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Aghinagh GAA Editorial team, at the launch of their book, 'The Heritage and History of Aghinagh GAA Club' with Brian Hayes Publisher and Jimmy Barry Murphy who launched the book. Pic. Peter Scanlan

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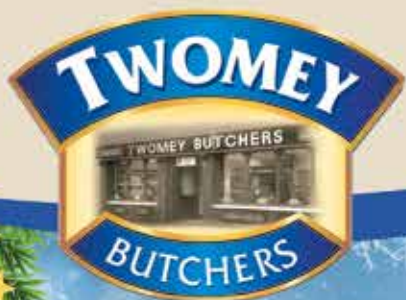
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We are a bi-weekly magazine; therefore, submissions must be on the Sunday before publication at the latest, if you want a piece included in the following

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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MACROOM PARK RUN CELEBRATES 500

Last Saturday, November 2nd Macroom Castle Demesne Parkrun celebrated 500 events. It was a great morning of celebrating, 132 people ran, jogged and walked the course (2nd biggest attendance ever!) and 28 volunteers ensured that it all happened safely. Once people completed their 5k they were treated to a large selection of treats, tea, coffee, water, fruit and plenty other things in the GAA Clubhouse. A short background on getting to 500 events, Macroom was the 3rd parkrun established in the Republic of Ireland; the 1st outside of Dublin. The first event was held on 18-May-2013 and 11 and a half years later we celebrated our 500th event. 4 people that were at the first event were there on the 500th, Tom Cuddihy, Richie Fitzgerald, Enda Kiernan and Aoife Lucey. The event was first setup by Conor and Mark McMahon and Donal Twomey who had participated at a number of parkruns in Belfast and thought that it would work well in Macroom. How right they were!

Just a few statistics:

Total number of unique Finishers: 3202

Total Finishes: 25033 which is 125,165 km or 3.12 times around the earth

Highest number of finishers: 137 in July 2017 (132 for the 500th event)

Lowest number of finishers: 14 in November 2015, average of 50

Volunteers: 413

A few thank yous for our 500th parkrun event:

Thanks to the Castle Demesne committee

The golf course for allowing us through their carpark every Saturday morning.

Thanks to the GAA for giving us space to store our signs right throughout the year, running through their car park every week, and this week we had use of the clubhouse for tea and coffee and cake.



The Howard Family, regular parkrunners

Thanks to Lynch's bakery for the cakes and the welcome every Saturday morning

Thanks to The Riverside park for the paper cups

Thanks to Supervalu for providing the milk, tea, coffee and sugar

Thanks to Lidl for the water

Thanks to everyone who baked and brought goodies, decorations and everything that we needed for our party..

On the day of the 500th event we had a few milestones: Richie Fitzgerald ran his 400th run and volunteered for the 150th time, Joe Murphy ran his 200th, Carmel

Purcell ran her 100th, Laura O Mahony ran her 50th, Mairead Dineen ran her 25th and Cian Kelleher and Rachel Neville both ran their 10th.

A big thanks to our core team who keep this parkrun going week in week out and especially previous Event director and top volunteer Vincent Cronin, who ran the show single handedly for a long time. But a huge thank you to all the volunteers for the last 500 events who got us the huge milestone, great to see a good turn out on the day, hopefully we will see ye all again next week and for the next 500!



Carmel Purcell doing her 100th Park run



Event Directors for the Park run

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ROAD SAFETY WEEK 2024



As part of Road Safety Week, Gardai at Macroom, Cork County Council roads safety officer, Macroom Firebrigade and HSE ambulance personnel, held a road safety event for secondary school students who are considering driving in the near future on the 7th Oct on Macroom GAA grounds.

Over 200 students were in attendance and they were given the opportunity to experience a re-enactment of a road traffic collision and a virtual reality experience of a traffic accident. The students were also given tips and guidelines on how to keep themselves safe on the road as drivers, pedestrians and cyclists, as well as the rules of the road and the laws pertaining to such.



This year's Tidy Towns Results were announced on Fri Nov 5th in Croke Park, and Macroom won a gold medal award, first ever gold medal. Results showed a 14-point increase to 377 which was a major increase at this level. The Overall Winner was Ballincollig with 386 points. A Gold Medal means that we are within 10 marks of the overall winner. Copies of the 2024 Adjudicators Report are available in the Town Hall. The report can also be seen by going to the Facebook page of Macroom Tidy Towns and scrolling down to the recent post and will be added to the website page. Macroom Men's Shed had a day trip on Friday, 25th October to Cobh to see the Lusitania Memorial, the White Star Line office in Cobh where the Titanic passengers left from in 1912 on its maiden voyage. They visited Midleton Men's Shed and stopped in Mai

Fitz's on the way home for food. The Garda Community Bus was the mode of transport for the day. They would like to say a big thanks to the driver and the Guards for the use of the bus, much appreciated. The men shed are now selling bags of kindling made from old pallets, two bags for a fiver. They are open Tuesday, Wednesday and Friday from 2-4pm and are based in Masseytown.

Kool Café held a fundraiser for Tidy Towns, a Games Night on Wednesday Oct 30th and this was very much appreciated.

Santa's Grotto in the Tiny Feet Fairy Garden will be back again this year. This will take place on Nov 30th and December 1st, 7th/8th, 14th/15th from 11am - 5 pm. Bookings can be made by phoning 087-1434770 on weekdays between 1pm and 2pm or after 6pm, or anytime at 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. Thanks to Andy Collins in Computek and Rosanna Lenci Design Genesis for the new posters hanging up in different premises around town. This generous

sponsorship support is very much appreciated.

Well done to our Tidy Towns Volunteer John Lyons, and doubles partner Noel Carty, who competed in the World Handball Championships recently in Kilkenny and Wexford. It was the biggest ever handball event with several countries taking part and 20 courts in use throughout Leinster. They did Macroom Handball Club proud reaching the plate Final.

Tidy Towns Volunteers have been busy over the last few weeks picking up leaves, Litter Picking, general Maintenance, cutting grass in the green areas of housing estates, Tree Replanting, Pruning and Nettle Removal. Leaves were swept up and collected in Fairy Garden and various areas of town and taken to our leaf composting area in the biodiversity garden where they will be turned into leaf mulch for use in flower beds throughout town.

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



Macroom Men's Shed at the Lusitania Memorial Cobh



Macroom Tidy Towns Volunteers Ready to head out on Saturday Morning



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MACROOM CFR

Critical Macroom CFR have been Busy over the last few weeks. They have done a CPR demonstration in Bishop McEgan College and The Square for Restart a Heart Day on October 16th. A Big thanks to all the public that attended. On Friday 25th of October a Coffee Morning was Held in Haven Pharmacy Burkes, a big thanks to the Staff in Haven Pharmacy and the Public for all your support given on the day.

Macroom CFR have done a CPR demonstration in Bishop McEgan College and The Square for Restart a Heart Day on October 16th



MACROOM GIRL GUIDES

Ardilaun Guides Halloween Party

On Friday 25th Oct the senior guides held an early Halloween party for the unit. Juliette and Gráinne described the event as follows: We arrived early to ensure the guide hall was looking appropriately spooky and fixed up all the last-minute details. The girls arrived and we started the party with Musical Scares, which included falling as dramatically as possible when you are out. Gráinne proved to be an excellent DJ, with an absolutely fantastic Halloween playlist creating a creepy mood. After Musical Scares, we moved outside and started apple bobbing, unfortunately without apples and using lollipops as a substitute. The girls had an absolute ball with this and went back again and again for more. Then we had a mildly chaotic (but all the more fun for it!) game of Pin the Horns on the Demon. After this, we split the girls into two teams, and they competed to have the fastest time at wrapping someone up in bandages. Then to end off the evening, we had a Dress to Distress

competition. The girls got the opportunity to show off their fabulous costumes that they worked so hard on. All in all, it was great evening, and we had loads of fun. It was a great experience planning and taking part in our Halloween party this year and we want to thank all our leaders for letting us have this celebration

MacEgan Senior Branch

Members of MacEgan Senior Branch Emily and Liadain were busy over the mid-term break completing their Adventure Journey for their Bronze Gaisce Award. They hiked 25 km over two days. Since 2015 Gaisce – the President’s Award, and Irish Girl Guides (IGG) have a partnership to encourage young women to engage in a range of activities and challenges, like community action, mountaineering and international travel, that will help them develop confidence, self-reliance, responsibility and interpersonal skills. Recognising the similarities between their award schemes for young people, the two organisations decided to join forces with the aim of encouraging greater numbers of

girls and young women to undertake challenges and activities that will help them become confident, active and responsible citizens. All members of MacEgan Senior Branch are registered on Bronze, Silver or Gold Gaisce Award programmes.

Hi Digital Programme

The Hi Digital program seeks to connect Irish Girl Guides with older adults in their communities to teach basic digital skills. Hi Digital is a platform created by the Vodafone Foundation with 6 different lessons that can be used as guides for older adults learning independently as well as for sessions being run by Irish Girl Guides. MacEgan Senior Branch are due to attend training from ALONE in the next two weeks and hope to roll out this programme in the community in the coming months.

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



Ardilaun Guides at their Halloween party before the Mid-Term Break



Ardilaun Brownies busy working on their Space Badge before the mid-term break



Newly enrolled Ardilaun Ladybirds at their meeting before the mid-term break



Members of MacEgan Senior Branch received their Junior Campcraft badges at their meeting before the mid-term break.



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DE LA SALLE College Macroom

Maths week in De La Salle

A number of activities and competitions took place throughout last week to mark national maths week. All year groups took part in a guess the number of sweets in a jar challenge, where Iken Van Stralen and David Kelleher came out on top with their excellent guesses. Fifth years and first years completed a maths quiz. The first year quiz was hotly contested with Sean Bourke, Daniel Fitzgerald, Joe Healy, Darragh O'Shea and Maksymilian Pietrzak of Team Gauss winning by one point. Fourth years learned the card game "lives" where they applied their knowledge on probability to help win points for their teams

Leaving certs

Ms. Dunne's sixth year biology class underwent their LC ecology investigation in Fota last Thursday. As part of the course the boys must study the flora and fauna of a named habitat, and chose the beautiful woodland of Fota. The day began with a really interesting presentation on biodiversity and some of the parks reintroduction programmes, along with a recap of the very important ecology section of the course. The boys then explored the park and were lucky to have got a beautiful autumn day to see its fauna. They ended with a thorough ecological investigation of the woodland, studying abiotic factors, structural and behavioural adaptations, quantitative analysis of flora and fauna among other things.

BT Young Scientist

Finn Yore and Simon Condon put forward a proposal for the BT Young Scientist which was accepted. Finn and Simon answered a few questions about the experience.

1. Why did you pick your topic (What makes a rocket fly straight?: and investigation into the effect of stabilization on the flight path of a model rocket)

We both have an interest in engineering, and both find aeronautical engineering fascinating. Since primary school we always wanted to build a model rocket, and this would be a step in the direction of pursuing a career in engineering and possibly in the field of aeronautics.

2. What makes your project special enough to make it through to the competition?

We put a lot of time and effort into the one-page proposal and out of 8 groups in the school, we were the only ones who officially got through. We feel that this project is unique as on the bt young scientist website, there had never been a project like this done before.

3. What area of science does your project specialize in? Our project is under the heading "Chemical, Physical and Mathematical sciences"

4. How does BT young scientist encourage teenagers to engage in sciences?

We feel the BT young scientists competition helps to encourage young people to express their creativity and also attain an interest in all sciences and technology topics by allowing them to create a project



De La Salle Senior Footballers who defeated Mitchelstown in the first round of the Corn Uí Mhuiri

of their choice

Road Safety Authority

De La Salle transition year students had the opportunity to engage in a comprehensive road safety experience. They watched virtual reality clips of road traffic collisions, followed by live demonstrations from the fire brigade and the HSE ambulance and an Garda Síochána. These sessions covered critical safety processes, the impact of road traffic incidents and the consequences of safe driving. De La Salle's Aiden Coughlan was present to demonstrate fire safety to the boys.

De La Salle Music Group

Our De La Salle musicians had a fantastic time in the Briery Gap today where they took part in a Jazz workshop. They learned about the origins of Jazz music, different instruments and forms of music as well as improvisation, harmonies, rhythms, basic music structures, embellishments, cord tones, major, minor & diminished chord progressions & augmented cords, They learned how jazz players colour their cords using these techniques to achieve great music!

Chlub Gaelige

Bhí gearrscannán gaelach ar siúl inniu ag am lóin don Chlub Gaelige Bhain na daltaí taitneamh agus tairbhe as an scannán chomh maith leis na soláistí deasa.

U14 hurlers and footballers

De La Salle students gathered in the hall to celebrate our u14 hurlers and footballers.

Our hurlers triumphed in their final against Blarney last year.

Unfortunately, the U14 footballers lost in a hard fought battle against Ballingcollig. Both teams showed fantastic attitudes and spirit, and we look forward to seeing what they can accomplish in the future. The canteen staff treated everyone to delicious hot food and jelly and ice cream, adding to the joyous occasion.

Junior Certificate Results

It was with great pleasure that Mr. Murphy presented the Junior Cert Class of 23/24 with their results. This is a huge milestone for these boys, and they should be proud of themselves and their achievements to date. Here's to the next three years of experiences and achievements for this group.

Jack Martin visit to De La Salle

Past pupil Jack Martin paid a visit to De La Salle College on October 3rd to talk to students about Foroige, which is one of Ireland's most popular youth organizations. He spoke about the key aims of Foroige which are, building self-esteem in young people, help develop the ability to manage personal and social relationships, provide learning opportunities that enable young people to develop new skills and gain knowledge and build young people's capacity to consider risks and consequences, make informed decisions and to take responsibility.

De La Salle Senior Hurling Match vs MICC Dunmanway

From the start De La Salle started strong, scoring a point through Tom Browne only a couple minutes into the match. After the point, chances started coming at both ends with great work by De La Salle stopping MICC Dunmanway having any chance on goal. Dunmanway managed to break the De La Salle defence in a matter of minutes as they scored a goal and two points in quick succession. Even though De La Salle were down they responded well scoring two points through Colin Kelleher and Darragh Hodman. At half time the scores were De La Salle 0,3 to MICC Dunmanway 1,2. After the break De La Salle were electric scoring two great goals through Tim Sweeney and Darragh Hodman in the space of 5 minutes. Dunmanway managed to score another 2 points trying to find a way back into the game, but Tim Sweeney scored a great point to increase the lead. Dunmanway were pushing but some great saves by Michael Downey stopped their chances. Ms Healy and Mr F Ryans encouragement from the sidelines helped the De La Salle seal the win as De La Salle won the game by 2 points. Full time De La Salle 2-5 MICC Dunmanway 1-6.

Senior Football

De La Salle Senior footballers won the first round of the group stage in the Corn Uí Mhuiri having played Mitchelstown CBS at Bishopstown 4g. After what was a high paced encounter where both teams played with spirit and determination it was the men from De La Salle who managed to pull away in the 4th quarter. The game finished 2-5 to 1-15



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MCEGAN COLLEGE

Restart-a-Heart: Macroom Community First Responders recently came to McEgan to give training to the 5th yr. students on doing CPR in an emergency situation. The workshop, part of the global Restart-a-heart day, gave the students an opportunity to practice their newfound CPR skills on the models following a very comprehensive demonstration. How lucky the community of Macroom is to have this team of volunteers giving their time so generously. This is a reminder again to us all to learn this key skill which may turn out to be the best thing you might ever learn. Well done Macroom First Responders.

STEAM WEEK: It was full STEAM ahead at McEgan College as students and teachers celebrated by planning and engaging in lots of activities related to the STEAM subjects, science Technology, Engineering, Art & Mathematics. Science Buddies training for 2nd yr students was given by Roisín from MTU Cork access service. These students then demonstrated their expertise by training the 1st years on the same experiments in a great lab session. The whole school participated in a Countdown activity during maths classes. First-year students worked on creating the longest paper chain, using teamwork and engineering skills. First year SPHE students engaged in Kitchen Chemistry experiments, Third-year Visual Art students explored symmetry through drawing, and fifth-year students studied alkali metals in water. Room 22 demonstrated diffusion using Skittles and second-year French students learned about technology in French, integrating their language skills with real-world applications.

Third-year students attended a math magic show at MTU Cork and took a campus tour. They learned new math tricks to incorporate into their studies and discovered some notable figures associated with mathematics. It was an engaging week at McEgan with lots of activities supported by all subjects in the student's class. Well done to all the staff and students for engaging in the week's activities with such enthusiasm.

Sports: TY students Jack Fitzgerald, Tui Shubart, Scott Forde and Laurynas Lupandin, travelled to Bishopstown SC recently for their first of six training days with Cork Sports Partnership. They are participating in the TY Sports Coaching Programme 2024/25. The students are representing McEgan College as one of the six chosen schools in Cork this year lucky enough to be involved in this programme.



McEgan College Students and staff on tour in Verona Italy recently . In the background is the ruins of the ancient Roman Amphitheatre of Verona

The aim of the programme is to upskill and develop Transition Year students by completing a number of National Governing Body of Sport Coaching Courses. Students will also be provided with the opportunity to support the delivery of several Cork Sports Partnership School events during the year which will provide hands on experience of mass participation events.

Basketball: The U16 & U19 boys basketball teams have gotten off to a very successful start in their respective competitions. At the moment each team has a good chance of making the play off's.

Football: the U14 & U16 boys have had some very tough sporting games recently against Ballingearry, Colaiste obnatan & Scoil Mhuire Béal Átha'nGhaorthaidh. Girls basketball & Girls Soccer teams have had recent competitive games, the girls gave spirited performances and are sure to improve as the campaigns continue.

School Tour 2024: The 44 students and 5 teacher who recently visited the Lake Garda area of Italy returned full of reports of the beautiful cities they visited and the rollercoasters of Gardaland Park. The group was based in Belvedere Hotel in the Provence of Verona. The beautiful mountain view was somewhat hidden from us under heavy dark clouds on day one. The rain on that Thursday did not dampen our spirits though as we took a tour of Verona, the City of Love and the setting for Shakespeare's Romeo & Juliet which included a view of the famous balcony. There were lots to explore here in this beautiful city including the ancient Arena di Verona, a well-preserved Roman amphitheatre. Friday brought visits to Sermione where we got a boat tour of this part of Lake Garda

and time to explore this lovely spot. Later in the day we had a visit to Peschiera del Garda a UNESCO heritage site and 16th century Venetian Fortress on the south end of Lake Garda. Saturday brought us to Gardaland Park, where one teacher overcame a long held fear of Rollercoasters by taking on the top three one after the other and lived to tell the tale. We were a tired bunch who climbed onto the bus to return to Milan and our flight back to Cork. Thanks to Mr. O'Connor & Ms Morris for organising and Mr. Clarke, Ms. Shannon & Ms. McAdam for coming along to supervise. A great time was had by all.

Fundraising event: On Thursday 24th Oct the LCAS students under the guidance and support from Ms. Shannon organised a non-uniform & Halloween Dress up day in aid of Breast Cancer Ireland. Almost €300 was raised and will be presented to the Charity by the students.

Uniform recycling: Thanks to everyone who brought or sent in their used uniforms. We have already been able to put them to good use including where students were able to swap their jumpers for a larger size. We will run this event again later in the New Year.

Jazz at the Briary Gap: Thanks to the Cork City Council & to the Briary Gap for treating music students for the 3 secondary schools to a fabulous Concert of Jazz music during the week leading up to the Cork Jazz Festival. They were treated to a feast of music and learned about the origins of jazz music the different instruments associated with the style and how harmonics work in Jazz. A great lead into the mid-term for the students and a fantastic introduction to Jazz.



Macroom First Responders with 5th yr students who were given a chance to learn to restart a heart recently. Thanks to the first responders who gave their time to this very important learning opportunity to our students.



All set for Jazz, Caoimhe Aylward, Lexie O'Donovan, Nellie Nyland, Angel Skye McDonald, Nicole Harrington, Katlin Kelleher attended the Briary Gap introduction to Jazz for secondary schools organised in the Briary Gap by Cork City Council.

MACROOM FLOWER & GARDEN CLUB

Macroom Flower & Garden Club Annual Charity Gala Floral Demonstration by Margaret Ahern AOIFA will take place on Thursday 14th of November 2024 at Coolcower House Macroom P12E135 at 8.00p.m. The Club are Supporting two Charities AslAm - Ireland's

National Autism Charity and Macroom Senior Citizens. Doors open at 7.00p.m. Admission €20. Further details contact 087-9821708

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SEACHTAIN MATA

Eagraíodh roinnt gníomhaíochtaí le haghaidh Seachtain Mata an tseachtain seo caite.

COMÓRTAS MAGGIE GOUGH: Ghlac roinnt daltaí ó bhliain 2, 4 agus 5 páirt i gcomórtas mata Maggie Gough. Bhí an comórtas reáchtáilte ar líne agus eagraithe ag Cumann Múinteoirí Matamaitice na hÉireann. Bhí 15,795 iontráil ó 184 scoil ar fud na tíre – le 232 trí Ghaeilge.

Ar an Máirt ghlac daltaí ó bhliain 1 páirt in Oilimpiad Mata. Bhuaigh Eibhlín Ní Bhriain agus Zach Ó Buachalla é.

Ar an gCéadaoin bhí daltaí ó bhliain 2 páirt in Oilimpiad Mata – na buaiteoirí a bhí ann ná Gráinne Ní Thuama, Ellen Ní Liatháin, Joshua Ó Ríordáin agus Aaron Ó hArgáin-Loingsigh. Ghlac roinnt blianta páirt i dTráth na gCeist agus bhí comhscór i ndá cheann! Na buaiteoirí ón idirbhliain ná Naoise Ní Bhriain, Danielle Ní Mhurchú agus Sarah Ní Loingsigh, na buaiteoirí ó bhliain 1 ná Abbie Ní Scannláin, Eibhlín Ní Bhriain agus Michael Ó Murchú agus na buaiteoirí ó bhliain a trí ná Caoimhe Ní Mhualláin, Siobhán Ní Bhriain, Matilda Ní Luanaigh agus Caireann Ní Loingsigh. Ghlac daltaí ó bhliain 3 páirt in Oilimpiad Mata chomh maith ar an Aoine, bhuaigh Lena Karas agus Seán Ó Tuama.

Bhí comórtas póstaer mata ag muintir na hidirbhliana. An treoir a tugadh dóibh ná póstaer a chruthú faoi mhatamaiticeoir Éireannach. Bhí póstaerí áille déanta ar mhatamaiticeoir ar nós William Rowan Hamilton, Siobhán Vernon (as Maigh Chromtha), John Lighton Syne, Maggie Gough agus Sophie Bryant. Fuair Naoise Ní Bhriain an chéad áit, sa dara háit bhí Sarah Ní Loingsigh agus fuair Danielle Ní Mhurchú agus Áine Ní Chárthaigh an tríú háit. Comhghairdeas libh go léir! Míle buíochas le hIníon Ní Ríordáin a d’eagraigh na gníomhaíochtaí ar fad.

PEIL NA GCAILÍNÍ le Claire Ní Aodha

D’imir na cailíní sóisir i gcoinne Coláiste Pobail Bheanntaí ar an 18ú Deireadh Fómhair. Cluiche fluich agus salach a bhí ann. Ní raibh aon rud idir an dá fhoireann ach faraor chailleamar mar thoradh ar chúil déanach a scóráil Coláiste Pobail Bheanntaí. Cluiche d’ard caighdeán a bhí ann idir an dá fhoireann agus leanamar ar aghaidh ag déanamh iarracht ollmhór go dtí gur séideadh an fheadóg dheireanach. Míle buíochas le Iníon Ní Shuilleabhán agus Iníon Ní Bhuachalla.

CISPHEIL NA GCAILÍNÍ le Cliona Ní Mhócháin

Bhí roinnt cluichí ag foirne cispheile na gcaillíní le cúpla seachtain anuas. Ar an 7ú lá de mhí Dheireadh Fómhair chuamar chuig Droichead na Bandan chun cluichí a imirt i gcoinne Mheánscoil Naomh Brógáin. D’imir an fhoireann faoi 16 ar dtús. Cluiche iontach spráúil a bhí ann. Bhí an t-ádh linn mar bhumar an cluiche le 25



Eibhlín Ní Bhriain agus Abbie Ní Scannláin a bhuaigh an Tráth na gCeist mar chuid de Sheachtain Mata



Tadhg Ó Conaill, Dylan Ó Tuama agus Caelan Ó Carra a thaistil chuig Nanjing le déanaí

pointe. Ar aghaidh linn chuig cluiche leathcheannais an chontae anois! Táimid ag tnúth go mór leis! D’imir an fhoireann faoi 19 inár ndiaidh. Cluiche den scoth a bhí ann agus d’éirigh leo an bua a fháil freisin. An scór a bhí ann ná 16 : 10. Tháingamar abhaile le dhá bhua an lá sin. Lá iontach a bhí ann. Coláiste Ghobnatan abú!

TURAS STAIRE le Naomi Ní Scannail

Ar an 4ú Deireadh Fómhair chuaigh bliain a trí ó Choláiste Ghobnatan ar thuras staire go dtí Ionad Mhichill Uí Choileáin i gCloch na Coillte agus ar an tsli abhaile stopamar ag suíomh Luíochán Bhéal na Bláth, an áit inar maraíodh an Coileánach. D’fhágamar an scoil ag a 9 ar an mbus agus chuamar díreach go dtí an Ionad. Bhaimeamar sult agus taitneamh as an gcur i láthair a dheim Tim Crowley faoi shaol an Choileánaigh, Éirí Amach 1916, Cogadh na Saoirse agus An Cogadh Cathartha. Tar éis an cur i láthair bhí cead again siúil timpeall an mhúseam agus féachaint ar na déantáin a bhaimeann leis an tréimhse seo sa stair. Chonaiceamar griangraif, gunnaí, léarscáileanna, litreacha agus mála cáipéisí an Choileánaigh. Ansin d’fhéachamar ar mhacasamhail de ghluasteán ina raibh an Coileánach i rith luíochán Bhéal na Bláth. Tar éis an lóin chuamar chuig an suíomh i mBéal na Bláth agus d’inis Tim an scéal dúinn faoi cad a tharla ar an lá stairiúil sin. Míle buíochas le hIníon Ní Chonchúir agus Bean Uí Chuill a d’eagraigh an turas staire dúinn.

SÍNÍS le Ronán Ó Donnchú

Faoi láthair tá muintir na hIdirbhliana ag baint a lán taitnimh as na ranganna Síneise lenár múinteoir Síneise. D’fhoghlaimíomar a lán rudaí go dtí seo agus táimid an-bhuíoch den mhúinteoir mar is scil speisúla é a bheith ag foghlaim teanga nua mar shampla an tSínis **HIGHER OPTIONS AGUS WORLD SKILLS le Darragh MacAnnaidh**

Chuigh mé féin agus an chuid eile den 6ú bhliain chuig na himeachtaí Higher Options agus World Skills

san RDS i mBaile Átha Cliath cúpla seachtain ó shin. D’fhagamar an scoil thart a cúig a chlog ar maidin. Thógamar bus agus shroicheadar an RDS timpeall ar mheánlae. Scaip an bhliain ar fad amach agus scrúdaíodh an t-imeacht Higher Options ar feadh cúpla uair an chloig sular bhogamar ar aghaidh chun féachaint ar cad a bhí á thairiscint ag World Skills. Tar éis a bheith ag spaisteoireacht thart ag cur ceisteanna ar dhaoine éagsúla, chuamar ar an mbus chun ár mbealach a dhéanamh ar ais go Baile Bhúirne. Bhí ríra agus ruaille buaille ar an mbus abháile. Stop an bus ag Plaza Phort Laoise agus d’éirigh linn go léir na cosa a shineadh agus rud éigin a fháil le hithe. D’fhoghlaimíomar go leor agus thuigeamar níos mó faoi na roghanna atá ann do dhaoine tar éis na hArdeiste. Bhí mé féin agus an chuid eile de na daltaí thar a bheith sásta leis an lá agus buíochas an deis. Ba mhaith linn ár mhuíochas a ghabhail le Bean Uí Thuma as an turas a eagrú agus Maistir Ó Cíleachair a thaistil linn.

GLUAIS

- cumann – association
- oilimpiad – Olympiad
- Sínis – Chinese
- déantáin – artefacts
- Cogadh Cathartha – Civil War
- spaisteoireacht – rambling
- taithí oibre – Work experience

DÁTAÍ DON DIALANN

- Taithí Oibre don Idirbhliain (25ú – 29ú Samhain)
- Scrúduithe na Nollag do bhliain 1, 2 & 5 – Deireadh mhí na Samhna

ÁR MEÁIN SHÓISIALTA

Leanaigí ár gcóntais le haghaidh an nuacht is déanaí! X nó Twitter: @ColGhobnatan Facebook: Coláiste Ghobnatan @colghobnatan Instagram: @colaiste_ghobnatan TikTok: @colaiste_ghobnatan

‘Age and Opportunity’ Physical Activity course



Presentation of two plants to the Leaders of ‘Age and Opportunity’ Physical Activity course Kathleen Fitzgerald (Killarney) and Fiona Ward (Killaloe) by course participants Frank Mulvihill representing Ballinora Retired Men’s Group and Rosemarie Lomasney representing Carrig na Bhfeair.



Some of the students who graduated from the ‘Age and Opportunity’ Physical Activity Leaders Course (PALs) held in Inniscarra Community Centre. Participants came from all over County Cork.



MACROOM SENIOR CITIZENS BONANZA DAY

Saturday 16th November
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Pantomime 2024*

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at Briery Gap



Rehearsals next Sunday 10th November
• Children 2pm
• Adult and Teenagers 3pm
at Macroom Sports Complex, Castle Grounds

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ST MARY'S NEWS

Sports Day

Our Annual Sports Day, organised by the 6th Year LCVP Class, took place on October 10th. This is part of the 6th Years LCVP Portfolio for their Leaving Cert where they organise an event and write up a report on it afterwards. The weather was glorious and the 6th Years did a fabulous job in organising the event. There was a range of activities for 1st-3rd Year students held in the hall and field while a teachers race took place at lunchtime. Activities included Dodgeball, Penalties, 3 legged races, relays and all pupils were treated to a barbeque by Trish in the field. The overall class winner went to 2A1 who were presented with the Ms. Nicola Tobin Memorial Award in the field at the end of the day. A special thanks to Timmy, Trish, Mr Galvin and the LCVP class in organising such a successful event.

5th & 6th Year UL Trip

Thank you to Ms McSweeney for organising for our 5th and 6th years to attend the Open Day at the University of Limerick this month. The girls were given guided tours of the campus and were able to attend talks on a variety of courses of interest to them. Shuttle buses were running to Mary I on the day also which many of the girls availed of. Thank you to Ms McSweeney, Ms Lehane and Ms O' Keeffe for travelling with the girls on the day.

Catherine McAuley Awards

We were absolutely delighted to host our annual Catherine McAuley Awards ceremony in School on Friday the 18th of October. A highlight in the school calendar year, teachers and parents took time to celebrate the enormous achievements of our students in so many disciplines. We were exceptionally proud to invite back one of our Distinguished Past Pupils, Annette Dilworth Enright. Annette, along with teachers, presented awards to students on the night. Students were acknowledged for their participation in and commitment to in school extra-curricular activities and Catherine McAuley awards were also received on the night by those students who by word and example exemplified the characteristics

of Catherine McAuley, the founder of the Sisters of Mercy, in the last school year. Among Catherine McAuley's qualities were kindness, generosity, friendliness, courtesy to all and leadership skills. We would like to congratulate all of our fantastic, well deserved recipients and their parents.

BT Young Scientist

We are delighted to announce that we will have 15 projects representing St Mary's at the BT Young Scientist and Technology Exhibition in January 2025. It will be the first time we will have projects competing in the 3 age groups. Three 2nd year projects will compete in the junior category, nine 4th year projects in the intermediate category and three 5th year projects will compete in the senior category. We also have 2 projects on the reserve panel should space become available. We will announce the qualified projects after midterm break. Well done to all the girls and your teachers, Ms Foley, Ms O' Keeffe and Ms Maher.

TY Activities: Kilfinane OETC

"On the week of the 14th to the 18th of October we went to Kilfinane Outdoor Education Centre. We participated in many activities over several days including orienteering, archery, mountain biking, hillwalking, and kayaking. We enjoyed meals at the canteen, trips to the shop every evening, a campfire and a movie night in the games room. Thanks to all those who made this trip possible."

Maths Week

"We helped to organise the 2024/25 Maths Week alongside the Maths Department last week. Each day we ran a junior maths puzzle, senior maths puzzle and a teacher puzzle encouraging everyone to get involved with maths. There were lunchtime activities such as 'Maths on the Door', 'Station Activities', 'Maths Relay' and Kahoot! for various year groups also. It was a Pi-fect week!"

Breast Cancer Awareness Talk

"On Tuesday the 22nd of October, we had a talk with Breast Cancer Ireland. The talk was given by Juliette O Connell, a breast cancer survivor. She

spoke about Breast Cancer Ireland and how they support pioneering research as well as education and awareness on the importance of breast health for all ages. We learned about how it can affect both women and men and the current statistics which are that 3,400 women a year and 30 men a year are diagnosed in Ireland. She spoke about the symptoms and how important it is to self-examine every month. She also showed us an app called "Breast Aware". This app sends out monthly reminders to self-examine. Overall her talk was extremely informative and we are so grateful to Juliette for taking time out to talk to us about such an important topic."

TY Activities Report by Aisling and Chloe Lehane - TY Promo Team



Katie Cronin received the CEIST Award at this year's Catherine McAuley Awards



This year's distinguished Past Pupil Annette Dilworth Enright



5th and 6th year trip to UL Open Day



Some of our staff and teachers in their Halloween fancy dress



One of our TY groups during their campfire night at Kilfinane OETC



2A1 Sports Day Winners 2024!

What Do You Do When you Get a Headache?

What do you do when a red light comes up on the dashboard of your car? Do you ignore it by placing a sticker over it or do you call a mechanic?

Ignoring it or placing a sticker on it is the same as when you get a headache and you take over the counter medication to numb the pain or hide it.

A headache is your body's way of telling you that something isn't right and it's vitally important if you have recurring headaches to pay heed to these red lights.

Yes, headaches are common but they are not normal.

A study* produced in the mid-1990s revolutionised headache research. A Russian-

born researcher named Dr Nikoli Bogduk determined that all headaches shared a relationship with the neck.

He noted that every single headache sufferer shared an important connection; abnormal nerve function in the upper neck. Dr. Bogduk embarked on years of study and published numerous findings that proved the connection.

Sadly, despite massive amounts of research over the past 25 years, the medical community remains largely focused on using medication to target symptoms without ever addressing the source of the pain.

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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.

*Biomedicine & Pharmacotherapy 1995;49(10):435-45 "Anatomy and physiology of headache." N. Bogduk

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- November 14th Macroom Flower & Garden Club Annual Charity Gala Floral Demonstration by Margaret Ahern AOIFA will take place in Coolcower House Macroom P12E135 at 8.00pm.
- November 15th Cloughdub Camogie Club AGM

- @ 7:30pm in Cloughdub GAA hall. ALL WELCOME
- November 26th Canovee Old School Hall Committee's Christmas Flower Demonstration @ 7:30pm in Canovee Old School

MULCAHY INSURANCES sponsors St Marys Equestrian Team

Donal Mulcahy of Mulcahy Insurances Ltd presenting St Marys equestrian team and school principal Mr Mcloughlan with half zips by sponsored by Mulcahy Insurance.

The team consisting of Ella Lucey, Erin Kelleher(capt), Amelia Scott, Maureen O'Brien, Kayla Casey, Avril Casey, Sophie Mulcahy and Lily Walsh. The team will be wearing them in the coming interschools competitions. Best of luck in the interschools competition girls and thank you again to Mulcahy Insurance for sponsoring the half zips



AGHINAGH BOOK LAUNCH

Jimmy Barry-Murphy and Liam Hayes Launch Aghinagh Club History

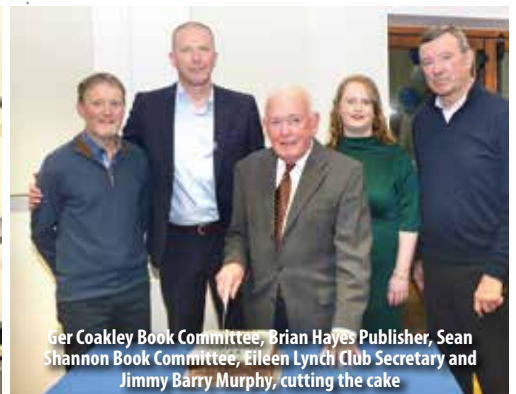
Cork GAA legend Jimmy Barry-Murphy and Meath All-Ireland winner, Liam Hayes, were the guests of honour at the launch of "The Heritage and History of Aghinagh GAA (1887-2024)" which took place recently in a packed Aghinagh GAA Hall. Aghinagh Comhaltas provided lively entertainment as the crowds gathered and purchased the impressive 537 page full colour book which charts the gradual climb of Aghinagh GAA from small beginnings to a fully resourced modern club with its own playing pitch, dressing rooms, hall, lighted walkway and modern gymnasium. MC for the occasion, Eileen Lynch, got proceedings underway and Aghinagh club chairman,

Tadhg Twohig thanked everyone in the club and parish who had done so much preparation to ensure a great night was had by all. John Feeney, Mid Cork Board Chairman and Donal McSweeney, Cork County Board Cultural Officer congratulated the club on achieving this milestone and wished Aghinagh GAA all the best going forward. Ger Coakley spoke on behalf of the Book Committee comprising of Seán Shannon, Neily Lehane, Patrick Twomey, Jimmy Cotter and Donal O'Callaghan and they received a tremendous round of applause for the huge effort they made to bring this project to fruition. Renowned local singer Peggy Lynch gave a beautiful rendition of

"The Men of Twenty-One" – a song written specially by Seán Shannon commemorating Aghinagh's first Mid Cork Junior A Championship success in 2021. Liam Hayes was thanked for publishing such a beautiful book for the club and in his address he highlighted the importance of place and community in our lives. Jimmy Barry-Murphy then congratulated the club and launched the book. After the formalities concluded refreshments of every kind were available as Aghinagh people chatted, reminisced, looked back with nostalgia and also looked forward to a bright future for the club.



Tadhg Twohig Club Chairman, Brian Hayes Publisher, John Feeney Mid Cork Board, Eileen Lynch Club Secretary, Jimmy Barry Murphy and Donal McSweeney Co. Board. Pic. Peter Scanlan



Ger Coakley Book Committee, Brian Hayes Publisher, Sean Shannon Book Committee, Eileen Lynch Club Secretary and Jimmy Barry Murphy, cutting the cake



Back: Ava Kelleher, Liam Cotter, Caroline Corkery. Front Julia O'Leary, Peggy Lynch and Briege Corkery



Young supporters with Jimmy Barry Murphy



Briege Corkery with Brian Hayes and Jimmy Barry Murphy.



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BALLYVONGANE NS

We have been very active in Ballyvongane NS over the last while. Many thanks to Ger Coakley and Aghinagh GAA for providing Football sessions for the last six weeks. Our students really enjoyed them. Deirdre O'Sullivan has been doing Irish Dancing Classes with our students and they have really improved at their "one, two, three's". We have just

finished our block of swimming lessons in the Castle Hotel and our students have benefitted greatly. We celebrated Maths Week 2024 in the school with some puzzles, challenges and games. Staff and students worked together to bring to life our scarecrow "Ger" for the Ballinagree Scarecrow Festival. From design phase to construction, it was a great

collaborative project! We carved pumpkins and baked Blackberry Buns in the lead up to Halloween. Students dressed up on the day of the holidays and gave their teachers a fright! We are looking forward to our Lego Club which starts on November 6th. A few spots are still available, check out our Facebook page for details.



BallyvonganeNS, Supporting Aghinagh GAA in the Mid-Cork Final.



Having fun with "Ger", our entry for the Ballinagree Scarecrow Festival.

ST JOSEPHS NS



6th Class enjoying a brilliant trip to the Gearagh with Anne Bradley

It's celebration time in St. Joseph's! Halloween is around the corner and we didn't let the rain hamper the creativity and excitement in our preparations. All the pupils were unrecognisable coming in the school gate.

We were delighted to learn more about Diwali from our Indian community. Some pupils dressed up, made projects and explained to their peers what Diwali is all about. Happy Diwali! 6th class were lucky to visit the Gearagh under the expert guidance of local historian Ann Bradley with the

Heritage Council. They learned about the history as well as the plentiful flora and fauna native to the area. They spotted eagles and lots of other interesting creatures. This trip complemented all the project work they have been engaging with in class with Ms. O'Sullivan.

Thanks to Pat Forde for coming to visit all pupils from 3rd-6th with his highly engaging workshop on Anti-Bullying. It was great to get refreshing ideas and a new perspective for the pupils to look at their behaviours and interactions with their peers.

There was a great buzz around the school for our Book Fair. All the pupils were able to browse and purchase books of their choice. Thanks to the Parents Association for their help in the afternoons. The hall was a busy hive of activity during Math's Week. Counting with skipping ropes, programming Beebots and making tangrams were just a selection of activities that took place for all pupils. A huge "Go raibh míle maith agaibh" to the Student Council and Ms. O'Sullivan for organising! Oíche Shamhna Mhaith daoibh go léir!



Happy Halloween!



Some of our Indian community celebrating Diwali.

Black Friday Sale Starts Friday 8th of November - Huge Savings Store Wide



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CARRIGANIMA'S 9th FUN RUN

Carriganima Fun Run Walk Group, recently had our 9th Fun Run Walk. All money raised goes to both Millstreet and Macroom Hospitals. Our Presentation Night was last Friday night October 11th. This year we raised a total of €4,450 our best year yet. Each hospital will receive €2,225. In our 9 years we've raised a total of €23,955 for the hospitals.



CANOVEE NS

Condolences

As a community we are deeply saddened at the passing of GAA stalwart and club president Johnny Dunlea. Known for his passionate involvement in football, hurling and camogie, John inspired many with his dedication and enthusiasm. His contributions on and off the field have left an indelible mark. Our heartfelt condolences go out to his family and friends during this difficult time. Ar dheis de go raibh a anam dilis

Canovee Old School Hall would like to invite you to a "Christmas Flower Demonstration", in the old school on November 26th @ 7:30pm. There will be refreshments and a raffle on the night and all are welcome.

The Old School Hall is also available to the public for meetings, parties, classes and all community events. If you would like to book you can do so on their Facebook page "Canovee Old School Hall" or by contacting Anne Marie on 0861585419.

Sporting Success's

Isabelle O'Callaghan (Canovee) was selected to play on the Cork U15 BIPPS team (Basketball Ireland Post Primary Schools) who competed in an inter regional competition recently in UL.



Emma Murray and Tara Lyons from Canovee, pictured here in their trio with Rachel Gleeson, celebrating their silver medal at the 2024 National Series Gymnastics competition in Dublin on November 3rd. The girls competed in the Grade 2 acrobatics team trophy.

Canovee National School

Canovee NS girl's team are delighted to be through

to the Sciath na Scol final in Pairc Uí Chaoimh on November 11th. Comhghairdeas to all involved in getting this far and good luck in the final.

The children in Seomra Elaine have been settling in well to their new surroundings, having great fun as they learn new skills and work hard with their teacher and wonderful SNA's.

Our Halloween Disco on October 24th was a wonderful success with amazing costumes, fabulous face painting and a lot of energetic dancing!! The halla was spookily decorated and the tunes were belting out for all who wanted to bop! There was also a quiet room for those who just wanted to mingle without the loud music and disco lights, so no one was left out! Many thanks to our Parents Association committee who put a lot of effort into posters, ticket design and decorating the hall. Everyone's efforts are very much appreciated.

We are really looking forward to World Radiography Day on November 8th, where 2 radiographers from the Bons Secours Hospital Radiology Dept will visit us in school and tell us all about their jobs, with an interactive slideshow and fun ways to learn all about the taking X-rays.

Our clothing collection is ongoing so please feel free to drop bags to the school Monday to Friday between 9am and 3pm. All donations gratefully received. Our Christmas Shoe Box appeal is also ongoing, this is a lovely initiative where the children bring in shoeboxes with gifts and essentials for children affected by poverty. We always have a great response from the families in our school and Ms O' Riordain would like to thank everyone for their continued support and generosity. The boxes will be picked up Friday morning, November 8th from school.



DROMLEIGH NS

Students from Dromleigh N.S. have been very busy throughout the month of October. Pupils were delighted to celebrate National 'Maths Week 2024' which began on October 12th. Students engaged with a range of games, activities and challenges to mark

the initiative. Our Junior pupils did some fantastic work on their 'Maths Hats' based upon concepts such as number, shapes and patterns which they modelled for their classmates.

Hallowe'en was celebrated in style as students from

all classes dressed in some very creative and spooky costumes. Many thanks to our Parents Association for all their hard work in running another delightful Halloween Disco on October 25th.

www.dromleighns.ie



Junior students from Dromleigh N.S. modelling their 'Maths Hats' as part of Maths Week 2024



Students from Dromleigh N.S. well prepared for the spooky season recently!

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Kilmurry Active Retirement

Eileen, we will miss you.

On Tuesday 22nd October, deep sadness and a sense of loss spread through our association and our community. The news slowly spread, through word of mouth, of the sudden passing of our esteemed member, Eileen O'Sullivan. While Eileen was widely known throughout the community, I had only come to know her less than three years ago, when Crookstown social club and Kilmurry Active Retirement association merged. It was a privilege to get to know her, and to get to work with her. As secretary of Kilmurry ARA I send out news of upcoming activities to members through WhatsApp, email, and text. Some members prefer landlines and while speaking to Eileen she immediately said she would keep those informed. She, having both mobile and fixed line, received text and upgraded that to wholesome conversation. Our many chats started 'how are you Aidan, are you well, well what's the news? We had spoken the evening before she died. I learned later that she had spoken to many that day, establishing the numbers for an upcoming trip. She was always good humoured, always positive, always supportive, always encouraging, indeed she was always inspirational. We will miss you, Eileen.

Coffee Crawl

Eileen's last trip with us was on the previous Wednesday. Together with twenty-one others she went to the Killumney Inn. Later that night she contacted the event's organiser, Siobhan, to thank her and to tell her how much she enjoyed it. Indeed, I heard that a great time was had by all. They enjoyed the welcome, the service, the food, and of course the coffee, and indeed the bus driver who also entertains, thank you Jerome.

Ongoing Activities

Courtesy of our sister association in Coachford, our members can try out or join bowls on Mondays 10.15am. Also on Mondays, thanks to Cork Sports

Partnership, the Better Balance / Keeping fit for the future course is in Crookstown at 5.30pm, and in Kilmurry at 7pm. On Tuesdays, at 1.30pm we are continuing our course of buff bones, with our tutor Mary Kelleher. On Wednesdays, courtesy of the Castle Hotel, Macroom, aqua aerobics classes are at 10am. Wednesdays 2pm to 4pm we have varying activities each week some outlined below. On Wednesdays at 6.15pm, in the parish hall in Crookstown we have Zumba classes with Yvonne Murphy. There are six of these forty-five-minute sessions remaining. The fee for these six sessions is just €36 for current members and €48 for non-members (which includes our membership fee required for insurance purposes). All are welcome. On Fridays in Kilmurry Museum, courtesy of CETB and Cork County Council Arts department, our course on Card and Candle making is resuming on 8th November.

Upcoming

Nicola Lucey, of the HSE, has informed us that they are holding a free 'Health Festival for older adults' to take place in Coachford on Wednesday 6th November. We have a large group intent on going. Remember groups (and individuals) are asked to register in advance. Past such events have been a great success. It's an opportunity for people to listen to many interesting presentations including fall prevention and physical health, singing for the brain, healthy eating as we age, optimising our brain health, drum fit, and mindfulness. It also provides the opportunity as well to chat to HSE staff and others at twenty information stands. Individuals can register by calling 0214928389. Also, for those of you who may be caring for family members with dementia, there is an information session for carers in Ballincollig PCC Thursday 7th of November 2-4.30. Call 0212402727.

Starting on Friday November the 8th, we will have four sessions with Rose McCarthy, doing her dance to

music' routine which proved very popular last spring. The Southern region of Active Retirement Ireland, which covers Cork and Kerry, is having its Christmas lunch on Wednesday the 20th of November, in the Celtic Ross Hotel, Rosscarbery starting at 1pm. Tickets from 0863058737.

Remember, hooray, Sunday evening 24th November, is the date for our own Christmas party.

Considering joining

Should you be considering joining us, try it out for the rest of this year for just twelve euro. Currently our association has about eighty members. This enables us to provide choice so that our members can pick and choose those activities that best suit their particular interests. Each year our members are surveyed to inform the committee of the future activities that they want organised. We provide updates to our members on a weekly basis on our activities for the following week. You may be wondering what you may expect to get out of joining us. Connection, fun, friendship, greater fitness and wellbeing, and new opportunities and experiences are the common outcomes. Our philosophy is that age makes no difference, but health does. We try to do what we can to keep healthy and challenged in body and in mind, and together that is easier. You will be kept as busy as you choose to be and positively engaged in the community, and we think you will enjoy it. If you haven't got transport don't let that put you off. Contact us as we may be able to provide the means to get you to and from our Wednesday activities.

There are several active retirement associations in the Lee valley. If you are interested in finding out more about an association, which is closer to you, we can put you in contact with the right secretary for your locality, or if you are interested in starting an association, there is support for that too. For more information contact Aidan at 0894057676 or aidanpbarry@outlook.com

CLONDROHID NEWS

SPECIAL TRIDIUM OF MASSES FOR THE HOLY SOULS:

Monday Nov 11 in Carriganima at 7.30pm.
Thursday November 14 in Clondrohid at 7.30pm,
Friday November 15 in Clondrohid at 7.30pm

The Mass on Friday Nov 15 will be the annual Mass for all those who passed away in the last 12 months. Individual candles will be available in the church to bring to the altar. 1 candle will be lit then in their memory and will be lightning at all Masses for the month of November

CLONDROHID DEV GROUP: This Group spent some time last week setting bulbs etc., so really looking forward to a colourful Spring. They were delighted to have increased their marks in the Tidy Towns by 10 marks, from 294 to 304.

The judges were impressed with the church ground,

the raised planters were a hive of bee activity, busy pollinating on the day of judging

The streets and kerbing were weed free on the day they visited, which impressed them. They were struck by how well maintained the residential areas were, especially the gardens and brightly painted houses, They were also impressed with the GAA grounds and facilities, they loved the entrance to same. The murals on the Dairygold wall and the old school impressed them.

The hanging baskets at the bridge and all flower containers throughout the village were praised, especially those on private dwellings.

They enjoyed their visit to Clondrohid and could see the commitment, the committee, its volunteers and residents have for keeping the village looking so well.

The Development Group would like to take this opportunity to thank all who helped out this year to earn us an increase of 10 marks. Well done everybody.

IRD DUHALLOW BUSINESS AWARDS: Congrats to 2 local businesses, who won the following awards.

Moon Balloon won the best Creative Industry, and Toons Bridge Dairy who won the Best Food Business. Well done

CART WEEKLY TRIP TO MACROOM EVERY TUESDAY: Departing Carriganima at 10am via Clondrohid village. Returning at 1pm

LOTTO: Results for Oct 30. Jackpot €6,000

€70 Carmel Creedon Bawnmore, €20 Paudie & Teresa c/o Tavern, Sean Manning Rahalisk, Mary F Creedon c/o M&J Kelleher, Adrian O'Driscoll Dromree Cross.



Coffee morning

Coffee morning in Bealnamorvive in aid of the 'Aghinagh Parish Renovation Fund for Ballinagree Church Roof. Karen Flaven, Ger Coakley, Angela McCarthy, Ina Coakley, Noelle Sheehan, Jack Corkery, Caroline Corkery, Rita O'Sullivan, Jason McCarthy and Nora Casey. Front Katherine McCarthy and her willing helpers. Pic. Peter Scanlan



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UIBH LAOIRE NOTES



Congratulations to Naomh Fionnbarra, Junior County Champions!! Kilbarry NS had a visit from members of the victorious team recently.



De La Salle TY students had the opportunity to engage in a comprehensive road safety experience at Macroom GAA

FINE GAEL



Dear Reader,

One of my favourite things about election campaigns is meeting people of all ages and backgrounds. I enjoy listening to people's stories and hearing about the things that matter to them and to their families.

Canvassing is like conducting an opinion poll, house by house, handshake by handshake. But this kind of opinion poll is much more valuable than the polls we see in the newspapers. There's important information being shared. It's how I know what you want. It's how I figure out what the government's priorities should be for the coming years. It's the basis for making change happen.

You've told me the roads in some areas are in very poor condition. They urgently need resurfacing, and there's a huge need for safety measures on our roads to make driving less dangerous. Keeping deer off the roads is one thing that would help.

I hear you.

You've told me that you don't feel safe in your own home at times, and you want to see more Gárdai recruited and deployed to rural communities.

I hear you.

Time and time again, I've been told that hardworking young people can't afford to buy a decent house near their family homes. I've been told that the children of landowners have serious difficulty getting planning permission to settle down on the family land.

I hear you.

I've heard a lot of sad stories from home carers who look after their elderly family members or people with disabilities. There is such a shortage of home care staff that there is very little respite for the carers who do such a valuable job, ensuring that people who need help can stay living in their own homes.

I hear you.

I've been involved in politics nearly two decades, and I've seen big improvements in those years. But I can also see the gaps that remain.

If you give me your No. 1 vote on election day, and elect me a TD for this area, I'll work night and day to fill those gaps.

Yours sincerely,

Michael



You might have noticed this roadside monument in Carrigaphooca, a couple of kilometres west of Macroom town. It's a memorial to seven members of Ireland's newly-founded National Army who were killed very close to this spot, just over a hundred years ago, when a mine exploded. It had been left under a bridge there by IRA volunteers.

That event happened on September the 16th 1922. It holds a particular significance for me. My late father, Seán Creed, was born that day in the family home in Carrigaphooca. The midwife who delivered him had crossed that bridge only a short time before the mine exploded.

That connection to our family's history has always brought the events of the War of Independence and the Civil War alive for me. The early years of our nation's history were tough times. People on both sides put their lives on the line for Ireland. They stood up for what they believed in, and they fought to build a better country for future generations. You and I are reaping the benefits of their sacrifice.

I admire the courage and vision of those people. That's why I got involved in politics. I want to play my part in making Ireland a better country for the generations who come after us.

In September 2022, there was a ceremony to mark the centenary of the explosion at Carrigaphooca where we honoured the memory of those who died there. The best way to honour them is to continue making Ireland a better place. With your support on election day, that's what I intend to do.



CLlr MICHAEL CREED
Carrigaphooca, Macroom, Co. Cork

086 8052792

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AGHINAGH PARISH MISSION 6th October – 11 October 2024

After a year of preparation and over 20 years since the last mission the people of Aghinagh Parish welcomed the Redemptorist Fathers, Fr Laurence Gallagher and Fr. Gerard Moloney to celebrate our faith and community in a week long Mission.

The celebrations took place in the three churches of the Parish dedicated to St John the Baptist, in Bealnamorribe, Ballinagree and Rusheen. People packed the churches from all over the parish and neighbouring parishes. Fathers Lar and Gerry visited the schools and held school masses that were very special prayer filled occasions for all involved. They also visited the sick and housebound to ensure they too felt connected to the celebrations happening all over the parish.

The mission started on Sunday 6th October with a Family Funday held in the GAA hall in Rusheen. Many families joined together in a lovely afternoon of fun, dancing, games and face painting.

Later on that evening the first of the evening ceremonies took place in Ballinagree when we celebrated our Baptism. Many of the families that had their babies baptised in the parish during the year joined us for a special blessing, it was a beautiful occasion.

Weekday masses took place every morning at 7am in Rusheen and at 9.30am in Bealnamorribe. The later

mass was followed by a welcome cuppa and a chat. On Monday night in Ballinagree, by candlelight we had a beautiful healing service for healing of hurts, spiritual healing and physical healing. The Blessed Sacrament was exposed and anointing of the sick was available for all in attendance.

On Tuesday night the children of Rusheen N.S. acted out the drama of The Prodigal Son. Together with the Mission team and visiting priests there was an opportunity for all to receive the sacrament of Reconciliation.

On Wednesday night we had a beautiful ceremony to remember our faithful departed, names of all our departed loved ones were collected in all the churches during the days beforehand and were placed in a basket at the foot of the cross. The church went from darkness to light representing death and resurrection. It was a very moving ceremony.

On Thursday night we reflected on the themes of Justice and Values. The parables of the Rich Young Man and Zacchaeus were brought to life for us by the school children of Bealnamorribe N.S. and Ballinagree N.S.

Then it was Friday night and the celebration focussed on Community. Over 30 different groups and ministries were represented and the sanctuary was decorated with candles and symbols from each of the

groups in attendance. It was a wonderful night and the celebrations continued afterwards in the Marquee. We would like to say a huge thank you to all those that came to support our mission, the people of Aghinagh, young and old, and neighbouring parishes who came to the morning masses and evening celebrations. It was a community effort to arrange everything. During the weeks and months leading up to the mission, there were teams of people planning, designing our Mission brochure and prayer cards, organising the advertising, parking, painting, polishing, scrubbing, cleaning, hoovering, flower arranging, gardening and preparing the churches. During the week of the mission the famous Marquee was put up, there was endless baking and cups of tea every night after the ceremonies.

The mission ceremonies ran smoothly with the help of the coordinators and volunteers each day, the school staff and school children, the parking attendants, the church sacristans and maintenance committees and of course all who provided the music to enhance our ceremonies and our visiting clergy who helped out.

We have to thank the Lord himself for the fine weather!! To everyone who helped out in any way we would like to take this opportunity to thank you for your dedication which most definitely added to the success of the Mission!



Peggy Lynch singing the Aghinagh National Anthem. Pic Peter Scanlan



Sean and Kathleen Shannon enjoying a cuppa in the Marquee, after the close of the Mission in Ballinagree. Pic Peter Scanlan



Young Parishioners arriving at Ballinagree Church for the Parish Mission. Pic Peter Scanlan



Macroom Tidy Towns Chairman Martin Coughlan with some of the Volunteers Studing the Tidy Towns Results Report after winning a Gold Medal Award



Pupils from Ballinagree NS taking part in the Cycle Safety training with Ben and Ruth from Cycle Sense, Skibereen



Pupils and staff from Ballinagree NS took part in a school mass during Aghinagh Parish Mission Week which was presided over by Fr Lar Gallagher and Fr Joe O'Mahony



Halloween Fun in Seomra Elaine Canovee NS

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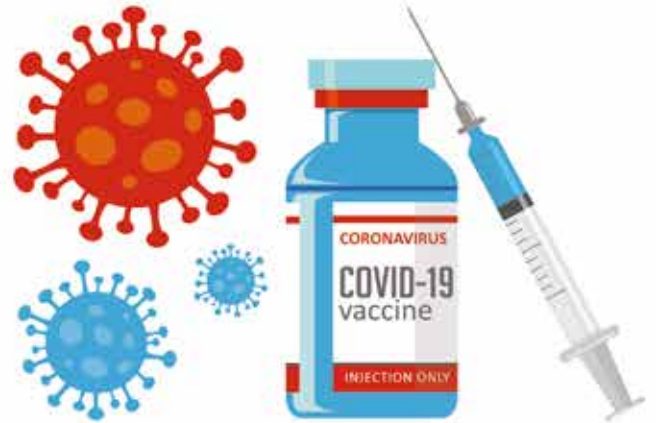
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Vótáil 1

Aindrias Moynihan TD

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Welcomed upcoming Changes for Housing Adaptation Grants

Starting from January 2025, Housing Adaptation Grants for Older People and People with Disabilities will see significant enhancements. Minister for Housing Darragh O'Brien confirmed an over 30% increase in grant limits and a 25% rise in income thresholds, allowing more individuals and families to benefit. Cork County Council confirmed to me directly that these increases will be implemented in January 2025.

This announcement follows the Report on the Review of the Housing Adaptation Grants, which advocates for these changes. Grant limits will increase by €10,000 in some circumstances, which will be welcome news to many.

With projections indicating that the population aged over 65 will exceed 1.3 million by 2040, these grants will assist older individuals and those with disabilities to maintain

their independence. The revised means testing will consider only the income of the owner/tenant and their spouse, streamlining the application process.

Since taking office, the Fianna Fáil government has increased investment in these grants by over 27%, from €73 million in 2020 to a projected €93 million in 2024. These changes aim to enhance access and improve the quality of life for many families.

As we approach January 2025, this initiative promises to make a meaningful difference in the lives of many, allowing them to thrive in their homes.

Together, we can build a future where everyone can live independently and with dignity!

Contact Aindrias:

- 📍 3 Main Street, Macroom, Co. Cork
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Aindrias Moynihan TD

TD for Cork North West

Vótáil 1



Delighted to have the opportunity to welcome Coachford Active Retirement Group to Leinster House recently. As Cathaoirleach Cníomhach on the day I was honoured to have the opportunity to welcome them from the Dáil floor when they were in the gallery. Bhí fáilte mór go Teach Leighan and bhaineamar taithneamh as an lá.



Great to have Tánaiste Micheal Martin canvassing locally recently. Crammed in loads and met so many around Macroom and Cloughduv, listening and engaging on the issues of these communities locally. Bhí pleá maith ar na habhair eagsula aitiúil, naisiúnta agus idirnaisiúnta!



Social and Affordable homes in Macroom was the focus of recent visit by Housing Minister, Darragh O'Brien. I was pleased to show him the works underway by the Council in both Sleeveen and Masey town. Also there are plans progressing for delivery of social housing developments in both Coachford and Millstreet.



Great to see headway with Coláiste Íosagain in Baile Mhuirne. Builders have now been on-site for a number of weeks and there is very visible progress on the works toward the new business centre. Bail ó Dhái ar an obair!

The rising cost of living is a significant concern to many people I have spoken to recently when calling to homes locally. If you haven't received my recent leaflet with details of the supports available and how the €2.2 Billion Cost of Living Package under Budget 2025 will be used, please reach out to me.

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Michael Collins spent the last two nights of his life in the Imperial Hotel Cork room number 115 (the Michael Collins suite).

Outside the Imperial Hotel is a bronze statue of Michael sitting on a seat. (Right)
 Michael dressed in full military uniform (Middle)
 Michael pictured here in Cork city with his famous bicycle that he travelled around Dublin on under the noses of the British secret service. He was the most wanted man in Ireland at that time. (Far right)
 Mary O Callaghan – Hallsisey
 Raleigh



Girls from Tirelton NS wore their Girl Guide Uniform to school on Friday, 11 October for World Thinking Day/A WEAR-ness.



Anne Marie McMahon and Helen Harrington presenting a cheque for €1164.00 to Cope Foundation from a recent Coffee Morning held in AIB Macroom.



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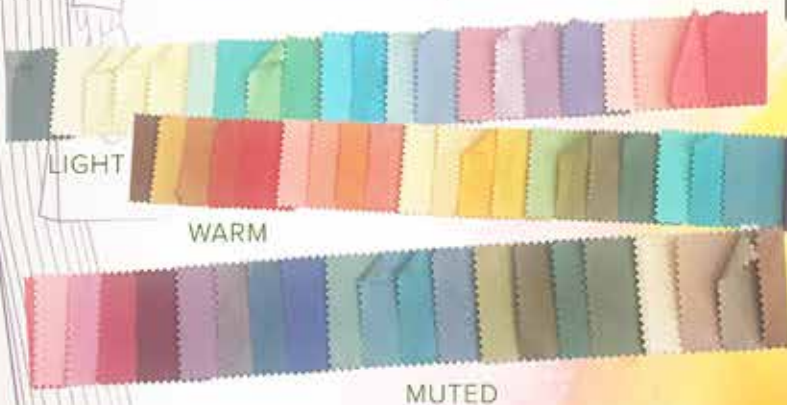
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Think Globally, Act locally PROPOSED BIO GAS PLANT FOR MACROOM

Hi, Chris Barrett here talking with Tom Jordan regarding a proposed bio-gas plant at Kilvoultra, Macroom which has stoked concern among local residents who organised a well attended public meeting in Clondrohid Community Hall on Wednesday 23rd October. At the meeting, attendees were briefed on plans by Nephin Renewable Gas (NRG) to build a large bio-methane plant at a disused piggery adjacent to a cluster of homes in the area. No formal application has yet been lodged, but some local residents and landowners have been approached by Nephin representatives. The lack of detailed information on what is proposed has fueled suspicion about the project.

Anaerobic Digestion is a process by which biological waste such as slurry can be broken down into fertilizer pellets and methane gas. The fertilizer is mainly used to grow crops to aid the digestion process, while the gas goes towards electricity generation. It's a process that has been successful in reducing both pollution and emissions from intensive farms across mainland Europe, but mainly through the publicly-funded construction of small, locally fed installations.

NRG is a private company owned by the Canada Pension Plan Investment Board, one of the world's largest private equity investment companies, with over €427 billion worth of holdings. NRG plans to build up to 20 large-scale AD plants across Ireland, to feed a massive installation it already runs in Co Mayo, which supplies 30% of Ireland's gas energy. At present this gas mainly comes from the nearby Corrib



natural gas field, but with Corrib gas not expected to continue yielding commercially viable supplies for much longer, biogas is seen as a way to maintain current operations.

While there are strong arguments in favour of biogas in principle, the industrial scale of this proposal will inevitably result in resistance. Based on other plants being planned, the proposed installation is expected to handle around 90,000 tonnes of waste per annum, all of which would be trucked in. In addition, gas would need to be piped or transported for refining elsewhere. All of this brings increased risk of spillage and leaks, or even worse, devastating accidents. Furthermore, crops needed to supply the biogas plant will take up much needed agricultural land, supplanting food production. It would also lock us into an intensive farming model which,

environmental and climate experts already argue, needs urgent reform.

While battling big business can feel a little bit hopeless, a planning application for a similar plant in Gort Co Galway went through several courts before being finally rejected, after a successful judicial review was taken by Gort Biogas Concern Group. But it's an expensive and daunting prospect. Recent disputes involving wind energy companies have shown that local resistance to large infrastructure projects can divide communities, causing bitterness, anxiety and financial burden in equal measure. The imposition of large scale projects, even where everyone is in agreement about the need for climate action of some kind, can only be successful if communities feel involved in the decision-making process. That is why we should be calling for small scale biogas supports instead, as it is done in Europe. While some biogas can play a role in our climate strategy, it is not a viable long term solution, nor is it a clean energy. Ultimately we need to divest from all fossil fuels, including gas, so planning goals must reflect this reality.

I live close to this proposed plant and I am very grateful to Tom for his well researched contribution to this article and to Con Kelleher for the photo he provided.

If you or anyone you know would like to respond to this article or contribute to a similar article, please contact me chriseevey@gmail.com

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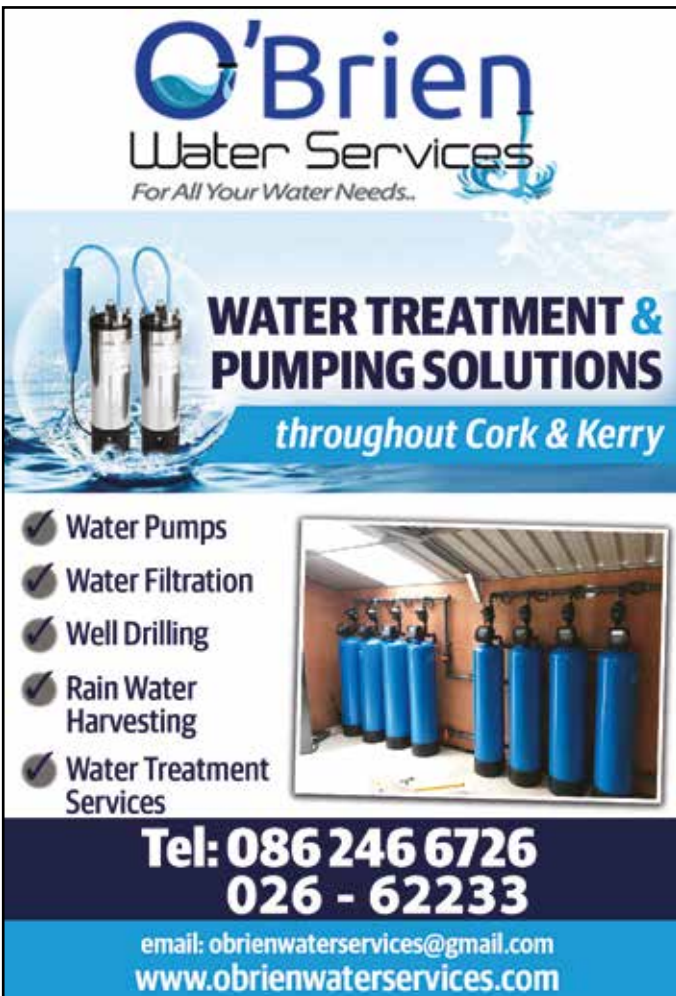
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BOZENA, DR CIERLIK'S TALK ON MID AND EASTERN EUROPE – CONCEPT AND HISTORY.



Dr Cierlik is Polish and is a UCC lecturer in Polish and Eastern European history and politics. She secured her Ph D in UCC and has published on the contrasts and comparisons between Irish and Eastern European history and politics. As well she is fluent in Polish, Russian and English and is an expert in maps and statistics.

Macroom and district has many nationalities with perhaps the highest numbers coming from Poland, India and since 2022 Ukrainians. When I was growing up in Macroom in the 1950s/'60s people from other parts of County Cork were considered strange. Polish began settling in numbers from the 1990s and the Ukrainians for the past two years. Both groups came for political but different reasons. With the demise of the USSR in 1991 new freedoms flourished behind what was once the Iron Curtain. Poland and its neighbours threw off the yoke of Russian over-lordship and new countries such as Ukraine and Georgia emerged. Many Polish people emigrated and settled in places all over Ireland such as Macroom. Adventure, a new and better life and a fear of reversion to the old order were the motivations. The Ukrainians largely came because of the Russian invasion of 2022.

Dr Cierlik neatly explained this situation and did so effectively with the use of maps and referencing the area's recent history and geography. The Russian Empire disappeared as a result of WWI and the communists took over and set up a totalitarian regime. It was beaten by Poland in a short subsequent war. Stalin consolidated power and spread communist influence to neighbouring countries by sponsoring local communist groups whose loyalty was to communism. The German Empire too vanished after

WWI and the harsh terms of the Versailles Treaty and grim economic times allowed Hitler and the Nazis come to power. They set up a parallel if different totalitarian fascist regime. It too had expansionist ambitious which ultimately led to WW2. Squeezed in the sandwich of two totalitarian regimes were the minnow countries of Poland, Hungary, Czechoslovakia, Bulgaria, Romania etc. At the beginning of WWII Germany and Russia had a pact that divided the Baltic and Eastern European countries and split Poland. This situation was only breached when Hitler surprisingly attacked and invaded the USSR in June 1941. Remember, the Dunkirk evacuation had taken place in May/June 1940. With Germany's defeat and the Russian advance to Berlin, Stalin's policy was to control Eastern European countries and have a buffer to ensure that Russian would never again be invaded or become a battle field. Ukraine's independence was swallowed and Stalin encouraged the migration of many native Russians leaving substantial Russian-speaking and Russia-loyal minorities in 'conquered' countries.

Geographically, the USSR/Russia was/is European and Asian, divided by the Ural Mountains. The European part is more settled, with a more moderate temperature and controls the rest. The Asian section is vast, barren, in-hospitable and has vast resources. The whole area too has a huge population that needs to be fed and Ukraine is Europe's 'breadbasket' and so an essential asset. Most if not all of Russia's ports are icebound during the winter, hindering trade and its navy's manoeuvrability. Its eastern ports are many miles and hours away. So, access to ports such as Odessa and in Crimea is essential, as Russia sees it, for

commerce and security. Dr Cierlik's vividly illustrated these points.

Her maps also catalogued the changing borders of Eastern European countries from time immemorial but especially since WW1. For example Poland was once a powerful king, then was divided between three empires, was briefly restored after WWI, then divided by Hitler and Stalin and then fell under the USSR's influence until the advent of the Solidarity movement and the dissolution of the USSR. Since independence, Poland has become a member of the EU but its last government had autocratic tendencies. Other Eastern countries have ongoing rifts as to whether to become more aligned to the EU or to Russian. Hungary and Georgia are examples and Byelorussia is allied to Putin and Russia.

In a topic that covered a vast area and a long history, the talk explained in a comprehensible if simplified manner what is happening in Ukraine, and other Eastern European countries and why it is unfolding as it is.

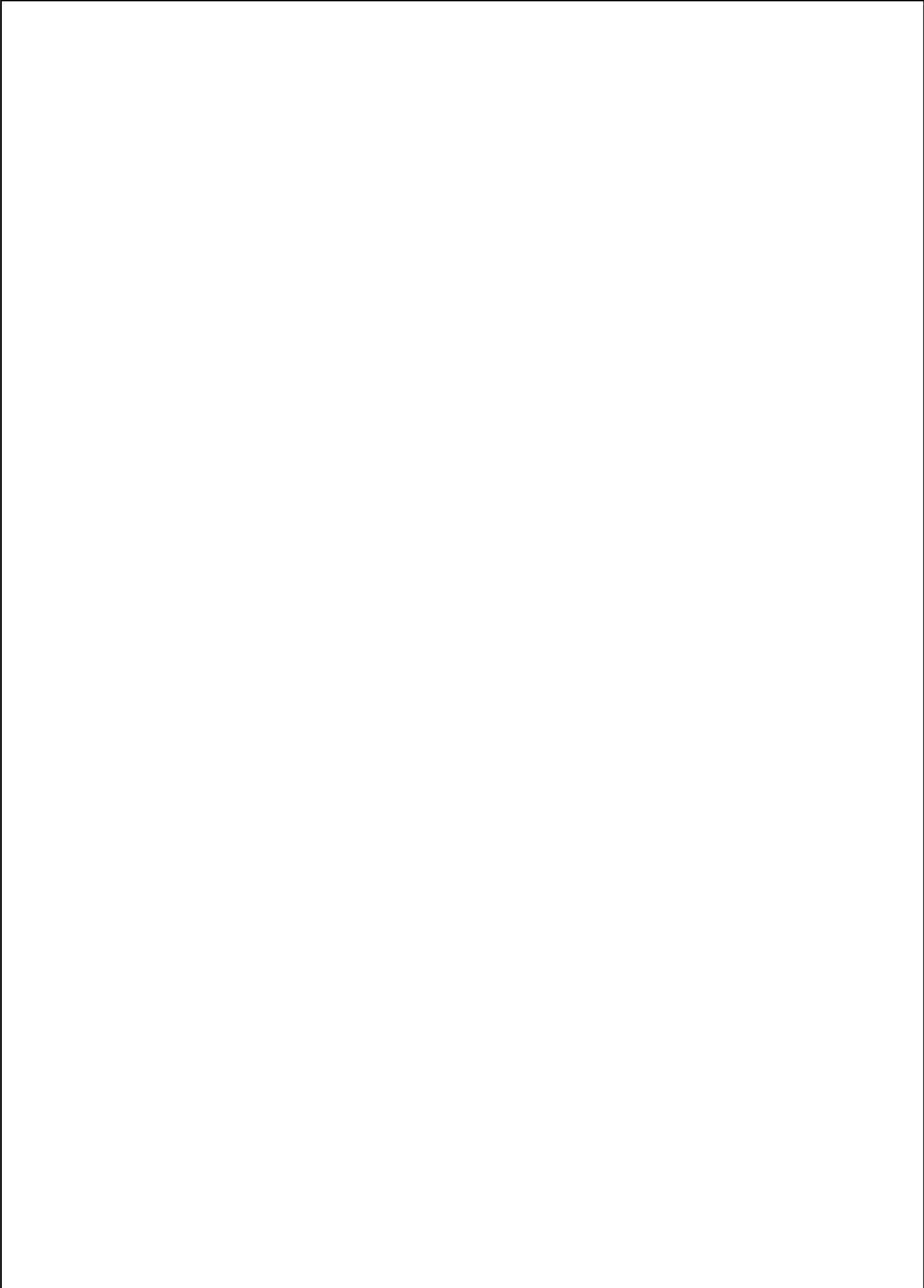
The crowd was enthralled by the talk and enlivened by Bozena's humour. Those present were impressed by her knowledge and her ability both to condense and make 'digestible' her broad topic. The audience left wiser and with a better understanding of our Polish, Ukrainian and other immigrants in our town and area. We should be kind and accommodating because it is the right thing to do, a great asset to the locality and not least because of Ireland's history of emigration. James O'Callaghan was MC and he made a presentation to Dr Cierlik after the talk.



Jazz in the Briary Gap for Music Students from the 3 secondary Schools, organised by Cork City Council.



Candle making at Kilmurry Museum



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means the knowhow or skill to cultivate your own energy.

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Time: 9am - 5pm

Location: Macroom Chapel Hill School of Art

Cost: €185. (Incl written material and audio recording)



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Halloween at Kilbarry NS!



Students and staff who donned Ghoulish garb to raise funds for Breast Cancer Ireland.



Winners of the most original Outfits were Piero Estrada who was "spooky", Caoimhe Alyward "Edward scissorshand" and Abbie Kavanagh "cereal killer". Also in the photo was Teacher Ms. Shannon.



Disco time in Canovee NS

Muskerry GAA/EPH Controls Sports Award

Image right: Emma Flanagan, Aghabullogue Camogie Club and member of the Cork Intermediate All Ireland winning team is joined by family members as she receives the Muskerry GAA/EPH Controls sports award from Marie Casey, EPH Controls. Included is Donie Daly, Manager Cork

Image belowleft: Cliona Healy, Aghabullogue Camogie and Cork Senior player, Meabh Murphy, Ballinora Camogie and Cork Senior player and Emma Flanagan, Aghabullogue Camogie and Cork Intermediate player (seated) with Marie Casey, EPH Controls

Image below right: Cliona Healy, Aghabullogue Camogie Club and Cork Senior Camogie player photographed with family members as she received the Muskerry GAA/EPH Controls sports award from Marie Casey, EPH Controls, at function held at Lee Valley Golf and Country Club.



Marie Casey, EPH Controls, presenting the Muskerry GAA/EPH Controls sports award to Cliona Healy, Aghabullogue Camogie Club and a member of the Cork Senior Camogie All Ireland winning team



Marie Casey, EPH Controls, presenting Meabh Murphy, Ballinora Camogie Club and Cork Senior Camogie All Ireland winning team. Included is John Feeney, Chairman Muskerry Division.



Marie Casey, EPH Controls, presenting Emma Flanagan, Aghabullogue Camogie Club and member of the Cork Intermediate Camogie All Ireland winning team. Included is John Feeney, Chairman Muskerry GAA.

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Citizens Information

SUPPORT FOR LOW-INCOME FARMERS

What is Farm Assist?

Farm Assist (FA) is a means-tested payment for low-income farmers.

There is a similar social welfare payment for fishermen and women called Fish Assist.

To qualify for Farm Assist, you must:

- Be a farmer
- Be farming land in Ireland
- Be aged between 18 and 66
- Pass a means test You are considered a farmer, if you farm land that you own or lease and that you use for the purpose of husbandry. Husbandry means working the land with the aim of taking produce from the land.

How is income is assessed for Farm Assist?

In a means test the Department of Social Protection examines all your sources of income. To get FA, your income must be below a certain amount.

The some of the items included in the means test are:

- Cash income that you or your spouse, civil partner or cohabitant may have. There is some cash income not included in the means test. You should speak with your local Citizens Information Centre for more information on this.
- Capital, for example, the value of savings, investments, shares or any property you have (but not your own home). The first €20,000 of your capital is not taken into account. Contact your local Citizens Information Centre to find out more about capital not included in the means test.
- Maintenance paid to you..

You can find detailed information on how all sources of income are assessed in the means test for Farm Assist on gov.ie.

How is Farm income and other income from self-employment assessed?

Farm income and other income from off-farm self-employment is assessed at 70%, with additional annual disregards of €254 for each of the first two children and €381 for the third and other children. (The disregards for dependent children are applied first and 70% of the balance is assessed.)

Your income from farming is assessed as gross income that you, your spouse, civil partner or cohabitant may be expected to receive minus any expenses you incur to earn that income. Your income from the previous 12 months is used to assess your likely future earnings. However, it is not simply assumed that your previous year's earnings will be repeated the following year as farmers can have significant variations in income from year to year.

When you apply for Farm Assist, a social welfare inspector will call to see you and ask to see various documents. For example, accounts prepared for tax purposes, creamery returns, cattle registration cards, details of headage payments and area aid. They will also want information on the sale of crops, cattle, milk and other produce. The inspector will then assess the costs actually and necessarily incurred in connection with the running of the farm. These costs may include rent, annuities, the cost of inputs like feed and fertiliser and the depreciation of farm machinery. Labour costs are taken into account, with the exception of the labour of the farmer and their spouse, civil partner or cohabitant. You are entitled to receive a copy of this farm income calculation. If you or your spouse, cohabitant or civil partner has other income from self-employment, this is also assessed, taking into account the costs incurred in the business. The income from farming and other forms of self-employment is added together and the costs involved are deducted.

You may be liable to pay Class S contributions on your income from self-employment.

How is income from farm schemes and direct payments assessed?

Payments from certain farm schemes, for example, the Rural Environmental Protection Scheme (REPS), the Agri-Environment Options Scheme (AEOS), the Special Area of Conservation (SAC) or the Green Low-Carbon Agri-Environment Scheme (GLAS) are treated as follows:

- The first €5,000 per year of payments is disregarded then
- 50% of the balance is also disregarded
- Expenses incurred in complying with these measures are deducted
- The balance is assessed as means.

You can find a full list of farm schemes that qualify for the disregard on gov.ie.

Under the Direct Payment system, a farmer's payment can be a combination of payments under 4 separate schemes. These are the Basic Payment Scheme (BPS), the Greening Payment, the Young Farmer's Scheme (YFS) and Aid for Protein Crops. Direct payments do not get the above disregards.

How is income from leasing of land treated?

If you have leased part of your land, the income from the leasing is assessed in full. It is not included in the assessment of income from farming as described above. If you have leased all your land, you are not eligible for Farm Assist.

How is income from employment assessed?

Your assessable weekly earnings (gross income less PRSI, union dues and superannuation fees) are usually assessed on the basis of the 13 weeks before you claim. Not all of your income is taken into account. €20 per day (up to a maximum of €60) is deducted from your assessable weekly earnings and then 60% of the balance is assessed as weekly means.

Any income from an occupational pension is assessed in full. If you have seasonal work, you are assessed on your earnings only during the period you are actually working.

Your spouse, civil partner or cohabitant's income from employment is assessed in the same way (€20 per day with a maximum of €60 is deducted and 60% of the balance is assessed as weekly means).

People who were getting Farm Assist before 26 September 2007 and who were still in payment on 26 September 2007 may be assessed differently.

What are the weekly Farm Assist rates in 2024?

Maximum weekly personal rate: €232 - Increase for an adult dependant: €154

Increase for a child dependant: Child under 12 €46 (full rate), €23 (half rate) Child aged 12 and over

€54 (full rate), €27 (half rate)

An increase is payable for each child dependant if you are getting an increase for a qualified adult. If you do not qualify for an increase for a qualified adult, you may get a half-rate increase for a qualified child dependant.

How can I apply for Farm Assist?

To apply for Farm Assist, fill in form Farm 1 and return it to your local Intreo Centre or Social Welfare Branch Office. You can get this form at your local Intreo Centre or Social Welfare Branch Office or Citizens Information Centre.

If you are not happy with a decision on your application, you can appeal. You must appeal within 21 days of the decision.

If you need further information about any of the issues raised here or you have other questions, you can drop-in to your local Citizens Information Service in Bantry or Macroom or ring 0818 07 8390. They will be happy to assist you and meet with you. WEST CORK HELPLINE 0818 07 8390

The Bantry office is staffed from 10am -5pm from Monday to Thursday and on Friday from 10am -4pm. Alternatively you can email on bantry@citinfo.ie or log on to www.citizensinformation.ie

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MJK Oils Mid Cork Junior Hurling Final

Ballinora 1 – 8 Ballincollig 2 – 5 a draw

Champions Ballinora, in pursuit of four MJK Oils Mid Cork Junior Hurling titles in a row, have been living dangerously all through this campaign and they will be mightily relieved not to have tripped up on this final hurdle. The rains poured down, the winds howled, the fine crowd in attendance for this final under lights at Ovens, gathered in the stand or braved the elements on the bank, just as the players had to do on the pitch. It is a tribute to the teams that in such miserable conditions a thrilling contest was served up with the outcome in doubt right up to the final whistle.

The contribution of match referee Diarmuid Kirwan and his officials to the enjoyment of this contest cannot be understated as local derbies in trying conditions can be difficult to handle but sensible refereeing without conceding firm control was clearly in evidence and the players responded to provide an exhilarating contest.

One could only sympathise with the players as they stood for the National Anthem lashed by the elements. The game had scarcely commenced when Ballinora mid fielder Shane Kingston, the dominant player of the opening half, pointed a free but Ballincollig's marksman, team captain Dave Bowen, quickly relied with a levelling point and it was The Village which took the lead in the 7th minute when Paul Cooney pointed another free. Scores were at a premium, defences tight and quick tackling, and it was no surprise that free takers were the main source of rewards on the scoreboard. Shane Kingston levelled for Ballinora with a free from a long way out on 15 but Dave Bowen had Ballincollig back in front two minutes later, again from a placed ball.

The game turned the way of the reigning champions in the ten minutes before half time. Ballincollig net minder Ronan Cambridge made a smashing save from Tommy Burns on 17 but Kingston equalised from a free two minutes later and then Kingston lashed in a goal in a crowded goalmouth to send his side a goal clear, 1-3 to 0-3. The Ballinora man then pointed a free from out near the sideline and a point from Alan O'Shea in the 24th minute opened up a five point gap. When Shane Kingston had another pint in injury time to bring his personal tally to 1-5 for the half hour, Ballinora were in a happy place at the break, leading by six points, playing well and with the benefit of the swirling wind to assist them in the second half.

Ballincollig made two changes to their lineout for the second half and were in very determined form, contesting every ball and providing huge support for colleagues in trouble. Still their revival was assisted by Ballinora not availing of early chances from free



Ballincollig Team who played in the MJK Oils Mid Cork Hurling Final



Ballinora Team who played in the MJK Oils Mid Cork Hurling Final.

pucks, none of them easy but three wides from scorable chances left Ballincollig hopes still alive and they grew in determination as the game progressed. They needed a break to ignite the challenge and it came in the 35th minute when Dave Bowen gave a short pass on to Evan Cooke and the substitute palmed the ball on into the net for an unusual goal but vital goal. Ace marksman Dave Bowen added a point from a free on 40 and three minutes later Ballincollig were in ecstasy when they had a second goal – a superb effort. Dave Bowen in the left corner with a pin point pass picked out Brendan O'Brien standing all alone in front of goal ten metres out and the centre forward crashed an unstoppable rocket to the Ballinora net. Ballincollig now led by a point, 2-4 to 1-6, a sensational turn about in fortunes for the teams.

The game lasted another twenty minutes, only three points in all were scored but the rains eased off and there was a rip roaring conclusion with everybody reasonably happy at the finish. Ballinora substitute Ben Mayer had a point from play in the 49th minute, the champion's first score of the second half to level matters and a minute later corner forward Alan O'Shea put them in front with a fine point. Both teams were contesting with maximum effort and a foul on Paul Cooney gave Dave Bowen the opportunity of levelling from as free in the 57th minute and The Village captain made no mistake.

With five minutes remaining, including 3 minutes added, the teams went at it hammer and thongs, hectic defending by the 'Collig men averted a goal and in the final minute, a speedy advance by Barry Crowley denied Ballincollig at the other end. The final whistle left both teams with another chance to claim the title, and this was the least the teams deserved after their heroics here.

Scorers: Ballinora: S Kingston 1-5 (0-5 f), A O'Shea 0-2, B Mayer 0-1 Ballincollig: E Cooke and B O'Brien 1-0 each, D Bowen 0-4 (fs), P Cooney 0-1 (f).

Ballinora: Barry Crowley: Tim Forde, Mike Lordan, Pat Fitton (capt.): Barry McCarthy, Neil Lordan, Michael Quirke: James Byrne, Shane Kingston: Kevin Murphy Tommy Burns, Danny Dineen: Liam Lyons, Darragh Corkery, Alan O'Shea. Subs: Conor Quirke for L Lyons and Ben Mayer for T Burns, both 44, Robert Quirke for D Dineen 47

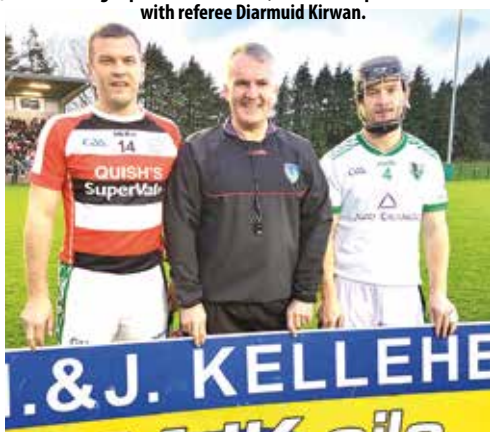
Ballincollig: Ronan Cambridge: Shane Murphy, Jordan Murray, Ronan Power: JP Murphy, Liam Jennings, Shane O'Sullivan: David O'Leary, Peter O'Neill: Paul Cooney, Brendan O'Brien, Eoin Dwyer: Dillon Horgan, David Bowen (capt.), Theo Morgan. Subs: Darragh O'Mahony for D Horgan and Evan Cooke for T Morgan, both h-t, Conor Kinsella for P O'Neill 56, Peter O'Neill for P Cooney inj 57.

Referee: Diarmuid Kirwan, Éire Óg

Ballincollig captain David Bowen, Ballinora captain Pat Fitton with referee Diarmuid Kirwan.



Match Officials; Left to right; Denis O'Brien, Miah Moynihan, Thomas Manley, Peter Cottel, Diarmuid Kirwan, Colm Vaughan, Noel Brennan, Paddy Corkery





REPLAY: Ballinora 1-16 Ballincollig 1-13

Ballinora are MJK Oils Mid Cork Junior Hurling champions for the 4th year in a row, after their victory over Ballincollig in a final replay at Ovens. Conditions were excellent and the game matched them. Overall, Ballinora deserved their victory but Ballincollig were in the hunt to the very end.

There was a fine opening to the game with the teams level at 0-3 each after ten minutes. The hurling was fast and furious, both teams clearly up for the contest. Ballinora took the lead for the third time in the 17th minute after Kingston set up the chance for Ben Mayer but 'Collig were level again when David Bowen converted another free in the 23rd minute. Two minutes later Ballincollig got through for a goal, Sean Walsh fired home from close range. James Keohane and Bowen exchanged scores, and the teams were level again when Ben Mayer drilled a rasping shot to the corner of the net. Shane Kingston, fired over a point from a free in his own half to restore the lead to Ballinora and they were in front to the finish. Kingston then hit over the last score of the half to leave his side 1-7 to 1-5 in front at the interval. Ballinora started the second half with points to go four clear but Ballincollig to restore the interval two-point gap, 1-9 to 1-7. Points were exchanged, two points between the sides with twenty minutes remaining. Ben Mayer placed Kingston to open up a three point gap on 41, Kingston collected a puck out and shot over from the wing, 1-12 to 1-8 now with the champions forcing the pace. The Ballinora defence was magnificent and Ballincollig were finding scores difficult to come by despite repeated attacks. Alan O'Shea extended the Ballinora lead to five points on 49 but Ballincollig staged a very spirited rally in the closing ten minutes and got the deficit down two points before

Shane Kingston stepped up once again for Ballinora and sent over from play to halt the Ballincollig rally. Ballinora now face Carbery champions, Diarmuid Ó Mathúna's in the county quarter final this weekend. Scorers: Ballinora: B Mayer 1-2, S Kingston 0-6 (0-3 f), D Dineen 0-4, J Byrne 0-2, J Keohane, A O'Shea 0-1 each.

Ballincollig: S Walsh 1-2, D Bowen 0-5 (fs), S O'Sullivan and T Morgan 0-2 each, D O'Leary and JP Murphy 0-1 each.

Ballinora: Barry Crowley; Tim Forde, Mike Lordan, Pat Fitton; James Byrne, Neil Lordan, Michael Quirke; Tommy Burns, Shane Kingston; Danny Dineen, James Keohane, Darragh Corkery; Ben Mayer, Kevin Murphy Alan O'Shea. Subs: Billy Carbery for J Keohane 49, Conor Quirke for T Burns 61.

Ballincollig: Ronan Cambridge; Shane Murphy, Jordan Murray, Ronan Power; Shane O'Sullivan, Liam Jennings, Peter O'Neill; JP Murphy, David O'Leary; Seán Walsh, Brendan O'Brien, Eoin Dwyer; Shane Murphy, David Bowen, Evan Cooke. Subs: Conor Kinsella for S Murphy 38, Theo Morgan for E Dwyer 39, Dillon Horgan for E Cooke 55, Diarmuid Ward for S O'Sullivan 56. Referee: Diarmuid Kirwan (Éire Óg). MJK Oils Man of the Match: Danny Dineen, Ballinora

Oriel House Mid Cork Junior B Hurling Final

Aghabullogue 0-21 Blarney 0-15

Aghabullogue took the Oriel House Mid Cork B JH title and so will represent Muskerry in the county championship after their merited win over the Blarney third team in the final at Donoughmore.

Blarney led at the end of the first quarter by 0-4 to 0-3 but with Aodhan Healy, Barry Kendellan, Seán O'Connell, Daniel Dineen and Odhran O'Connell on target, Aghabullogue had gone in front by half time when they led by 0-8 to 0-6. There was little between the teams in the third quarter at the end of which Aghabullogue had increased their advantage to three points, 0-14 to 0-11 and the new champions finished well, three points in the last five minutes, two from Daniel Dineen and the other from an Aodhan Healy free, consolidating their winning position.

Scorers: Aghabullogue: D Dineen and B Kendellan 0-5 each, Aodhan Healy 0-4, Oisín and Odhran O'Connell 0-3 each, S O'Connell 0-1. Blarney: J Cronin 0-5, M Cremin 0-3, C Forde, R O'Donovan and D Dunlea 0-2 each, K Costelloe 0-1.

Aghabullogue: Ian BarryMurphy; Denis Quinlan (capt.) Aidan BarryMurphy, Daniel O'Leary; Seán O'Sullivan, Killian BarryMurphy, Oisín O'Connell; Daniel Dineen, Shane Birmingham; Barry Kendellan, Seán O'Connell, Odhran O'Connell; Barry McElligott, Aodhan Healy, Ryan Dennehy. Sub: Paudie Twomey Blarney: Trevor Hegarty; Dara McPolin, Seán McSweeney, Mike O'Keefe; Stephen O'Brien, David Lordan, Robert White; Ray O'Donovan, Vince O'Mahony; Conor Forde, Paul O'Connor, Kelvin Dunlea; Mark Cremin, Keith Costelloe, Joe Cronin. Sub: John Good, Tommy Sweeney, David Dunlea, Kevin Cremen. Referee: Tom Manley, Inniscarra

Ross Oil Mid Cork Junior Football Championship Final – a draw

Aghinagh 0 – 10 Inniscarra 0 - 10

Aghinagh and Inniscarra must meet again to decide the destination of this year's Ross Oil Mid Cork Junior Football Championship after the sides drew at a damp Grenagh venue. A draw was probably a fair result in a game where fortunes varied but it took a last minute point, deep in time-added, from Declan Ambrose to earn a second chance for Aghinagh and they were the more relieved side to hear the final whistle.

The outstanding performer on the field was Cork hurling captain Seán O'Donoghue, who has always been a marvellous footballer. The Inniscarra man operated in attack but in reality covered the whole field and in addition to scoring 0-5, set up scores for Dan O'Connell and was at the heart of much of the enterprising play from 'Scarra. His counterpoint on the Aghinagh side, Liam Twohig, was not favoured by the wet conditions but still had an excellent first half, accurate from frees and from play and his two second half scores were vital in keeping Aghinagh in contention when Inniscarra threatened to pull clear.

This was the first ever Mid Cork final played at the new Grenagh venue and arrangements were a credit to the home club. Aghinagh had the better start, Liam Twohig pointing a 4th minute free after a foul on Luke O'Leary and Gearóid O'Sullivan added a point from play within a minute. After wides from both sides, Liam Twohig had another point from a free in the 11th minute and Inniscarra needed the response which followed as Seán O'Donoghue set up Dan O'Connell for a point but Aghinagh restored their three point advantage once again when Declan Ambrose parted to Twohig who sent over a smashing point from out near the corner in the 17th minute.

Seán O'Donoghue kept Inniscarra in touch with a classy point in the 19th minute, and only a rapid advance by the 'Scarra keeper Dominic Kelleher denied Aghinagh of a goal before a free, brought on

for dissent, enabled O'Donoghue to cut the deficit to the minimum, 0-4 to 0-3, in the 27th minute and in the minutes remaining, play was niggly, Liam Twohig took a point for Aghinagh, Dylan O'Sullivan pointed a free for 'Scarra, and Aghinagh led by 0-5 to 0-4 at the break.

The second half started well for Aghinagh, TJ Buckley at the end of a combined move sent over within a minute and Shane Corkery added another from play immediately to give Aghinagh a three point lead once again. It was an advantage that was not to last long as Inniscarra took over. A free out from the 'Scarra goal went straight through to Seán O'Donoghue who ran at the Aghinagh defence before sending over in the 34th minute, wily Dan O'Connell then parted to O'Donoghue whose dipping shot just skimmed the crossbar and the sides were level at 0-7 each when O'Donoghue scored from a mark in the 39th minute. Aghinagh were struggling at this stage and Inniscarra took the lead for the first time in the 42nd minute when the O'Donoghue and O'Connell combined once again for the latter to take a point from close range. Dissent caused an Aghinagh free to be advanced and Liam Twohig had no problem in popping the equaliser over in the 44th minute, 0-8 apiece.

Aghinagh lost a great opportunity of a goal as the final quarter commenced, Con Buckley and Twohig setting up the chance for Gearóid O'Sullivan but his punched effort went just wide with the goal line beckoning and Inniscarra again took up the running as the respective teams began to introduce fresh legs, Inniscarra's Mark McLaughlin making a significant impression around midfield. Dylan O'Sullivan put 'Scarra in front on 46, Dan O'Connell took a long through ball from O'Donoghue to double the advantage for his side on 48, 0-10 to 0-8 for 'Scarra and one felt another score would see them through. They were not to score again however and Twohig pointed a vital free for Aghinagh from 45metres out seven minutes from time after 'Scarra lost possession coming out of defence. With only a point separating the sides, chances were lost at both ends before Declan Ambrose kicked over an equalising point in the 62nd minute and the final whistle soon followed as the impending darkness ruled out any possibility of extra time being played.

Scorers: Aghinagh: L Twohig 0-6 (0-4f), G O'Sullivan, TJ Buckley, S Corkery and D Ambrose 0-1 each. Inniscarra: S O'Donoghue 0-5 (0-1f, 0-1mark), D O'Connell 0-3, D O'Sullivan 0-2 (0-1f).

Aghinagh: Kevin Cotter; Olan Cummins, Donagh O'Riordan, Aodh Twomey; Declan Ambrose, Luke O'Leary, Eoghan McCarthy; Shane Corkery, Thomas Morgans; Mathew McCarthy, Con Buckley, Micheál Horgan; Gearóid O'Sullivan, Liam Twohig, T J Buckley. Subs: Dara McCarthy for M McCarthy 46, David Kelleher for TJ Buckley 50, Seán Kelleher for M Horgan 57, John Lynch for O. Cummins inj 59.

Inniscarra: Dominic Kelleher; David Keane, John O'Callaghan, Jack O'Sullivan; Liam Ryan, Jack O'Dwyer, Cameron Lynch; David Coughlan, Seán Sheehan; Frankie Horgan, Shay Dineen, Seán O'Donoghue; Dan O'Connell, Dylan O'Sullivan, Tadgh Lyons. Subs: Mark McLaughlin for S Dineen 46, Liam O'Connor for D O'Connell 50, Cormac Dineen for C Lynch 58, David O'Keefe for F Horgan 62

Referee: John Ryan, Macroom

Ross Oil Mid Cork Junior Football Championship Final Replay

Inniscarra 3 – 10 Aghinagh 3 – 9

The replay of the Ross Oil Mid Cork Junior Football Championship final at Grenagh was a wonderfully entertaining game of football. Aghinagh gave it everything but were defeated by a good Inniscarra team which benefitted by the experience of several men with senior hurling championship experience who knew how to take the pressure Aghinagh exerted.

The game had an explosive start, each side scoring a goal in the opening minutes, was then dominated by Inniscarra until the interval when the new champions led by four points, and produced a second half of marvellous football, concluding with only a point or two ever separating the teams. Inniscarra managed to keep their noses in front to the end, in fact Aghinagh never led at any stage, but the second half fight back by the Aghinagh men made a huge contribution to a massively entertaining final for a very big attendance at the new Grenagh GAA sportsfield.

The build up to the final during the week had been overshadowed by the hospitalisation with a serious illness of Aghinagh goalkeeper Kevin Cotter and the thoughts and prayers of all supporters were very much with the Cotter family.

Inniscarra scored almost directly from the throw in, Dylan O'Sullivan with a point and Dylan O'Sullivan then put the past Paul O'Sullivan in the Aghinagh goal from close range.

Aghinagh quickly struck back, Liam Twohig pointing a free and then their bang-in-form centre forward

Con Buckley planted the ball in the Inniscarra net to level the scores at 1-1 each, all in the opening three minutes.

Dan O'Connell, subsequently voted 'Man of the Match', put 'Scarra back in front with a point in the 13th minute and immediately took a pass from Frank Horgan and belted the ball to the Aghinagh net from close range. 'Scarra led by 2-3 to 1-1, Inniscarra were on top now and a point from a 20th minute free from Liam Twohig was a relief for Aghinagh before 'Scarra hit back with points. A second goal from Con Buckley for Aghinagh in the 28th minute improved their situation and Inniscarra's lead of 2-6 to 2-2 at half time could have been much bigger.

The second half started with a third goal for Inniscarra on 32, Dan O'Connell parting to Seán O'Donoghue who released to Dylan O'Sullivan for a shot from close range. The Aghinagh come back was started by Con Buckley who kicked a point and set up another for Micheál Horgan on 35, and in the 39th minute crashed in a third goal, 3-6 to 3-4, and the gap was reduced to the minimum in the 44th minute when Liam Twohig pointed a free.

The wise battled-hardened 'old heads' on the 'Scarra team now came to the fore and Inniscarra led by one or two points all the way to the finish and the excitement was massive. Aghinagh laid siege to the Inniscarra goal and William Coakley had the final score of the game for Aghinagh a minute from time, but they just could not get an equaliser despite Trojan effort.

Inniscarra are worthy champions for 2024, their second Mid Cork title in all and their first since 1989.

Scorers for Inniscarra: D O'Sullivan 2-2, D O'Connell,

1-2, S O'Donoghue 0-2, L Ryan, S Sheehan, S Dineen, L O'Connor 0-1 each.

Aghinagh: C Buckley 3-2, L Twohig 0-5 (0-4f), M Horgan and W Coakley 0-1 each.

Inniscarra: Dominick Kelleher; David Keane, John O'Callaghan, Jack O'Sullivan; Liam Ryan, Jack O'Dwyer, Cameron Lynch; David Coughlan, Seán Sheehan; Frank Hogan, Shay Dineen, Seán O'Donoghue; Tadgh Lyons, Dan O'Connell, Dylan O'Sullivan. Subs: Cormac Dineen for C Lynch inj 12, Jack Hayes for J O'Sullivan 35, Mark McLoughlin for D O'Sullivan 42, Timmy Murphy for D Coughlan 44, Liam O'Connor for S Sheehan 49.

Aghinagh: Paul O'Sullivan; Olan Cummins, Donagh O'Riordan, Aodh Twomey; Declan Ambrose, Luke O'Leary, Eoghan McCarthy; Shane Corkery, Thomas Morgans; Mathew McCarthy, Con Buckley, Micheál Horgan; Gearóid O'Sullivan, Liam Twohig, TJ Buckley. Subs: David Kelleher for D Ambrose inj. 35, William Coakley for M McCarthy 42, Michael O'Brien for S Corkery 55. Referee: John Ryan (Macroom).

Mid Cork Junior B Football Championship Final Replay

Kilmurry 1-9 Naomh Aban 2-5

Kilmurry led at half time by 1-5 to 1-2, their goal coming from James Kelleher in the 13th minute. The teams were level at 1-8 to 2-5 in the 53rd minute and the winning point from Sean O'Leary came in added time.

Co-Op Superstores County Hurling Championships

Premier Senior Hurling County Final: Imokilly 1-23 Sarsfields 0-17

Senior A Hurling

County SAH Final: Glen Rovers 3-17 Blarney 1-13

Leading from start to finish, Glen Rovers at their very best overcame a Blarney side which just did not ever get going in the Senior A Hurling Championship final in SuperValu Páirc Uí Chaoimh.

Blarney opted to play against the wind in the first half and they endured a tough opening half hour. Glen's Brian Moylan's effort from his own 65 sailed between the posts after two minutes. Patrick Horgan hit two frees in two minutes, before Shane Barrett struck Blarney's first. Glen Rovers went on a 1-4 run in response, with 1-3 from Patrick Horgan, the goal after 18 minutes. He then combined with Eoin O'Leary to make it 1-7 to 0-1, giving Rovers a nine point lead,

which would be stretched to 10 by half time. Eoghan Kirby and Barrett hit back for Blarney, but that would be the end of their first half scoring with 26 minutes on the clock, 1-10 to 0-3 behind at half time and it could have been worse.

Blarney swapped Barrett and Cathal Hegarty on the resumption and within 12 seconds the two had combined for a score, but a free brought the gap back to 10 and the Patrick Horgan struck again, 2-11 to 0-4 with 34 minutes gone. By the three-quarter hour mark the 10 point gap still remained.

After Cathal McCarthy hit a goal for Blarney in the 47th minute, Cian Barrett fired over, two points followed from Mark Coleman, and suddenly the gap had gone down to five with 10 minutes to go 2-14 to 1-12, but Glen Rovers held their nerve, and hit 1-3 from play.

Scorers for Blarney: S Barrett 0-4 (0-2 f), M Coleman

0-3 (0-2 f), C McCarthy 1-0, P Power 0-2, C Hegarty, E Kirby, D Hanlon, C Barrett 0-1 each.

Blarney: P Hallissey; A McEvoy, C Power, S Crowley; D Hanlon, P Crowley, M Coleman (c); O Hegarty, C Hegarty; D McSweeney, S Barrett, E Kirby; C Barrett, P Power, C McCarthy. Subs: S Mulcahy for Kirby (39), C Dunlea for McSweeney (60), D Murphy for S Crowley, J O'Keeffe for C Hegarty (both 60+2).

Premier Intermediate Hurling

County Final: Carrigaline v Mallow or Watergrasshill Relegation play off (replay): Aghabullogue v Kilworth

Intermediate A Hurling

Final: Erin's Own 2-15 Lisgoold 1-18 a draw

Premier Junior Hurling

Final: Russell Rovers 3-13 St Catherine's 0-15

McCarthy Insurances Cork County Football Championships

Premier Senior Football Final:

Castlehaven 0-16 Nemo Rangers 0-11

Senior A Football Final:

Carrigaline 0-16 Knocknagree 1-11

Premier Intermediate Football Final:

Aghabullogue 1-14 Kilsannig 1-14 a draw

Kilsannig were staring defeat right in the eyes as the final of the Cork PIFC ticked into the sixty-third minute in SuperValu Páirc Uí Chaoimh.

Just fifteen minutes before, Éanna O'Hanlon's

fourth point of the evening put them 1-12 to 1-10 in front. Everything seemed to be going their way, especially as just ten minutes prior to that they trailed by 1-10 to 0-7. Then it was two points each from O'Sullivan's Darragh and Diarmuid and a goal from Alan O'Connell turned the game on its head. Aghabullogue mustered points from David Thompson, John Corkery, Aaron O'Sullivan and Luke Casey put them two up with three to play. Thrice they tried to increase that lead, thrice they failed and in that sixty-third minute, Darragh O'Sullivan was on hand to clip over two frees to deny Aghabullogue

and ensure another day out.

Scorers for Aghabullogue: J Corkery (1-3), L Casey and A O'Sullivan (0-3 each), M Bradley (0-2), D Thompson (free), E O'Sullivan and P O'Sullivan (0-1 each).

Aghabullogue: I O'Sullivan; C Smith, M Dennehy, P Dilworth; B O'Sullivan, T Long, A Murphy; C Gillispie, D Merrick; A O'Sullivan, J Corkery (c), P O'Sullivan; M Bradley, E O'Sullivan, L Casey. Subs: D Thompson 47, C O'Sullivan 55

McCarthy Insurances Cork County Football Championships



Kilmurry players celebrating their winning of the PJFC Co. Final. Pic. Peter Scanlan



Canovee who were defeated by Kilmurry in the PJFC Co. Final. Pic. Peter Scanlan



Kilmurry who defeated Canovee in the PJFC Co. Final. Pic. Peter Scanlan



Colleges GAA

De La Salle Macroom seniors had a good start to their Munster Colleges Senior A championship campaign (Corn Uí Mhuiri), defeating Mitchelstown CBS at Bishopstown 4G pitch on a 1-15 to 2-5 scoreline. DLS were level at half time, 1-4 to 0-7, took the lead from a Tom Browne free on the restart and never looked back thereafter with Denis O'Mullane outstanding. Scorers for DLS Macroom: D O'Mullane (1-03), S O'Leary (0-4), T Browne (0-5, 1f), T Sweeney (0-2), M

Condon (0-1).

DLS Macroom: Cian Desmond (Kilmurry); Sean Hennigan (Kilmichael), Cormac Bourke (Macroom), Isaac Wood (Kilmichael); Sean O'Leary (Kilmurry), Ryan Sabas (Macroom), Eoghan Healy (Macroom); Denis O'Mullane (Kilmurry), Mark Condon (Macroom); Sam Leavy-Kelleher (Macroom), Tom Browne (Kilmichael), Ruadhan McKenna (Macroom); Jamie Hourihan (Clondrohid), Tim Sweeney (Iveleary), Cian

Faller O'Sullivan (Macroom).

Subs: Colin Kelleher (Macroom), Billy Murphy (Macroom), Cathal Neville (Macroom).

DLS Macroom will play Patrician Academy, Mallow and Intermediate School, Killorglin in their remaining group games





MACROOM GAA



Macroom Minors after their semi-final win at Pairc ui Chaoimh



Macroom U15 in 1st round of championship V Canovee scoring 4-22



Macroom U8s, U7s and U6s enjoying their last training session of the season last Saturday in TCP with a blitz



Macroom U8 Sam O'Neill getting some cup lifting practice for his bright future with Macroom GAA.



Macroom U13s who lost to Fermoy in Div 2A league final



Sean Bourke who captained macroom U13s against Midleton



U14 Camogie v Enniskeane 13th October 2024

23rd October

Well done to our Minor girls, on a great performance that saw them come away with a win at Glen Rovers . Both teams gave a fantastic display of camogie . Well done to every girl on our panel who gave their all until the final whistle. Thanks to Glen Rovers for the game and the facilities under lights , thanks to your coaches for the kind words and the refreshments provided afterward, it's much appreciated and best of luck in the rest of the championship . Thanks to Finbarr for all his time and support to our girls . Thanks also to our supporters who were there with us , and as always thanks to our team sponsors, Healys Spar Clondrohid. Well done again girls

25th October

Last night another piece of our clubs history was written when our U16 hurlers captured our first hurling county title .

A local derby took place when we were pitted against our near neighbours Western Gael's who had lead the way in promoting hurling in the West Muskerry region .

The conditions didn't prevent the two teams from giving it every thing to win this county title with huge credit to them for the high standard of hurling on display .

Once the Laochra Óg lads settled into the game they

took the lead into half time and maintained this to close out the match and secure this title on behalf of the club .

Joint captains Eoghan and Conor accepted the cup on behalf of the team who celebrated in the rain .

The fantastic turn out of club supporters along with the parents to cheer on the lads showed how much this win meant to everyone .

The team are sponsored by Deasys Pharmacy Group Cork whom have been part of our club from the very start.

26th October

Our U16 girls took on Ballygarvan today in the replay of the county semi final and both teams like the drawn game last week gave it everything .

The lead changed hands a couple of times but despite our girls never giving up Ballygarvan took the victory by one single point in the end and we wish them the best of luck in the final.

Disappointed all round for our girls but they can be very proud of their effort today and throughout the season.

28th October 2024

The u14 camogie girls played in the county championship final today against Crosshaven. They put on a great performance and faught for every ball but unfortunately it wasn't our day. Well done to all the

Minor Camogie v Glen Rovers 23rd October 2024



girls who played, you made Laochra Óg very proud. We would like to thank all the parents, supporters. We would like to thank our great sponsors James Hickey and family. We would like to thank The Mills Inn for the food after the game.

23rd October 2024

Well done to our Minor girls tonight , on a great performance that saw them come away with a win at Glen Rovers . Both teams gave a fantastic display of camogie . Well done to every girl on our panel who gave their all until the final whistle. Thanks to Glen Rovers for the game and the facilities under lights , thanks to your coaches for the kind words and the refreshments provided afterward, it's much appreciated and best of luck in the rest of the championship . Thanks to Finbarr for all his time and support to our girls . Thanks also to our supporters who were there with us , and as always thanks to our team sponsors, Healys Spar Clondrohid.

Club development update

Great news for Laochra Óg being successful on appeal for €163,847 under the Sports Capital Grants. This will allow the club to develop and grow into the future. Well done to the sub committees who put in the time and effort in securing this grant. Thanks to everyone who helped them through this process.



3rd & 4th Class footballers from Kilbarry NS at a football blitz with other local schools in Tom Creedon Park recently.



Kilbarry NS pupil, Alex, celebrating with his supporters after his big race in MTU



A gathering in the Laine Bar Ballingree to celebrate with the Delaney family, on their recent success at the All Ireland Ploughing. Presentation being made by John Kelleher President of Macroom Ploughing to Jeremiah for his double victory.



Children from 5th and 6th classes enjoyed Pitch and Putt lessons at Kilmichael Pitch and Putt grounds, Annahala under the guidance of Stephen Enneguess.



Bhí an bua ag foireann Naomh Abán i gcoinne Cill Mhuire i Cluiche Ceannais Craobh Comórtas Sóisir B. Muscraí. Pic le Nóra Uí Luasa.



The Naomh Abán Fé16 team who won the Division 2 Football County Final beating Bride Rovers.



Laochra Óg U14 Camogie Championship Final v Crosshaven 28th October 2024 01



U16A Cloughdub Camogie team were victorious becoming Plate County Champions of 2024. They defeated Castlemartyr on a score line of 3:11 to 3:6.



Bhuaigh Foireann Naomh Abán ar Cill Mhuire i Cluiche leath Cheannais Craobh Comórtas an Co, roinn 2. Pic le Nóra Uí Luasa.



Uibh Laoire junior B plate hurling winners



Ballinagree NS Sciath na Scol Football team which took part in the Sciath na Scol Chorcaí competition recently.



Aghinagh GAA wishes to thank John & Anna at Macroom Opticians who generously sponsored the Aghinagh U14 squad with beautiful jerseys for reaching the county final this season!

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A Word of Victory

*“Rise during the night watches and cry out. Pour out your heart like water to the Lord before His Presence. Lift up your hands to Him in prayer, pleading for the lives of your children, for in every street they are faint with hunger”
(Lamentations 2:19)*

Welcome back dear student, many young people will face Christmas exams in the coming weeks. They will ‘study to show themselves as workers approved’ rightly explaining all they have learned (2 Timothy 2:15). Tests and exams are not just for school-goers. Everyday is a learning day – we must remain teachable all our lives to grow and be successful. Pride causes some to think they know everything and don’t need to change. This stunts potential and makes the world boring. In the Scripture above God calls us to intercession not just for ourselves, but for the impact it will have upon our children and those yet to be born - legacy (Isaiah chapter 59).

Right now, many nations including Ireland, are in a test whether we realise it or not. The test is will we learn from mistakes and foolishness, and turn and make right decisions instead crying for God’s help? The USA has just decided to reject evil and woke ideologies and turn about to a new day - Hallelujah! This will affect all the world for good and bring stability instead of weak nonsense. It is what’s desperately needed. Like a great ship turning about it takes skill, time, and space; it’s heartening to witness it unfold. We pray God’s Mercy upon this nation that the same will happen here. How? By voting in the right people in our upcoming election. I hear many saying ‘sure they are all the same – who could you vote for anyway’ as if there is no hope for saving Ireland. This is a lie from Satan to make people not vote at all, thinking that there’s no point. Untrue! We are in a major world shift. People are finally waking up to the codology that we have been subjected to – swallowing woke, globalist agendas like giving a child a dose of medicine, when all the time it was pure poison. Their taste buds were telling them something is off here, but the spoon was already in the mouth. Friends, trust your taste buds – it is bad! We are in a test, and now we must pass it for the sake of our identity, our faith, and our children’s future.

Believers all over Ireland are praying online together every day for our nation. You are welcome to join with us on Zoom - if you contact us below we can send you the links and we would also like to send you our tactical prayer strategy assignment sheet for the election. Before election day we are holding a Day Of Prayer on Saturday 23rd November from 11am to 3pm at Word of Victory Killarney including lunch. Registration is free, and details are on our Facebook Page or use the contact details below. The time for apathy is over. The Word of God teaches us that praying general prayers is not God’s Way. He is the God of order and excellence, not confusion. Therefore, we must pray specific, targeted prayer in the manner which the Lord Jesus taught – praying to the Father in Jesus’ Name firstly. Believing and decreeing the Word of God: praying according to the will of God, not man (John 15:7; Colossians 4:2; James 5:16; Romans 8:26). “But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you” (Matthew 6:6). Let’s pray fervently in agreement with God’s Word for breakthrough in Jesus’ Name, Amen!

Bible Study and Prayer every Sunday @ 11am and Thursday @ 7.30pm at Word of Victory Christian Fellowship Killarney V93V6K4

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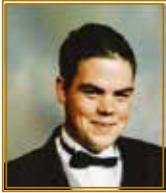
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20th ANNIVERSARY



In loving memory of

EAMON HORGAN

Lyrenageeha, Ballingearry who died on 12th November 2004

*We think of you in silence,
We often speak your name,
But all we have are memories
And your picture in a frame.
To us you were someone special,
Someone set apart.
Your memory will live forever,
Engraved within our hearts.*



Fondly remembered and sadly missed by all his family and friends.

Ar dheis Dé go raibh a hanam dílis.

18th & 50th ANNIVERSARY



In loving memory of

NELLIE MC CARTHY

Gurteen, Kilmichael, Co. Cork
Nellie who died 1st Nov 2006

Her husband James who died 6th Dec 1974

*Time and years slip quietly by
But love and memories never die.
In our hearts ye will always stay
We miss ye Nellie & James every day.*



Always remembered PJ, Dan, Mary, Angela and families

6TH ANNIVERSARY



Treasured and Loving Memories of
ELLEN (NELLIE) KELLEHER

4 Lower Cork Street, Macroom
Who died on the 30th October, 2018.

*Life's Clock
The clock of life is wound but once,
And no man has the power,
To tell just when the hands will stop,
At late or early hour.
To lose one's wealth is sad indeed,
To lose one's health is more,
To lose one's soul is such a loss
As no man can restore.
The present only is our own,
Live, love, toil with a will.
Place no faith in tomorrow,
For the clock may then be still.*



Lovingly remembered by your daughter Nancy and Grand daughters Marion and Rachel.

"For our small Nana: Deep on our hearts, lies a picture more precious than silver and gold - It's a picture of our "Small Nana" whose memory will never grow old"

We will always love you Nana Jessica, Katie and Joshua.

5th ANNIVERSARY



Remembered with Love

SHEILA KELLEHER (NEE LORDAN)

"Launa View", Ballingree, Macroom.
Who died on 14th of November 2019.

*We thought of you today,
But that is nothing new,
We thought of you yesterday,
And will tomorrow too,
We think of you in silence,
And make no outward show,
For what it meant to loose you,
Only those who love you know,
Remembering you is easy,
We do it everyday,
It's the heartache of losing you,
That will never go away.*



Sheila's 5th Anniversary mass will be held in St John the Baptist Church Ballingree on Saturday 16th of November @ 8pm

Loved, remembered and missed everyday by her loving husband Tommy, daughters Elaine, Jennifer, Jacqui, Sons Tomás & Trevor. Son in laws Gerald, Hugh & Gerard. Daughters in law Tracey & Victoria. Her loving grandchildren Keoin, Kyle, Tommie, Arlene, Mia, Gearóid, Callum, Freya, Kyra, Saoirse, Thomas & Tadgh.

NOVENA TO THE SACRED HEART



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

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

24th ANNIVERSARY



I gcuimhne

CIARÁN Ó LAOIRE

Renaniree, Macroom
Who died on 12th Nov 2000

*You are more than a memory silently kept,
You are part of our lives
we will never forget.*



Ag cuimhneamh le grá ag Mom, Colm, Noel, Donal Og, Clíodhna and their Families

11th ANNIVERSARY



In loving memory of

PADDY (BOBBY) COONEY

Gurthinaden, Kilnamartyra
who died on 11th November 2013

*Gone from our home that smiling face,
the cheerful happy ways,
the heart that won so many friends,
in bygone happy days.*



Always remembered by his daughters Siobhán and Sheila, son in law Pat and grandchildren Hannah, Bobby and Julie

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.

MW'OD

NOVENA TO ST. CLAIRE



Ask St. Claire for 3 favours, one business, two impossible and say nine Hail Mary's for nine days with lighted candle. Pray whether you believe or not. Publish on ninth day. Powerful Novena. May the sacred heart of Jesus be praised, adored, glorified and loved today and every day throughout the whole world forever Amen. Say six times daily for nine days. Your request will be granted no matter how difficult it may seem. Favour publication must be promised. **DM**

PRAYER TO ST. CLAIRE



Beloved St. Clare, by your trust in God's providence, obtain help for all the poor and needy; By your love for the Infant Jesus, obtain the protection of our families; By your love for Jesus crucified, obtain for us courage in every trial; By your love for Jesus in the Eucharist, obtain our request: (Here mention your request.) By your attentiveness to the Holy Spirit, obtain for us the grace of prayer and devotion; By your likeness to Mary our Mother, obtain peace in our hearts, our homes and our world, Amen. **DM**

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
GARRY YELVERTON
Ballincollig, Co. Cork
who died on 16th November, 2023.

As we remember Garry on his first anniversary his daughters Edel, Nicole, Chloe, his sons David, Dean, Garry and their mother Rachel and his brothers would like to thank our families and friends for the support shown to us on our sudden loss.

To Crowley Funeral Home for the care shown to us. To Micheal O Leary for calling to our home to help us with the Mass.

As it would be impossible to thank everyone individually, we hope this acknowledgement will be acceptable as an expression of our thanks.

*A golden heart stopped beating,
Hard working hands at rest.
God broke our hearts to prove to us,
He only takes the best.*



NOVENA TO ST. RITA



O glorious St. Rita, your pleadings before the divine crucifix have been known to grant favors that many would call the impossible. Lovely St. Rita, so humble, so pure, so devoted in your love for thy crucified Jesus, speak on my behalf for my petition which seems so impossible from my humbled position. (Here mention your request). Be propitious, O glorious St. Rita, to my petition. showing thy power with God on behalf of thy supplicant. Be lavish to me, as thou has been in so many wonderful cases for the greater glory of God. I promise, dear St. Rita, if my petition is granted, to glorify thee, by making known thy favor, to bless and sing thy praises forever. Relying then upon thy merits and power before the Sacred Heart of Jesus I pray. Amen. DM

16th ANNIVERSARY



In loving memory of our dear son & brother
MARK DUGGAN
Moulnahorna, Macroom.
Whose 16th anniversary occurs on the 22nd of November

*Missed in the morning of everyday,
Missed in the evening as light fades away.
Missed in a thousand and one little ways.*

*No one knows the pain we bare
When we all meet and your not there.
We talk, we laugh, we play our part
But behind it all lie broken hearts.
You give us years of happiness
then sorrow came with tears forever.
Will those who think of Mark today,
A little prayer to Jesus say.*



Mark's Anniversary Mass will be held on Saturday the 16th November at 7.30 pm in Macroom Church.

Always remembered with love by his Mom and Dad Margaret and Eddie. Brothers Denis, Alan, Eddie, Luke and Owen. Sisters Tracey and Niamh.

7th ANNIVERSARY



In loving memory of
SEAN LYNCH
Togher, Ballymakeera, Co. Cork
Died on 16th November 2017

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



Remember by Bertie & Joan O Leary & family.

ANNIVERSARIES



Treasured Memories of
MARGARET & JEREMIAH MCCARTHY
Carrignadoura, Ballygeary, Co. Cork
Margaret died 23rd November 2008

We also remember her husband
Jeremiah who died 15th April 1968

*Those who think of them today,
A little prayer to Jesus say.*



From their family and grandchildren

4th ANNIVERSARY



In loving memory of
RACHAEL TWOMEY (NEE RYAN)
Droumnagapple inchigeela
Macroom, who sadly passed away on the 17th November 2020.

*You live in our hearts
You walk by our sides
From heaven above
Be always our guide*



Lovingly remembered by her beloved family.

Rachael's anniversary Mass will be on the 19th of November at 9.30 in Inchigeela church.

5th ANNIVERSARY



In loving memory of
TOMMY GLEESON
Lisnashandrum, Berrings.
Who died on 18th November 2019

*God saw you getting tired
And a cure was not to be
So he put his arms around you
And whispered "Come to me".
With tearful eyes we watched you
And saw you pass away
And although we love you dearly
We could not make you stay
A Golden heart stopped beating
Hard working hands at rest
God broke our hearts to prove to us
He only takes the best*



Always remembered by your cousin Joan and all the O'Sullivan's Kilnamartyra

26TH ANNIVERSARY



In loving memory of
PAT O'SHEA
late of Carrigaphooca
Who died on the 4th November 1998

*November comes with sad regret
The day, the month, we'll never forget.
Ours is just a simple prayer
God keep him in your loving care.*



Always remembered by your family

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
CATHERINE HORGAN
(NEE O'SULLIVAN)

Kilmore West, Ballingearry & Lissarda
Who died on 8th November 2023

As we lovingly remember Catherine on her first anniversary, we, the Horgan and O'Sullivan families, would like to express our heartfelt thanks and appreciation to everyone who supported us and sympathised with us in our sad loss. Our sincere thanks to our extended families, friends and neighbours for all their help and support. To all who called to the houses at Ballingearry and Lissarda and to those who travelled to attend the Removal, Funeral Mass and Cremation: your presence and kind words were really appreciated.

A special word of thanks to Fr. Billy O'Riordan for leading the Rosary and prayers at her childhood home. Our thanks also to Fr. Anthony O'Mahony, Monsignor Kevin O'Callaghan and Fr. Dan O'Brien who concelebrated her funeral Mass and to organist Norma and vocalist Martina for their lovely music. Many thanks to those who sent Mass cards, messages of sympathy and online condolences.

Our sincere gratitude to Cyril Casey, Funeral Director, and to his assistant John, for their guidance in arranging the funeral and for their kindness and attention to detail throughout.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation.

The Holy Sacrifice of the Mass has been offered for your intentions.



FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
PETER ALDIS

Kirby Muxloe Leicester
Who died on 30th June 2023

We remember Peter who died unexpectedly on the 30th June 2023 aged 59.

His family here in Ireland would like to express their heartfelt gratitude for all the support from friends and neighbours at that time and for all the cards, letters, Mass cards, flowers and messages of condolence received.

A special thanks to all his cousins, aunts, uncles and friends who travelled to the UK for his funeral.



Missed and lovingly remembered by his mum Kay Clement (nee Shannon) his brother Raymond and family, his family in the UK and his extended family here in Ireland.

Peter - You loved life and lived it to the full.

Rest in Peace.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
PAUDIE TWOMEY

Derryreague, Clonkeen and Clondrohid.
Who died on the 9th November 2023

As we remember our brother Paudie on his First Anniversary, we would like to express our sincere and deepest gratitude and appreciation to all of you, for your support and generosity, your thoughtfulness and kindness and your sympathy, prayers and consolation in our sadness on the unexpected loss of Paudie.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our heartfelt thanks and appreciation.

The Holy Sacrifice of the Mass has been offered for all your intentions.

Sadly missed along life's way and quietly remembered every day, No longer in our lives to share but in our hearts you are always there.

When you think of Paudie today, a little prayer to Jesus say.



First Anniversary Mass in Clondrohid Church on Friday 8th November at 8.00 pm

Rest in Peace.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
TERESA CREEDON

Manor Ville, Macroom
who passed away on 18th November, 2023.

As we fondly remember our mother, Teresa, on her first anniversary, we, her family, wish to acknowledge and thank most sincerely all those who supported us at this difficult time.

We thank most sincerely all those who sent mass cards, offered sympathy, provided food, who posted on RIP.ie and attended her funeral in person or watched online.

We would like to thank Fitzgerald's Undertakers who were so professional and kind to us.

We thank Mary McSweeney and our cousins who participated in the choir.

Heartfelt thanks to Fr. Donal Roberts for his support and beautiful mass.



Anniversary mass will be celebrated in St. Coleman's Church, Macroom on Saturday 16th November, 2024 at 7:30 p.m.

NOVENA TO THE SACRED HEART



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

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9th ANNIVERSARY



Loving Memory of you Brother

GERARD O'CALLAGHAN

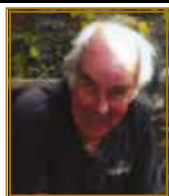
20 St Colman's Pk. Macroom
22nd October 2015

*If we had one wish today
We know what it would be,
just to see your face again
Would mean the world to us.
But things that we may wish for
Sometimes cannot come true,
We only have our memories
Of special times we spent with you.
Each one of these so precious
No one could take away,
Loving thoughts we keep of you
Each and everyday.
So we look up to the sky
When its a starry night.
And know that you'll be there
The biggest star shining bright.*



Forever loved and remembered by your Sisters Joan, Mary and Denise. Brother-in-laws Joe, Kieran and Daniel. Nieces Alannah, Ellie and Grace. Nephews Evan, Donnacha and Rian.

14th ANNIVERSARY



In loving memory of

SEÁN O'SULLIVAN

Murray's Lane, Monallig,
Carrigadrohid, Co. Cork
Whose 14th anniversary occurred
on the 3rd November.

*You are more than a memory
silently kept.
You are part of our lives
we will never forget.*



Always remembered
by his family

13th ANNIVERSARY



In loving memory of

FLORENCE LEHANE

Monkstown and Railway View
Macroom, Whose anniversary occurs
on 5th November

*A daily thought,
A silent prayer,
A constant wish that you were here.
An empty place no one can fill,
We miss you today and always will.*



Forever in our hearts and always in our thoughts her loving son Pat, twin sister Mary, nephew Denis, daughter in law Carol, grandchildren Conor, Jennifer, Lucy and Richard.

5TH ANNIVERSARY



In loving memory of

MARY CRONIN

Dun An Oir, Kilmore, Ballygeary,
Cork. Whose fifth anniversary occurs
on 7th November.

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



Deeply loved, sadly missed and always remembered by Aileen, Ger, Crothur, Colette, Christine, grandchildren, and great-grandchildren.

Ar dheis Dé go raibh a h-anam dílis

BIRTHDAY REMEMBRANCE



Remembering my lovely mom

SHEILA CREEDON

Knockane, Tarelton, Macroom
on her birthday which fell on
November 6th.

*May the winds of Heaven blow softly
And whisper in your ear,
How much we love and miss you,
And wish that you were here.*



From Catherine, Mike, Ellen, Clara and Olan

5th ANNIVERSARY



In loving memory of

PEGGY LYNCH

Cúil Aodha
whose anniversary occurs on the
17th of November.

*Though absent, you are very near
Still loved, still missed and very dear.*



Fondly remembered always by your loving family.

20th ANNIVERSARY



Precious memories today and always of
my eldest son and brother

ALAN HEALY

Late of 5 Belmont Place, Crookstown
who died on the 7th November 2004,
aged 31

*Quietly today your memory is kept,
No need for words we will never forget.*

*Too dearly loved to be forgotten.
Forever in our Hearts.*



Sadly missed by his loving mother Noreen, sisters Christine and Caroline and brother in law Derek.

16TH ANNIVERSARY



In loving memory of

CON KELLEHER

Ardeen, Clondrohid
Who died on on November 1st 2008

*Remembering you always with love.
Forever in our hearts
Always by our side.*



Sheila and Eoin

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8th & 5th ANNIVERSARY



In loving memory of

In loving memory of

**JOHN
O'CALLAGHAN**

**NORMA
O'CALLAGHAN**

Who died on 23 November, 2016

Who died on 12 September, 2019

Derrivane, Inchigeela

*We thought of you with love today, But that is nothing new.
We thought about you yesterday, And days before that too.
We think of you in silence, We often speak your name.
Now all we have is memories, And your picture in a frame.
Your memory is our keepsake, With which we'll never part.
God has you in his keeping, We have you in our hearts.*



Ár dheis dé go raibh a h-anam dílis

Lovingly remembered by: Gene, Sheila, Con, Liz, Denis, Mim (Máiréad), John Fin, Ciara and Families

2ND ANNIVERSARY



In loving memory of

**ANNA
BUCKLEY**

Kilcoleman, Coachford.

who died on 28th October 2022

*Remembering you always with love.
Forever in our hearts, always by our side.*



Lovingly remembered and sadly missed.
Buckley & Lucey families.

16TH ANNIVERSARY



Treasured memories today and always of
a dear niece and cousin

**CATHERINE
KELLEHER**

Late of Rylane and Carriganima

*Death leaves a heartache no one can heal,
Love leaves a memory no one can steal.
Just a prayer from the family
who loved you,
Just a memory fond and true.
In our hearts you will stay forever
Because we thought the world of you.*

In Gods arms Rest in Peace.



Aunty Mary, Connie, Sheila, Niall, Trina and families.

5th ANNIVERSARY



Remembering with love

**PAT
TWOMEY**

Inchamore, Ballingearry, Cork who
died on the 1st November 2019

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



Sadly missed by his children
and family

25th ANNIVERSARY



In loving memory of

**MICHEÁL
DEASY**

15 St. Colman's Park, Macroom who
passed away on 16th November 1999



Remembered always by his loving wife
Norah, sons Martin, Adrian, Darragh and
their families.

5th ANNIVERSARY



In loving memory of

**JOHN JOE
O'RIORDAN**

Dripsey Cross, Dripsey

Who died on 24th November 2019

*Beautiful memories are treasured forever,
Of happy days when we were together.*



Always remembered by your loving wife
Kathleen & Families.

5th ANNIVERSARY



In loving memory of

**PAT
TWOMEY**

Inchamore, Ballingearry, Co Cork
Who died on 1st November 2019

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

Our Lady of Knock, pray for him.



Lovingly remembered by his sons &
daughters, sons & daughters in law,
grandchildren and his many friends.

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. **BK**

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. **MOR**

11TH & 20TH ANNIVERSARY



In loving memory of

JOHN JACK & BINA LUCEY

John's 20th Anniversary occurs, 18th November 2024
Bina's 11th Anniversary occurred, 11th July 2024
Gurteenowen, Ballingeary, Co Cork

*Those who knew, will remember.
Those who loved, will never forget.*



Always remembered by
Síle, John, Máire, Tadhg, Barra and Peadar

16th ANNIVERSARY



In loving memory of

ROSARIE O'RIORDAN

Inchisine, Toames, Macroom
whose 16th Anniversary occurs on
21st October 2024

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



Loved and missed by all your family xxxx

16th ANNIVERSARY



In loving memory of

CATHERINE KELLEHER

Late of Rylane and Carriganima
Who died on 5th November 2008

*Your life was a blessing,
Your memory we treasure,
You are loved beyond words,
And missed beyond measure.*



Loved and remembered by Mom, Ann,
Mort and Celina.

4TH ANNIVERSARY



In loving memory of

BERNADETTE O'FARRELL (NEE HEALY)

Derrylahan, Dunmanway.
Who died on 07th Nov 2020.

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



Sadly missed and forever loved by your
sister Gobnait and brothers Denny and
John.

12th ANNIVERSARY



Thoughts of our very dear

LAURENCE BUCKLEY

Gurrane, Clondrohid,
who died 10th November 2012

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



Eileen and family

5th ANNIVERSARY



In loving Memory of

DAN MURPHY

The Glenties, Macroom &
Aghabullogue. Who passed away on
7th November 2019

*Many the thoughts I give to you
As the long hours go by
Thinking of the things we used to
do and say, just you and I
Sometimes they make me smile
Sometimes they make me cry
But are precious to me alone
Memories of You and I.*



Loved and missed everyday by Helen,
Andrea, David, Kevin, Dani & Ollie,
Michaela & Leo

Anniversary Mass in St. Coleman's Church
Macroom 10th November at 11.30am.

4th ANNIVERSARY



Remembering with love

ANTHONY O'SULLIVAN

Kilmurry
Who died on 30th October 2020

*Gone is the face we loved so dear,
Silent is the voice we loved to hear,
Too far away for sight or speech,
But not too far for thought to reach,
Sweet to remember him,
who once was here.
And from heaven above,
You are always our guide.
Death leaves a heartache, no one can heal,
Love leaves the memories no one can steal*



Loved and missed more than words can say.
His loving wife Mary and family.

13th ANNIVERSARY



In loving memory of

RICHARD CAHILL

Crookstown, Co. Cork.
Who died 5th November 2011

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



Fondly remembered by
your wife and family

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