16

Éire Óg just piped their neighbours Aghabullogue in an absorbing Co-Op Superstores Premier IHC at Carrigrohoid in a typical closely fought local derby. In the presence of a large attendance, this 1st round group game did not disappoint with both sides



Craobh Comórtas Príomh Idirmheánach Chorcaí 2024. Bhí an bua ag Naomh Abán ar Droichead na Bandan. Pic le Nóra Uí Luasa.



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hurling with expected intensity and the tams were level on no less than 1 occasions.

Cork footballer's goalkeeper, Chris Kelly made some outstanding saves in both halves to deny Aghabullogue and Éire Óg had super performances from Brian Corcoran, Conor McGoldrick, Dara McCarthy and sharp-shooter Eoin O'Shea who finished with a tally of 0-11.

The teams were neck and neck for much of the opening half with O'Shea and Matthew Bradley obliging at either end early on. Aghabullogue grew into the contest, the most recent IHC winners applied a spell of pressure to yield quality points in quick succession from John Buckley, David Thompson, John Corkery and Bradley.

To their credit, Éire Óg stemmed the flow, the next four points registered by Oisín O'Shea, Dylan Foley and Jack Sheehan. Though Aghabullogue squandered a number of opportunities with wides and efforts falling short, they summoned up a burst, points to Shane Tarrant and the impressive Seán Fury helped secure a narrow 0-10 to 0-9 advantage at the interval.

The sides traded points on the restart, and it remained anybody's game, Éire Óg points to Oisín and Eoin O'Shea matched by Bradley and Tarrant, 0-16 apiece in the 52nd minute.

Éire Óg went two points clear courtesy of Eoin O'Shea frees, Aghabullogue got a point back but then lost a man, and two points from play by Eoin O'Shea opened up a three point gap on 62. Aghabullogue could only manage a point in reply from Brian Dineen and so they now face Mallow in a must win game on Sat August 24th. Next up for Éire Óg is a meeting against another neighbour, Ballincollig on Friday,

August 23 in a tough group.

Scorers for Éire Óg: E O'Shea 0-11 (0-6 f), O O'Shea 0-3, J Sheehan 0-2, D Foley, K Hallissey, C O'Callaghan, D Casey 0-1 each.

Aghabullogue: M Bradley 0-5 (0-3 f), S Tarrant 0-3 (0-2 f), J Corkery 0-3, J Foley, S Fury 0-2 each, J Buckley, D Thompson, B Dineen 0-1 each.

Éire Óg: C Kelly; B Corcoran, M Brady, D Kirwan; D Dineen, C McGoldrick, D O'Herlihy; J Sheehan, D McCarthy; K Hallissey, E O'Shea, C O'Callaghan; D Healy, D Foley, O O'Shea. Subs: D Casey 46, E Kelleher 57.

Aghabullogue: Finbarr Foley; Tom Long, C Timmons, Michael Dennehy; Colm Gillespie, Paraic O'Sullivan, David Thompson; Seán Furey, T J Buckley; Shane Tarrant, John Buckley, Mathew Bradley; John Corkery, J Foley, James Lane. Subs: Luke Casey 42), Brian Dineen 47, Breandán O'Sullivan 50).

IAHC: Cloughdub 1-11 Youghal 2-16

In the IAHC Group 3, Youghal, who were relegated from premier intermediate last year, enjoyed a 2-16 to 0-11 win over Cloughdub at Church Road. Cloughdub, short regulars this season for a variety of reasons, were in contention at half time when they led by 1-7 to 0-7, the goal coming from Brian McNabola but Youghal got on top in the second half, banged in two goals and were in control at the finish. Cloughdub: Cathal O'Driscoll: Pádraig O'Leary, Aodh Twomey, Euan Coughlan: Eoghan Clifford, Seán Curzon, Odhran O'Driscoll: Jack Walsh, Aidan Murphy: Seán Barry, Donal Cronin, Jack Devine: Kevin Walsh, Pádraig O'Driscoll, Brian McNabola. Subs: Adam McNulty, Dylan Shanahan, Stephen O'Donoghue, Eoin McNabola, William Ahern.

McCarthy Insurances County Football Championships

PSFC Muskerry v Carbery Friday Aug 9th at Ovens, 7.30pm

Co-Op Stores PSHC Muskerry v UCC Sunday Aug 11th at Dungourney 3pm

Round 2 of FC Round Robin

Friday Aug 16 PSFC Éire Óg v Nemo at Ballincollig 7.30pm

Sat Aug 17th PIFC Iveleary v Aghada at Ballyanley 3pm

Sat Aug 17th PIFC Aghabullogue v Ilen Rvrs at Ballinacarriga 5pm

Sat Aug 17th PSFC Ballincollig v Newcestown at Ovens 5pm

Sat Aug 17th PJFC Canovee v Cobh at Caherlag at 5pm

Sat Aug 17th PIFC Naomh Aban v Nemo Rangers at Kilmurry 5pm

Sat Aug 17th IAFC Ballinora v Mitchelstown at Rathcormac 7pm

Sat Aug 17th PIFC Macroom v Castletownbere at Aughville 7pm

Sun Aug 18th SAFC Béal Atha'n Ghaorthaidh v Cill na Martra at Baile Mhuirne 4pm

Sun Aug 18th PJFC Kilmurry v St James at Newcestown 6pm

MACROOM GAA

Premier Intermediate

Macroom Premier Intermediate started their championship campaign on Sunday 28th July vs Rockchapel in Dromtarriffe. Final score Macroom 1-13 Rockchapel 1-18. Next championship outing is Saturday 17th August vs Castletownbere

U16

U16 C3 vs Carrigaline

The U16 C3 team played their final league game in a top of the table clash against Carrigaline. This was a very entertaining game with both teams playing good football. Macroom went into a 5 point lead but went in at half time behind on a scoreline of 1-5 to 0-6.

Macroom started well in the 2nd half a goal from Eoin Holland got them back in front but Carrigaline fought back to get a goal.

Some good play resulted in a goal from Simon Condon. Again Carrigaline didn't give up and got their 3rd goal. Macroom fought back got some good points and a brilliantly worked move resulted in a goal for Robert Fitzgerald with 2 minutes to play. Macroom held out for the win and have now topped the group and will play Carrigaline again in the league final. Well done to all the players.

Team: Caleb O Connor Ryan Fernando Kieran Dwyer Dan Lyons Ronan Duggan Robert Fitzgerald Alex Brophy Dylan Lucey Simon Condon Troy Murphy

Michael Cregan Eoin Holland Jayden O Sullivan Coran Burns Tadg Dunne. Subs Ben Ronan Michael Kelleher Daniel Lucey Ryan Mahumutsha

U11

Macroom U11 had a great day out in Pairc Ui Chaoimh Tuesday 30th July. They played 3 games and had a tour of the facilities. The first of many outings to PUC hopefully for this team.

U12

Macroom U12s had a great league win for our West team last weekend vs Sam Maguires. A late goal securing a 3-11 to 2-11 win. This team was superbly captained by Jack Ryan.

LAOCHRA ÓG HURLING & CAMOGIE NOTES

24th July 2024

U12 Camogie team travelled to the opposite side of the County playing away to Youghal yesterday evening. Our girls played great and took some fine scores. Girls defended really well too. With a good few girls missing more experience gained for others which strengthens the panel. Thanks to team Sponsors Macroom Tidy Towns Sponsors of this team.

30th July 2024

On a beautiful sunny morning in Ballymacorcoran we hosted our first U11 Muskerry Camogie Blitz today. Hosting Inniscarra, Aghabullogue and Blarney. All four teams played each other in very competitive games with lots of support from the sidelines. It was also an opportunity to host other clubs and

show our facilities to the greater public. This could not have been done without the organisation from Catherine and the parents of Laochra Og preparing and putting on the finest of refreshments for our guests. A big thank you to our Go game ref Ellie Jane Walsh and Anna O Driscoll on sidelines and to all the clubs mentioned for taking part in the Blitz today. Finally well done to our Field committee for having Ballymacorcoran in such fabulous condition.

Well done to the u10 boys who played Rathmore last Thursday evening in Ballymacorcoran. What a fantastic performance they put on.

Thanks to Rathmore for traveling to us. Thanks to our great sponsors Folláin. Well done to all the boys who played and thanks to the parents for their support.

31st July 2024

Laochra Óg U14s had hurling league match on Friday night away to Crosshaven, It was a very competitive match with our lads leading by 6 points at halftime after a great start, on a score of 2-9 to 1-6. Crosshaven came out all fired up in the second half to get back into the game and after 20 minutes we're leading by 2 points. With less than 5 minutes to go, scores were level and not long after we were ahead again to win on a score of 4-12 to 3-13. Well done to all the lads on a good tough game. Thanks to the parents who travelled to support and to our sponsors M & J Kelleher Ltd - MJK Oils.



Craobh Comórtas Príomh Idirmheánach Chorcaí 2024. Bhí an bua ag Naomh Abán ar Droichead na Bandan. Pic le Nóra Uí Luasa.



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A Word of Victory

"She had heard about Jesus, so she came up behind Him through the crowd and touched His robe. For she thought to herself 'if I can just touch His robe I will be healed. Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition'" (Mark 5:27-29).

Welcome back dear student last week we saw that as people heard about Jesus they came to Him for healing; how the demons causing sickness and torment had to leave for Jesus had authority over them as He was without sin. We learnt that He paid the price for our sins to be forgiven, for us to be cleansed by His Blood, and that healing results as we humble ourselves to receive Him as Lord and obey His Word. This is the Good News. God loves us so much that He took care of everything. We could never save ourselves from sin, death, and eternal doom. The Gospel is simple and brings freedom, hope, and security for those who will accept the Lordship of Messiah Jesus (Isaiah 61:1-3). The encounter in the Scripture above is a beautiful depiction of all mankind – our sin made us unclean, unworthy, and hopeless without Yeshua. In the context of the day this woman was 'unclean'. She shouldn't have been out - according to the law, until her bleeding was over. But this poor lady had been haemorrhaging for twelve years; her suffering was an ongoing, never-ending torment. She was utterly weak, sick, and broken. She had nothing left – all her strength and money was gone looking for help that never came.

But then, she heard about Jesus! Specifically, the accounts of those who had been miraculously healed by His touch. It struck a chord of hope in her heart, igniting her faith in God's goodness. She knew she faced being stoned to death for appearing out in public in an unclean state, but she had nothing more to lose, and her life to gain. So, she made a plan that she would only touch the bottom of the garment that Jesus was wearing. That would be enough for His Healing Power to deliver her. When she got there, many others were all trying to touch Him (she must have been battered and bruised crawling on the ground under their legs), but she reached out and touched His robe. Instantly, she knew she was healed. The bleeding stopped, and she felt the Power of Jesus. People have been wrongly taught to believe in a 'cure' - where they touch something that belonged to some godly person to get healed. It was her faith in Jesus alone that healed her, not His robe you must understand.

Something amazing happened - Jesus stopped, and said... 'Who touched Me?' (Luke 8:45). His disciples couldn't understand what He meant – they reminded Him that multitudes were touching Him! But Jesus knew someone with faith had encountered Him, because He felt the Power going out from Himself, just as the woman had. Now, she faced a major decision. She could have just crept away and said nothing, but trembling, she came forward as He was still looking to see where she was. She admitted she was unclean, tormented, sick and helpless. And that her plan was to only get a touch from His clothing. Her humility, her confession and her worship resulted in Jesus telling her – "your faith has made you whole!" (Mark 5:34). This was more than healing – this was a new beginning, and restoration of all that was stolen from her – her health, her joy, her peace, and provision. Hallelujah! It's there for you too friend – call upon Jesus and come to Him now.

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THE MIRACLE PRAYER



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

THE MIRACLE PRAYER

Ed16



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. **CL**

NOVENA TO THE SACRED HEART



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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

ANNA O'ROURKE

Annagannihy, Ballinagree, Macroom, Co. Cork, whose First Anniversary occurs on Tuesday 22nd August.

As we lovingly remember Anna (née MacSullivan), beloved wife of the late Billy, her sons Brian and Alan, daughters-in-law, Alison and Reena, brothers Denis, Teddy and Seanie, sisters Essie and Mary Jo, brother-in-law, sisters-in-law, nephews, nieces, and extended family, wish to express our heartfelt gratitude for all the support, love and kindness shown to us over the past year. To our extended families, dear friends, kind neighbours and community we are sincerely appreciative. To those who came from near and far to attend the ceremonies or sent mass cards, letters of sympathy, phone-calls or messages of condolences, we thank you.

A special thank you to Dr Brian Bird and his team, the staff of the Bon Secours Hospital and Marymount Hospice for the kind and compassionate care she received.

A sincere thank you to Fr. Joe O'Mahony, & Nora McCarthy for all their prayers and kind words, to Karen Dineen and the Ballinagree Church Choir for the music at the mass, and those who helped with traffic management during the funeral.

We are grateful to Crowley Funeral Directors and staff for their professionalism, kindness and guidance throughout the funeral. Thank you to the management and staff at the Castle Hotel Macroom for the lovely meal after the service.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation. The Holy Sacrifice of the Mass has been offered for your intentions.



Anna's First Anniversary Mass will be celebrated in Saint John the Baptist Church, Ballinagree on Saturday, 17th of August at 8pm.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

MICHAEL DINEEN

6 Oakville, Cloughdub who passed away on August 19th 2023.

In loving memory of my beloved brother and much loved nephew, cousin and friend Michael who's First Anniversary occurs on August 19th. So dearly loved, sadly missed and forever remembered by his sister Mary, uncles, aunts, cousins, neighbours and large circle of friends. Mary would like to thank everyone who visited Michael during his short illness in hospital who made him feel so loved and cared for. Thank you everyone who sent cards, messages and attended the rosary, removal and funeral and who left floral tributes in remembrance. Thank you to the doctors and nurses at Ryecourt Medical Centre for Michael's treatment over the years. Thank you to the doctors and nurses who attended Michael's care at CUH. Thank you to the amazing palliative team of doctors, nurses and volunteers who cared so well for Michael at Marymount University Hospital. Thank you to Michael's support workers and large circle of friends through the Brothers of Charity and Ballincollig centre and Munster Great Escapes for whom Michael had a great love and respect for and loved their trips and gatherings. Thank you to the wonderful staff and friends of Michael at The Lee Valley Golf Club for where Michael loved to socialise and to the wonderful friends there who visited Michael every day of his short illness. Thank you to our amazing family, neighbours and friends in Cloughdub and beyond who were a constant support to Michael and whom he loved so dearly. We remember the late Canon Donovan and those who participated in the funeral mass at St. Josephs church, Cloughdub. I would like to thank Michael Crowley and staff of Crowleys Funeral Home, Ballincollig for their service and support during a very difficult time and who were very helpful during the rosary, removal to St. Josephs church and funeral to ovens cemetery.

*You are too precious to be forgotten,
And too priceless to ever replace.
I wish I could share another moment with you,
And see that smiling face.
Someone so special as you is truly rare to find.
Someone with a heart so pure,
so caring and so kind.
I'll cherish the memories we made,
all the times we spent together.
And I'll hold them dearly in my heart,
From now until forever.*

As it would be impossible to thank everyone individually, I trust that this acknowledgement will be accepted as my sincere gratitude and appreciation to everyone who knew and loved Michael so dearly. The holy sacrifice of the mass will be offered for your intentions.



Michael's First Anniversary Mass will take place as part of Sunday morning mass at St. Josephs church, Cloughdub on Sunday August 18th.

2ND ANNIVERSARY



In Memory of our Wonderful Mother and Nana

EILEEN KELLEHER (NEE HORGAN)

Coomahahilly, Inchigeela Co.Cork, Formally Kilgarvan, Co Kerry. Who died on 29th July 2022

*Always a welcome,
always a smile
"Pull up a chair, sit down for a while"
Let's have a cup of tea and a chat
Always so eager, to hear what we'd say
Well, tell me now,
what did you do today?"
Always so grateful for anything done..
"Lovely and fine was her reply.
Your beautiful smile
And kindness we will never forget
Lovely happy memories of you
Rest peacefully in Heaven.*



Fond and loving memories from your loving Family and 21 Grand children.

6TH ANNIVERSARY



In loving memory of

MARGARET (PEGGY) MC CARTHY

Curteenowen, Ballingearry who died 31st July 1918

*They say there is a reason
They say time will heal.
But neither time or reason
Can change the way we feel.
For no one knows the heart ache
That lies behind our smiles,
No one knows how many times
We have broken down and cried.
We want to tell you something Mom,
So there won't be no doubt
You are so wonderful to think of
But so hard to live without.*



Always remembered by her loving family

12TH ANNIVERSARY



In loving memory of

DANNY LYNCH

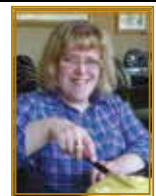
Cúil Aodha Whose anniversary occurs on 12th August

Always in our prayers and forever in our hearts.



Fondly remembered always, by your loving family.

BIRTHDAY REMEMBRANCE



In loving memory of

RÓISÍN DROMEY

Late of Manchester, England and Inchigeelagh, Co. Cork.

*Monday 19th August is your birthday,
In heaven above,
Our blessings we send,
On the wings of a Dove.
Not just today,
But every day hereof,
We think of you always,
And send you our love.*



Always loved, forever missed. Gregory, Marie and Gráinne.

Bail ó Dhia ort

6TH ANNIVERSARY



In loving memory of

PEGGY CROWLEY

Cloughduv

Whose anniversary occurs at this time.

*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.*



Sadly missed by your sister Kitty and brother Pat

2ND ANNIVERSARY & 10TH ANNIVERSARY



In loving memory of

MICHAEL O'LEARY

Who died on the 11th August 2022

The Glebe, Clondrohid, Macroom, Co. Cork

*May you always walk in sunshine
and light around you flow,
for the happiness you gave us,
no one will ever know.
It broke our hearts to lose you,
but you did not go alone,
a part of us went with you,
the day God called you home.
A million times we needed you,
a million times we've cried,
if love could only have saved you,
you would never have died.
The Lord be with you,
and may you rest in peace.*



Always remembered and sadly missed by his loving family.
May he Rest in Peace.



In loving memory of

JERRY O'LEARY

Who died 10th August 2014.

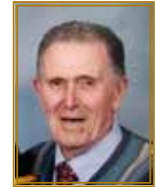
*You rest in the arms of angels,
In a place of peace and love
Watching over us always
From heaven up above
You guide us through our worries
And help us through every day
Always by our sides, you never went away
You rest in the arms of angels
Free from illness and pain
Waiting for the day
We are together once again.*



Always remembered and sadly missed by your loving family.

May he Rest in Peace.

2ND ANNIVERSARY



In nDil Chuimhne ar

JOHN O'LEARY

OAKWOOD, MACROOM agus
BÉAL ÁTHA'N GHAORTHAIDH
who died on 6th August 2022

*God called your name so gently
That only you could hear.
No one heard the footsteps
Of the Angel drawing near.
Softly from the shadows
There came a gentle call,
You closed your eyes and
went to sleep
And quietly left us all.*



Those we love don't go away,
They walk beside us everyday.



John is lovingly remembered by his wife Sheila, sons: Seán, Anthony, Declan and their families.
Ar dheis Dé go raibh a anam dílis.

15TH ANNIVERSARY



In loving memory of

SEAN CRONIN

Knockanure, Ballymakeera
Who died on 17th August 2009

*"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"*



Sadly missed by your loving wife Elizabeth and all your family.

6TH ANNIVERSARY



In loving memory of

PEGGIE MURPHY

Inchinaneave, Kilbarry, Macroom
Passed away 10th August 2018

*A smile for all, a heart of gold
One of the best this world could hold.
Never selfish, always kind
Beautiful memories left behind.*



Lovingly remembered always by Don, John, Mairéad and families

2ND ANNIVERSARY



In loving memory of

MARY LYONS

St.Abán's Terrace, Ballyvourney
Co Cork

Who died on 10th August 2022

*Those we love we never lose
For always they will be
Loved, remembered, treasured
Always in our memory.*



Sadly missed & remembered by family and friends.

6TH ANNIVERSARY



In loving memory of

TIMMIE O'RIORDAN

Knockanure, Ballymakeera who
died on August 7th 2018

*The eyes we loved are sleeping
The hands that toiled are still
The one who did so much for us
Is resting at God's will.*



Always remembered by his loving family and many friends.

MEMORIALS

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3RD ANNIVERSARY



In loving memory of

**NORA LEHANE
(NÉE CREED)**

**Ballinagree, Macroom
who died on 10th of August 2021**

*A wife, a mother, a grandma too,
This is the legacy we have from you.*

For all of us

*You gave your best,
Now the time has come*

For you to rest.

*So go in peace,
You've earned your sleep,
Your love in our hearts,
We'll eternally keep.*



Always remembered by her husband Tim and family.

13TH ANNIVERSARY



In loving memory of

**TIMOTHY
BUCKLEY**

**Laharn, Coachford
Who died on 7th August 2011**

We Remember Him

*When we are weary and in need of strength,
when we are lost and sick at heart,
we remember him. When we have a joy
we crave to share, when we have decisions
that are difficult to make, when we have
achievements that are based on his,
we remember him.*

*At the blowing of the wind and in the chill of
winter, at the opening of the buds and in the
rebirth of spring, we remember him.*

*At the blueness of the skies and in the warmth
of summer, at the rustling of the leaves and in
the beauty of autumn, we remember him.*

*At the rising of the sun and at its setting,
we remember him. As long as we live,
he too will live. For he is now a part of us,
As we remember him.*



Sadly missed by your children Trish, Tim,
Martin, Sheila and Ger, and their families.

5th ANNIVERSARY



In loving memory of

**CONNIE
LYNCH**

**Derrynasaggart, Ballyvourney,
whose 5th anniversary occurs on
August 11th.**

*A silent thought,
A quiet prayer,
For a special dad,
In God's care.*



Fanfaidh tú linn in ár gcroíthe go deo.

Lovingly remembered by Mary and
family.

St Gobnait pray for us.

3rd ANNIVERSARY



In loving memory of

CON LYNCH

**Dirreenaling, Ballyvourney
Who died on the 20th August 2021**

*Time may pass
Life goes on,
But in our hearts
You're never gone.*



Sadly missed and lovingly remembered
by the Lynch, O'Riordan & Jordan families.

10TH ANNIVERSARY



In loving memory of

**ENA
CROWLEY**

5th May 2014



**NORA T
CROWLEY**

10th August 2014

Derreen, Coachford, Co. Cork

RIP



**ANNIVERSARIES
MY LORD AND MY GOD**



In loving memory of

**SEAN
CROWLEY**

24th August 2003



**NORA T
CROWLEY**

10th August 2014

Derreen, Coachford, Co. Cork

*They have gone no further from us,
than to God and God is very near.*

RIP



Ed16

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. **CL**



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

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