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

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

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

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

Go raibh maith agaibh, Peter & Gráinne

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Please note Des has a new number

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Macrooom Food Festival 2024



Less than three weeks to this year's Macrooom Food Festival on the 21st and 22nd September the full programme of events has been announced, and is inspired by the theme of "Sustainability with Food Production".

Sustainability is a journey, not a destination. We must constantly strive to do better, to be the stewards of the earth and its inhabitants

When our committee sat down to develop the programme for this year's Food Festival it was clear that we needed to break new ground and play our part not only on the promotion of local produce, but also promoting healthy eating, and reducing food waste. Many businesses and homemakers are aware of the need to be more sustainable, therefore we want to support people and create an awareness of the easy steps everyone can take to become more sustainable in their everyday approach to food.

On the positive note for Macrooom, our Tidy Towns group are pathfinders in the rain water harvesting, biodiversity and composting all activities that promote sustainability. Also, this year we have two of our coffee outlets Fitzgerald's Bookshop and

Pop Crowley's who have embraced the 2GoCups, all pointing in the direction of a better future for everyone.

The festival acknowledges the important role that food plays in all our lives and with a Sustainability theme our programme kicks off with our "Good Vibes Forum" on Saturday morning in the Town Hall. Entry is free, do come along and meet many exhibitors and speakers who are passionate about protecting the environment and will help you make better and more informed daily food choices. In attendance will be Cathy Fitzgibbon who is The Culinary Cult and author of Eat with the Seasons, Paul Lynch Permaculture & Garden Design, UCC Microbiome on healthy eating, Jen O'Callaghan Nutrition Therapist, Jessica Green from Food Cloud working on reducing food waste, Matthew Collins The Silby Food Co. and many more. This is an event that you do not want to miss out on, so be sure to pop in on Saturday morning. At the same time there is plenty of entertainment for the children with the Kids Zone in the square.

SECAD Celebrates Multiculturalism Through Food, a wonderful universal experience, because food connects us all no matter what language we speak. This is an opportunity at tasting the world one dish at a time. Come early on Saturday and catch the International Parade through the main street led by the Ballingearry Pipe Band.

Later Saturday evening Pop Crowley's will host a pre-concert Cheese & Wine tasting session in the new grocery store. Awaken those taste buds before you head to see the Lee Valley Entertainers take a trip down memory lane and reproduce their 1994 Gay Byrne Live Radio Show's winning performance, this is all happening in the new Briery Gap Theatre.

Cooking is an extremely important skill for children to learn, help your child to develop some skills while having fun at the pop-up classes in the GAA Hall on Sunday morning. The Cool Food School who has a passion for healthy eating and love sharing it with kids through fun at these workshops, they will be hosting three separate classes, we know your children will just love it so be sure to book them in.

Sunday's Monster Food & Craft Market with over 50 producers and a variety of offerings, so come along and support these traders. Remember you don't need a silver fork to enjoy good food, and of course be sure to arrive hungry!

Danone Schools Cook Off Competition has become a cornerstone of the Macrooom Food Festival, and once again this takes place Sunday afternoon. This competition gives senior cycle students from the many schools that enter the opportunity to create tasty, nutritious, local produced meals and present for judging, each year the cooking skills have been highly impressive.

Lots of entertainment on Sunday afternoon with the live music on the stage and the band of the Defence Forces will perform. Kids entertainment will be on site and lots of activities to keep everyone happy.

So, whether you want to develop a sustainable vegetable garden or just learn to eat better then there's something for all the family at the 2024 Macrooom Food Festival, so leave no one behind.

For full programme of events, dates, times, and other details, check our social media @[macroomfoodfestival](https://www.facebook.com/macroomfoodfestival) or visit www.macroomfoodfestival.com

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NEW TO MARKET

THE PRESBYTERY, BALLYVONGANE, COACHFORD, CO. CORK, P12RP49

Killian Lynch Auctioneers are pleased to offer this 5 bedroom residence on c.5.26 acres. The property which boasts c.2346 sq ft living accommodation is in need of modernization throughout, but offers endless potential for those seeking space, privacy & countryside living. The property also has the benefit of a large barn to the rear of the property. The land which is all under pasture is of excellent quality with extensive road frontage on the eastern boundary. The property is located only c.200 yards from Bealnamorvive village, walking distance of the local pub, church & national school, only c.5 minutes drive to Coachford village, c.15 minutes to Macroom town & c.40 minutes drive to Cork city. G(117726901)

GUIDE PRICE: €380,000



UNDER OFFER

7 MOUNT CROZIER CLOSE, COBH, CO. CORK, P24E303

Killian Lynch Auctioneers are pleased to offer this exquisite 5 bedroom dormer bungalow which offers the perfect blend of luxury, comfort & tranquility. Perched in a serene development of just 7 houses overlooking beautiful ocean views. It also has beautifully landscaped gardens which have been meticulously maintained with mature trees and shrubs. The property which consists of c.2615 sq ft living accommodation boasts an expansive open plan living space & a state of the art kitchen equipped with high end appliances and sleek cabinetry. This dream home has an excellent BER rating of B2 making it an energy efficient house & also qualifies it for a green mortgage. Ideally located within walking distance of all local amenities, including both primary & secondary schools, Mount Crozier tennis club & a c.25 minutes drive to Cork city. Viewings highly advised. BER: B2(117698910)

GUIDE PRICE: €680,000



NEW TO MARKET

NO. 139 CAISLEAN WAY, BALLINCOLLIG, CO. CORK, P31P295

Killian Lynch Auctioneers are pleased to present this charming 4/5 bedroom semi detached house which is ideally located in a cul de sac that isn't overlooked to the front or rear of the property. The house which consists of c.1528 sq ft living accommodation is in fantastic condition throughout, boasting modern style & comfort. It also has an excellent BER rating of B3 making it an energy efficient house & qualifies it for a green mortgage. This is an ideal home for families or those looking for a balance of quiet living and easy access into Cork city. Located only c.1km from Ballincollig town & a c.10 minute drive to Cork city this is not an opportunity to be missed. Viewings highly advised. BER: B3 103002952

GUIDE PRICE: €425,000



NEW TO MARKET

GRAIGUE, INCHIGEELAGH, MACROOM, CO. CORK, P12R821

Killian Lynch Auctioneers are pleased to present this spacious 3 bedroom residence on c.0.9 acres. The property which is in turn key condition consists of c.1378 sq ft living accommodation throughout. This stunning modern home offers modern comforts & boasts breathtaking views overlooking the river Lee. Located only c.1 km from Inchigeelagh village, c.15 minutes drive from Macroom town & c.45 minutes drive from Cork city. Viewings highly advised. BER: B2 (116875741)

GUIDE PRICE: €260,000



VIEWING ADVISED

NORTH SQUARE, MACROOM, CO. CORK, P12PP68

Killian Lynch auctioneers are pleased to offer this ground floor commercial unit comprising of C.280 sq ft retail space with rear yard also. The property is situated in the central part of Macroom town square with a high footfall, neighboring properties include, Bank of Ireland, PFSB, Val's Takeaway. The property comes with rear gardens and also the option to purchase Vaughan's Cafe which comprises of C.1725 sq ft accommodation.

GUIDE PRICE: €50,000



VIEWING ADVISED

VAUGHAN'S CAFE, NORTH SQUARE, MACROOM, CO. CORK, P12DK11

Killian Lynch Auctioneers are pleased to offer this large commercial premises situated in a much sought after central part of Macroom town square with a high footfall, neighboring properties include Bank of Ireland, PFSB and Val's Takeaway. The property which comprises of C.1725 sq ft accommodation operates as a thriving cafe with potential for overhead accommodation. The property can also be purchased with an adjoining C.280 sq ft ground floor commercial unit.

GUIDE PRICE: €180,000



VIEWING ADVISED

GLANANARIG, MACROOM, CO. CORK, P12V882

Killian Lynch Auctioneers are pleased to offer this impressive 5 bedroom residence on C.3.6 acres which extends to C.3638 sq ft living accommodation. This property is in excellent condition throughout with impressive spacious rooms and a real touch of modern living. The property comes with a double garage attached and has river frontage onto the River Sullane. It also has a good BER rating of B2 making it a cheap house to run & also qualifies it for a green mortgage. Tucked away in a private setting, the property is located on C.2km west of Macroom, C.30 minutes from both Cork and Killarney. Viewings highly recommended. BER: B2 (117654731)

GUIDE PRICE: €650,000



VIEWING ADVISED

KILLAUG, LISSACREASIG, MACROOM, CO. CORK, P12 K162

Killian Lynch auctioneers are delighted to bring you this truly remarkable property situated on C.1 acre of mature landscaped. The property which comprises of C.2,900 sq ft living accommodation is in pristine condition throughout and comes with panoramic views over the surrounding countryside. There are many features with this property to admire with this property to include, large limestone entrance walls and electric gates, limestone finish to house exterior. The property is located only C.10 minutes drive west of Macroom town and Macroom bypass, C.30 minute drive from Cork and C.25 minutes drive from Killarney. BER: C1 (112511704)

GUIDE PRICE: €635,000

Are you thinking of selling your property?



VIEWING ADVISED

CHAPEL HILL, SLEAVEEN, MACROOM, CO. CORK

Killian Lynch auctioneers are pleased to offer this C.1 acre development site with F.P.P for 16 houses. The site which is situated in a much sought after area and is a ready to go site. Planning ref no: 225332 granted on 12th April 2024. Macroom town is a fast growing and becoming a much sought after area to live since the town was bypassed in 2023, making it attractive for development.

PRICE ON APPLICATION

CONTACT OUR OFFICE ON **026-41421** IN CONFIDENCE FOR A **FREE** VALUATION.

MCEGAN COLLEGE



The dark clouds were overhead but this did not deter the McEgan TY students who enjoyed a fun filled day at Ballyhas Coachford recently.

1st Year Bonding Trip to Farren Wood. Moving from Primary school to Secondary school can be a very daunting experience, getting to know the other students in the year is a challenge. As part of McEgan College 1st year programme, the students got to leave the school environs on Friday September 6th and took off to Farren Woods. This gives them space and freedom to get to know each other outside of the school setting and build new friendship bonds. The Zip-it activity Centre in Farren woods rang loudly with shrieks of laughter as they endeavored to scale the trees and make their way through the treetops. All students thoroughly enjoyed their day out and firm friendships were created while swinging through the trees!

Report from the Cloyne Diocesan Pilgrimage to Lourdes June 2024. Eilisha Ní Cheallaigh & Haley Coleman were the TY students who went to Lourdes as helpers for a week in June with the Cloyne Diocesan Pilgrimage to Lourdes. The trip was fundraised by TY

students with the aid of Ms. Murphy over a number of months. Elisha and Haley had a fantastic time. When asked the girls sent on the following:

“Lourdes was a great experience for us both. It opened our eyes to so much kindness and peace, making us appreciate everything we have even more. We loved helping and connecting with the pilgrims. The staff also were very friendly and welcoming to us. A very worthwhile experience. Thanks to Ms. Murphy and everyone who helped us to fundraise for the trip.” Eilisha & Haley.

TY In Ballyhas Coachford: On Tuesday 10th, TY students travelled to Ballyhas Coachford for their first TY bonding trip. Students were accompanied by TY Co-ordinator Ms Murphy and Teachers Ms Warren, Mr Keane and Ms Collins. The group were involved in axe throwing, Water sports, fire building, high nets and other team building exercises. The nature of TY is that students work very closely in Teams and gain experiences beyond the classroom. Many of the

activities in Ballyhas Coachford, in which the students participated were team building events. The students reported that they had great fun and it was a brilliant day but were very tired afterwards.

International Students in McEgan: McEgan College is thrilled to welcome international students from Germany, Poland, and Spain who are joining us for Transition Year and Fifth Year! This cultural exchange enriches our school community, offering everyone a chance to learn from each other and build lasting friendships. Let’s make this a year full of growth, new experiences, and unforgettable memories together! #McEganCollege #InternationalStudents #CulturalExchange #GlobalLearning.

Uniform Collection Drive: If you have a McEgan College uniform, (Jumper, Shirts, Trousers), at home that is in very good condition but not being worn then we would be delighted to receive them in the school. Collection date for uniforms is October 24th from 2-4pm in school assembly area.



1A2 Class who started in McEgan College this year.



TY Students who enjoyed an activity filled day in Ballyhas Coachford to mark the start of the Year.



Students from Spain, Germany & Poland who will spend the year in McEgan College Also in photo Mr. Adrian O’Connor who co-ordinates the international students programme in McEgan.



Haley Coleman & Eilisha Ní Cheallaigh who went as helpers to Lourdes with the Cloyne Diocesan Pilgrimage to Lourdes in June.

COLLEGE SOCIETY NAMES AFTER FORMER MACROOMPIAN

A new college society of Labour Youth in MTU Cork has been named after Tim (Tadgh) Quill, who became the youngest member of the Dáil in 1927. Quill was a native of Clondrohid, and, uniquely, won election to Cork County Council and Cork Corporation

simultaneously, also becoming Deputy Lord Mayor of Cork. As a young man, he was also vice-chairman of the old Macroom UDC. He served as a board member of numerous local and national bodies. The branch was named in recognition of the fact that Quill was

a renowned orator and organiser, presiding over the establishment over approximately 140 ‘labour clubs’ in the city and county between 1925-1945.



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DE LA SALLE College Macroom

Leaving Cert Results

It was great to see so many students come to the office to collect their results. The staff at De La Salle were able to stop and chat with those students who visited on results day. The visit gave the staff the opportunity to find out where each student will be heading in the next stage of their journey, which is a poignant time after six years of shared experiences. They can be very proud of their achievements, having battled through a pandemic and come out the other side of secondary school as mature young men.

Competing for Ireland

A massive congratulations to Finn Yore, who represented Ireland in the U17 British and Irish Mountain Running Championships, which took place in Wicklow on September 14th. Finn, a member of West Muskerry Athletics Club, continues to achieve and set new standards for himself each year.

AsIAm

James Moroney, from Ireland's Autism Charity AsIAm, visited De La Salle to give our staff and students a greater understanding of autism and to help us foster empathy for our peers on the spectrum.

James worked with our Junior Cycle students and staff, where everyone in attendance gained valuable insights into how we can be more inclusive of differences in our school community at De La Salle College and in the wider community. James made it easy for both staff and students to understand what it means to be overwhelmed. He offered some simple and practical changes that everyone can make in their day-to-day approach, which will help prevent overwhelming scenarios for our peers.

Open Night

De La Salle College's open night for prospective pupils and parents for 2025/2026 will take place on Thursday, September 26th. Guided tours conducted by current Transition Year students will run from 5:00 p.m. to 8:00 p.m., with the Principal's address at 7:30 p.m.

GAA

The fixtures for the coming season of schools football and hurling have been laid out, and at the time of publishing, this is the schedule for the year. Senior football is the only competition with a group stage; all others are knockout games.

- U15 Munster Football Championship Round 1 vs Ardscoil Uí Urmaltaigh Bandon 22/01/25
- U15 Munster Hurling Championship Round 1 vs Colaiste Fionnchua Mitchelstown
- U16 Cork Colleges Football Round 1 vs Mount St Michael-Rosscarbery 11/10/24
- U16 Cork Colleges Hurling Round 1 vs Milstreet CS 15/11/24
- U17 Munster Hurling Championship Round 1 v Coláiste An Chraoibhín Fermoy 25/10/24
- U17 Munster Football Championship Round 1 vs Coachford CC 23/09/24
- Senior Cork Colleges Hurling Championship Round 1 v winners of Ballincollig CS/ MICC Dunmanway 4/10/24
- Senior Cork Colleges Football Championship Awaiting fixture
- Senior Munster Football Championship Round 1 vs CBS Mitchelstown 23/10/24
- Round 2 vs Patrician Academy Mallow 13/11/24
- Round 3 vs IS Kilorglin 27/11/24



De La Salle College Transition Year, students who graduated last May were an exemplary group, consistently demonstrating politeness and respect throughout the year



De La Salle College, Principal, John Murphy presents Liam McSweeney with his Leaving Certificate results.



De La Salle College, Principal, John Murphy presents Leaving Certificate results to Noah O'Leary, Rowan Mullane, Neville, Charlie Kelleher, Josh O' Connor, Fabian Siewierski and Aiden Lynch



De La Salle College, Principal, John Murphy presents Leaving Certificate results to Adam O'Shea, Stiofán McSweeney, Cian McGarry,

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ST MARY'S NEWS

TY Promo Team:

Congratulations to the 10 new members of our Transition Year Promo Team. This team will work closely with Ms Foley to help promote and document events that will be happening in St Mary's during this school year. Their tasks will include making content for our social media profiles, writing articles, making videos, taking photos and working on signage - to name a few! The members of the 2024/2025 TY Promo Team are: Jessica Murphy, Pia El Asmar, Ruth Cotter, Chloe Lehane, Aisling Lehane, Emma Sweeney, Éabha Ní Chonaola, Taylor Casey, Cara O' Brien and Amy White. Thank you to Ms Foley for all of her work with the Promo Team.

Student Enterprise Programme

On Thursday September 11th Gráinne Carmody from the Local Enterprise Office visited our school to talk to our fourth years about the Student Enterprise Competition 2025. Gráinne spoke to the girls about the importance of idea generation, market research, promotion and finance when setting up and running their mini companies. We are very excited to be a part of the Student Enterprise Programme again this year and we can't wait to see all of the ideas that our very creative, budding entrepreneurs will come up with over the next few weeks. Thank you to Ms O' Donoghue and Mr Galvin for supporting our students through this exciting programme.

TY Activities:

Our TY's have had a very busy start to their year already. Below is an article written by Pia El Asmar and Emma Sweeney from the Promo Team on some of the



Transition Year Bonding Trip to Gougane Barra

activities they have been up to already:

"Gougane Barra Trip:

On the 13th of September, we travelled to Gougane Barra as our start of year TY bonding trip. The hike was roughly 3 hours long. We began at 10:30 and felt enthusiastic. We sang songs, played music and trekked up the mountain. It was tough at first, but we motivated each other to push through and persevere. Once at the top, the view was breath-taking, and we felt that it was worth the effort. We took pictures and walked back down the mountain feeling proud that we all made it to the top. It was a lovely way to start

off our transition year. Thank you to Mr Quill and Mr Galvin for organising the trip, and thanks to Eimear for coming with us on the day!

TY Show Rehearsal:

Day 1 of the TY Show Rehearsal began on the 10th of September, with Director Angela Doherty. We were invited to show off our skills, and our enthusiasm for the Show. The title of our TY Show is yet to be disclosed to the public, but many of the students and teachers in St Mary's are buzzing with excitement. With many more rehearsals to come, we are busy preparing for our stage debut."



St Mary's 2024/25 TY Promo Team (back L-R) Jessica Murphy, Pia El Asmar, Ruth Cotter, Chloe Lehane and Aisling Lehane (front L-R) Emma Sweeney, Eabha Ní Chonaola, Taylor Casey, Cara O' Brien and Amy White



Grainne Carmody from the Local Enterprise Office with Transition Years



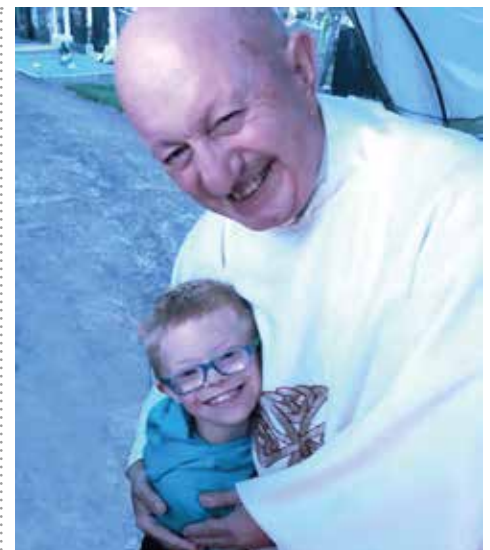
Macroom and District Lions Club

Macroom & District Lions Club have teamed up with Childhood Cancer Ireland, for the month of September to support them and raise awareness of their services. Two of our members, Declan Sheehan and Tony Kelleher along with four of our friends Mai Buckley, Aoife Lucey, Mary Kate O Keefe and Sean Quill have decided to abseil into Croke Park to raise vital funds for Childhood Cancer Ireland on the 28th of September. Fear of heights will have to be put to one side for the day!

You can sponsor us by logging onto idonate and searching for anyone of our abseilers or by giving locally to any one of us. All donations are gratefully

appreciated to support this cause with all funds going directly to Childhood Cancer.

6 Children every week are diagnosed with cancer in Ireland. Childhood Cancer Ireland is a charity founded by and led by parents of children with cancer with a mission to achieve health justice for all children diagnosed with cancer in Ireland. They provide dedicated support services and information for parents, young people and survivors of cancer. Your generosity has the power to improve the lives of children, adolescents and young adults with cancer and their families.



Fr John Keane's biggest fan - Callum O' Brien of Coolnadane, Macroom saying goodbye to Fr. John Keane at St. Coleman's cemetery annual mass.



DE LA SALLE COLLEGE MACROOM

OPEN NIGHT

An open night for prospective Pupils & Parents
2025/2026 will be held in the College.

Thursday 26th September

From 5.00pm - 8.00pm

Principal's Address 7.30p.m



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MACROOM GIRL GUIDES

Ventact South, amazing as always! By Dara Russell MacEgan Senior Branch

This year's theme was the 80s and I know I was blinded by all the colours on the site. On Friday we arrived and set up camp (Rubix subcamp was obviously the superior subcamp) and activities were given out that evening. Somehow six of my friends and I managed to all get Kinsale Outdoor Education Centre. Friday night was a great night catching up with friends from last Ventact, Roverway and other camps throughout the year. On Saturday after being woken up by the routine "Goooooooooooo morning Vietnam" we were herded onto the buses and sent off to our activities. When we arrived at Kinsale OEC we were divided into three groups, one stayed on land and did archery and walk climbing, one went kayaking in Kinsale Marina and my group was lucky enough to take ribs out to Dock Beach and go kayaking in the harbour. We spent about four hours kayaking, swimming, and speeding around on the ribs before heading back to Kilcully. We then had a few hours to socialise before the Guides and Scouts Own. As the theme was 80s, the speaker, Sean Sweeney from Kerry chose to tell us about his experience of Scouting and Ventact in the 80s. He spoke about how the skills, friends, and memories we make through Guiding and Scouting will stick with us for life. He encouraged us to reflect on where we will be in 40 years' time and hopes to see us still at Ventact in years to come. I thought the Guides own was a really interesting and emotional experience, and I know there was definitely a few tears shed. On a happier note we then had the disco where the music was blasting all the usual songs, with an Abba set thrown in to stay on theme. The disco

finished at 12 so we had a last hour to spend with new and old friends before leaving on Sunday. After a lie-in till 8am on Sunday we began taking down camp. Sunday featured Zumba, a slip-n-slide, a visit from the Guide Dogs and a few tearful goodbyes. As I have said Ventact is always an amazing event and any SBs who are looking for one last camp at the end of Summer should definitely sign up. A huge thanks to Ciara Casey and all the National Contingent leaders who looked after us, and Sarah, Hilary and all the Ventact team & staff.

NYCI Storytelling Session – Budget 2025 By Katie Cronin MacEgan Senior Branch

Recently I attended a storytelling session via Zoom with the National Youth Council of Ireland as part of the Youth Work Changes Lives campaign. This campaign was launched to ensure that the government is made aware of the need to increase investment in youth work and young people ahead of Budget 2025. Our storytelling session consisted of representative members of NYCI, reporters and around 15 young people across Ireland from different youth organisations such as Comhairle na nÓg, Crosscare, ECO- UNESCO and Youth Work Ireland. I happened to be the only one representing Irish Girl Guides as well as Gaisce. Each of us got to share our stories and experiences with how youth work has impacted our lives focusing on 3 questions in particular; How youth work has changed your life for the better? A time you stepped outside your comfort zone in your youth group? A person you met through youth group who means a lot to you? Youth work has changed my life by pushing me to

be a more independent and confident individual and also opening up doors for amazing opportunities like Seanad na nÓg, the Gaisce Defence Forces Challenge, travelling abroad with IGG and sessions with NYCI like this one. I heard of all the great experiences the other participants have had with their youth organisations and learnt how much youth work has really helped young people in Ireland. Places like school aren't always the perfect option for some but it was clear from everyone's perspective that youth work is the place where everyone can feel comfortable and accepted and that is why there is a need for the government to recognise this and help grow youth organisations across Ireland even further by investing in groups like Irish Girl Guides and Gaisce.

Community Garda Orla Doyle visits Ardilaun Guides and MacEgan Senior Branch.

Ardilaun Guides and MacEgan senior branch were delighted to welcome Community Garda Orla Doyle to their meetings on Friday 13 September. Garda Doyle spoke to the girls about online safety and personal safety. A very informative session was followed by a question-and-answer session. We would like to thank Garda Doyle for her constant support and for visiting all of units over the past 12 months.

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



Community Garda Orla Doyle with members of Ardilaun Guides.



A section of the crowd at Ventact South 24, the joint guiding and scouting camp held in Kilcully Campsite.



Ardilaun Brownies at their first meeting back after the summer break.



Community Garda Orla Doyle with members of MacEgan Senior Branch.

Fibromyalgia - The Invisible Illness

Fibromyalgia creates a devastating condition characterised by widespread pain accompanied by sleep, mood, and memory issues. Women suffer the majority of these cases.

Most people affected by fibromyalgia jump from doctor to doctor looking for solutions to the pain and suffering.

The majority of these patients receive drugs designed to only treat the symptoms.

Research from a 2014 medical journal* found a direct link between the severity of fibromyalgia and the health and function of the spine.

The study proposed to evaluate the effects of one session

of a spinal adjustment on autonomic nervous system function and pain in a group of fibromyalgia sufferers.

The chiropractic adjustment effectively improved pain, sleep quality, depression, mood, and other fibromyalgia-related symptoms.

One treatment per week for twenty-three consecutive weeks decreased pain and positively influenced components relating to chronic illness and functional health capacity.

This particular study shows the positive influence of a spinal adjustment on patients suffering from a condition that has no cure.

The human spine, brain, and

autonomic nervous system intimately connect in a powerful union able to produce optimal health better than any drugs or surgery.

Chiropractors do not treat or cure specific conditions. By removing interference to the brain and nervous system along with improving movement of the spine, the adjustment allows the body to heal itself.

"While Fibromyalgia patients suffer physical pain, perhaps their greatest pain is not being heard."

Dr Benjamin Martin
of Optimal Chiropractic



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This includes documenting your history and taking scans to determine the exact cause of your symptoms.

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

*Rehabilitation, Research and Practice Published online 2014 May 29 "Effects of Posteroanterior Thoracic Mobilization on Heart Rate Variability and Pain in Women with Fibromyalgia" Michel Silva Reis, João Luiz Quagliotti Durigan, Ross Arena, Bruno Rafael Orsini Rossi, Renata Gonçalves Mendes, and Audrey Borghi-Silva

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KILMICHAEL VINTAGE & HARVEST FESTIVAL

Kilmichael Vintage & Harvest Festival on Sunday, October 6th at Kilmichael GAA grounds in Annahala (Eircode P12 RF38) commencing at 1: 30 pm.

Proceeds in aid of **WEST CORK PALLIATIVE CARE - WEST CORK RAPID RESPONSE and MARY MOUNT HOSPICE.** There will be a display of Vintage Engines, Bikes, Cars, Tractors, old time machinery and rare old farm implements along with an old time Threshing, so if you have a vintage

vehicle or any old implements ,please bring them along on the day. The club will be holding a charity Auction of various items and if anyone would like to give something for the charity auction, the club would be very appreciative and if you need more information contact the number below. There will also be a Dog Show and Childrens Sports on the day. Numerous side shows and fun events for all the family like Horse-shoe pitching, Ring Board, Bowl Throwing and Wellington Throwing also a Pets

corner. In conjunction with the festival, there will be a cake sale and the club would be very grateful if people would kindly donate baking on the day towards the sale. There will be Teas and live music in the field on the day along with a Raffle. Food and refreshments reserved. Strictly No Hawkers Allowed. Your support would be greatly appreciated.

If anyone needs any help or information, please do not hesitate to contact : PJ-087 6289734 or Denis -087 1191159



The Anti-Litter Competition results will be announced at a function in the County Hall on the Sept 23rd. Five members from the Tidy Towns have been invited to attend.

Based on the first two judging periods and the results, it is looking unlikely that will be unsuccessful in getting a prize. Perhaps next year will be better for the town and that it gets full support in this competition from the start.

Thanks to Greg's Garage in Masseytown for sponsoring our new caps with the colourful Macroom Tidy Towns logo in front and Greg's Garage on the back. They were done locally in Embroidery Print on Main Street. Much appreciated Greg.

Muskerry (Cork) CE Scheme have a position available for a person to work with Macroom Tidy Towns. To be eligible, one must be unemployed and qualify for a CE Scheme. It will be 19.5 hours weekly with holiday entitlements and some flexibility in terms of hours worked. Person will retain all present Social Welfare Benefits, Medical Card & Christmas Bonus (If applicable). For further details contact patm@muskerryproject.ie or Phone 087 3520351.

Macroom Tidy Towns held its monthly meeting on Tuesday Sept 3rd. It was well attended, and lots was discussed such as Coleman's Park Biodiversity Area, work on of the new walkway/cycleway in Tom

Creedon and preparations for Next Year schedule of works.

Love Ireland Facebook page which has 1.1 million followers recently featured 'The Poet's Corner' which features well-known local poems about the River Sullane. These are to be seen on the rear of the display board by the river near the council car park at the bridge and this was taken by a tourist passing through the town on a bus tour.

We would like to say a big best of luck to the Lee Valley Enterprise Board on the Food Festival next weekend. Hope the weather is favourable and that this will be a resounding success.

Another new sponsored seat has been installed recently in the Castle Demesne on one of the riverside walks. This was sponsored by the Mulcahy Family.

Our shop window on 8 Main Street, is filling up work done, highlights of some of our projects, awards and so much more, so keep an eye out for it when passing next.

Tidy Towns Volunteers have been busy over the last couple of weeks with Litter Picking, General Maintenance, Weeding and Cleaning around Castle Court, Cutting Grass in the green areas of housing estates, mulching 3 bays for different Mulch stages, Clearing planting in the Sensory Area, Moving rose bushes, the trees stump in the Fairy Garden is also back in action and repairs of machinery.

The largest ever project undertaken by Macroom Tidy Towns is well advanced at this stage, i.e. the new Cycleway/Pathway in Tom Creedon Park. This is being praised by the many people who use this amenity walk by the river. Numbers are likely to increase when works are completed. The outdoor gym equipment has had to be removed to facilitate

this new pathway as well as some seating, including the concrete bases. Over the next few weeks Tidy Towns volunteers will have to put back these seats on new concrete bases. Estimates are being got for the refurbishment of the outdoor gym equipment.

Another issue that arose is the narrow connecting bridge between the Town Park and the GAA area where the new 3m wide path begins. This bridge is currently being worked on by volunteers to widen it and match the width of the new path and make this wheelchair accessible.

Great credit is due to the contractor Nial Murphy Tarmacadam, who have delivered an excellent result, from start to finish, with very minimal interference with normal activities, leaving the surrounding areas in great condition. Many water channels were added to allow surface water flow off the path towards the river.

The very popular Santas Grotto in the Tiny Feet Fairy Garden will be back again this year. This will take place on the 30th of November 1st, 7th, 8th, 14 and 15th of December from 11-5 pm. Bookings are now open, and you can book by phoning 087-1434770 between 1-2pm and after 6pm during the weekdays and no set time during the weekends. Its only €10 a child and places are filling up fast. Last Year Santa, Mrs Claus and even some elves made an appearance during the event so who knows, they might be back again this year.

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



The New Cycle way and Pathway Near the Bridge in Tom Creedon Park



A Dog Box made by Macroom Men's Shed



An Owl Box made by Macroom Men's Shed

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- **September 19th** Cork County Macroom PPN Plenary Meeting, Fr Ryan Hall (P12 X432) @7pm
- **September 21st** 3rd Saturday of each month,

starting on Sept 21st 11am to 1pm. Macroom Hub, Railway View, Macroom P12 HN60

- **September 22nd** Kilmurry Museum Rebel Rally Run 2024. Vintage and non-vintage cars welcome. Enquiries to KHAAMUSEUM@gmail.com or 0217336932. Entry €20
- **September 26th** The Annual Coffee Morning in aid of Marymount Hospice takes place in the Independence Museum Kilmurry on Thursday 26th of September from 9.00am to 2.00pm. All welcome

- **September 26th** CRI+ICAL Critical Macroom information evening 7:00 to 8:30pm Castle Hotel
- **September 27th** The Ballinagree Scarecrow Fest Committee will host a Bingo night in the Laine Bar, Ballinagree on Friday September 27 th at 8 pm sharp. A raffle will also be held on the night. All welcome
- **September 28th** Donoughmore Coffee Morning in Stuake Community Hall from 11am to 1pm. Please support.

Dripsey NS

Dripsey National School were thrilled to welcome back all their pupils for the new school year. Everyone was especially delighted to have the new Junior Infants joining the school community. Simon the school therapy dog was loving all the cuddles. Looking forward to the fun filled year ahead.



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BALLYVONGANE NS

On 28th August, the students returned to Ballyvongane N.S. for the start of the academic year. We welcomed all our students back to school. We celebrated our return with cake and balloons. We were

also delighted to welcome our new Junior Infants. We would like to extend a warm welcome to Mr. Sheehan who will be teaching in the Junior Room this year.



DROMLEIGH NS

Students from Dromleigh N.S. enjoyed a busy start to the new school year. To mark National Hedgerow Week, which ran from August 30th to September 6th, our local guide Ms Anne Bradley from The Heritage Council, led our students on a nature study of our own locality. Dromleigh N.S. are organising a clothes recycling collection. Clothes may be dropped to the school (P12DY26) on October 21st, 22nd or the 23rd from 9 to 10am and between 2 and 3:30pm. We accept all types of clothing, paired shoes, handbags, belts and jewellery. We are unable to accept single shoes, pillows, duvets, school uniforms or clothing that is in poor condition (wet, mouldy, ripped, completely worn). www.dromleighns.ie

Image right: Junior Pupils from Dromleigh N.S. enjoying the great outdoors to celebrate National Hedgerow Week 2024.



NAVAL VESSEL COMMISSIONED AND NAMED AFTER 6TH CENTURY SAINT GOBNAIT

Haulbowline recently had a Gaeltacht Mhurscraí twist, with one of its offshore Naval Vessels named after Naomh Gobnait. Two new inshore patrol vessels were recently commissioned by the Naval Service; LÉ Gobnait and LÉ Aoi bhinn. Gaeltacht Mhurscraí native Cllr Gobnait Moynihan, welcomed the news, "Delighted to see the naval vessel named after Naomh Gobnait, it gives her the national and international recognition she deserves. Naomh Gobnait has a huge following not just locally, but around Kerry, Waterford and Aran Islands. You need only try to pass through the village on 11th February (her feast day) and see the crowds gather."

The Naval Service has a long standing practice that the names of service vessels in the first instance, be selected from those of female mythological and historical personages, with the prefix LÉ (Long Éireannach- Irish Ship). Fianna Fáil Cllr Gobnait Moynihan commented; "While touring the naval vessel, a bumblebee appeared out of nowhere, which is kind of ironic as Naomh Gobnait is the patron Saint of beekeeper and even had her own bees!"

Image right: Cllr Gobnait Moynihan presenting Lieutenant Commander Aisling O'Flynn, the Naomh Gobnait measure; a ribbon thought to have healing powers.



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Memorial Walk in memory of Tricia O' Rourke

A recent memorial walk held in Hungry Hill West Cork raised €5632 for Cork ARC Support House.

It was in memory of Tricia O Rourke who climbed this mountain with Bishopstown Hill Walking Club unaware of her serious condition. Her husband Gerard organised the climb in association with the Bishopstown Club and it attracted 111 walkers . On reaching the top of Hungry Hill a memorial stone was placed in memory of Tricia.

Gerard has also written a book Land War to Civil War 1900-1924 Donoughmore to Cork and Beyond with €15 of each copy sold being donated to cancer services.



UIBH LAOIRE NOTES

Updates on Island Park

If you use the walks on the Island in Inchigeela or visit the Fairy wood or you swim at the swimming area, then you may have found these areas out of bounds at present. The reason for this is the ongoing works to strengthen the river bank and the removal of dead trees near the new exercise machines at the western end of the walk area. This should not take long more but both jobs are very necessary to make the area safe and to save the walkway along by the river when it floods. The River Island facilities will be open to everybody and we hope everyone will use and

enjoy it in the fresh air. Also, the toilets on the island have been modernised and painted recently and the whole park looks very beautiful.

Parents and Tots

Parents and Tots met on 13th for a get together and will meet fortnightly during school term. This coffee morning has been very successful last year. Meeting from 10 am to 11.30 am.

Inchigeela Hall

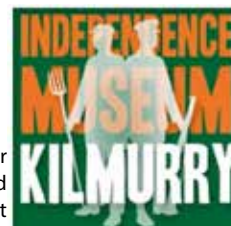
Dancing continues on Sun 29th Sept with Marian Kirby and Pat O Driscoll, 3pm to 5.30pm Only €10 great value.

Bingo on Friday nights. Cards Sunday night.

Street Closure Update

Works on the new sewage system in Béal átha are to start immediately, The County Council engineers have informed the people that after all there may not be a need for full closure of the street (which is also the main road). They are reconsidering and let's hope that the work can be done without shutting down a whole village for a month

KILMURRY HISTORICAL AND ARCHAEOLOGICAL ASSOCIATION



Field Trip to Cnoc an Tobair

The KHAA's field trip to Cnoc an Tobair took place on the traditional day of the 8th September where for generations people from far and wide visited the holy well and prayed the rounds (sometimes referred to as a pattern day). While this custom has largely died away, a few still faithfully visit the site on the feast day of the Blessed Virgin's birth and this year, it falling on a Sunday, we marked the day in organising a field trip to this prehistoric and early Christian site.

A group of over sixty people made their way to the hilltop, which is 590ft above sea level, where Bridget Goulding and Terence McSwiney gave an outline of the religious significance, history, archaeology and folklore associated with the area. Boulder burials and partial radial stones nearby have been dated to c.2000 to 2500BC. The spring well itself is likely to have been adapted to a holy well early in Christianity where people prayed for cures and a resolution of problems.

Although the day was quite blustery in the open fields, the site itself is a sheltered haven for pilgrims, visitors and nature alike and it, being a clear day, was an ideal opportunity to view the surrounding countryside from such a spectacular vantage point.

The KHAA would like to thank everyone who attended on the day. A special word of thanks to Albert and Mary Murphy on whose land the site is located. Generations of the Murphy family have preserved and maintained this special place and we appreciate their continued support and permission in granting access to the site itself. We are also grateful to the surrounding landowners who permit access through their properties, all of whom value and have pride in this important early Christian and archaeological site. We would like to thank, too, those who were kind enough to drive those of us unable to undertake the climb.

This site has been very relevant to the people

of Kilmurry Parish for centuries and it is hoped that it will remain relevant in the modern world and that its uniqueness will remain cherished in the locality for generations to come.

Annual rebel rally vintage run - Sunday 22nd September

This year's Rebel Rally run will take us to Inniscarra Dam where an ESB guide will provide a talk about the historic Dam. The run will continue on to Kilcrea Abbey.

This event will be held on Sunday 22nd September. Registration takes place in the Independence Museum Kilmurry from 10:30 am to 11:30am. Registration per car is €20, this price includes refreshments. You don't need to be in a vintage car to register. There will be a raffle with prizes and also a prize for Best Dressed persons in a vintage car on the day.



A large group attended the KHAA field trip to Cnoc an Tobair on Sunday 8th Sept.



Bridget Goulding and Terence MacSwiney of KHAA, speakers on the day.

The Cross Border Health Care Directive - did you know?

If you are on a hospital waiting list for a procedure, you are entitled to travel to another EU country to get that procedure done. Under the directive, the HSE has to reimburse you the cost of the treatment abroad. Not the flights and accommodation - only the medical bill.

Contact me for further information!

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THE IRISH INTERNATIONAL AUSTRALIAN FOOTBALL LEAGUE TEAM



Grace Oldham, Danielle Downey and Sorcha Herlihy who recently represented Ireland in the Australian Football League (AFL) Transatlantic Cup in Toronto, Canada. The Lee Valley representatives defeated USA in the final to win the tournament.



The Irish international Australian Football League (AFL) team, known as the Irish Banshees

Grace Oldham, Danielle Downey and Sorcha Herlihy who recently represented Ireland in the Australian Football League (AFL) Transatlantic Cup in Toronto, Canada. The Lee Valley representatives defeated USA in the final to win the tournament.

Article: The Irish international Australian Football League (AFL) team, known as the Irish Banshees, travelled to Toronto, Canada in August to compete in a two week long International AFL tournament, known as the Transatlantic Cup. Amongst the 26 panel squad of Irish players selected to travel to compete were Lee Valley ladies Grace Oldham (Ballincollig) and Sorcha Herlihy (Inchigeela), both of the Cork Vikings AFL Team and Danielle Downey (Macroom) of the South Dublin Swans AFL Team.

In this international tournament, Ireland met teams representing France, Columbia, USA, Great Britain and Canada. In their pool games, Ireland took the win over USA in their first game, they were defeated by

Canada in their next game and won their third game versus Columbia. Having won two of their three pool games, the Irish Banshees progressed to the semi finals. In the semi final, Great Britain put up a great fight but Ireland defeated their neighbours from across the pond to reach the Transatlantic Cup final versus USA.

The Irish Banshees had already beaten USA in the first round, but were under no false pretences of what the USA could do after their victory over Canada in their semi-final. Unfortunately Sorcha Herlihy was unable to play in the tournament due to injury, however her leadership and resilience showed as she played a huge role on the sideline- helping the Irish Banshees management on match day and the lead up to the matches.

In the final, the USA took the first half, battering into the Irish defensive line with no intention of letting up. Danielle Downey lined out in the Irish Banshees backs and disrupted USA play and made some

tackles to put the USA forwards under pressure. The Irish backs did their best to keep the ball away from the goal line, but the onslaught was non-stop. The Irish then started to turn the tide when they started to play their own game and contest more cleverly in the second half. Grace Oldham was dominant in the midfield, moving the ball fast up into the forwards, and in the last five minutes of the second half, the Banshees managed to push through a behind for 1 point, equalising the teams. After holding possession of the ball for the last five minutes with no other scores, the final whistle blew to indicate a draw. Extra time of two five minute periods was allotted, and the Irish Banshees knew it was now or never. They set out with renewed energy and pushed to contest the tired Americans, dominating the last 10 minutes of gameplay, scoring another 3 goals in extra time. After a very tough match, Ireland came out victorious with a score line of Ireland 7.6.48 to USA 4.6.30.

CLONDROHID NEWS

SEAN KEANE IN CLONDROHID COMMUNITY HALL:

Sean Keane returns to Clondrohid for a great night of song music etc., on Saturday Sept 28 at 8pm. Doors open at 7.30pm

Tickets €30 + booking fee @ www.gr8events.ie. To avoid disappointment book on line ASAP, There will be a limited amount of tickets available locally at Spar. Please note, no designated seating. There will be a raffle for the Community Hall on the night. Great night assured

BLOOD TRANSFUSION IN COMMUNITY HALL: Get ready to give Blood. Coming to the Hall on Monday Sept 23 from 3.30 to 8pm, and Tuesday Sept 24 from 2.50 to 7pm. Check your eligibility on their website give blood.ie. Ring for an appointment 1800731137. A great service to have, please make use of it.

MOVEMENT OF CONTINUOUS PRAYER FOR MARRIAGE AND FAMILY LIFE: The next 24 hours will

be 12pm Fri Sept 27 to 12pm Sat Sep 28. Please remember your hour, everybody is most welcome to say a prayer for family life during this 24 hr period

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 on Monday night Sept 23 from 9pm. They would love to see you there.

MUINLIUCH COMMUNITY AND GRANDPARENT OPEN DAY: This will take place on Friday Sept 27 from 2 to 4 pm. Come and join them for a great together chat and a cuppa. Memories !!!

LOTTO RESULTS: Jackpot €4,600
€70 Donal Burke Ballymakeera
€20 Cara O'Leary Gortnalicka, Gerard Burke c/o MCP, Mary McCarthy Carriganima, Amy McDonagh Carriganima.

GAA NEWS: Clondrohid U18s were away last week to

Canovee in the Championship. Game began with Clondrohid getting on the scoreboard first. They added another and kept the pressure on Canovee. It was Clondrohid that went into the break ahead on the scoreboard. Second half resumed with the home team turning up the intensity and started putting some good scores on the board closing the gap. The game continued in a good sporting manner with both sides giving it all. Clondrohid ran out winners in the end on a scoreline of Clondrohid 2-13 to Canovee. 2- 10 Well done to the lads. Thanks to the parents for their support this evening
JUNIOR A CHAMPIONSHIP: Well done to the Junior A's who had a great win over Kilmichael last Saturday 2 9 to 0 7



Above: New sign erected on grounds of clondrohid church
image left: Clondrohid Line Dancers at The Westlodge Bantry attending a recent Line Dancing weekend social with Teachers Ann O'Connell & Felicity Kelleher

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The Christmas Club



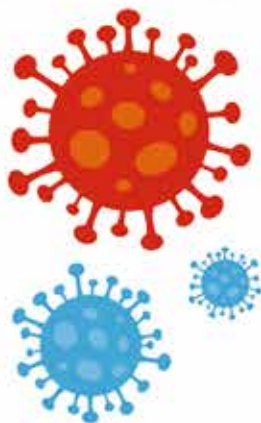
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“ Memories of Colaiste Iosagáin ”

This is a book of memories, in both Irish and English of Colaiste Iosagáin as told by those who were there, with each person deciding what to say and how to say it, some in one language, some in both. Colaiste Iosagáin, Ballyvourney began life as a selective intake, all male preparatory school and ended as a mixed ability, co-educational secondary school.

Front of stage are the teaching staff and students who share their story with us.

Séan Ó Sé who was a former student will launch the book in the Abbey Hotel Ballyvourney on Saturday September 21st at 6pm. The launch will be followed by dinner which will include a special tribute to another former student the late Micheál Ó Muircheartaigh.

Announcing details of “ Memories of Colaiste Iosagáin Baile Mhuirne ” book launch

Bobby Holland, Minister Norma Foley TD and Doireann Ní Mhuircheartaigh, daughter of the late Micheal O Muircheartaigh. Micheal was a former student of Colaiste Iosagain pictured at the book Launch.

Full details on ordering the book and reservations for dinner are available on iosagainbailemhuirne.com

All are welcome

COMHAIRLE NA NÓG

UNVEILS NEW WEBSITE AND VIBRANT REBRAND

Comhairle na nÓg, the national network of child and youth councils, today (10th September 2024) launched its newly redesigned website, along with a fresh, new brand identity. Developed on behalf of the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), by RedDog Creative Agency, the rebrand reflects a vibrant, fun, and collaborative spirit that resonates with young people across Ireland. The new look also celebrates Comhairle na nÓg’s position as the permanent structure representing young voices in decision-making at local and national levels. Young people involved in Comhairle na nÓg were facilitated to play a central role in the creation of the new brand identity and the development of the website.

The new Comhairle na nÓg website features a modern design with an emphasis on accessibility, easy navigation, and visual appeal, making it a valuable resource for young people, parents, educators, decision-makers and stakeholders. It serves as a central hub for information on how young people can engage with their local Comhairle and exercise their right in influencing decision-makers on the topics most important to them. It also provides

information on how adults and decision-makers can consult with young people on topics that affect them. Kevin McCarthy, Secretary General, Department of Children, Equality, Disability, Integration and Youth “Comhairle na nÓg is the well established recognised structure for youth participation in decision making, and the new branding and website brings its public image up to date in a dynamic, exciting way....it is also an accessible starting point for decision makers who want to involve children and young people in their decision making process and young people who want to get involved.”

Comhairle na nÓg enables young people aged 12-18 to influence policy and practice on key issues that matter to them through consultations, focus groups, and direct engagement with decision-makers. This is especially crucial for those under 18, who do not have a voting platform.

“The new website and brand really reflects our enthusiasm and creativity, and showcases Comhairle na nÓg in all its diversity. It’s great to have a platform that communicates clearly what Comhairle na nÓg does, makes it easy for other young people to get involved and helps us engage more effectively with

decision-makers to make a real difference on the issues we care about.” Matthew McQuaid, Monaghan Comhairle na nÓg

“This enhanced visibility enables us to connect more effectively with decision-makers, empowering us to create a meaningful and lasting impact. I am truly proud to be a part of this and am so excited for everyone to see the incredible work that has been done over the years.” Rebecca Murray, Mayo Comhairle na nÓg

Get Involved

Explore the new website at www.comhairlenanog.ie. For general enquiries or to start the conversation on how to create meaningful change contact info@youthparticipation.ie

About Comhairle na nÓg

Comhairle na nÓg Child and Youth Councils operate in each of the 31 Local Authority areas across Ireland. Funded and managed by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), the councils enable young people aged 12-17 to exercise their right in influencing decision-makers on the topics most important to them.

DONOUGHMORE COFFEE MORNING

Donoughmore fundraising group is holding its annual coffee morning on Saturday September 28th 2024 in Community Centre Hall in Stuake Donoughmore from 11am -1pm. Your generous donations of home baking would be greatly appreciated which will be taken in on morning of coffee morning. Your enthusiastic participation has ensured successful fundraising events in the past. Your continued support would be much appreciated this year. Raffle tickets on sale in both shops and during the coffee morning. So come along and enjoy a cup of tea or coffee and a chat - all for a good cause. Everyone welcome.





**MACROOM
FOOD
FESTIVAL**

**Saturday 21st -
Sunday 22nd
September 2024**

Saturday 21st September Events



KIDS ENTERTAINMENT ZONE in the Square from 10am

GOOD VIBES FORUM in the Town Hall 10am - 1pm - FREE Entry

INTERNATIONAL PARADE through the Main Street
led by the Ballygeary Pipe Band 12.30pm



CELEBRATING MULTICULTURALISM THROUGH FOOD EVENT in the Square at 1pm

PRE CONCERT EVENT with Cheese & Wine Tastings in Pop Crowley's at 6.30pm
(Tickets to be pre booked in the grocery store)



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to the Briery Gap after 30 years to bring that winning performance together at 8pm.
Tickets to be pre purchased see poster.

Sunday 22nd September Events



KIDS COOKING CLASS WITH THE COOL FOOD SCHOOL

Macroom GAA Hall first class session at 11am
(Tickets to be pre booked see poster)



MONSTER STREET FOOD & CRAFT MARKET

Traders event from 12pm

MUSICAL ENTERTAINMENT

1.45pm on stage - 3.00pm Defence Forces Band Performance.



KIDS CARNIVAL RIDES and lots Entertainment in the afternoon

DANONE SCHOOLS COOK OFF COMPETITION 

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Evan collins winning his final against Croatia and becoming world champion.

WESTCORK KICKBOXING



5 Junior athletes from the *West Cork Kickboxing Club* competed the week before last at the World Junior Kickboxing Championships in Budapest Hungary. Cathal Fogarty Lithgow, Markuss Bogdanovs, Dorinda Roberts, Evan Collins and Nathan Cronin were accompanied by their coaches Ian Kingston and Tony Stephenson. They all qualified for the Irish team back in March this year by competing in the Irish national championships and earning their right to wear the green and represent Ireland at these world championships 2024. This was a prestigious championship with over 65 countries taking part with over 2200 athletes competing over the different disciplines and weight categories throughout the week.

All athletes were put through their paces every week all summer long with intense training in their home gym in Skibbereen as well as in Macroom and Ballingearry with one-to-one training session with their coaches Tony and Ian. From training with their club team mates down in west cork, to training with the national team regularly in Dublin on weekends no stone was left unturned by this team.

Throughout the week in Budapest these athletes came up against top nations from Spain, Poland, China, and Argentina. The young Nathan Cronin won his first fight against Bosnia Herzegovina in very close and hard-fought match. This was his first year on the national team and fighting abroad. He bowed out in his second bout his Armenian opponent. Dorinda lost out to Croatia. This was also her fight time competing internationally, but she learned some valuable experience and will use if this experience in her years competing to come. Markuss the 16-year native to Latvia living in Ballyourney stepped into the Junior male division ages 16-18 for the first time this year and fought excellently making his way to the semifinals defeating countries such as Greece, Spain, Argentina, and Even Latvia. He lost out to Slovenia in the Semifinals earning himself a Bronze medal.

Cathal bested countries such as Hungary, Spain and Poland over 2 divisions but Ultimately lost out to in both Finals earning himself 2 silver medals for Ireland. The last Irish fighter of the week was Evan Collins from Skibbereen who after winning 7 fights met his Hungarian Rival in the final. Evan had lost previously to this athlete at the world cup in May out in Rimini Italy, but Evan would not be denied this time. Evan lost the first round but ultimately turned the tide coming back in the second round to win convincingly and becoming world champion. From 5 athletes the west cork kickboxing club earned 1 bronze, 2 silvers and 1 gold for Ireland.

Through the 5 athletes that competed so well coach Ian and Tony hope to inspire more kids from west cork to take up martial arts, learn self-defence, cultivate inner toughness with as well as promote confidence, discipline and resilience.

They run classes regularly around West Cork. If you are interested about enquiring about classes, you can contact Tony on:

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Back to School



Kilbarry NS Junior Infants September 2024.



Junior Infants Ballinagree N.S 2024



Great infants of Finbarr School on a trip to the Garda Stations.



Rylane Junior Infants 2024 with, Brian Reidy (Principal) and Class Teacher (Ms. Buckley)



Inchigeela National School new pupils 2024



Naoinín Beaga 24/25 in Scoil Réidh na n'Doríri



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Leanaí ó Scoil Réidh na nDoirí amuigh ag piocadh sméara dubha

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Principal's Address at 6pm

Céad Míle Fáilte

Applications can be submitted from 1st October

CLOSING DATE FOR APPLICATIONS Friday 25th of October

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'Forever In Blue Jeans' Day

Tues. The Edmund & Josie Whelan
Memorial Listowel Stakes

Wed. Guinness Kerry National Day/
'Waterloo' - Abba Tribute Band Live at 6pm

Thurs. Ryle Menswear 'Best Dressed Man'
Day

Fri. McElligotts Kia 'Ladies Day'

Sat. Sustainable Style Saturday in
association with Listowel Tidy Towns & An
Tasice



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Aindrias Moynihan TD



Dea scéal leis an áth fhorbairt ag dul chun cinn i Coláiste Íosagan Baile Mhuirne. Beidh an Gteic i phás 1 ar lár an sean fhoirgneamh agus beidh deiseanna go leor eile a thabhairt chun cinn amach anseo ag brath ar an éileamh.

Great to see works starting on the new business centre in the centre of Coláiste Íosagan the building. The 15 month works will result in Gteic business centre with hotdesking, meeting rooms, Údarás offices, lifts and more. A new structure is to be added at the rear of the building.



Home ownership meeting in the Castle Hotel Macroom in September, packed in so much information on the range of supports to help you buy/build your home.

There was also information on upgrading your home energy efficiency. Interesting questions & answers after, even when meeting finished up. Bhí tráthnóna maith ann agus ana chuid eolas ar fáil.



Great News on Affordable Housing with the Meadowlands, Macroom homes opening for applications on 30 September. The 2 bed homes will be discounted up to 25% while the 3 bed homes will be discounted up to 22%. Applications will be via the Councils online portal and its vital to be getting documentation like the Mortgage Approval in Principal ready in advance.



Recently I had the opportunity to show Transport Minister, James Lawless, first-hand the N22 between Macroom & Ballincollig and impress on him the need to improve road safety. With over 30,000 vehicle traveling daily and multiple right turning junctions, road safety is vital along this stretch of road.



Delighted to introduce Finance Minister Jack Chambers to a number of Mid Cork businesses and Disability services. We had constructive meetings on the local needs. D'éirig linn roinnt maith a dhéanamh in am gairid agus bhí sé ana thógtha le gach a bhí ar siúl ag muintir na háite.



Contact Aindrias:

3 Main Street, Macroom, Co. Cork 026 23 346 aindrias.moynihan@oireachtas.ie





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The project is co-funded by the Government of Ireland and the European Union.

Céim ar Chéim

Scoil Mhuire OÍCHE OSCAILTE OPEN NIGHT



Scoil Mhuire, Béal Átha'n Ghaorthaidh
Déardoin 26ú 4:30—6:30.
Thursday, 26th September 4:30—6:30pm

Óráid an Phríomhoide @ 6 i.n.
Principal's Address @ 6pm

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THE PALACE CINEMA (1853-1988) AND THE BRIERY GAP THEATRE, (1999-2015, 2024 -)

Briery Gap II and the new Macroom Library will be officially opened on Saturday 21 September 2024 and hallelujah for that. Unfortunately, Briery Gap I was burned in 2015; after nine years, the new theatre and cultural centre is about to be launched. Since its demise, there has been a gaping cultural hole in Macroom. This was so because of the magnificent work done by Briery Gap I and the many impediments and delays to reconstruction. Finally and happily, next Saturday's opening will be the official start to a great new cultural era for the town.

The Briery Gap is built on the site of the Palace Cinema and this article will detail the story of Macroom's third cinema and until Briery Gap I showed films again. The two prior cinemas were The Olde Picture House (1911- c.1932) in School Lane/Barrett Place and the Castle Cinema (1932-1956) in the Castle Grounds, and now part of McEgan College campus. As far as the author knows, the Palace cinema site had been a chemist shop previously, and at one stage a man sought to build a dance-hall there. The Palace Cinema, Main Street, showed films from 1953 to 1988, and Scaramouche was its first. Kathleen Murphy and her late husband Nick attended on opening-night. When built, it was a state-of-the-art building, with a 500-seat capacity, heating, air-conditioning and a balcony. Jerry Lucey (nicknamed 'Poor Lucey'), local entrepreneur and character, was the principal promoter and managing director. Cinemas were hugely popular at that time in Ireland and were 'windows to the world'. Jerry and his brother's Danny's families lived in adjoining houses in Railway View. The brothers had made money drawing turf from Tipperary to Cork hospitals during the Emergency; Jerry was charismatic and his family became synonymous with Macroom cinema. Later, he and others ran the Montrose Ballroom, 1964-1970. Like many small-town halls, the cinema was multi-purpose and hosted a Paddy Crosby radio show, concerts and other gatherings. It featured singers such as Bridie Gallagher and Eileen Donaghy, big stars of the 1950s/1960s. Perhaps most famously the great and famed Macroom soprano Rita Lynch and Scotsman Canon Sidney MacEwan did a wonderful concert in 1956 there. Later again, it staged Macroom's 'Tops of The Town' competition for several years. Denis and Breda Murphy managed the Palace after Jerry Lucey's sudden death (1979) until it closed in 1988, with Crocodile Dundee its last film. When the Briery Gap Theatre opened in 1999 on the same site, it showed films again. Inspector Gadget was its first, screened on 15 December 1999. Films were also shown in schools, halls and other venues



within Macroom and in surrounding villages.

Entertainments in Macroom in the first half of the twentieth century were scarce. Arguably, pubs, dancing and cinema-going were the most popular. Pubs were largely men-only spaces and dances had strict supervision. A waltz was considered a 'close-dance' and there was no public dancing during Lent. Official Ireland and the Churches vigilantly watched what transpired in and near the halls. Films and their content were considered 'threats' to the moral welfare of the people and they were strictly supervised. Films were banned or severely cut on an industrial scale from 1923 to about c. 1970. Gone with The Wind and Casablanca were banned, and later shown with cuts. Ireland did not get Teleféis Éireann until 1960s and 2RN/Radio Éireann was benign, banal and conformist. Macroom had a population of 2,277 in 1951 and was West Muskerry's market town, with a hinterland of about 20,000. The area sustained a cinema from then until 1988. Initially films at the Palace were shown every night, except Sunday nights (in contrast to the Castle Cinema – Sunday night was its busiest night) and apart from Holy Thursdays to Easter Saturdays, marking a change from using Sunday nights for entertainment. From 1980, films were screened on Saturday and Sunday nights; very popular films ran through the week. Most locals attended the Palace at some point although absent records preclude precision on how many went. Elizabeth Lucey-Kelleher (b. 1949), Jerry's daughter and later a

university graduate, worked at the ticket-desk from about 1960, effectively becoming the cinema's book-keeper. Her father did lodgements and paid wages. Evidence that the cinema did well is provided by Lucey financing the university education of his three eldest children and commercial courses for six others – another became a plumber. Before university grants were introduced in 1968, fees and maintenance were privately funded. Commercial college/schools were excluded from the grant scheme for many years.

In spite of a background of repression and censorship in the country, most people accepted it as 'normality'. Everyone understood 'the rules' and that they did not need to be enforced except in exceptional circumstances – pregnancy-outside-of-marriage being a notable example. The Lucey children attended town schools. Elizabeth is unaware of any adverse comment about the cinema from local teachers, religious or lay, in schools. She recalled that for some 'big' films, queues extended about seventy yards down Main Street; The Ten Commandments (1958) was one such, Mise Éire (1959) another. Exhortations to attend religious films by local religious and clergy to attend increased attendances: it may have been 'wiser' for pupils to go. She recalls many regulars and was sure that most were adult-males. Seán Ó Riada and Ruth Bean Uí Riada were regular patrons. Westerns were popular - particularly those featuring Audie Murphy. The cinema was busy until the 1970s as television access accelerated. From 1962, homes increasingly had TV sets. Further, around 1970 film-distribution was centralised, and the cities' and large towns' cinemas received preference; small venues such as The Palace waited. As prosperity increased, more car-ownership enabled people to see films in Cork. When later shown locally, many had already seen them. Elizabeth recalled that when The Sound of Music (1965) came in 1967, the Palace was obliged to show it for two weeks. Many potential patrons had already seen it; it was a loss financially. On many nights, Elizabeth remembered 'twiddling her thumbs'. Jerry Lucey died unexpectedly in 1979, and after his death, Elizabeth was relieved that her cinema work ended. Denis and Breda (née Lucey, Jerry's niece) Murphy assumed management. They owned Spar Supermarket, Macroom and he was a prime mover of Macroom Mountain Dew Festival (1976-1982) that featured Ireland's first open-air rock concert. The 1980s in Macroom were grim, marred by high unemployment and emigration; entertainment was badly affected. Commercial videos-players were introduced to Ireland about 1980 and later, with the availability of films on tape, damaged cinema-going;



Southern Star, 27 March 1999 with Ann Dunne at piano and John Hurley Macroom AIB and Seamas McDonagh, standing at the back. The piano was in the AIB until Briery Gap I was ready to receive it




Musicians and singers under Ann Dunne, practicing for the Briery Gap II's opening on Sat., 21 Sept. 2024. (C. Kelleher).



1956 Concert in Palace, L. > R. Jerry Lucey, Jeannie Reddan, Canon Sidney MacEwan and Rita Lynch,

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Tues 29th Oct 9:30 - 12:30 (Midterm)
Revising all the Line using past pre exam style questions.

Intensive 4: Coord Geometry - Circle
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Killarney Train Station is only a 3 minute walk from our Event.

Macroom had at one point five 'video clubs/shops'. Though expensive many people acquired video-players. Rentals were costly but for collective home-viewing, it was cheaper than going to the cinema. Swapping took place. Videos allegedly showed uncensored and banned movies, and some pornography; copying took place and a black market existed. Government was slow to legislate and it had an inevitable impact. Staging underage discos and holding auctions supplemented income. However, it was not enough; the Palace Cinema showed its last film, *Crocodile Dundee* 11 in August 1988.

Perhaps another sign of Macroom 'progress' related to some couples' behaviour there which contrasted with that of Castle Cinema patrons. Much as Montgomery, clergy and respectable opinion feared, the back row(s) of the Palace cinema ground-floor became a place for couples to cuddle and kiss. 'The courting area' was behind internal door entrances and ideally suited for the activity. As a precaution, 'scouts' were sometimes on duty. What occurred was patently well known by the usher and owner but the activity continued.

From the Palace to the Present.

Seven years after the Palace's closure the Sulán/Sullane Film Society was founded by Cormac Shiels, Iggy Sylvester, Tom Kelly, John Creedon and Paul Lynch in 1995. Before that, John Creedon (b. 1947), a house-painter and amateur film-maker with the Lana Film Society, had shown a film to Macroom Historical Society in 1981. Creedon readily agreed to make available his 65mm projector to the society and became projectionist. Sulán's debut showing, in November 1995 featured Creedon's *The Last Picture Show*, a documentary on The Palace Cinema; Hal Hartley's romantic-comedy, *Amateur* was also shown. The venue was Ó Riada's Night Club and Shiels recalls making the room as 'cinemaesque' as possible. There was a membership of about forty, with roughly equal numbers of men and women, and most were in the twenty-thirty age group. He did not recall any 'senior' members. Sulán was delighted to get *Trainspotting* and *Mighty Aphrodite*. Aligned with the Irish Film Societies' Association, it showed many interesting films over the following years. Films shown in 1995-6 were *Withnail and I*, a cult movie and *Three Colours Red*. In the following season *Smoke*, *Trainspotting* and Woody Allen's *Mighty Aphrodite* were featured. These were followed by *Farinelli II*, *Castrato* and *Beautiful Thing*, adapted from a 'hit' West End musical. The appendix samples 199 films from '53, 60, 75 (1 January to 18 July) and '88; 69% and 20% respectively came from the US and UK, and because of their origin, were viewed by state and churches, especially the Catholic Church, as corrupting agents of Irish identity, nationalism, Christianity and purity. The other 11% came mostly from Europe. Despite strict censorship, especially before about 1965, a 'protected' Macroom saw films set mostly in the US and Britain but also in France, Mexico, The Caribbean, China, Japan, Russia and Rome. The context and locale were strange. Apart from emigrants or merchant or Royal navy sailors, almost no Macromprians were likely to visit these exotic places. Many westerns and gangster films had casual violence—again strange in Ireland. Hereto, Irish violence was generally personal or political. Racism, for example against Native Americans and Black people, was a given in movies and contrasted with Irish 'racism' directed towards the British and, to a lesser degree, Jewish people (politicians Dan Breen and Oliver Flanagan come to mind). Even the anarchic, 'smutty' and irreverent Carry-On films were a revelation to obedient and compliant Macroom Catholics. When *In Rome* (1952) cleverly showed the city in its Holy Years but also a priest in awkward situations – both aspects were interesting to Macroom's Catholic patrons.

But it was in the area of romance, male-female



relationships that films showed pointedly a different way of behaviour. *Show Boat* was a great musical but featured racism, and a mother and daughter deserted because of the father's gambling addiction. As well as being spectacular, *The Greatest Show on Earth* circus film, relates the jealousies and romantic entanglements of its performers and Jimmy Stewart's clown character having 'helped' his suffering wife to die. In 1960 screenings, issues such as abortion and right to life were explored in *The Right to Be Born*. In *The Middle of The Night* dealt with a sexual relationship between an older man and younger divorced woman, and adultery. In 1975, *Justine and Juliet*, a Swedish film, had as its theme a Marquis de Sade story about two sisters trying to kill a man through pleasure. *The Last Picture Show* was also screened that year; it was a coming-of age film in a small Texas town and involved a young man in a relationship with an older woman. *Zee and Co* was 'adults only' in Macroom and portrayed a married couple in a love-hate relationship where she (Elizabeth Taylor's character) becomes very jealous of her husband's (Michael Caine) new 'pure' romance. These indicated what was then presentable in Macroom and of an expanding knowledge of how other societies behaved differently. Boundaries were further extended when the graphic scenes of *Fatal Attraction* and the underlying motive of obsession appeared on the Palace's screen. Incest between siblings featured in *Flowers in The Attic*. Leading ladies were almost always glamorous and depended mostly on physical attractiveness. Ursula Andress in *The Blue Max* is typical. Maureen O'Hara's Mary Kate Danaher is feisty in *The Quiet Man* but the role is caricatured, and at one stage she receives a kick in the posterior, denoting physical violence and women's subservience.

Because of their provenance and content, films acted as an antidote to the narrow nationalistic, GAA-centred and Catholic ethos of 1920-70 Ireland, ridiculed so well by Dermot Morgan's hurley-wielding pioneer-pin-wearing GAA 'fanatic'; in ways films led Ireland's liberalisation. The popularity of films was essential in that process, especially in small towns such as Macroom. Towns needed brave entrepreneurial characters to rent/ or build cinemas and show films and Macroom had them. Television and radio with more open and less deferential attitudes built further on the process.

An improved economy and focused, dedicated local activists allowed the Briery Gap, a cultural centre, to open in the late 1990s. Though mainly used for theatre, pantomime and concerts, it also screened pictures once weekly. The Sulán Film Society also showed films there. A fire in 2015 destroyed the building but after prolonged legal and other difficulties, the centre re-opens in 2024.

Thousands of films were shown in Macroom from 1911 to 1999, perhaps as many as 8,000. Videos

became popular from the 1980s and many people watched films at home on videos or on television. Montgomery, Hayes and Brennan were from the Revolutionary generation; the Catholic faith, the Ten Commandments and Irish Ireland-ism were their touchstones; they were appointed and supported by the State; the Catholic Church and the vast majority of the people agreed publicly with decisions of the Censor and the Board of Appeal. This consensus was circular. What films and which versions were shown in Macroom and elsewhere were dictated by the censors. Censors 'cut' much as well, often distorting films' storylines. From c. 1965, censorship draconian days were over.

Cinema spread rapidly from invention to Macroom; its powerful allure ushered in a new age which changed how the world was presented and perceived. Before Irish television, cinemas were the most effective means of showing the 'outside' world. Cleverly, it did it through storytelling. Films educated, informed, shocked and addressed controversial topics. Macroom's cinema/films' experience is not unique but has particular features. It had a cinema first in 1911 and two ran simultaneously in 1953-4; apart from 1988-1999, it had functioning cinemas. Macroom, pari passu with the western world and Ireland, came under cinema's influence and was changed by its powerful presence. The effect of cinema and its importance in Ireland's and Macroom's history and social progress is understated.

Sources: Elizabeth Lucey-Kelleher, Kathleen Murphy (New Street), Breda Murphy, Cormac Shields, Cork Examiner, Southern Star, Evening Echo, Kevin Rockett's Irish Film Censorship, Christopher Morash's *A History of the Media in Ireland* and Denis Condon's articles.

By Con Kelleher.

Crocodile Dundee

Crocodile Dundee is a 1986 action comedy film set in the Australian Outback and in New York City. It stars Paul Hogan as the weathered Mick Dundee, and American actress Linda Kozlowski as reporter Sue Charlton.^[1] Inspired by the true-life exploits of Rod Atwell, the film was made on a budget of under \$20 million as a deliberate attempt to make a commercial Australian film that would appeal to a mainstream American audience, but proved to be a worldwide phenomenon.

Released on 20 April 1986 in Australia, and on 26 September in the United States, it was the highest-grossing film of all time in Australia, the highest-grossing Australian film worldwide, the second-highest-grossing film in the United States in 1986, the highest-grossing non-US film at the US box office ever and the second-highest-grossing film worldwide for the year. There are two versions of the film: the Australian version, and an international version, which had much of the Australian slang replaced with more commonly understood terms, and was slightly shorter. As the first film in the *Crocodile Dundee* film series, it was followed by two sequels: *Crocodile Dundee II* (1988) and *Crocodile Dundee in Los Angeles* (1996), ultimately both

Australian theatrical release poster

Directed by	Peter Faiman
Screenplay by	Paul Hogan Ken Shadie John Cornell
Story by	Paul Hogan
Produced by	Paul Hogan
Starring	John Cornell Paul Hogan Linda Kozlowski Mark Blum

Crocodile Dundee information (Wikipedia, downloaded 15 Sept. 2024), the Palace's last film.

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MACROOM HISTORY GROUP

Macroom History Group held its AGM on 2/9/2024. Before a decent crowd, the group reviewed its year, elected officers and a committee, and outlined plans for the year ahead. New members Catherine Coughlan and Alan O'Rourke were warmly welcomed to the fold and will enhance the group.

The outgoing chair Con Kelleher welcomed those present and thanked founding member Seósamh Ó Críodáin for his trojan efforts over the last two years; unfortunately he has other commitments. Thanks were also expressed to the Castle Hotel for its excellence, and in particular to Paul for his endless help at all stages. Both Mick Walsh and Cope Adult Centre members were especially commended for distributing posters. The Group is much healthier compared to 2023 and all members are active and have brought a broad range of skills, and much experience and wisdom. The constitution is a 'work in progress' that will contain a mission statement (James O'Callaghan). Brendan O'Brien cautioned on care with regard to publications and their ethical and legal implications.

Secretary Douglas Kidd reported that the group had seven events – very different and all interesting and well supported. Michael Galvin gave an informed account of The Civil War, especially on the British mindset set on Treaty negotiations, Jim Cooney spoke entertainingly on T.C. Murray with some great slides. Prof. Tom Dunne spoke beautifully about his friend and colleague Prof. John A. Murphy and he covered many aspects of one of Macroom's most brilliant sons. Songwriter and singer Declan O'Rourke has written two historical novels set in the Great Irish Famine in Macroom, and it was enthralling to hear him relating his knowledge of the period and the process of writing the books. After Christmas, James O'Callaghan gave a memorable lecture on Macroom's architecture and traced its roots back to Greek and Roman roots. Con Lynch has done enormous work



Joe Creedon, Inchigeela, singing The Inchigeela Lass. He spoke and sang at Macroom History Group's first talk of the '24-'25 on 16 Sept. 2024 in the Castle Hotel (You Tube screenshot).

on St Gobnait history and legacy. His presentation reflected the depths he went to and his passion for the topic. He drew the biggest audience of the season. Other activities were Town Historical Walks in July and August, participation in the Heritage Fortnight and a trip to Kilmurry Museum.

Douglas too was treasurer and reported that the group is in a sound financial state. Income is derived from charges for our talks, and small grants from Cork County Council (equipment) and the local Macroom-Millstreet Municipal Council. Their help is much appreciated.

The group is a member of the West Cork History Societies Association which enables an exchange of experiences and knowledge between groups and their. Colum Cronin and his son Shane (Coppeen), and Mary O'Mahony and Noel Howard (Kilmurry) are outstanding neighbours in this regard.

Gerry Kelleher said that he and James had a good meeting with Macroom Community Hospital Matron Bernie Buckley with regard to erecting a memorial to all who died and suffered grievously in Macroom

Workhouse, often unrecorded and un-named. Macroom Community Hospital is built on the same site and ground. Subsequent to the meeting a letter was written to the HSE official in charge and progress has been made.

Mick Walsh gave an account of the Macroom Schools' History exhibition. Macroom Youthreach's, St Mary's and McEgan College's presentations were excellent and revealed exciting new evidence and angles on topics close to their families and places. Paula Grey, Gemma Hurley and Christine Cronin/Nessa Bonner deserve great credit for their efforts in getting their students to produce work of such a high quality. Hopefully De La Salle will participate next year.

The technical group has worked hard on recording our talks and making them available on line via the Group's website.

Speakers/topics for the 2024-25 season include Joe Creedon (Inchigeela), Bozena Cierlik (UCC), Mary Davies on her mother Rita Lynch, Prof. Hannah Daly on Climate Change, The History of Macroom Golf Club's 100 Years, Dan Cronin on his extensive GAA memorabilia, with perhaps another topic added later. It is planned to have a 2025 Schools History Exhibition. The first talk is by Joe Creedon in the Castle Hotel at 8.00 p.m. on 16 September and Dr Bozena Ciernik (UCC), an expert in Eastern European politics and history, will speak on the Russian invasion of Ukraine and its background on 7 October, 8 pm in the Castle Hotel.

Officers for 2024-25: Chair - Con Kelleher, Secretary - Douglas Kidd, Treasurer - Juliet O'Callaghan. Committee members are: James O'Callaghan - Vice-Chair, Margaret Lucey, Assistant Sec., Pat Sheehy, Gabrielle O'Leary, Gerry Kelleher, Mick Walsh, Brendan O'Brien, Alan O'Rourke, Catherine Coughlan, John Vaughan and Billy Fitz-Gerald.

CUTTING SPRING BARLEY IN CLASHENURE



Cutting Spring Barley in Clashenure, Ovens with the Lee Valley Reservoir in the background. Photo by Tim Dineen taken on the evening of the 4th September 2024 .

SCHOOL WINNERS FOOD FESTIVAL 2024



"Students from Schull Community College winners of the Schools Cook off Competition at Macroom Food Festival, with Mark Doe adjudicator and Cllr Ted Lucey Chairperson of Macroom Municipal District Council." Pic. Peter Scanlan

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The Race is on to the Listowel Harvest Racing Festival

Sunday 22nd to Saturday 28th of September 2024

An action-packed programme promises 7 days of excitement, thrills, exhilaration and FUN for racegoers of all ages

Listowel Race Company has today announced their action-packed programme for the forthcoming Harvest Racing Festival from Sunday 22nd to Saturday 28th of September.

Celebrating 166 years of top-quality racing at the scenic course in Listowel, this year Sunday, Wednesday, Thursday, Friday and Saturday are all National Hunt meetings and Monday & Tuesday feature an all-flat race card. Off the race course, there is something for everyone of all ages including five fashion competitions; exceptional free children's entertainment with a petting farm and top live music acts including the return of ABBA Waterloo! PLUS the 'Save your Heels, We've got Wheels' free double-decker bus is back on Ladies Day! Visit www.listowelraces.ie for more information and to pre-book tickets and corporate entertainment. Follow the hashtag #listowelraces on Facebook, X and Instagram for exclusive updates and to join the conversation!

So what's happening every day at Listowel Races this September?

Free Family Fun and Sensational Style on the opening Sunday 22nd September

The opening day's card is sponsored by Kerry Group and the feature race is the Kerry Group Handicap Steeplechase €45,000.

Sunday is family day sponsored by Garvey's SuperValu and this year's free entertainment is better than ever! Highlights include a petting farm and the return of Giggles Entertainment with a mini Disco, face painting, free balloons and Coco Melon & Mickey Mouse will meet & greet all the children as they arrive!

Sunday also features the Lyrath Estate Most Stylish Racegoer fashion competition judged by top fashion blogger, Mary O'Donnell, with a prize fund valued at €2,000!

Keeping it Country... Forever in Blue Jeans returns on Monday 23rd September at Listowel Races

The feature race on Monday is the The John F. McGuire Handicap of €45,000. Monday also sees the return of a competition celebrating one of fashion's most iconic wardrobe essentials - Denim Blue Jeans! Open to everyone, 'Forever in Blue Jeans' is a great excuse to wear denim in any style from jeans to jumpsuits and style them up or down as you wish! It will be judged by top model and actor Timmy Dowd with the cash prizes of €200 in the adult and €100 in the under 16's category.

Tuesday

Tuesday's feature race is the Edmond & Josie Whelan Memorial Listowel Stakes €40,000.

The Winner Takes it All! Kerry National and ABBA Waterloo headline Wednesday 25th of September

The week's racing highlight - The Guinness Kerry National Handicap Steeplechase €200,000 (Grade 3) is on Wednesday and always attracts a huge crowd. Limerick native, Patrick Neville, who now trains in England, has revealed he is aiming former Cheltenham Festival winner, The Real Whacker at this year's renewal. Formerly based in Askeaton, Neville was second in the 2016 running of the race courtesy of Rightville Boy. Post racing on Wednesday, ABBA Waterloo take to the stage at 6pm for a free concert on the course playing all the icon 70's Swedish Supergroup's smash hits.



Sharp Dressed Men compete on Thursday 26th of September with an all-National Hunt Card

On Thursday, the feature race is The Liam Healy Memorial Lartigue Hurdle (Handicap) Listed Race of €60,000. Back by popular demand, the Best Dressed Man's Competition on Thursday is once again generously sponsored by Ryles Menswear Tralee and the judge is Cllr. Niall Botty O'Callaghan. This is the third year of Ryle Menswear's sponsorship of this much-anticipated fashion event. The overall winner will receive a custom-made suit from Ryle Menswear valued at €1,200 and the first runner-up will receive a full Benetti suit, shirt and tie. Last year hundreds of dapper gentlemen dressed to impress and organisers are expecting another stylish event. Anyone wishing to enter should be on course by 2pm and the finalists and winners will be revealed in the parade ring after the 5th race.

The Ladies take over on Friday 27th of September!

On Friday the feature race is The MCG Handicap Hurdle of €100,000.

This is the 10th year of McElligotts sponsorship of Ladies Day at the Listowel Harvest Racing Festival and they are delighted to once again welcome on board Kia as official event co-sponsors. Judged by former Miss World, international model, and best-selling author Rosanna Davison, and award-winning top Irish fashion designer Heidi Higgins, the overall winner of the Best Dressed Lady will be jetting off to the Big Apple and staying in the fabulous Fitzpatrick Hotel in Manhattan. In addition to this fabulous prize, there are also generous cash prizes of €1,000 for the Most Creative Headpiece as well as €500 for the Most Contemporary Outfit.

Anyone wishing to enter should be on course by 1pm and the judges will personally tour the course to select finalists. There will also be designated Style Spotters on the course to assist the judges to ensure everyone who is dressed to impress has a chance to be seen by the judges! Finalists and winners will be interviewed on the new fashion stage and then revealed in the parade ring after the 5th race.

All aboard. . . as the famous open top Double Decker Bus is back to transport everyone in comfort and style from the centre of Listowel town to the races from

11.30am on Ladies Day. There is always lots of bubbles, spot prizes and jazz music to get everyone in the mood for the day ahead.

The fashion stakes remain high as sustainability takes centre stage on the closing day Saturday 28th of September

The Charlie Chute Memorial Handicap Steeplechase, €50,000 is the feature race on the last day of the meeting, Saturday 23rd of September.

It's also Sustainable Style Saturday! Long before it was a conversation, Listowel Races was the first race course to host a sustainable-focused fashion competition. Now 13 years later, this fashion competition in association with Listowel Tidy Towns and An Taisce, continues to encourage racegoers to consider the circular fashion economy and re-style and re-wear preloved and vintage clothing. This year the cash prizes are bigger than ever with €500 cash for the Most Sustainably Dressed Racegoer (male or female) sponsored by Listowel Race Company up for grabs and €100 for the first runner-up sponsored by Oonagh Chemco Pharmacy. Judged by sustainability advocate and fashion personality Orlagh Winters, there are also new categories with a €300 cash prize sponsored by Con McCarthy Brokers for the Most Sustainable 1980's look and €100 sponsored by John McGuire Pharmacy for the Most Sustainable under 16's Outfit. This is always a fashionable and fun event, with generous runner-up prizes sponsored by businesses of Listowel town for all the finalists and even spot prizes for the audience! So start planning your outfit now and re-style an outfit you have worn before, or go all out and raid your parent's old wardrobe, support your local charity shops or pop into any vintage store.

Where can I get tickets for Listowel Races?

The 166th Listowel Harvest Racing Festival runs from Sunday 22nd to Saturday 28th of September. Tickets can be purchased online or at turnstiles on the day for €20 Sunday, Monday, Tuesday & €30 Wednesday, Thursday, Friday & Saturday, with a 20% discount for groups of 20 or more. Visit www.listowelraces.ie for more information and follow the hashtag #listowelraces on Facebook, X and Instagram for updates and to join the conversation!



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80% drop in the number of patients on HSE waiting lists asking about treatment abroad

Over 12,000 people are on waiting lists for outpatient and inpatient appointments at University Hospital Kerry. Yet, figures released to Ireland South MEP Cynthia Ní Mhurchú show an 80% drop in the number of patients on hospital waiting lists inquiring about availing of treatment abroad under the EU Cross Border Health Care directive. The same figures show a 55% decrease in the number of Irish patients getting reimbursements for medical procedures abroad under the Cross Border Health Care directive between 2018 and 2023.

Figures released to Ireland South MEP Cynthia Ní Mhurchú by the HSE show a dramatic decrease in the number of Irish patients who may be on hospital waiting lists opting to avail of the Cross Border Health Care Directive and seek the treatment they need in another EU country.

Under the EU directive, the HSE will reimburse patients who travel to another EU country for the medical procedure they are waiting for but will not cover travel and accommodation costs. The HSE spent €9 million euros in 2023 reimbursing patients who were on waiting lists here but opted to have the treatment carried out in another EU country. That figure is down from just over €15 million in 2020.

Cynthia Ní Mhurchú has called on the HSE to launch a nationwide publicity campaign,

“There are over 700,000 Irish people on hospital waiting lists for treatments such as surgery, orthopaedics, and gynaecology. Many of those would avail of the chance to have that treatment paid for in another EU country but we can only surmise that patients on waiting lists do not know about the scheme”

Ní Mhurchú has called on the HSE to write to patients on waiting lists and advise they have the right to have their procedures carried out in another EU country and that the HSE will cover the cost of the medical treatment. That will have the dual impact of reducing our hospital waiting lists but also giving patients the options to travel abroad for treatment.

Of more concern to Ní Mhurchú is that healthcare professionals are not aware of the right of patients to seek cross-border healthcare, paid for by the HSE.

Ní Mhurchú praised the HSE's Cross border Healthcare office in Kilkenny for taking a proactive approach to rolling out the directive but has called for more resources for the office to further publicise the benefits of cross border healthcare for Irish patients.

Ní Mhurchú feels that one of the weaknesses of the scheme is that the upfront costs of the medical

procedure must be borne by the individual and he/she then seeks reimbursement for the cost of the healthcare upon return to Ireland. That can typically take up to 14 weeks. The Credit Union have launched a specific Cross Border health care loan which covers the cost of the medical treatment until the HSE reimburse it. Travel expenses will not be provided by the HSE who will only cover the cost of the medical treatment itself.

Mhurchú pointed out that this scheme will not suit all patients.

“If a patient has been waiting for a procedure for a long time or feel that another EU country has more of a speciality in their particular ailment, then they should look into this scheme. Travelling to another country with a substantial outlay of costs may not be an option for all patients, but for others it could mean a life changing procedure without the wait.

According to an EU report from a number of years ago, only 11% of Irish people knew of the existence of the the Cross Border Health Care directive.

Anyone who is interested in finding out more should call the Cross Border Health Care office in Kilkenny on Tel: 056 778 4546 or Email: crossborderdirective@hse.ie

IRELAND LOSING INVESTMENT DUE TO LETHARGIC RENEWABLE ENERGY PROCESSES - MEP KELLEHER

- ESSENTIAL THAT NEXT FF MANIFESTO INCLUDES COMMITMENT TO REVOLUTIONIST PERMITTING PROCESSES IN

IRELAND BASED ON PRINCIPLE OF THE COMMON GOOD -

Ireland South MEP Billy Kelleher has said that Ireland needs to get its act together when it comes to the issue of permitting for renewable energy projects otherwise it risks falling even further behind when it comes to climate targets and investment opportunities.

Kelleher was commenting as it was reported that the Draghi Report into EU competitiveness cited Ireland as having some of the slowest permitting processes amongst the EU's 27 Member States.

“We are one of the slowest at finalising applications with regards to wind and photo-voltaic energy projects.

“This analysis is nothing new. For years, I have been highly critical of our planning and permitting processes in this country. Now, the EU has also confirmed it is taking place.

“Ultimately, archaic, lethargic processes, usurped by a failure to adhere to the principle of making decisions based on the common good, is risking Ireland's attractiveness as an investment hub for renewable energy.

“Worse still, our failure to deliver at speed and at scale renewable energy projects will see Ireland struggle to hit its 2030 climate targets.

“Ireland should be the top investment hub for renewable energy projects in the EU. Yet, we are not. Global investors look at Ireland and sadly conclude it just simply takes too long to get to shovel ready stage. They cannot tie up their investment capital for years on end waiting for decisions from Irish regulators and authorities.

“The status quo cannot be allowed to continue. Major reforms and changes are needed and I will be articulating such changes to my Fianna Fáil colleagues who are drafting the party's general election manifesto. Ireland needs to turn the page on its lethargic attitude to renewable energy, and Fianna Fáil should be the ones to drive that change in mind-set,” concluded Kelleher.



Rugby Star Josh Wycherley Urges People to Get Behind Alzheimer Memory Walk 2024, Supported by Payzone



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Macroom CFR Group

Newly set up Macroom CFR Group on a outdoor training. They practised different scenarios to be prepared for when they get real life calls. Information evening in the Castle Hotel in September 26th from 7pm. All welcome



Think Globally, Act locally ECO-DYING – AND WHAT CAN WE DO WITH ALL THOSE FLEECES?

Hi! Chris Barrett back with you.

Today I have the pleasure of speaking with local artist Joan Hewetson, who has a particular interest in eco-dyeing. Eco dyeing, she explained to me, is a method of dyeing, using mainly hedgerow plants. These wild plants give us gentle colours. By taking on the lovely soft palette of nature, they reflect the landscape from which they come.

Joan trained at the Crawford College of Art and Design, and graduated from the Contemporary Applied Art Degree Course. Her time at Crawford gave her a particular interest in working with nature. She began using natural materials such as sheep and alpaca fleeces.

As a matter of interest, animal fibres are classified as protein fibres, and plant fibres are mainly cellulose fibres, such as cotton and flax.

Joan gets her sheep fleece from a local farmer. Then she will first 'skirt' the fleece. She goes around the edge of the fleece by hand, taking away the parts of the fleece which are not suitable for artistic use. Joan tells me that these dirty unsuitable edges can be used in the garden as a mulch.

Once the fleece has been 'skirted', Joan will carefully wash it in plenty of water.

Sheep's fleece, once thoroughly cleaned, can also be used as insulation in buildings. Wool produces thermal and acoustic insulation. The wool fibres form millions of tiny air pockets that trap air and slow the transfer of temperature.

Sheep wool is often a sustainable option as it makes a short journey from farm to house as it can usually be sourced on local farms in Ireland.

The wool grows naturally on sheep and at the end of its life it can be used as compost.

Wool does need to be sourced responsibly because there is a risk of anthrax which means a regulated source is desirable. Stewart McPherson is a Quality Control Building Surveyor in Newcastle U.K and he says that once the wool is cleaned it should be



treated with borax before it is installed and tightly packed.

There is a belief that this use of wool can be uneconomical because its preparation and cleaning is so labour intensive. Cleaning the fleeces to the correct standard is very time consuming but hopefully this will change.

The maths is depressing. Currently farmers are lucky to be paid at all. It can cost 3 euro to shear a sheep

and the fleece may sell for 25c a kilogram.

For crafts people working with the wool, who are prepared to do the work, once the wool is washed, it is spun into hanks. These can be dyed with wild plants found in hedgerows or even in your garden.

Very often native plants surprise us with the colours they give us in the dyeing process. It is worth noting that foxglove, ragwort, nettles, blackthorn and whitethorn bark leaves and fruit can all be used.

Joan tells me that she had an old shawl she dyed with madder-root to achieve a beautiful sunset colour, which gave a much appreciated lease of life to the old shawl.

Sheep's fleece can also be used in felting, which is a technique used in art, pictures and home accessories such as pot holders. Felting is achieved with clean unspun wool which can be used in 'wet-felting' or felted by using specialised steel felting needles. These needles have barbs on the end so they compress the wool into the desired shape.

Joan has also woven a rug from sheep's wool using a floor loom. She then dyed it using bark from the blackthorn and whitethorn tree and found it to be a very successful experiment.

As mentioned earlier the advantage of using these native plants is that they bring the beautiful safe and natural harmonious colours of nature into our homes. In a world where chemical colours and materials are ubiquitous this is an exciting alternative and in the Lee Valley, the materials are all around us.

I really enjoyed learning about wool and its potential from Joan. For an inspired student, with or without farming knowledge, I see a great "Young Scientist" opportunity here. I am hoping to hear more from Joan in the future and maybe a local student will get back to me next year!

If you would like to respond to this article or follow up with an article on similar environmental topics, please contact me chriseeleevalley@gmail.com

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Kilmichael Pitch & Putt

Some photos from the Kilmichael Pitch & putt outing to Kilshannig with great weather & a lovely meal in the Vintage in Kanturk on way home.



Canovee NS

Canovee NS children enjoying themselves at West Muskerry Athletics Cross Country Races in Ummera on Sept 17th.





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How to shop for a Healthy Diet

SAFEFOOD TIPS FOR HEALTHY EATING

Healthy eating often starts with the choices we make at the supermarket, so planning your weekly shop is important. Also planning the food you buy can help save money and reduce food waste.

The best advice to do a healthy, value for money food shop is to check what food you have and do a weekly meal plan, stick to your shopping lists, check use-by dates and make the best use of the food storage available to you. Here's our guide to healthy food shopping.

Before the shops

1. Plan your meals and snacks

Take time each week to make a meal plan for meals and snacks. When deciding on meals and recipes, check your cupboards, fridge and freezer to see what ingredients you have already. This can save money and reduce food waste. However always throw out food past its use-by date.

When making your meal plan, try to pick recipes that use the same ingredients or leftover ingredients, for example leftovers from roast chicken could be used to make chicken stir fry or chicken fajitas the next day. Here's information on using leftovers.

And, if you have storage space, buying tinned and dried food in bulk can save money as they have long-shelf lives. Here's our guide to cupboard essentials.

Including a couple of meat-free meals in your meal plan is good for your health and can help reduce food bills. You can replace meat with beans, peas or lentils which are healthy, can be cheaper than meat or dairy and often have a longer shelf life.

Your meal plan should include snacks to eat at home and when you are out and about. Having healthy snacks handy means you are less likely to eat treat food, which is high in sugar, salt and fat, when you get hungry between meals. It can also cut down on the money you spend on food when you are on the go. Portable healthy snacks like fruit, popcorn or nuts are great options.

2. Make a shopping list

When you have completed your meal plan for the week, make a shopping list. This will help you buy what you need and avoid impulse purchases.

3. Shop alone and when you have more time

If you bring your children shopping, set clear rules on what they can put in the trolley before you go into the shop. And if you can do the food shop alone to avoid children asking for food not on your list.

Try to go food shopping at a time when you're under less pressure, don't feel stressed or hungry. If you shop later in the day supermarkets often reduce the price of fresh food which can help reduce your bills and food waste.

At the shops

4. Stick to your list

Once you make a shopping list, stick to it. This means you will avoid buying food you may not need.

5. Know your labels

Compare food labels to pick the healthiest item and the best value. Check:

Sugar, fat and salt content

Serving sizes and amounts

Prices

To help you make healthy choices here's a guide to understanding nutrition labels.

Check use-by dates to buy food that will last longer. These dates tell you when you have to have eaten the item. Keep in mind this phrase: "Treat Best Before as a guideline and Use By as a deadline". Here's more on use-by and best-before dates which will not only reduce food waste but could help you save money.

6. Beware of special offers

Avoid "special offers" unless they are on your list. Our research as shown that a third of foods on special offer are high in sugar, salt and fat. That said, offers on healthy food can be cost effective, so use your judgement.

7. Avoid prepared food

Prepared fresh food, like chopped vegetables or grated cheese, can be more expensive as it often costs more for a smaller amount.

8. Check food packaging

Don't buy food with damaged packaging. Cans should be free from dents or bulges and other packaging should be free from damage or leaks.

9. Bag your groceries safely

Pack cold foods together and separate raw meats, poultry, and seafood from other foods. Regularly cleaning reusable bags in the washing machine, will help avoid bacteria contaminating food.

After the shop

10. Get cold foods home fast

Take frozen and chilled foods straight home to the fridge and freezer. Use a coolbag or coolbox to keep your groceries cold during the trip, particularly in warm weather or if you have a long journey. Never leave food sitting in a hot car.

11. Store your food carefully

Storing food properly is important to keep it safe to eat for longer, reduce waste and food bills. It's also important to put meat raw meat, fish and poultry on the bottom shelf so that they don't touch other food. Don't over pack a fridge which could make it difficult for the cool air to circulate. Here's our guide to getting the best use out of your fridge.

Freezing is a great way to store food and freezing cooked meals can help you stick to your meal plans. You can reduce waste by freezing food if it is near its use-by date – do check packaging to see if it is suitable to freeze. If food is properly frozen it will stay safe to eat indefinitely, though after a time the taste and texture may suffer. Here's our guide to getting the most out of your freezer.

How to read nutrition labels

To make healthier choices, you need to be able to make sense of food labels.

Understanding food labels can be tricky. It takes time and practice. Start at home by getting familiar with labels on the foods you eat regularly. Then when you are shopping, compare labels of similar products to find the healthiest option. Here are the things to look out for.

What's on the label?

Nutrition information can be found on the back/side of food labels. Sometimes you will also find a snapshot of this information on the front of pack.

Nutrition information is displayed per 100g and sometimes per recommended serving.

Use the per 100g column to compare products. Look at the recommended portion size. This may be more or less than what you actually eat. How do I know if a food is low, medium or high in fat, saturated fat, sugar and salt?

Some labels use colour coding to show at a glance if a food is high, medium or low in fat, saturated fat, sugar and salt.

Low (green) - the best choice

Medium (amber) - okay most of the time

High (red) - only choose occasionally

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
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Broomhill Vintage Club, Coachford - September 22nd

Tractor run in aid of MS Ireland Cork Branch

All roads lead to Coachford, Co. Cork on Sunday September 22nd where Broomhill Vintage club Coachford will host a tractor run in aid of MS Ireland Cork Branch. Broomhill Vintage Club is home to the award winning and record setting Ferguson 20 tractor build teams.

The vintage club will host a tractor run for Classic, Vintage and Modern tractors on a route around the scenic Lee Valley. Registration will open at 10:30am and take place at the Aghabullogue GAA Grounds, Coachford. Eircode: P12 X365

MS Ireland Cork Branch provides a range of services to thousands of people with MS, and their family members. These services are delivered where practical and possibly in a blended way, through in-

person and online. MS Ireland Cork Branch strives to provide a high-quality service which supports and promotes integrated and evidenced based services. These services are managed in a way that complies to recognised quality standards and as an organisation it is imperative that the work can be measured against good personal outcomes for people with MS. MS Ireland Cork Branch works in partnership with the HSE and other service providers to enable people with MS to achieve the maximum quality of life through health promoting programmes. The services offered are delivered by MS Ireland Cork Branch's professional staff and these focus on the following: Community Worker Service, Wellness & Symptom Management, Exercise & Physical Activity Programmes, Information

Service, Advocacy & Research and Respite. Broomhill Vintage Club together with the local community wish to extend an open invitation to all, young and old who would like to support our tractor run. Coachford village is situated in the beautiful Lee Valley where agriculture is the cornerstone of the local economy. A mix agricultural related enterprises are based in the area alongside some of the best Dairy, Tillage and Drystock farms in the county which will give all visitors to the tractor run an opportunity to see some of the most modern tractors in use today alongside tractors that have been the mainstay of agriculture in Ireland for over 70 years.



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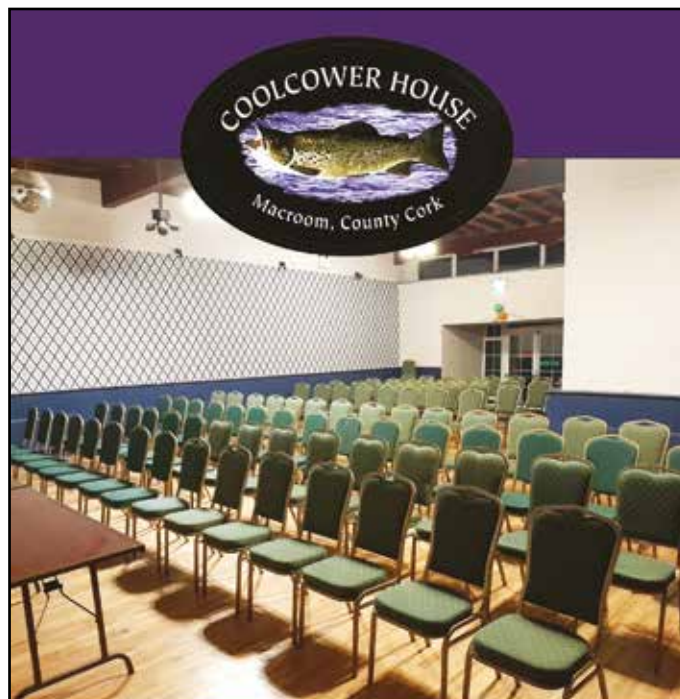
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For those in attendance at Murray Field this afternoon they were treated to an absolute feast of football. An unbelievable tally of ten goals made for an outstanding spectacle.

The visitors started this tie brightly, earning a corner within the opening thirty seconds. Youghal would take this chance with both hands, a half clearance made it to the edge of the box before the resulting effort was steered into the bottom corner, 1-0 Youghal. Macroom responded well and on 4 minutes, Craig Ronan and Patrick Barry linked up well, the latter dragging his effort agonizingly wide. Youghal's persistence paid off and within 10 minutes they added a second firing into the roof of the net from close range, 2-0 Youghal. However, Macroom persevered against a shaky Youghal United defence and on 18 minutes, an inswinging corner from Ronan found the head of John James Healy, his header finding the top corner, 2-1. Both teams had their chances throughout the first half but neither side was able to capitalise. On the stroke of half time, Youghal United were offered a golden opportunity when their player was penalised inside the box. The strike from twelve yards was well dispatched to the bottom corner, leaving Peter Murphy with no chance, 3-1 Youghal at the short whistle.

Both sides started the second half with a good intensity, to Macroom's despair it was the East Cork outfit that would add a fourth. On 53 minutes, a strike from distance evading the Macroom rearguard, 4-1 Youghal. Macroom's response was emphatic and for the second week running it was Ronan that found the net directly from the kick off, evading the Youghal number one from the halfway line. A case of déjà vu for the Macroom contingent, 4-2. This certainly lifted the host's spirits as Macroom began to gain a foothold in this tie. On 57 minutes, Ronan won a free kick on the edge of the box. It was a routine straight from the training ground as Ronan played the short ball to Barry. He eluded the Youghal rearguard before expertly guiding his effort past the keeper at the front post, 4-3.

Macroom now smelt blood and knew an equaliser was on the cards. Again, it was Ronan at the centre of it as he did well to win a free kick thirty yards from goal. On 67 minutes, he sent his effort curling straight into the top corner to overturn a three goal deficit within a remarkable thirteen minute period 4-4. This tie was well and truly in the melting pot. With a little over half of the second period to go, the scoring wasn't over yet. On 71 minutes, Murphy was called into action with a fine save with his feet to keep it all square. Within minutes, Mikey Dineen came close to finding Macroom's fifth. His cross from the left flank looked to have found the top corner, before tipped wide by the visiting keeper.

However, Macroom would find their fifth, Ronan completing a brilliant hatrick in the process as he took home the match ball. Substitute Ronan Morey did well on the left wing before finding Craig Ronan on the edge of the box. He took a good touch before sending his half volley to the bottom corner on 79 minutes, 5- 4 Macroom. A remarkable turnaround much to the delight of the contingent at Murray Field. Unfortunately, Macroom's lead was short lived, some miscommunication at the back lead to Youghal being awarded their second penalty of the afternoon



Macroom FC U16 A boys

on 81 minutes. Murphy saved brilliantly but could do nothing to deny the rebounder, 5-5. No one in attendance would have been surprised to have seen an eleventh goal in what was a pulsating tie. In the end, it was Murphy that was called into action with an outstanding save at his back post to deny Youghal all three points.

This was a truly entertaining tie, with both sides playing attacking football from the outset. Macroom can be immensely proud of overturning a considerable deficit but will ultimately be disappointed to have left Murray Field with only a solitary point. The Seniors will be back in action on Friday, September 27th with an away trip to Brigown Park against Park United.

Macroom U17 Boys

Grenagh 3 - Macroom 2

Sponsor: Greg's Garage

The U17s were away to Grenagh United in the National Cup this weekend. The Lads started off well with both teams creating and coming close to scoring. Finally after multiple close chances for Macroom, Kuba Zulawnik opened the scoring. Grenagh equalised shortly after putting the score at 1-1 just before half time. After the break Kuba Zulawnik played a great ball through to Michal Pilat who scored to put Macroom ahead once again. Grenagh had their chances on goal but Dylan Lucey produced some superb saves to keep them out. Macroom pushed on for a 3rd and had chances to make the game safe. Unfortunately, with time running out Grenagh scored 2 quick goals to knock Macroom out.

Macroom U16A Boys

Blarney United B: 1 - Macroom A: 7

The first game of the season for Macroom U16A boys was a dream start. It was goals aplenty on a night of superb teamwork. The game started at a frantic pace with great passing and teamwork by both teams. The first goal came to Macroom in the 7th minute with a fabulous placed ball into the top right corner by Liam McLaughlin. This instilled great confidence into the team and goal number 2 came 6 minutes later with a great assist by Ebenezer into McLaughlins path to notch his second of the night. We didn't have to wait long for the hat trick. Another great assist by Ben McCarthy to the ever busy McLaughlin saw Liam complete his hat trick in the 16th minute. Blarney united pulled one back in the 24th minute to leave the score 3 - 1 in Macrooms favour at half time.

Confidence was up for the restart and in the 3rd minute Liam duly had a great assist for Ben McCarthy to score. 5 minutes later, captain for the night, Tamer floated a great cross that fell to Daniel Lucey who made no mistake to get his first of the season. 3 minutes later and the score was 6 - 1 to Macroom with another

great assist from Ben McCarthy and superbly slotted home by Jack O'Riordan. In the 15th minute of the half substitute Teteh, only on the field 1 minute slotted home goal number 7 and our last goal was duly put away by yet another substitute, Davit Kiknadze picking up on a great through ball from Liam McLaughlin.

We had a team of winners, full of confidence and brimming with energy. Great credit to coach Tadhg for the coaching throughout the summer months which was evident tonight.

To the parents that travelled tonight, a big thank you. A big thank you to the referee on the night. Sunday morning sees us travel to Midleton for our next game.

Macroom U15 Boys

Macroom: 1 - Fermoy:1

The U-15 Div 1 schoolboys drew 1-1 with visitors Fermoy at the excellent Town Park venue. This was a fine game and after early Fermoy pressure Macroom led through a left footed Cian Lee strike. The visitors equalised soon after to leave it level at the break. Both sides continued the high tempo as Macroom chances fell to Lee and Micheál Deasy, while a Dylan O' Shea corner came off the crossbar. Fermoy had opportunities too but Aled Hopkins did well in goal and defenders Ewan Irwin, David Condon and Ciarán Coleman got in some vital tackles. It ended level, a good point for Macroom, thanks to Fermoy for the game. Thanks also to all supporters and referee Peter O'Riordan.

Macroom U15B Boys

Macroom: 1 - Passage: 3

Sponsors: Macroom Opticians

Our U15B boys played their second league game of the year at home to Passage today. After a very slow start, Passage broke the deadlock and followed it up shortly afterwards with a second inside the first 15 minutes. Rory O Shea in goals was doing very well to keep us in touch, before Passage got a soft penalty and dispatched well, leaving our lads with a mountain to climb at half time.

After the break our lads really worked hard, with David Kelleher, Will Wiseman and Sean Quirke now bossing the game at the back, we pushed forward with much more purpose and had a few good chances. Our hard work finally paid off and with ten minutes to go and some good setup play from Barra O Leary and Patrick Kelleher, Ryan Lehane played a good ball through for Nathan Nott and scored a great goal.

Our lads pushed for another goal and were unlucky not to get a penalty, but finished very well. Disappointed scoreline 3:1, but good performance and something to build on.



Macroom U14 Boys

Macroom: 0 - Carrigaline: 1

Our U-14 team kicked off their new season at home to Carrigaline on Saturday morning in Town Park. Unfortunately we didn't get a result on the day but we did get a very good team performance. After a very competitive start to the game where Macroom tested the Carrigaline goalkeeper & defence on a few occasions, Macroom were unlucky to fall behind when Carrigaline scored from a quick free kick resulting in a break away goal. Macroom fought hard for the equaliser and were unlucky not to be level when they hit the crossbar late in the first half. Into the second half, Macroom continued to press hard for the equaliser but we just couldn't get the ball over the line despite creating some very good chances. Everyone gave their all, we had 11 players toggled out so everyone played a full game while Carrigaline rolled on the substitutes in the second half. Well done to the Macroom team for showing such heart and bravery, it was a performance that gives us great hope and excitement for the season ahead. Captain on the day was Fionn Desmond. Thanks to all the parents for your great support & encouragement from the sidelines. Our referee on the day was Patsy Freyne so our lads were in illustrious company, thank you Patsy for traveling to Macroom and contributing to a very sporting game. Thanks also to our sponsors Barry O'Connor transport.

Our next match is provisionally fixed away to Watergrasshill on the 21st September.

Macroom U14A Boys

Mayfield: 0 - Macroom: 1

Our U-14A boys league started back this week and Macroom travelled to Mayfield early on a windy Sunday morning. We were excited to be back and with an early goal from Alex Murphy assisted by Conal o Mahony we were off to a great start!

Our boys held the lead for the remainder of the game with super defending and against a very strong wind in the second half and although chances were created we didn't hit the back of the net again but we were delighted to come away 1-0 on our opening game.

Thanks to Mayfield for the pitch, the referee Patrick O Herlihy and our jersey sponsor Billy Murphy Taxis Macroom.

Macroom U13A Boys

The Macroom u13A team played Los Zarcos FC in Milstreet. Every player gave their all in a true team performance in very warm conditions. Well done lads! Senan Ahmed, Isara Angoda, Charlie O'Shea and Brian Lloyd with the goals.

Macroom U13 Boys

Ballinhassig: 4 - Macroom: 2

Macroom U13s played away to Ballinhassig. Despite

a great performance from all the lads they lost 4-2. Cormac O'Leary and Sean Twohig got the goals whilst Noah Moss was captain.

Macroom U13A Boys

Corinthians AFC: 1 - Macroom: 7

Macroom u13As had a great away win (7-1) this morning to Corinthians AFC. Great team effort by all the boys who worked tirelessly from start to finish. Captain for the day was Senan Ahmed. Isara Angoda, Senan Ahmed, Tom Minehane, Brian Lloyd and Robert Jurgutis were the goalscorers.

Macroom U12A Boys

Sponsored by Fitz-Gerald's

Macroom A: 3 - Wilton A: 4

Playing their first competitive match on Saturday morning our U12A schoolboys got off to a great start with Brendon finishing well to take a 1-0 lead. Wilton struck back and were 3-1 up in the second half before goals from Liam and U11 player David Carroll brought us right back into the game. Macroom had their chances to equalise, but time ran out with the final score of 3-4. While the result didn't go their way the coaches were delighted with the performance of all the players.



Macroom FC U-12 A Boys



Macroom FC U-13 A Boys



Macroom FC U-13 Boys



Macroom FC U-14 A Boys



Macroom FC U-14 Boys



Macroom FC U13 A Boys



GAA News - MJK OILS Muskerry Junior Hurling Championship

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

Group 1- Inniscarra 3, Dripsey 2, Éire Óg 1

Group 2- Ballincollig 4, Grenagh 2, Kilmichael 0

Group 3 -Ballinora 4, Donoughmore 2, Blarney 0

Quarter Finals: Sat Sept 21: Donoughmore v Inniscarra at Kilmichael 3.45pm: Dripsey v Grenagh in Donoughmore, Sunday Sept 22nd at 2.30pm

Semi Finals: Ballinora v Dripsey/Grenagh: Ballincollig v Donoughmore/Inniscarra

Ballinora 1-11 Donoughmore 1-8

Ballinora are still on course for a 4th Mid Cork MJK Oils Junior Hurling title in a row and they have progressed to the semi final stage unbeaten but their mentors may be concerned with the performance here against a fired-up Donoughmore side which came back from a five point interval deficit to level matters at 1-8 each in the 47th minute. There was every possibility of a major upset at this juncture but Ballinora to their credit did not panic, particularly in a defence which was subjected to heavy pressure, and with Shane Kingston in lethal form from frees they eased back in front with three unanswered points in a row to survive a really spirited challenge from the Muskerry league champions.

Ballinora are now through to the semi final direct, Donoughmore will battle it out with Inniscarra for the place in the semi final against Ballincollig.

A very strong wind blew down the field from the west on a bright sunny Sunday evening at Coachford and Ballinora had the benefit of the elements in the first half. They started well enough, Tommy Burns with a first minute point followed by two more from Shane Kingston, one from a '65', but Donoughmore were really up for the contest and inevitably got a reward for their efforts. Adam Dinan pointed a '65' against the wind in the 8th minute and when Shane Kingston had his third score for the winners, Donoughmore replied with points from Darragh O'Shea and Dinan to leave only a point between the sides on 16, Ballinora leading by 0-4 to 0-3, a reflection of the strength of the Donoughmore challenge.

Ballinora struck for a vital goal in the 17th minute, wing back Michael Quirke having stolen up unchallenged on the right wing and when the cross came over he ran on, took the ball and lashed an unstoppable shot to the net. Ballinora badly needed this score as their attack was being held in a vice light grip by the Donoughmore defenders, with Stephen Golden, Mark Foley and Frankie Honohan resolute and unyielding in the full line, and they were totally reliant on Shane Kingston's accuracy from placed balls for scores. In

the run up to half time, Kingston pointed twice but Adam Dinan had a point for Donoughmore to leave the league champions trailing at the break, 1-6 to 0-4 but Ballinora by no means comfortable considering the wind.

In the third quarter, Adam Dinan pointed two frees for Donoughmore but Kingston eased the pressure with a similar tally for Ballinora, 1-8 to 0-6 on 42. Back came Donoughmore and when Colm O'Callaghan's point from play was followed by another from a free by Dinan only a goal separated the sides and Donoughmore were hot in pursuit of the champions. In the 47th minute Donoughmore at last breached the Ballinora defence, Dinan setting up Mark Lucey who turned his marker and made no mistake with a lash from close range to level matters at 1-8 each.

Victory was there for the taking now by either side and in fairness to Ballinora they finished well. Their defence was superb with Tim Forde, Mike Lordan and Pat Fitton continuing to excel in the full back line, there was a renewed effort made all over the field to match the intensity of the Donoughmore challenge and with a combination of cool heads and Kingston's accuracy the Ballinora men weathered the storm, if only just. Shane Kingston put them back in front on 51 from a free on his own 65 line, James Byrne added a point from play and Kingston increased the lead to three points in the 56th minute after a rash late tackle presented him with the opportunity. Thereafter Ballinora defended their goal well despite the pressure, to emerge as very relieved winners.

Scorers: Ballinora: M Quirke 1-0, S Kingston 0-9 (0-8f, 0-1 '65'), T Burns and Js Byrne 0-1 each. Donoughmore: M Lucey 1-0, A Dinan 0-6 (0-4f, 0-1 '65'), D O'Shea and C O'Callaghan 0-1 each.

Ballinora: Barry Crowley: Tim Forde, Mike Lordan, Pat Fitton: Barry McCarthy, Neil Lordan, Michael Quirke: James Byrne, Shane Kingston: Darragh Corkery, James Keohane, Tommy Burns: Alan O'Shea, Danny Dineen, Liam Lyons Subs: Kevin Murphy for J Keohane h/t, Robert Quirke for T Burns 50, Conor Quirke for D Dineen 54.

Donoughmore: Shane Sexton: Stephen Golden, Mark Foley, Frankie Honohan: Donncha Morrissey, Josh Crowley, Shane Healy: Kevin O'Connell, Aidan Corkery: Darragh O'Shea, Adam Dinan, Colm O'Callaghan: Cian Buckley, Mark Lucey, David O'Connell. Subs: Finn O'Callaghan for C Buckley 37.

Referee: Brendan BarryMurphy, Aghabullogue

G1: Inniscarra 2-10 Dripsey 0-15

Inniscarra got off to the better start at Blarney and led by 0-3 to 0-1 after ten minutes. Dripsey then scored five points in a row to lead by 0-7 to 0-4 at half

time. Inniscarra got a goal from Kieran Rice from a distance on 33 to lead by 1-6 to 0-8 and scored the next three points before Dripsey rallied with two points in reply, 1-9 to 0-10 for the winners on 46. The second Inniscarra goal now followed, Gerry Roche the scorer, 2-10 to 0-10, Dripsey had a man red carded on 51 but strangely scored the last five points of the game from Diarmuid Riordan 3, Killian Kelleher and Ronan Canavan to go under by just a single point at the finish. Inniscarra: Eoin O'Neill: Tadgh Lyons, Mark Linehan, James Buckley: Seán Quinlivan, Shane Buckley, Niall Buckley: Conor Buckley, Conrad Desmond: Kieran Rice, Jerry Roche, Colin O'Leary: Shane Linehan, Darragh O'Brien, Daniel Murphy. Subs: Aidan O'Mahony, Darragh Hughes, Seán McLaughlin.

Dripsey: Aidan Buckley: Cathal O'Connell, Eoin O'Connell, Sam Manley: Dean O'Sullivan, John Carey, George Feeny: Mark O'Connell, Eoghan Maher: Jamie Manley, Diarmuid O'Riordan, Michael O'Riordan: Ronan Canavan, Mark O'Sullivan, Gary Murphy. Subs: Shane Burke, Killian Kelleher.

Ref: Robert Whelan

G2: Ballincollig 1-16 Grenagh 1-14

Ballincollig earned their place in the semi final of the MJK Oils Mid Cork Junior hurling championship after a hard fought encounter with Grenagh at Donoughmore. The Village led by 1-5 to 0-5 at half time, their superb goal from David O'Leary in the 25th minute separating the sides at that stage. In the second half Ballincollig edged ahead 1-8 to 0-7 but Robert Coleman's goal for Grenagh in the 41st minute left only a point between the teams. Points were exchanged, before Brendan O'Brien and Cian Dorgan (free) opened up a three point gap at the three quarter stage, 1-11 to 1-8 and Ballincollig managed to hang on against strong pressure in the closing stages after Grenagh got the gap down to a single point in the 54th minute before Ballincollig got the odd score of five in the closing minutes.

Ballincollig: Ronan Cambridge: Conor Sexton, Jordan Murray, Shane Murphy (Snr): Dave O'Leary, Peter O'Neill, Shane O'Sullivan: Shane Murphy (Jnr), Conor Dalton: Brendan O'Brien, Dave Bowen, Paul Cooney: Ronan Power, Cian Dorgan, Seán O'Donoghue. Subs: Brian O'Sullivan, Rory Doherty, Eoin Dwyer, Diarmuid Ward.

Grenagh: James Walsh: Tadgh Walsh, Paul BarryMurphy, Niall Coleman: Peter McSweeney, Paul Ahern, Ted Twomey: Kevin O'Neill, Dara O'Shea: David Coleman, Kelvin Cummins, Darragh Kenny: Robert Coleman, Michael White, Seán Joyce. Subs: John Lehane, Cathal Cronin, Brian Walsh.

Referee: John Horgan, Gleann na Laoi



Michael Quirke, Ballinora, joined by some of his team mates, receiving the Muskerry GAA/EPH Controls sports award from Marie Casey, EPH and John Feeny, Chairtman Muskerry GAA Division, at Lee Valley Golf and Country Club. Picture: Mike English



Marie Casey, EPH Controls, presenting the Muskerry GAA/EPH Controls sports award to Shane Barrett, Blarney GAA at Lee Valley Golf Club. Included are club members, Stephen O'Brien, Padraig Power, Cian Barrett and Mark Coleman with John Feeny, Chairman Muskerry GAA Division. Picture: Mike English



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 6, Béal Átha'n Ghaorthaidh 4, Blarney 2, Ballinora 0

Group 2: Donoughmore 4, Éire Óg 4, Clondrohid 2, Kilmichael 2

Group 3: Aghinagh 5, Ballincollig 3, Grenagh 2, Dripsey 2.

G1 Inniscarra 2-14 Blarney 1-0

The scoreline tells the story of this Group 1 game at Grenagh. 'Scarra led by 1-5 to 1-0 at half time, their goal scored by Shay Dineen just before the break. It was 1-10 to 1-0 at the three quarter stage and Mark McLaughlin fired home a second goal later to round off a facile win. Jack Dwyer, Frank Horgan, David Coughlan, Shay Dineen and Dylan O'Sullivan were very prominent for the winners. Inniscarra: Dominick Kelleher: Sean McLaughlin, Jack Dwyer, David Keane: Frankie Horgan, Shane Buckley, Cameron Lynch: David Coughlan, Tim Murphy: Mark McLaughlin, Liam Collins, Shay Dineen: Jack Hayes, Dylan O'Sullivan, Dan O'Connell. Subs: Colin O'Leary and Cormac Dineen.

Inniscarra thus top their group with full points from three wins, the only team in the JFC to accomplish this, and go straight to the semi final stage where they will meet the winners of the Éire Óg / Béal Átha'n Ghaorthaidh quarter final.

G1: Béal Átha'n Ghaorthaidh 1-15 Ballinora 2-5

Even two goals in rapid succession for Ballinora around the 10th minute could upset the Béal Átha men who were back on level terms by half time on a 2-4 to 0-10 scoreline. Béal Átha then went three points clear in the third quarter and a goal from Brian Ó Duinnín in the 54th minute made victory secure. Ronán Ó Loinsigh had 0-8 to his credit, Andi Ó Coinceannain finished with 0-5 and Barra Ó Buachalla, Darren Ó Duinnín and Jamie Ó Coinceannain added 0-1 each.

Béal Átha finished second in the group and will meet Éire Óg in the quarter final.

G2 Clondrohid 2-9 Kilmichael 0-7

Clondrohid got their first win of the championship by defeating Kilmichael at Cill na Martra and this win ensured that they would not be involved in any relegation problems. The sides were level at half time at 0-5 each but second half goals from Jamie Hourihan and Darren Dineen were major factors in the victory. The winner's points came mainly from Seán Desmond, Ciarán O'Leary and Cathal Creedon and

Brian Corcoran, Callum O'Shea, and Aaron O'Riordan were others to make fine contributions to the win.

Chris O'Connell with 0-5 was scorer in chief for Kilmichael who also has points from Ronan Murphy and Danny Twomey. Kilmichael were short Conor Cotter, Cathal Foley and Tom Browne of their regular line out but the good news for them was that they have avoided any possible relegation play offs on scoring difference.

Clondrohid: Sean O'Callaghan: Aaron O'Riordan, C Lucey, Darragh Fitzgibbon: Conor Flanagan, Brian Corcoran, Sean O'Connell: Callum O'Shea, Sean Desmond: Jamie Hourihan, Ciarán O'Leary, Eoghan McCarthy: Fionn Fitzgibbon, Darren Dineen, Cathal Creedon. Subs: Lorcan Flanagan and Sean Murphy.

G2: Donoughmore 2-16 Éire Óg 0-5

Few could have predicted this result, Donoughmore simply taking Éire Óg asunder at Ballincollig. It was 0-7 to 0-1 at the end of the first quarter and 0-11 to 0-4 at half time. A goal from Seán O'Hanlon helped Donoughmore to a 1-14 to 0-4 lead at the three quarter stage and a second goal for the winners just before the end, from Adam Dinan, was the absolute icing on the cake. Ballincollig in the quarter final will be a stiffer challenge.

The Donoughmore full forward line inflicted serious damage on the Ovens side: Declan Keating with 0-6, Gavin O'Sullivan 0-4 and David McDonnell 0-3, accounting for 0-13 between them!

Both teams progress to the quarter final stage, Éire Óg meeting Béal Átha.

Donoughmore: Kevin O'Riordan: Frankie Honohan, Mark Foley, Finn O'Callaghan: Kevin O'Connell, Daniel Forde, Sean Broderick: Donnchadh Morrissey, David O'Connell: Darragh O'Shea, Colm O'Callaghan, Adam Dinan: David McDonnell, Declan Keating, Gavin O'Sullivan. Subs: Seán O'Hanlon, Paul Crowley.

Éire Óg: Eoin Kelleher: Kevin Cooper, Matt Brady, John Kelleher: Denny Murphy, Mark Kelleher, Eoin O'Shea: Darragh Clifford, Oisín O'Shea: David Kirwan, Michael Murphy, Jerome Kelleher: Keith Riordan, Sam O'Driscoll, David Casey. Sub: Liam Sheehan

G3 Aghinagh 3-5 Ballincollig 1-11

Aghinagh top their group after their drawn game with Ballincollig at Ballyanley and The Village also qualify, a quarter final with Donoughmore their reward for a spirited come back in the last quarter when they clawed back a five point deficit to draw level, fell behind again by the minimum as the clock reached the end of normal time but still managed an equalising point from Olan Dorgan before the final whistle.

Aghinagh were already assured of advancement before the game commenced, Ballincollig needed at least a point to join them in the knock out stages. After a cautious approach by both sides in the first half they

were level at the break, 1-2 to 0-5, a super 9th minute goal from Aghinagh's Con Buckley the highpoint of what had been a dull half hour.

Aghinagh introduced their star forward Liam Twohig for the second half and got a boost when Mathew McCarthy blasted the ball to the Ballincollig net in the 35th minute. Olan Dorgan, star of The Village attack, managed to kick a point for Ballincollig in the 41st minute, but two minutes later Aghinagh benefitted from a defensive lapse when Aodh Twomey's high ball in finished in the Ballincollig net, Liam Twohig added a point and Aghinagh led by 3-3 0-7 as the three quarter stage was reached.

The final quarter saw Ballincollig rally strongly and Olan Dorgan turned a Brian Moore pass into the net in the 55th minute, 3-4 to 1-8 now. Ballincollig points from Olan Dorgan and Pete Kelly had the sides level, a fisted point from Seán Kelleher put Aghinagh back in front but in time added Olan Dorgan kicked over the equaliser from a mark.

Scorers: Aghinagh: C Buckley, M McCarthy and A Twomey 1-0 each: S Kelleher 0-2, G O'Sullivan, L Twohig and S Corkery 0-1 each. Ballincollig: O Dorgan 1-7 (0-2f, 0-1 mark), P Kelly 0-2, C Sheehan, B Moore (mark) 0-1 each.

Aghinagh: Kevin Cotter: Olan Cummins, John Lynch, Aodh Twomey: Declan Ambrose, Luke O'Leary, Eoghan McCarthy: Shane Corkery, Thomas Morgans: Mathew McCarthy, Con Buckley, Micheál Horgan: Darragh McCarthy, Gearóid O'Sullivan, Seán Kelleher. Subs: Liam Twohig for D McCarthy, TJ Buckley for Declan Ambrose.

Ballincollig: Chris Walsh: Dylan Ebile, Seán O'Donoghue, Shane O'Neill: Cathal O'Callaghan, Dylan Kirstein, Ronan Power: Stephen Coughlan, Jordan Murray: Callum Sheehan, Ciaran Buckley, Shane Buckley: Brian Moore, Olan Dorgan, Pete Kelly. Subs: Jack Hoey for S O'Donoghue inj 14, Kev Crowley for C O'Callaghan 45.

Referee: Pat O'Leary, Kilmurphy

G3: Grenagh 2-15 Dripsey 0-8

Pointless Grenagh had to win this game at Blarney to avoid relegation problems and they achieved their aim in style and leapfrogged over Dripsey into third place leaving their opponents with a possible relegation play off against Ballinora if the B champions are not already in the A competition and so can be promoted. Grenagh led by 1-11 to 0-4 at half time, the first of two goals from Robert Coleman coming after 13 minutes. It was clear at this stage what the final outcome would be and Coleman's second goal on 42 was merely an embellishment on the scoreline for the winners. Ultan Duggan kicked 0-6, goalkeeper Cathal Cronin pointed a '45' and a long range free, Dara O'Shea had 0-2 for the winners.



Canovee U13 side Shield winners over Donovan Rossa today in Skibbereen. Dominant performance from start to finish by the boys. Lovely win after a competitive season against top opposition. Lots more potential in this group



Macroom U11 in the Mick Goold Tournament



Co-Op Superstores County Hurling Championships

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.

Premier Senior Hurling

Group 1: Sarsfields 6, Newtownshandrum 4, Douglas 2, Bishopstown (-49) 0

Group 2: Blackrock 6, Fr O'Neill's 4, St Finbarr's 2, Newcestown (-12) 0

Group 3: Midleton 5, Kanturk 5, Erin's Own 2, Charleville (-17) 0

Quarter finals: Midleton v Newtownshandrum, Blackrock v Kanturk, Fr O'Neill's v Imokilly

Semi finalists: Sarsfields

Relegation play off: Bishopstown v Charleville

Senior A Hurling

Group 1: BLARNEY 6, Na Piarsaigh 4, Courcy Rovers 1, Carraigwohill 1

Group 2: Bride Rovers 6, Castlelyons 4, Fermoy 2,

Cloyne (-50) 0

Group 3: Glen Rovers 6, Killeagh 2 (7), Ballyhea 2 (-19), INNISCARRA 2

Quarter finals: Blarney v Killeagh, Castlelyons v Na Piarsaigh

Semi finalists: Glen Rovers, Bride Rovers

Relegation play off: Carraigwohill v Cloyne

Premier Intermediate Hurling

Group 1: Watergrasshill 6, Carrigaline 2, Castlemartyr 2, Valley Rovers 2,

Group 2: BALLINCOLLIG 6, Mallow (-7) 2, ÉIRE ÓG (-7) 2, AGHABULLOGUE (-13) 2

Group 3: Dungourney 4, Ballinhassig 4, Ballymartle 2, Kilworth 2

Quarter finals: Ballinhassig v Carrigaline, Dungourney v Mallow

Semi Finalists: Ballincollig, Watergrasshill

Relegation play off: Aghabullogue v Kilworth

Intermediate A Hurling

Group 1: Midleton 5, Ballygiblin 4, Sarsfields 3, Aghada

(-13) 0,

Group 2: Erin's Own 4, Blackrock 4, Kildorrery 2, Bandon (-4) 2

Group 3: Lisgould 6, Mayfield 3, Youghal 2, CLOUGHDUV (-17) 1

Quarter Finals: Erin's Own v Mayfield, Ballygiblin v Blackrock

Semi finalists: Lisgould, Midleton

Relegation: Aghada v Cloughduv

Premier Junior Hurling

Group 1: Russell Rovers 6, Milford 4, Meelin 2, Douglas (-22) 0

Group 2: Ballygarvan 6, Nemo Rangers 3, Kilbrittain 2, Barryroe (-10) 1

Group 3: Glen Rovers 6, St Catherine's 4, St Finbarr's 2, Argideen Rangers (-11) 0

Quarter Finals: Glen Rovers v Nemo Rangers, Milford v St Catherine's

Semi finalists: Russell Rovers, Ballygarvan

Relegation: Argideen v Douglas

SAHC: Group A

Blarney 0-19 Na Piarsaigh 0-17

Blarney and Na Piarsaigh, both with two wins and moving on, produced a battling display to see who would be group top dogs in this Cork SAHC third round clash in Ovens, the Muskerry men edging it. It was nip and tuck all through a closely fought contest but in the end the scoring power of Shane Barrett, Denis McSweeney and Eoghan Kirby just about swung it Blarney's way.

Na Piarsaigh led 0-3 to 0-2 after the opening 10 minutes, stretched that lead but Blarney came back to lead 0-6 to 0-5 after the opening quarter, Denis McSweeney, Shane Barrett with a couple and Eoghan Kirby. In the second quarter, point for point, Shane Barrett's late 65 earning his side a slender 0-10 to 0-9. Better hurling in the second half, Na Piarsaigh trailed 0-14 to 0-13 entering the final quarter.

Barrett's accuracy in the final quarter made all the difference for Blarney who finished with a Shane Barrett point and a free from Mark Coleman, to give Blarney a victory they just about deserved.

Scorers for Blarney: S. Barrett 0-9 (0-4 frees, 0-1 65), E. Kirby 0-3, C. McCarthy 0-2, C. Barrett, P. Power, D. McSweeney, J. O'Keefe, M. Coleman (free) 0-1 each.

Blarney: P. Hallissey; A. McEvoy, C. Power, S. Mullane; D. Hanlon, P. Crowley, E. Kirby; Ó. Hegarty, C. Hegarty; D. Msweeney, S. Barrett, M. Coleman; C. Barrett, P. Power, C. McCarthy. Subs: J. O'Keefe for McSweeney (52m), S. Mulcahy for Barrett (58m), S. Crowley for McCarthy (60m).

Killeagh 4-24 Inniscarra 1-12

Having begun Saturday's Co-op SuperStores SAHC clash with Inniscarra with no points and a scoring difference of -12, Killeagh are headed for the quarter-finals after a superb display.

With two defeats behind them in Group 3, a big turnaround was needed – the East Cork side needed a win and a 12-point swing against Ballyhea, who faced leaders Glen Rovers – but they achieved their targets. Two goals inside the opening two minutes meant they never trailed, by half-time they were 2-12 to 1-6

CO-OP Superstores Cork

in front and a numerical superiority for the entirety of the second half meant they eased to a 21-point win.

Killeagh led 2-5 to 1-1 lead by the 16th minute, when Inniscarra were awarded a penalty.

However, Pádraig Holland's penalty was saved well, Cameron Lynch's batted follow-up went wide and then, in the space of two minutes, what might have become a four-point match soon become an 11-point one with Killeagh hitting four points in a row.

Frees from Joe Enright helped Inniscarra to reduce the gap slightly coming up to half-time, but they were dealt a blow when a defender got a red-card for a high challenge.

Killeagh started the second half like the first with a third goal within 11 seconds of the restart. A fourth goal came on 46 minutes and the points continued to come.

Inniscarra's season is over with senior status secured.

Scorers for Inniscarra: J Enright 0-6 (0-5 f), M Nagle 1-0, C Lynch 0-2, S O'Mahony, F O'Leary, D O'Keefe, M Murphy 0-1 each.

Inniscarra: J O'Keefe; D Keane, B O'Mahony, J O'Sullivan; J Enright, C O'Leary, S Sheehan; S O'Mahony, L Ryan; A McCarthy, M Nagle, C Lynch; F O'Leary, P Holland, D O'Keefe. Subs: M Murphy, A Doyle (both half-time), T Lyons 33, C Geoghegan 42, F O'Leary 50.

PIHC: Round Three:

Ballincollig 1-22 Aghabullogue 0-14

Ballincollig are through to the Co-Op Superstores Cork Premier Intermediate Hurling Championship semi-final after they comfortably defeated Aghabullogue at Ballyanly.

Impressive displays from the two Willis brothers Steven and Adam secured Ballincollig the win they needed to finish top of Group 2, sending Aghabullogue into a relegation playoff against Kilworth in the process.

Ballincollig had already defeated Éire Óg and Mallow in recent weeks. Aghabullogue, on the other hand, knew they needed a victory in order to progress to the knockout rounds.

There was nothing between the sides in the opening stages but Ballincollig took control of proceedings and led by 0-8 to 0-5 lead by the 28th minute and when the

half time whistle sounded it was 0-10 to 0-6.

Shortly after the restart they grabbed a crucial goal when Brian Keating collected Steven Willis' clever handpass and blasted the sliotar past the keeper.

Aghabullogue knew they needed to keep going and keeping getting scores which could see them avoid a relegation playoff, Mathew Bradley continued to add to his tally, as did Tarrant, but so too did Steven Willis to ensure Ballincollig ultimately emerged with an eight-point victory.

Scorers for Ballincollig: S Willis (0-9, 7f), B Keating (1-2), A Willis (0-3), P Morris (0-3, 2f), J O'Dwyer (0-2), D O'Sullivan, C O'Driscoll, C O'Leary (0-1 each).

Scorers for Aghabullogue: M Bradley (0-9, 7fs), S Tarrant (0-3, 2fs), J Corkery and TJ Buckley (0-1 each).

Ballincollig: J Lenihan; R O'Donovan, B Dore, C Moore; D O'Sullivan, F Denny, T O'Connell; B Keating, B Coleman; S Willis, J O'Dwyer, S O'Neill; A Willis, P Morris, C O'Driscoll. Subs: C O'Leary 38, P Kelly 52.

Aghabullogue: F Foley; T Long, C Timmons, M Dennehy; D Thompson, P O'Sullivan, C Gillespie; S Furey, P Ring; TJ Buckley, J Foley, S Tarrant; J Corkery, M Bradley, J Lane.

Subs: B Sullivan 20, B Dineen 41, B Casey 44, L Casey 55, J Buckley 60.

Mallow 4-18 Éire Óg 4-16

Mallow progressed to the knockout stages of the Co-Op Superstores Cork Premier Intermediate Hurling Championship after this win over Éire Óg in Grenagh, on the basis of points scored. They were level on one win each with Éire Óg and Aghabullogue. The Ovens side and Mallow had -7 scoring difference each and Aghabullogue -13 but Mallow had more scored.

Mallow produced a rip-roaring start and they led 2-5 to 0-1. Midway through the opening half Éire Óg started to rally and Colm O'Callaghan got a goal after a driving run into the Mallow defence. At the break Mallow held the advantage at 2-13 to 1-9.

Éire Óg got the opening four scores of the second half to reduce the deficit down to just three points. Mallow then responded to get another goal and Éire Óg lost a defender to a second yellow card, as Mallow hit for a fourth goal when Dan Sheehan slotted home as they



now led 4-16 to 1-14.

Éire Óg set up a breathtaking finale as they hit three goals in succession through a Joe Cooper brace and Eoin O'Shea. A Mallow free provided the last score and it turned out to be the difference in the end, with Mallow now meeting Dungourney and Éire Óg's season at an end.

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

Éire Óg: C Kelly; B Corcoran, M Brady, J Kelleher; C O'Callaghan, C McGoldrick, D Herlihy; E Kelleher, D McCarthy; D Casey, E O'Shea, D Kirwan; J Cooper, D Foley, O O'Shea. Subs: B Hurley for E Kelleher, K Hallissey for Foley (both 52), D Dineen for O O'Shea (54).

IAHC: Group 3:

Final Round: Mayfield 3-16 Cloughduv 3-16

Mayfield are through to the Co-Op Superstores IAHC quarter-finals after securing a draw with Cloughduv at Ballincollig. With Lisgoold topping the group, this was effectively a knock-out game. A draw was good enough to see Mayfield advance and Cloughduv ended up in a relegation final with Aghada.

but they gave their supporters a few scary moments as Cloughduv went three points clear midway through the second half which would have put them through on scoring aggregate. Mayfield's talisman Nicky Kelly was magnificent throughout scoring some excellent frees and crucially scoring a penalty.

Cloughduv's Mark Verling scored 2-8 in total and he opened the scoring from a free. Mayfield dominated the opening exchanges and led by 1-4 to 0-3 after 15 minutes. Cloughduv eventually settled and a point from Odhran O'Driscoll and a brace from Verling frees reduced the gap to the minimum, and Donal Cronin levelled matters. Four points without reply left Mayfield 1-9 to 0-8 ahead at the break.

On resumption, Cloughduv got a perfect tonic when Odhran O'Driscoll blasted to the Mayfield net and Eoghan Clifford followed up with a huge point from distance. A long-range free from Verling went all the way to the net and suddenly Cloughduv were in front by three. Mayfield were awarded a penalty and scored their second goal, 2-11 apiece.

Cloughduv drove on again and points from Verling (free), Brain McNabola and Kevin Walsh swung qualification in favour of the Mid Cork outfit. Mayfield however got a goal in a crowded goalmouth and added further points and a late injury-time goal from a Mark Verling penalty wasn't enough to save the Mid Cork men from a relegation battle as Mayfield advance to meet Erin's Own.

Scorers for Cloughduv: M Verling 2-8 (1-5 f, 1-0 pen), O O'Driscoll 1-1, D Cronin, B McNabola 0-2 each, E

Clifford, K Walsh, W Ahern 0-1 each.

Cloughduv: C Crowley; P O'Leary, A Twomey, S Curzon; E Clifford, J Walsh, A Murphy; S Barry, O O'Driscoll; M Verling, E McNabola, P O'Driscoll; C O'Driscoll, D Cronin, B McNabola. Subs: K Walsh for E Mc Nabola (40), S O'Donoghue for D Cronin (40), W Ahern for S Barry (45), J Devine for P O'Driscoll (45).

Cork 2024 County McCarthy Insurances Football Championship

McCarthy Insurances County Football Championships Senior Football Divisions Section Final: Muskerry 3-13 Duhallow 2-15
Club Championships

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.

Premier Senior Football

Group 1: Nemo Rangers 6, BALLINCOLLIG 4, Newcestown 2, ÉIRE ÓG 0

Group 2: Castlehaven 6, Clonakilty 3, St Michael's 2, Carbery Rangers 1

Group 3: St Finbarr's 4, Mallow 3, Valley Rovers 3, Douglas 2

Senior A Football

Group 1: Carrigaline 6, CILL na MARTRA 4, BÉAL ÁTHA'n GHAORTHADH 0, Kiskeam 0 Note: BAG v Kiskeam to be played

Group 2: Kanturk 6, Dohenys 4, O'Donovan Rossa 2, Fermoy 0

Group 3: Knocknagree 6, Bishopstown 4, Newmarket 2, Clyda Rovers 0

Premier Intermediate Football

Group 1: AGHABULLOGUE 6, UIBH LAOIRE 4, Aghada 2, Ilen Rovers 0

Group 2: NAOMH ABAN 5, Bantry Blues 4, Nemo Rangers 3, Bandon 0

Group 3: Kilshannig 6, Rockchapel 3, Castletownbere 3, MACROOM 0

Intermediate A Football

Group 1: Adrigole 5, Gabriel Rangers 4, Dromtarriffe 2, Kildorrery 1,

Group 2: Mitchelstown 4, Glanworth 4, BALLINORA 4, St Vincent's 0

Group 3: Glanmire 5, Boherbue 4, St Finbarr's 3, Na Piarasigh 0

Premier Junior Football

Group 1: CANOVEE 5, KILMURRY 4, Cobh 3, St James 0

Group 2: Kinsale 4, Glenville 2, Cullen 2, Ballydesmond 2 (Kin/Glen to be played)

Group 3: Buttevant 6, Urhan 2, Millstreet 2, St Nick's 2

PSFC Ballincollig 2-10 Éire Óg 1-11

Ballincollig secured progression to the knockout stages of the Bon Secours Hospital Premier SFC following a gripping battle with neighbours Éire Óg at Coachford, the Ovens side now involved in a relegation play off against Carbery Rangers at Bandon on Sunday Sept 29th.

It was a winner-takes-all encounter to decide who joined Nemo Rangers from Group B into the knockout stages, Ballincollig now facing St Finbarrs in the quarter final.

Ballincollig made a strong start and led by 2-3 to 0-4 at half time and held a six-point advantage, 2-5 to 0-5 after 37 minutes.

Éire Óg got a badly needed goal on after 49 minutes from Colm O'Callaghan, 2-7 to 1-7 but The Village led by four after 53 minutes, 2-9 to 1-8. Scores were exchanged, two Éire Óg points cut the gap to 0-2 but Ballincollig held on to secure a knockout place.

Scorers: Ballincollig: C Dorgan 0-7 (0-2 f, 0-1 mark), D O'Mahony 1-1, L O'Connell 1-0, C Kiely 0-2. Éire Óg: D Goulding 0-7 (0-6 f), C O'Callaghan 1-1, C Kelly (45), D McCarthy, J Sheehan 0-1 each.

Ballincollig: J Gibbons; S O'Donoghue, L Jennings, C Moore; E Cooke, H Ahearne, C Kiely (c); S Dore, S Kiely; M Oldham, L O'Connell, P O'Neill; R Noonan, D O'Mahony, C Dorgan. Subs: S O'Neill, T O'Connell, D Murphy, D Dorgan.

Éire Óg: C Kelly; M Corkery, J Mullins (c), C McGoldrick; D O'Herlihy, M Griffin, J Kelleher; D McCarthy, C O'Callaghan; E O'Shea, J Cooper, D Kelly; D Goulding, R O'Flynn, J Murphy. Subs: H Murphy, J Sheehan, D Foley, D Dineen.

Cork SAFC: Carrigaline 1-15 Cill na Martra 0-16

This was a game of reduced significance, both sides assured of progression with scoring difference meaning neither side were likely to advance directly to the semi-finals. Carrigaline narrowly edged out Cill na Martra at Ballinora and the Gaeltacht men now face Dohenys in Macroom in the quarter final on Friday, Sept 27th.

The Gaeltacht Mhuscraí side started well and led by eight at the break but led by Cork senior football Brian O'Driscoll, Carrigaline produced a superb second half response.

They hit Cill na Martra for six points in a row on the restart, had drawn level on 38, 0-12 to 1-9, and by the end of the third quarter led their opponents by two. Daniel Ó Duinnín's fifth point and a free from Damien Ó hUrdail levelled the game for the seventh time – but that would mark the end of Cill na Martra's scoring in the 50th minute.

An immediate response from O'Driscoll 30 seconds



Naomh Abán U10 team who competed in the TJ Lyons Tournament recently.



Naomh Abán Junior B team who defeated Canovee in the Muskerry junior B championship to qualify for the Semi finals.



later put Carrigaline back in front – and they held their shape in the final 10 minutes.

They added three more scores, but their physical and robust defensive approach paid dividends as they kept their opponents scoreless.

Daniel Ó Duinnín was outstanding for Cill na Martra Scorers for Cill na Martra: D Ó Duinnín 0-5, S Ó Duinnín 0-4 (0-1 f), D Ó hUrdail 0-3 (0-2 f), J MacCárthaigh 0-2 (0-1 f), M Ó Duinnín, C Ó Duinnín 0-1 each.

Cill na Martra: M Ó Deasúna; D Ó Conaill, T Ó Corcora, F Ó Faoláin; C Ó Duinnín, S Ó Foirréidh, C Ó Cróinín; G Ó Goillidhe (Cpt), F Ó h-Éalaithe; E Ó Conaill, D Ó Duinnín, J MacCárthaigh; M Ó Duinnín, D Ó hUrdail, S Ó Duinnín. Subs: C Ó Foirreidh for Ó h-Éalaithe (HT), A Ó hUidhir for C Ó Foirreidh (39-41 bs), Ó hUidhir for Ó Conaill (48).

Cork PIFC: Aghabullogue 1-12 Uíbh Laoire 0-13

In their first year playing in the Cork Premier IFC, Aghabullogue have taken one of the semi-final spots where they await the winners of Naomh Abán/Rockchapel encounter.

Uíbh Laoire finished second in Group 1 and have a quarter-final meeting with Bantry Blues to look forward to, with the winners taking on Kilshannig in the last four.

Aghabullogue led at half time by 1-8 to 0-5 but Iveleary staged a late rally and scoring the last four points of the game, just fell short.

Aghabullogue got a great start with a goal from Luke Casey in the 7th minute, Matthew Bradley kicked two points and they led by 1-5 to 0-3 lead after 20 minutes - Chris Óg Jones, Sean O'Riordan and Timmy Roberts on target for Uíbh Laoire.

A black card picked up by an Iveleary forward in the 22nd minute enabled Aghabullogue to outscored three points to two on the approach to half-time at which stage they led by six points.

A run of four points in the third quarter from Brian Cronin, Chris Óg Jones (2) and Sean O'Riordan allowed Uíbh Laoire to come within three points, 1-9 to 0-9 before Evan O'Sullivan, Bradley and Padraig O'Sullivan extended the advantage, 1-12 to 0-9 with three minutes remaining. Uíbh Laoire pressed hard but Aghabullogue held out and a late injury to Chris Óg Jones will be a worry for Uíbh Laoire.

Scorers: Aghabullogue: M Bradley 0-5, 0-1 (free), L Casey (1-1), E O'Sullivan (0-3, 0-2 frees), B O'Sullivan, C Gillespie and P O'Sullivan (0-1 each). Uíbh Laoire: C Óg Jones (0-6, 0-3 frees), B Cronin (0-1 free) and S O'Riordan (0-2 each), T Roberts, P O'Sullivan and I Jones (0-1 each).

Aghabullogue: I O'Sullivan; C Smith, M Dennehy, T Long; P Ring, P Dilworth, B O'Sullivan; C Gillespie, D Merrick; P O'Sullivan, J Corkery (Capt), A O'Sullivan; M Bradley, E O'Sullivan, L Casey. Subs: A Murphy, M Dennehy, C O'Sullivan, R Dennehy, B Casey 62.

Iveleary: J Creedon; B Murphy, D O'Riordan, C Galvin;



Canovee Premier Junior Football Team

K Manning, S O'Leary (Capt), T Roberts; C O'Leary, B O'Leary; A O'Donovan, C Óg Jones, S O'Riordan; B Cronin, L Kearney, I Jones. Subs: S Pickering, D O'Donovan, K Jones, J Sweeney.

PIFC: Naomh Abán 1-9 Bantry 1-7

Naomh Abán leapfrogged Bantry Blues with two-point victory to take top spot in their final group fixture at Newcestown after starting the game not even sure of progressing. A spirited performance from Naomh Abán was enough to secure the victory despite being held scoreless since the 46th minute.

Naomh Abán opened the scoring in the fifth minute, Bantry responded a minute later with an impressive point of their own, but Naomh Abán were growing into the game and quickly followed suit with a point from the restart and a goal from corner-forward Dónal Ó Ceallaigh after making an impressive run.

Hard tackles were commonplace in a very hotly contested affair. Naomh Abán were leading by seven after 25 minutes and went into the break leading 1-7 to 0-3.

A point from a free got Bantry back on the scoreboard, Arthur Coakley added a goal to bring his side to within four. The momentum was all with Bantry at that point but Maidhc Ó Duinnín got Naomh Abán's final point of the match in the 46th minute from a free, before his side endured a barrage of pressure in the final 20 minutes.

Three points from Coakley brought Bantry to within touching distance but Naomh Abán were able to hang on for the crucial result.

Scorers: Naomh Abán: M Ó Duinnín (0-6), M O Liatháin (0-2), D Ó Ceallaigh (1-0), W MacCárthaigh (0-1) Naomh Abán: G. Ó Luasa; C. de Róiste, C. Ó Deasúnaigh, É. Ó Criodáin; D. Mickey Ó Loingsigh, C. de Hide, J. Ó Donnchú; C. Ó Donnchú, S. Ó Riordáin; M. Ó Liatháin, D. Ó Laoire, M. Ó Criod; D. Ó Ceallaigh, M. Ó Duinnín, W. MacCárthaigh.

PIFC Kilshannig 3-10 Macroom 1-8

Kilshannig are through to the McCarthy Insurance PIFC semi-finals after battling past Macroom in Kanturk.

Led by Cork senior Killian O'Hanlon, the North Cork side had to dig deep in the first half against a side battling to avoid the relegation playoff but were well on top in the second half after scoring a second goal early after the resumption. Macroom led by 1-4 to 1-3 at half time, conceded a goal in the 33rd minute to fall behind and were always chasing the game thereafter. Kilshannig finish the group stage with full points and are through to the semi final: Macroom face Ilen Rovers in the relegation play-off on Saturday September 28th at Kilmichael, 4pm throw in.

Scorers: Kilshannig: E O'Hanlon 1-3 (0-1 mark), Darragh O'Sullivan 0-5 (0-4 f); K O'Hanlon 1-1 (0-1f), Diarmuid O'Sullivan 1-0; C O'Connell 0-1 Macroom: A Quinn 0-5 (0-4 f), D Creedon 1-0; S Kiely 0-2; J Murphy 0-1.

Kilshannig: Gavin Creedon; Shane O'Connell, Eoghan Burke, Michael Twomey; Conor Murphy, Colm O'Shea, Eoin Healy; Shane Murphy, Killian O'Hanlon; Cillian O'Connell, Kieran Twomey, Alan O'Connell: Darragh O'Sullivan, James O'Hanlon, Diarmuid O'Sullivan. Subs: Tom Cunningham for A O'Connell (inj, 12), Eanna O'Hanlon for K Twomey (inj, 27), Bill Curtin for C O'Shea (32), Ciarán O'Sullivan for C O'Connell 35, Dermot Twomey for D O'Sullivan (50).

Macroom: Brendan O'Connell; Jack O'Riordan, Rory Buckley, Johnny Murphy: Cormac Buckley, Mark Corrigan, Michael Cronin: Eolan O'Leary, Tony Dineen: Alan Quinn, Seán Kiely, Don Creedon: Dylan Twomey, Fintan Goold, Conor O'Sullivan. Subs: Ciarán Condon for M Cronin inj 31, Mark Hunt for C O'Sullivan, Eoin O'Mahony for D Twomey both 44, Patrick Lucey for T Dineen (55), Shane Meany for D Creedon (58). Referee: J Kelleher, St James

IAFC R3 Ballinora 2-13 (19) St Vincent's 3-8 (17)

At Ovens Ballinora won this contest but miss out on progression on scoring difference after allowing Vincents back into contention. Ballinora led by 1-8 to 0-2 at half time, St Vincents moved Blake Murphy to full forward and the 2024 Cork panellists banged in three goal and left Ballinora two points adrift on scoring difference in the final shake up.



Canovee Junior B Team



Canovee U10's



Canovee 2-8 Kilmurry 0-9

This was a major clash in the Premier Junior Football championship at Macroom with Kilmurry, finalists last year and already assured of progression to the knock out stages with two victories to date pitted against Canovee, county junior champions last year but in need of at least a draw here to guarantee their progression.

At the final whistle only the Canovee camp had reason to celebrate as their team had played the better football and deservedly taken the points on offer to elevate themselves to top of the group, leapfrogging over Kilmurry whose only consolation was a chance of redemption in the knock out stages.

Canovee struck a major blow in the 8th minute when James Moynihan coolly blasted a penalty shot to the Kilmurry after Brian McNabola had been fouled. Joe

McGinn quickly replied with a Kilmurry point, 1-2 to 0-2. At the end of the opening quarter points were exchanged between Jack Kelleher and Liam Wall and there was only one score in the second quarter, Lloyd Aisling on target in the 29th minute for Kilmurry which left them trailing at the break, Canovee leading by 1-3 to 0-4.

Two minutes into the second half Canovee struck for a second goal, Brian McNabola forced his way into the Kilmurry goal area before off loading to Jack Kelleher who finished to the net. Canovee were in the driving seat and they remained in control to the finish

Scorers for Canovee: J Kelleher 1-5 (0-4 f), J Moynihan 1-0 pen, B McNabola, M Healy, D McMahon 0-1 each. Kilmurry: J McGinn (0-1 f), L Wall (0-1 f), Lloyd Aisling 0-2 each, James O'Mullane, John O'Mullane, B Hinchion 0-1 each.

Canovee: Ben Cheasty; Blake Ring, Eoghan Lehane, William Ahern; Cian Cronin, Ryan Delaney, Denis O'Sullivan; Aidan Murphy, Conor Dodd; Conor O'Neill, James Moynihan, Darragh McMahon; Jack Kelleher, Brian McNabola, Mark Healy. Subs: Seán O'Connor for D McMahon (55), Cathal O'Driscoll for J Moynihan (62), Pádraig O'Leary for J Kelleher (63).

Kilmurry: Jason McDonnell; Owen Keane, William Ronan, Gearóid O'Mahony; Lloyd Aisling, Brian Hinchion, Alex Aisling; James O'Mullane, Lawrence Aisling; Liam Wall, Kyle Kelleher, Rory Duggan; Tomás Collins, John O'Mullane, Joe McGinn. Subs: Pádraig Berhanu for J McGinn (40), Joe O'Mullane for R Duggan (45), Ryan Leahy for K Kelleher (49), Aaron O'Mahony for Lawrence Aisling (55), Darragh Linehan for T Collins (57). Referee: Peter O'Leary (Cloughduv).

MACROOM GAA

U16 C3 v Carrigaline

Macroom U16 C3 team played their league final against Carrigaline in the Castle Grounds on Saturday 7th September. Macroom started brightly got the first 2 scores from Jayden O Sullivan and Eoin Holland. Carrigaline equalised and Macroom took the lead and went 5 points to 2 up. Carrigaline fought back and led at half time 6 points to 5.

Macroom equalised just after half time but Carrigaline scored a goal a lead they kept to the end. Macroom fought to get the equaliser but they ran out of time. Final score Macroom 0-9 Carrigaline 1-8. Well done to all players who put in a huge effort all year.

Team: Caleb O Connor Conor Nash Thomas Hopkins Alex Brophy Ultan Twomey Robert Fitzgerald Kieran Dwyer Darragh Donovan Simon Condon Troy Murphy Dylan Lucey Eoin Holland Jayden O Sullivan Coran Burns Tadg Dunne. Subs: Ben Ronan Ryan Fernando Dan Lyons Michael Cregan Michael Kelleher Ryan Mahumutsha Ronan Duggan Taylor Connolly Stan Piro Daniel Lucey Ronan O Sullivan.

U16 premier 1 shield semi final

Macroom played Ballincollig in the Castle Grounds in the U16s P1 shield semi final.

Macroom started well and took the game to their opponents, Jack Leavy opened the scoring. Billy Murphy with some nice points from play and frees. Ballincollig kept in the game and got the all important first goal just before half time to lead 1-6 to 0-6.

In the second half Macroom gave their all but Ballincollig finished strongly with well taken goals. Final score Macroom 0-13 Ballincollig 4-11

A massive amount of credit has to be given to this group of players who made the league final against Douglas last week and have put in a huge effort all year. Well done!

Team: Caleb O Connor Thomas Hopkins Cathal Neville Alex Brophy Kieran Dwyer Eoghan Healy Robert Fitzgerald Jack O Shea Darragh Donovan Billy Murphy Jack Leavy Conor Nash Coran Burns Dylan Subs Jayden O Sullivan Tadg Dunne Troy Murphy Stan Piro Taylor Connolly

Absent. Gearoid Quinn Ruairi O Shea Donagh Moss.

Minor

Macroom and Glenville met in the final of the County

C3 League Final on Sunday 8th September. Macroom started brightly and had some good scores kicked before Glenville started to find their range. Jack Leavy and Odhran Creed caused trouble for Glenville. It was all to play for at half-time with very little separating both teams.

Macroom started very strong in the second half with Cian O'Sullivan switching to midfield and started to get ball into the danger area, where the forwards were starting to find more space. David Neville was excellent all throughout at wing back. Glenville kicked some great scores to make the last few minutes exciting, but it was Macroom who eventually won a great game on a scoreline of Macroom 3.11 Glenville 2.09. Thanks to referee Tadhg Sheehan (St Marys) and his team of officials for handling the game so well.

Team: Noe Kollar, Martin Fitzgerald, Donagh Murray, Shane McCarthy, Regan Wong, Cathal Neville, David Neville, Ruadhan McKenna, Jamie Murphy, Jack White, Cian O'Sullivan, Michael Olskey, Jack Leavy, Odhran Creed, Charlie Magee, Robert Fitzgerald, Thomas Hopkins, Jack O'Shea, Coran Burns, Kieran Dwyer,

Scores Jack Leavy 2.1, Odhran Creed 1.3, Cian O'Sullivan 0.2, Charlie Magee 0.2, Ruadhan McKenna 0.2, Jack O'Shea 0.1

Minor West Cork Semi-Final

Macroom hosted Skibbereen in the West Cork semi-final in the Castle Grounds. On a perfect evening for football, Skibbereen made the dream start scoring a goal within the first minute. Macroom settled to their task and started to find their range up front. Oisín O'Sullivan, Cian O'Sullivan and Jack Leavy getting on the scoreboard. Sam Leavy also netting a goal to leave the scoreline at half time Macroom 1.07 Skibbereen 1.01. Like the first half, Skibbereen came out of the blocks the quickest, scoring a goal and 2 points in quick succession. Macroom then went on to dominate midfield where Mark Condon was lording it. The lively inside forwards going on to see out the game.

Full Time score Macroom 1.19 Skibbereen 2.05. Next up is the West Cork Final where Macroom will face off against a very talented Kilmurry side. We also would like to wish Jack O'Shea a speedy recovery from a shoulder injury picked up during the game.

Scores : Oisín O'Sullivan 0.5, Cian O'Sullivan 0.3, Billy Murphy 0.3, Sam Leavy 1.1, Jack Leavy 0.1, Mark Condon 0.1, Odhran Creed 0.1, Ray Griffin 0.1, Billy Coleman 0.1, Ruadhan McKenna 0.1, Colin Kelleher 0.1

Team: Noe Kollar, Donagh Murray, Ryan Sabas, Bobby Murphy, Cormac Burke, James Slattery, Ruadhan McKenna, Jack O'Shea, Mark Condon, Cian O'Sullivan, Sam Leavy, Billy Coleman, Oisín O'Sullivan, Jack Leavy, Odhran Creed, Ray Griffin, Cathal Neville, David Neville, Colin Kelleher, Shane McCarthy, Regan Wong, Jamie Murphy, Martin Fitzgerald, Billy Murphy

U11
Macroom U11s narrowly lost the Mick Goold final on Saturday 7th September. After a great final against Aghinagh, they came up short by 4 points. A fantastic occasion and a day of football in the Tom Creedon Park. Well done to all involved.

U8
The U8s had a great evening in Tom Creedon Park recently with games against Duarigle Gaels. Well done to all players who will be ones to watch in years to come.

Macroom were crowned league champions last Friday night in Cloughduv against Clonakilty in a brilliant contest. The foundation for victory was laid in an outstanding first half display which included 2 outstanding goals from wing back Dan Lyons and another from Michael Dunne along with some outstanding points especially from wing forward Dylan O Shea. Clonakilty threw everything at Macroom in the second half but the winners held firm to run out winners on a scoreline of 3_13 to 2_12. Macroom captain Ben Ronan received the cup amid great celebrations at the end of the game. Team Ben Ronan (Captain), Tristan Mullane, Michael Kelleher, David Condon, Ciaran Murray, Ultan O Tuama, Dan Lyons, Ryan Brophy, Donagh Moss, Dylan O Shea, Michael Cregan, Ronan Duggan, Michael Dunne, Ronan O Sullivan, Eoin Holland, Aled Hopkins, Micheal Deasy, Ryan Mahunutsha, Daniel Lucey, Liam Neville, David Bradley, Alex Waugh, Ryan Mahunutsha, Rodrigo Gonzalez, Conor Coughlan. Scorers, Dylan O Shea 0_07, Dan Lyons 2_00, Michael Dunne 1_00, Eoin Holland 0_03, Michael Cregan 0_02, Donagh Moss 0_01.



LAOCHRA ÓG

15th September 2024

U6/U7/U8 Blitz this morning in Ballymacorcoran. Laochra og were delighted to welcome for u7/8 Hurling Blitz Kilmicheal, Millstreet(3 teams) and Donoughmore(2 teams). Also, u6 welcomed Millstreet (2 teams) as well. Some great hurling on show. Big thanks to Liam and Paul for looking after parking. To Heber, Eddie, Fiona, Sandra and Pat great work looking after the lads today. Thanks to all the trainers during the year and a big thanks to the parents for bringing the hurlers along and supporting us. Thanks to team sponsors Follain and Niall Murphy Tarmacadam.

U11 Hurlers v Rathmore in the Denis Nagle Cup today in Rathmore. Incredible stuff from the kids today and played unbelievable in all 4 games to take the shield home in the end. They have done all of us coaches so proud and have turned into fine young hurlers. They only just missed out on a cup final by 2 points in a huge scoring game which was the highlight of the tournament. Big thanks to Rathmore for their hospitality and effort in running this blitz. Thanks to team sponsors Mid Cork Pallets and Packaging.

14th September

Today saw our U15 Camogie girls take to the pitch in Castle Road for the U15B Muskerry Shield Final against Ballinora Camogie and Ladies Football Club. With a strong panel of 23 girls the game got off to a flying start with great scoring by both teams and Laochra Óg going in at half time up 1 point . The second half saw our girls take a strong lead and maintain this lead to the final whistle. Thanks to Muskerry Camogie for hosting the match , to Ballinora for a sporting game and the great support



U15 Camogie v Ballinora 14th September 2024 03

for our girls from family and friends. Laochra Óg girls finished off their celebrations with the medal presentation taking place in our home grounds of Ballymacorcoran.

13th September

Our Junior ladies have been busy again .Last Wednesday the 4th we welcomed Dungourney to Ballymacorcoran. Dungourney took the lead with some great scores , and were leading most of the first half , we found our scoring boots and levelled at half time. 2nd half was our turn to go ahead and kept the lead, and after a good competitive game we came away with the win. Thanks to Dungourney for travelling and best of luck in the rest of the championship, thanks also to The grounds committee in Laochra Óg who had the pitch in super condition and to our sponsors The Tavern and also our parent and supporters , thank you .

Last night we travelled to St Colums in Kealkil, on a

lovely evening we had a great sporting game v St Colums, with some really good defending , team play and well taken scores we came away with the win. Many thanks to Tony and Breda for the kind words to our players and lovely treats after the game and best of luck in the rest of yere games . We finished off with a "Happy birthday" to Ellen . Again our thanks to all who travelled and supported us and to the sponsors The Tavern.

8th September 2024

After recently joining Laochra Og we were delighted to have Aoibhinn as our Captain of our U12 Camogie team this evening against Valley Rovers at Ballymacorcoran. A very tough game for both sides with windy conditions. Laochra Og edged out winners in the end in a very tight game. Thanks to team sponsors Macroom Tidy Towns and parents for getting the girls to the game this evening.



Junior Camogie v St. Colums 13th September 2024 02



U11 Hurlers v Rathmore in the Denis Nagle Cup 14th September 2024 04



U12 Camogie v Valley Rovers 8th September 2024 02



U6 to U8 Blitz in Ballymacorcoran 14th September 2024 01



AGHINAGH GAA

Mick Goold Cup Winners

Aghinagh U11's travelled to the Tom Creedon Park in Macroom last weekend to play in the Mick Goold U11 Invitational Tournament.

In our first game we played Clondrohid, who we narrowly defeated. Up next were Dromtarriffe, and after a strong start we did well to withstand a late fight back. Our last team in the group stages was neighbours Canovee and after a mighty battle and a great defensive display, we came out on top at 4 points to 3.

Having won the Shield last year, our boys now had the chance to go one better. In the cup final we were up against a very well organised Macroom, who we've failed to get the better of in our last few encounters. Today our boys definitely kept their best for the final and started the game on the front foot, leading by 2 points at half time. In the second half Aghinagh never left the foot off the pedal and finished the final with a 3 point win. Great credit and thanks must go to



Aghinagh U11 Mick Goold Cup Winners

Macroom and the Goold family for a wonderful day out. Aghinagh abu

LOCAL LOTTO RESULTS:

RCPA (Rylane Community Park Association) Lotto results:

16th Septemeber, 2024:

Jackpot: €2,500

Numbers Drawn: 12, 15 & 25. No Winner

Lucky Dips €20: Danny Leahy (Ballinagree); Joan & Connie Sheehan (Rylane); Mark Healy (c% Rylane Soccer Club - yearly); Colette O'Keeffe (Banteer - Online). Seller's prize: Crowleys (Rylane).

Macroom GAA Lotto Results:

10th September, 2024

Numbers drawn: 5,9,19,23 No Winner

Lucky Dips: €70 Mary Lehane €20 each to Denis Buckley, Breda Buckley, Murt Twomey, Martina Murphy, Kevin & Francis Harrington

Tickets online at www.macroomgaa.ie and the usual local outlets throughout Macroom town.

Canovee GAA Lotto Draw:

15th September, 2024

Jackpot: €10,350 Numbers Drawn: 7,11,24,30

Winner: Comhghairdeas Ida Healy & Mick Murphy

Lucky Dips: €40 Anthony Falvey & Emy O Mahony

€40 Online prizes Niall Twomey & Declan O'Callaghan

Next draw takes place in Castlemore Arms

ULTRA MARATHON SUCCESS FOR MACROOM MAN AND WEIGHT LIFTING RECORD FOR HIS SON

Charles Murphy writes: 200km ultra Marathon done in 39 hours and 20 minutes. It was a tough, gruelling, mentally and physically draining experience, but also extremely rewarding. I very grateful for the support on the day from our crew, Doris and Joe, Moe, Dylan and Gaia, Paul and Stephanie and to my great family who were waiting for me at the finish line. Unfortunately, Liam had to retire at 110kms due to injury, but next time we will cross the line together. Congratulations Corey, european record broken, and also, world record broken at the WDFPF Ireland - Liaison page. Comp today! With a massive lift of 93kg, at 49kg body weight. We had a bit of a surprise when it was discovered that the world record had been

broken recently so was higher than expected, but Corey was focused, driven and determined and took on an even bigger challenge to beat it, and beat it he did! We are all so proud of him. 2 years of constant consistent training, under the watchful instruction of Tony Pierce, an Irish, European and world champion himself, whom we are so lucky to have coaching our lads. Big thanks again to Patrick Scullane Flooring who supports us in so many ways, hopefully you all can support his business in return. Congratulations again Corey, you've earned and deserve this, enjoy this huge victory.



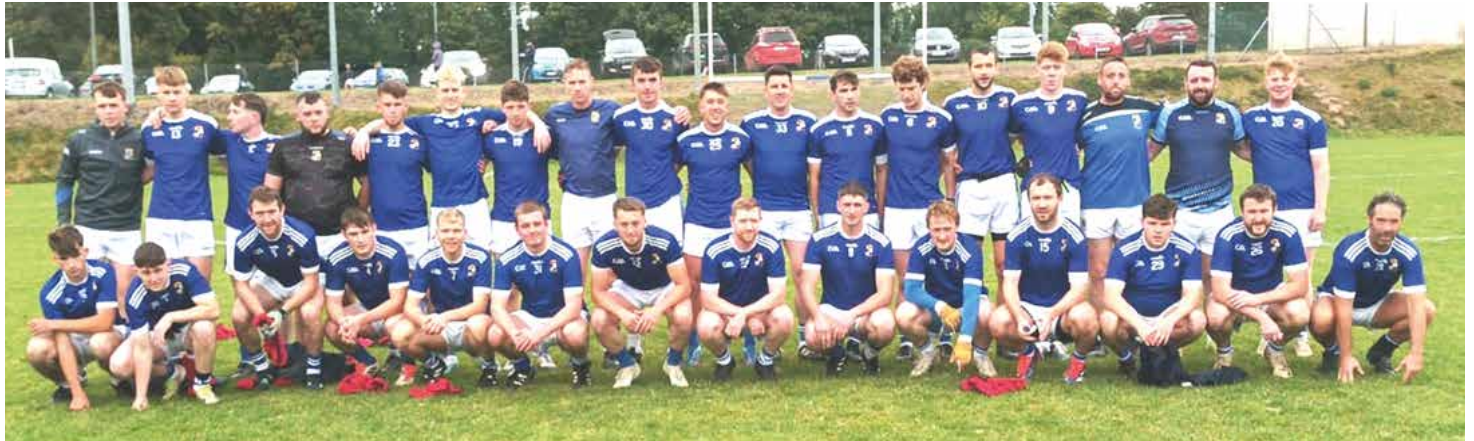
Clondrohid Minors who defeated Canovee recently



Sciath na Scol Campaign '24



Right: Canovee NS Sciath NS Scol campaigns started on Friday 13th of September against Ballyvourney in Carrigadrohid Riverside pitch.



Aghinagh who qualified for the Mid Cork JFC semi final after defeating Ballincollig at Ballyanley



Macroom U16 C3 v Carrigaline



Macroom minors after winning the C3 County League Final



Macroom Minors vs Skibbereen in West Cork semi-final.



Macroom U15 league Champions after a brilliant contest against Clonakilty



Macroom U8 vs Duarigle Gaels



Sullane FC U12 Girls



Naomh Abán Premier Intermediate Team who defeated Bantry Blues to qualify for the Quarter Finals of the Premier Intermediate County Championship.



Macroom minor captain Jamie Murphy receiving the cup from John O'Mahony (County Board)



Macroom U10s after their go game with some of the victorious u15s team and the cup they won for the county league final



Naomh Abán U16 team who defeated Western Gales to qualify for the Rebel Óg U16 west championship Final.



Well done to our u13s who continue their winning ways, with a comprehensive win against Corinthians. Goals coming from the boots of Ben O'Riordan 3, George English 2, Con Curtis 1, James Porter 1, Finian Cotter 1, John Joe O'Brien 1, Sean O'Donoghue 2, Cormac Queal 1. Thanks to all who supported. Coachford AFC



Well done to our U14 girls who have qualified for the County A Final after a hard fought win over a very good Mallow side. Outstanding performance from the girls. Final score - Vals 3.7 Mallow 3.5



Canovee U13 side Shield winners over Donovan Rossa today in Skibbereen. Dominant performance from start to finish by the boys. Lovely win after a competitive season against top opposition. Lots more potential in this group



Macroom U16s who defeated Banteer in the U16D County Championship Quarter Final



Well done to our U14 girls who have qualified for the County A Final after a hard fought win over a very good Mallow side. Outstanding performance from the girls. Final score - Vals 3.7 Mallow 3.5



Sullane FC U14 Girls



Sullane FC U8's in action



Sullane FC U10's



Sullane FC Master's team, recently won the WCL Master's Shield



Macroom FC U-15 Boys



Macroom FC Senior Men's Team



Sullane FC U14 Boys



Sullane FC U12 Boys team

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Macroom FC U-17 Boys



Macroom FC U-15 B Boys

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OUR UPCOMING PUBLISHING DATES ARE:

17th October

Note Changes: 7th & 21st November

5th & 19th December



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A Word of Victory

*“Even though I walk through the valley of the shadow of death I will fear no evil, for You are with me; Your rod and Your staff, they comfort me”
(Psalm 23:4).*

Welcome back dear student, to follow on from last week’s study of Jesus, the Light of the world – let’s talk about darkness. How many were, or are, fearful of the dark? Often as children certain things made us afraid: walking home alone in the dark, waking up in a power cut in complete darkness, seeing shadows in the corner, or hearing strange noises. These were tangible forms of ‘darkness’ and those fears were understandable, but most people outgrow their fears as their understanding matures. Nowadays we have more lights than ever, yet our world is in greater darkness. Sadly, darkness is celebrated, and wickedness and evil are being promoted as good (Isaiah 5:20). It’s deception and delusion, but God’s goodness leads to repentance, and this is what we pray for: that the blindness that has shrouded people’s hearts would be shattered by the Light of His Truth that exposes every work of darkness (Ephesians 5:10-14). At this time of year loneliness and fear of the dark nights can try to bring a person down. You can be surrounded by people and yet feel isolated and alone. The twenty third Psalm brings freedom from both loneliness and darkness. The Spirit of God inspired David with insight to see parallels between his work as a shepherd for his father’s sheep, and the way that God looks after his children with protection, provision, and restoration. As David understood God’s care and love for His people you can hear the sound of Hope and Joy released through those verses.

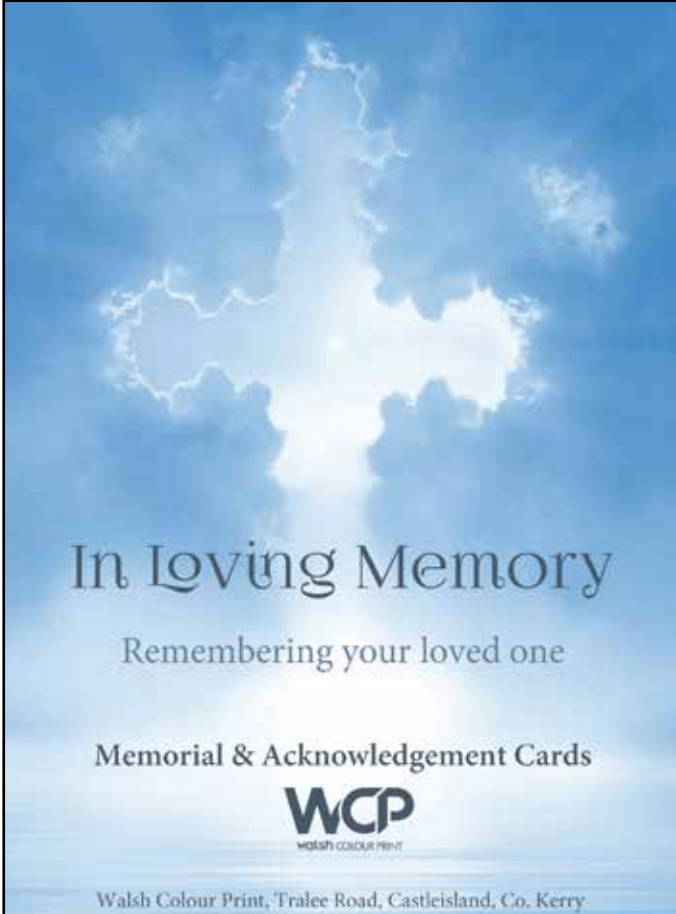
Dear friend, you are never alone. The Lord promised us that He would never leave us or forsake us. Our faith is activated and productive as we study and meditate upon the promises in God’s Word and trust in His Faithfulness to carry it through (Joshua 1:8-9). “The grass withers, the flowers fade but the Word of our God will stand forever” (Isaiah 40:8). This means that no matter what, God will never go back on His Word! People break their word all the time – it’s just human nature, the fickleness of some. But God promised that He would always be with us, and He means it. David witnessed the evidence of this when God rescued him from danger as he protected his sheep. It was those early experiences that later gave him the faith to run out on the battlefield against the giant Goliath. “The Lord Who rescued me from the paw of the lion and from the paw of the bear, He will rescue me from the hand of this Philistine” (1 Samuel 17:37).

When you trust in the Lord Jesus, having repented of sin and turned to Him for Salvation, you can be sure that God is with you right there in every situation you face as your Deliverer and Friend (Proverbs 18:24; Isaiah 30:15). “The Lord is my Light and my Salvation; whom shall I fear? The Lord is the Stronghold of my life; of whom shall I be afraid?” (Psalm 27:1). God tells us to cast our cares upon Him for He cares for us and will sustain us (1 Peter 5:7; Psalm 55:22). This is the essence of a healthy relationship – where each one knows that the other is totally with and for them. It causes peace to dwell in the heart and stabilise the life. The Lord advised us to keep our minds upon His faithful Love and the end result will be Peace that cannot be compared (Isaiah 26:3; Philippians 4:6-7). Choose to believe Jesus and enter into His Rest.

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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.


THE MIRACLE PRAYER

Ed20




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. **MOS**

PRAYER TO ST. ANTHONY



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

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. **GL**

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
TOM LOONEY
Clonteadmore, Coachford, Co. Cork.
Died 20th September, 2023.

As we lovingly remember Tom on his first anniversary, the Looney family wish to express their heartfelt gratitude to all who sympathised and supported us in our sad loss.

Our sincere thanks to the Doctors, Nurses and Staff at Sullane Family Practice, CUH and Marymount Hospice for their excellent care. Our heartfelt thanks to Tom's friend Mary for her friendship and care.

We would also like to thank Cyril Casey and John Manning from Casey's Funeral Home for their compassion and professionalism in the days following Tom's passing.

Thanks to Fr. Paeder Murphy who celebrated Tom's Funeral Mass and to Martina Ring for her singing at the Mass we express gratitude.

We wish to thank all of our neighbours and friends who attended Tom's removal and funeral, sent Mass Cards and to those who sent condolences online.

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



FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
MARY COLLINS
Massytown, Macroom
Died on 16th September 2023

As we lovingly remember our Mam on her first anniversary, we her son Billy and daughters Elaine and Marie wish to express our deep appreciation and sincere gratitude to the many that sympathised with us on our sad loss.

We offer our heartfelt thanks to our extended family and friends. To those who sent mass cards, online condolences and flowers, we took great comfort from them. We would like to thank all who attended Mam's removal and funeral Mass. Your presence was very much appreciated.

Our grateful thanks to Rebecca and Una and Dr John O'Riordan and all the team in Sullane family Practice for the care they gave to Mam.

Thanks to Marie's work colleagues at Haven Pharmacy for their support. Thanks to June and Denis Murphy for your kindness.

Our sincere thanks also to Bill and Martin and all the staff at Fitzgeralds Funeral Directors for their professional attention to detail.

To all at the Castle Hotel for your great support, Thank you.

A special thank you to Fr Roberts for the beautiful funeral Mass. To Michael Bradley and Mary McSweeney for the beautiful singing and music and to Ted Sheehan Sacristan.

It is impossible to thank everyone individually, however we hope this acknowledgment will be acceptable as an expression of our sincere appreciation to all. Mass will be offered for your intentions.



Lovingly remembered by
Billy, Elaine and Marie.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
EILEEN DINEEN
The Mills, Ballyvourney, Co. Cork
who passed to her eternal reward on
1st October 2023

We will forever have fond & loving memories when remembering Eileen but especially now on her First Anniversary. The Dineen & Twomey families would like to sincerely thank all our wonderful neighbours, friends and extended family who supported us during that time. Our sincere gratitude to all those who attended her wake, funeral, sent mass cards, enrolments and on-line condolences. We will forever be grateful to the Doctors/Nurses/Priests and Staff in Macroom Community Hospital for their outstanding care during her time there. To Eileen's kind & wonderful Carers, GP Dr Colette Faul, Nora & Margaret, Deasy's Pharmacy and all those who visited Eileen on a regular basis when she lived at The Mills - we are very thankful to you all for your help and kindness.

Thanks to Fr. Sean Mac Carthaigh who celebrated Eileen's funeral mass along with Fr. Hugh Harkin, to the sacristan and choir we express gratitude for a beautiful ceremony of her life.

Also, thanks to McCarthy Funeral Directors for your guidance and professionalism throughout.



Eileen's First Anniversary mass will be celebrated on Sunday 29th September at 11:30 in St. Gobnait's Church, Ballyvourney.

Beidh mór fáilte romhat ar neamh agus suamhneas síorraí tuilte duit i measc Naomh Gobnait agus Abán.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
MARY MANNING
Gurrane, Carriganima, Macroom
Who died on 26th September 2023
Rest In Peace

As we remember Mary on her first anniversary, we her family would like to express heartfelt thanks and appreciation to everyone who supported and sympathised with us since Mary's sudden passing.

We would like to thank our extended families, friends and neighbours, for all their help and support. To all who called to the house and travelled to attend the Rosary, Removal, Funeral Mass and Burial; both your presence and kind words were really appreciated.

Our thanks also to the Clergy who concelebrated her funeral Mass and to the vocalist for the lovely hymns. Many thanks to those who sent Mass Cards, messages of sympathy and floral wreaths.

As it would be impossible to thank everyone individually, please accept this acknowledgment, from Mary's family, as an expression of our deepest gratitude. The Holy Sacrifice of the Mass has been offered for your intentions.



Also remembering our father
PADDY MANNING
whose 32nd Anniversary occurs on
21st October

*"Time passes, memories stay,
quietly remembered every day."*

ANNIVERSARY MASS
A joint Anniversary Mass for Mary and Paddy will be held at 6pm, in St. John the Baptist Church, Carriganima on Saturday, 12th October.

MEMORIALS
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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
JUDY CARROL
Gneeves, Kilmichael, Macroom,
Co. Cork
Died on the 15th September 2023

As we remember Judy on this her first anniversary, we her family wish to express our sincere gratitude and appreciation to all those who supported and sympathised with us on our sad loss.

We are grateful to all who attended the Rosary, removal, Mass and burial, and to those who sent Mass Cards, floral tributes and left online condolences.

We would like to thank our extended family, relatives, neighbours, friends and colleagues for their support.

We are extremely appreciative of Dr Tom O'Donnell and the staff of the Dunmanway Primary Medical Care Centre, the Dunmanway Public Health Nurses and Judy's home helps for the exceptional care which was given to Judy over the years. We would also like to acknowledge the care and compassion that she received in Dunmanway Community Hospital and Bantry General Hospital.

We would like to thank Fr. Pat O'Donovan PP for calling to Judy over the years and for celebrating her Funeral Mass. Thanks to Fr. Anthony O'Mahony PP for leading the prayers at the Rosary. We would also like to acknowledge Garda Donal O'Donovan and Kilmichael G.A.A. for managing traffic and parking.

Our sincere gratitude to Cyril Casey Funeral Director and his staff for their professionalism, empathy and flexibility when carrying out the funeral arrangements.

Please accept this acknowledgement as an expression of our deepest gratitude. The Holy Sacrifice of the Mass will be offered for your intentions.



8th ANNIVERSARY



In loving memory of
KITTY O'DONOGHUE
O'Connor Park, Masseytown,
Macroom, Who died on 29th
September 2016

*I remember it so well,
The day we said goodbye,
The shouts, the screams, the tears,
And so many questions of why,
It's ingrained inside my mind,
Every emotion that I felt,
I'll never forget a second of it,
what a rubbish card to have been dealt.
I didn't even understand,
The depth of how much life would change,
How walking in this world as me,
Would suddenly feel so strange.
Authedayswihetforareachedon.
And how time's gone by so quickly,
when our entire world is gone.
Part of me died with you,
The day you left forever,
And whenever something happens
in my life,
I wish so much we were together.
I think of you everyday,
No matter how much time has passed,
I still miss you profoundly,
Each day more than the last.
My heart will always be broken,
You will always be part of everything I do,
But nothing in this whole world,
Could have prepared me for living
without you.*



Loved, remembered and missed everyday by her loving husband Danny, daughter Liz, sons Anthony and Gary, son-in-law Jer and Kitty's three angels Jamie, Zara & Charlie.
We never wanted you to be a memory. We also remember Kitty's daughter-in-law Caroline. May they both rest in peace.

12th ANNIVERSARY



Remembering with love
BARRY KIRBY
23 St. Colman's Park, Macroom,
who died 29th September 2012

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



Sadly missed by your mother, Carmel and all your family

10th ANNIVERSARY



In loving memory of
DIARMUID O'LEARY
Kealvaugh, Ballingearry, Co Cork
Who died on 26th September 2014

*A beautiful life that came to an end,
You died as you lived, everyone's friend,
In our hearts your memory
will always be kept,
Of one whom we loved
and will never forget.*

"Ar dheis Dé go raibh tú"

*"Wherever we go, whatever we do,
Memories keep us nearer to you."*



Missed so much by Abbie & family, grandchildren, relatives & friends.

6th & 14th ANNIVERSARY



In loving memory of
EILEEN O'CALLAGHAN & TADHG O'CALLAGHAN

Knockroe, Killnamartyra, Macroom

**Eileen who died on
7th September 2018**

*Yere life was love and labour,
Yere love for your family true.
Ye did your best for all of us.
We will always remember ye.*



Fondly remembered by Their Family, Grandchildren, Great Granddaughter and extended Family, Friends and Neighbours.

**Tadhg who died on
27th October 2010**

*Looking back with memories,
Upon the path ye trod,
We bless the hours we had with ye,
And will leave the rest with God.*



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THE MIRACLE PRAYER



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

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

x

8th ANNIVERSARY



In loving memory of

**MARY
McSWEENEY**

**Gortnascairte, Ballymakeera,
Macroom
Who died on 14th September 2016**

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



Lovingly remembered by your husband
Michael and family

6th ANNIVERSARY



In loving memory of

**SHEILA COONEY
(NEE LEHANE)**

**Garthinaden, Kilnamartyra
who died on the
27th September 2018.**

Your gentle face and patient smile
with sadness we recall,
You had a kindly word for each
and died beloved by all.



Sadly missed by her daughters Siobhán
& Sheila, sister Kate, son in law Pat,
grandchildren Hannah, Bobby & Julie,
nieces, nephews, extended family,
neighbours & friends.

7th ANNIVERSARY



In loving memory of

**SHEILA
KELLEHER**

**Cornera, Inchigeela
Passed away 27th September 2017**

*We won't forget the face we loved,
or the memory of your smile
or the countless things you did for us
to make our life worthwhile.
You shared in all our ups and downs
and helped to see them through.
You made the good things better
by what you'd say or do.
You were someone we could talk to
and on whom we could depend.
You were more than just our Mother,
you were also our Best Friend.*



"Always in our Thoughts and in our Prayers"

Fondly remembered by her loving sons Dan
& Michael, daughters Sheila & Margaret and
all the family.

THE MIRACLE PRAYER



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

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

x

16TH ANNIVERSARY



In loving memory of

**CON
KELLEHER**

**Lissacraeasig, Macroom
Co. Cork
Who died on 20th September 2008.
Aged 47 years**

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



Always remembered by your loving wife
Joan, Diarmuid, Sean and Siobhan.

ANNIVERSARIES



In loving memory of

**JOHN &
KITTY RING**

Carriganima, Macroom.

*John who died on the
27th September 1997*

*Kitty who died on the
23rd September 2007*

Always in our thoughts and prayers



Your loving families

25TH ANNIVERSARY



In loving memory of

JERRY S LUCEY

Curraleigh, Clondrohid, Macroom

**Remembering Jerry, whose
anniversary occurs on 18th
September.**

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



St Gobnait, Pray for him.

Lovingly remembered by his family.

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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.

4th & 26th ANNIVERSARIES



In loving memory of
MARY HORGAN
13.09.2020

MICHAEL HORGAN
16.09.1998



Lovingly remembered by Margaret, Thomas, Peig, Ann and Jerry.

5th ANNIVERSARY



In Loving Memory of

TIMOTHY KELLEHER

Slieveraigh, Ballyvourney
Who died on the
26th September, 2019

*Death leaves a heartache
no one can heal,
Loves leaves the memories
no one can steal.*



Loving you today and always Tim
Mom, Dad and Anthony
XXX

7th ANNIVERSARY



In loving memory of

ANN DUNLEA
Loughleigh, Carrigadrohid, Co. Cork
17th of September 2017

*O Lord, Support us all the day long,
'Till the shadows lengthen and the
evening comes,
and the busy world is hushed,
and the fever of life is over
and our work is done.
Then, Lord, in your mercy
grant us a safe lodging,
a holy rest, and peace at the last,
through Christ Jesus, our Lord.*



Inár gcroí go brách, inár gcuimhne go buan
Michael and family
Ann's anniversary mass takes place
Saturday 21st of September
@ 6:30pm in Canovee church.

3RD ANNIVERSARY



In loving memory of

DENIS (DENNY) CORKERY

Gortnapeasta, Clondrohid, who died
on 24th of September 2021.

*They say that times a healer,
But we don't think that's true,
For every year that passes by,
We love and miss you more.*



Forever loved, sadly missed every day,
Your loving wife Geraldine, son Jerome,
Grandaughter Saoirse, Sisters and Brother
and extended family.

Anniversary Mass Sunday 13th October at
9:30am in St Abinas Church Clondrohid.

14TH ANNIVERSARY



In loving memory of

MARGARET O'CONNELL

Shean Dair, Ballymakeera, Co. Cork
Whose anniversary occurs on
25th September

*Forever And always in our hearts
Nothing on earth can ever replace
The sound of your voice
Or the smile on your face
No verse no flowers
No tears can say
How much we miss you every day.*



Loved and cherished by Tadhg,
her children, grandchildren, family and
friends.

7th ANNIVERSARY



In loving memory of

MARGARET (PEG) BURKE

Rahoona, Ballymakeera, Co. Cork
Died 20th September 2017

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



Sadly missed by your loving family
Liam, Siobhan, Jack and Joanne

Mass on Sunday 22nd September in
Ballyvourney Church at 11.30am

14th ANNIVERSARY



In loving memory of

EVELYN O'RIORDAN

Curraghanearla, Macroom
Whose anniversary occurs on the
27th September

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



From all your loving
family and friends.

17TH ANNIVERSARY



In loving memory of

JUDY RING

Castle House, Carrigadrohid
Who Died On 26th September 2007
Aged 80 years

*Your life was one of thoughtful deeds,
A helping hand to others needs,
Sincere and true in heart and mind,
Wonderful memories left behind.*



Rest in Peace

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