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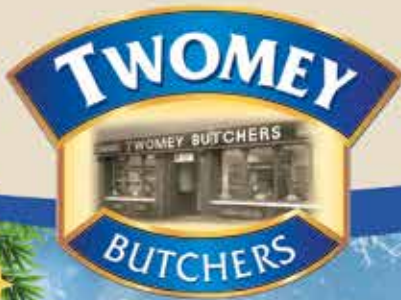
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We are a bi-weekly magazine; therefore, submissions must be on the Sunday before publication at the latest, if you want a piece included in the following

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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REPORT FROM THE LAUNCH OF THE MACROOM BUSINESS ASSOCIATION

The newly formed Macroom Business Association was officially launched on 7th November last. Almost every business was in attendance resulting in a huge turnout.

Killian Lynch the Chairperson opened the event and welcomed everyone. He outlined what had been done to date with the new Macroom Music Fest, along with all the other festivals that had brought so much business to town. He thanked Pat O'Connell the Chairperson of the Lee Valley Enterprise Board for the work they have done to date and assured him that the new Macroom Business Association will work with them to deliver on all the events they have planned. The Christmas Lights Up will be the next big event on Friday 29th November, when a new venture of a Santa parade and in partnership with Cork Marts a large Charity Tractor Run. He asked retailers to stay open late that evening.

The website www.macroom.ie is fully updated with all the relevant information and we have a lot more activity on social media with #visitmacroom having over 2.5k followers, where all businesses are promoted and supported in advertising their offerings. Macroom Shopping Vouchers can now be bought online on the website and he asked that everyone support this and keep money circulating locally.



STRONGER TOGETHER

He congratulated Macroom Tidy Towns on winning a Gold Medal for the first time ever. We work with the Macroom Tidy Towns in providing the flower baskets, however he acknowledged that the business people owe a depth of gratitude to this group of volunteers who keep our town looking so well for locals and visitors, and they also help with the logistics at all our festivals.

Killian outlined the plans for the Macroom Business

Association, where it will take on the concerns and will advocate on behalf of the members. We will liaise more with the decision makers and will be a part of the New Macroom Town Team so the MBA will be up to date with all plans for the town going forward.

Muskerry Business Awards will be a new initiative to be presented later on in the year.

Meetings will be held monthly, in different business premises so we all get to network better and stay relevant to the members.

There was two invited guest speakers Alison Walsh from LEO Cork and Monica Gilmore for IRD Duhallow Skillnet, both spoke on the availability of training courses for business and how there will be a Boost Your Business Course starting in the new year specifically for Macroom Business Owners and staff. Watch this space for more details.

The event then closed with Cllr Michael Creed as Chairperson of the Macroom Municipal District of Cork Co. Co. called on to officially launch the Macroom Business Association. He wished the businesses well and said with the new Briery Gap now opened and the Council's regeneration plans for the town centre the future looks bright for Macroom Town and for anyone in business here.



Section of the large crowd who attended the Macroom Business Association meeting recently. Pic. Peter Scanlan



Killian Lynch Chairperson and Cllr. Michael Creed speaking at the launch of Macroom Business Association. Pic. Peter Scanlan



Alison Walsh, Local Enterprise Office speaking at the Launch of the Macroom Business Association recently. Pic. Peter Scanlan



Monica Gilmore, IRD Skill Net. speaking at the launch Macroom Business Association recently. Pic. Peter Scanlan

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NAOMH ABÁN LIP SYNC FUNDRAISER

Cumann Peile Naomh Abán are hosting its first ever Lip Sync Battle Fundraiser on the 22nd and 23rd of November in Óstan Ghobnatan, Baile Bhuirne.

The aim of this fundraiser is to raise much needed funds for the Clubs Development Fund. Cumann Peile Naomh Abán have revealed an exciting Development plan which outlines that over the next 5 years they will redevelop their original facilities at Páirc Abán Naofa, known to locals as the Portach to include a new full sized sand based playing pitch, New flood lighting, new spectator terrace and a new green energy supply project.

This development is essential for the club and the community to ensure that all players, male and female, in the community have first in class facilities.

While Páirc Íosagáin has best in class facilities for the

community which includes a state of the art gym, hall and playing field, its capacity is at its max which leads to the need of redeveloping Páirc Aban Naofa.

With over 40 local people from the community participating in the Lip Sync battle it is sure to be a fantastic show. Tickets for the Saturday night show have sold out and due to the high demand there are only a hand full of tickets remaining for the Friday night show. For further information on tickets contact Katie (085)1726983

Beidh Cumann Peile Naomh Abán ina óstach ar a gcéad riamh Lip Sync Battle ar an 22 agus 23 Samhain in Óstan Ghobnatan, Baile Bhuirne.

Tá plan forbartha spreagúil nocht ag Cumann Peile Naomh Abán a leagann amach go ndéanfaidh siad athfhorbairt ar na bun-áiseanna atá acu ag Páirc Abán

Naofa, ar a dtugtar an Portach ag muintir na háite, le páirc imeartha lánmhéide nua bunaithe ar ghaineamh, soilsiú nua, ardán nua lucht féachana agus tionscadal nua soláthair fuinnimh ghlais.

Tá an fhorbairt seo riachtanach don chlub agus don phobal chun a chinntiú go mbeidh áiseanna den chéad scoth ag gach imreoir, fir agus mná, sa phobal.

Le breis agus 40 duine áitiúil ón bpobal páirteach sa Lip Sync Battle is cinnte gur seó iontach a bheidh ann.

Tá na ticéid don seó oíche Shathairn díolta amach agus mar gheall ar an éileamh ard níl mórán ticéid fágtha don seó oíche Dé hAoine. Le haghaidh tuilleadh eolais ar thicéid déan teagmháil le Katie (085) 1726983



On Tuesday the 5th of November we held our last monthly meeting of the year. It was well attended, and the main topic of discussion was The Tidy Towns Report.

It was a very positive report and commended a lot of local businesses and voluntary organisations for their help throughout the year. Some comments from the report are as follows: The new Masseytown mural is so vibrant and of such high-quality mentioning apple and cherry trees in the text. They loved that some of the shop fronts has hand painted signs on the paintwork e.g. The Drapery Store, The Gearagh Bar, Lynch's Bakery and Lynch Electrical and many shop windows had displays as well as South Square old advertising 'Players Navy Cut Cigarettes'. The recently completed housing development at Paric Ui Mhuirthe has some

lovely planting and the community can look forward to the flowering of their planted bulbs next spring. To Cygnum for ensuring that the open space on this approach road and entrance to the town shows pride of place in its maintenance of the planting and grass. The many flower beds throughout the towns were very well maintained and give a wonderful splash of colour at the Grotto, Town Square and through out town no doubt many assembled in the Men's Shed. It is great to see that Foroige continue to be involved and doing a good job on the flower beds at the Graveyard. Sean Cremin, Sheila Murphy and Joe Cronin volunteers of the Tidy Towns made a visit to St Joseph's Primary School. They went for a litter pick between the school and the playground. The Green School Committee also made us a lovely card to celebrate us winning a Gold Medal in the Annual Tidy Towns Competition. Over the last few weeks volunteers have been busy widening the Bridge at Tom Creedon Park, it's now nearly complete and is going to be a brilliant asset to the community when fully completed.

The very popular Santa's Grotto in the Tiny Feet Fairy Garden is back again this year. This will take place on

November 30th and December 1st. 7th, 8th, 14th and 15th from 11-5 pm. Bookings are now open, and you can book by phoning 087-1434770 between 1-2pm and after 6pm during weekdays and no set time during the weekends. Its only €10 a child and places are filling up fast. Last year Mrs Claus and even some Elves made an appearance during the event so who knows they might be back again this year.

The Tidy Towns volunteers have been busy over the last few weeks preparing for Christmas, with Santas Grotto, erecting Christmas Lights all over the town, as well as the Christmas Tree in the Square. Regular work continues such as litter picking, general maintenance, Cutting grass in the green areas of housing estates. Picking leaves to make leaf compost for next years' flower beds and placing the sponsored benches back into Tom Creedon Park and Widening of the Bridge at Tom Creedon Park.

Come and join us some Saturday Morning at 9am at our base in Masseytown are always open to new people joining in and helping with the work. If you have any questions, feel free to contact Lisa at 0087-1434770.



Shelia, Elaine and Donie receiving the Cheque with Seamus and Anna from Burkes Haven's Pharmacy for the recent Coffee Morning they held.



Dominic, Elaine, Ken, Shelia and Donie receiving the Hamper from Super Valu Macroom which will be used in a Raffle.



Sean Cremin, Sheila Murphy and Joe Cronin on a recent litter pick with Students from St Joseph's National School.



Our Secretary Lisa Manning with the Card designed by St Joseph's National School Green Flag's Committee to congratulate on Winning our Gold



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MACROOM GIRL GUIDES

Ardilaun Ladybirds were busy learning all about healthy eating at their meeting last week as they are currently working on their Ladybird Healthy Body badge. The aim of this badge is for the girls to learn how to keep their body healthy. They had great fun making fruit skewers.

Ardilaun Brownies had a science themed meeting for Science Week, they took part in the Marshmallow Challenge where they had to build a structure out of marshmallows, spaghetti, and string in 15 mins. At the end of the challenge the tallest structure which was still standing was the winner! The brownies also did some experiments using everyday household items, wrote invisible messages with candles and had to figure out how to read them.

Ardilaun Guides also had a science themed meeting where they made oblique and tested it out using different things they could find around them. They also worked on various parts of the Science Investigator badge.



Ardilaun Ladybirds showing their fruit skewers at their last meeting

MacEgan Senior Branch have had a busy two weeks with seven of our members receiving their Gaisce awards at the Southwest Regional Conference which was held in Bishopstown on Saturday 09th November. Mai Buckley, Emily Mehigan, Aileen O' Leary, Dara Russell, and Rachel O' Shea received their Bronze Gaisce awards with Katie Cronin and Orna Sexton receiving their Silver Gaisce awards. We would like to congratulate the girls for the hard work and determination they showed to complete these awards. We would also like to thank Deirdre Henley, their PAL (President's Award Leader) for mentoring the girls as they worked through the awards. All of girls have now signed up for the next stage of the President's Award programme.

Also at the regional conference Katie Cronin and Emily Mehigan were presented with their Junior Campcraft certificates. Well done girls on this achievement.

Senior Branch Weekend 2024

This past weekend Dara and I attended Senior

Branch Weekend 2024 in Sheep Island View Hostel, Co. Antrim. The theme of the weekend was Irish Legends and Myths with our rooms named after the folk characters in Irish mythology. This idea was incorporated into our quiz on Saturday to test our knowledge of the whimsical tales in Ireland. The weekend was packed full of a variety of other fun activities such as bread making, candle painting and a walk to Ballintoy Harbour where we enjoyed the picturesque views of Antrim. The announcement of Senior Branch Challenge winners took place here too and MacEgan Rangers handed over the trophy to this year's winners, Drogheda SB. Huge thank you to the Northwest representative Eimear & the rest of the team who organised this weekend. We both had a wonderful time and can't wait for SB Weekend next year!! – By Katie Cronin

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



Ardilaun Brownies taking part in the marshmallow challenge at their last meeting



Members of MacEgan Senior Branch receiving their Gaisce Awards on Saturday 9th Nov at the IGG Regional Conference



Members of MacEgan Senior Branch at the Senior Branch Weekend in Antrim

FRIENDS OF ASI MACROOM RECEIVE INCREDIBLE SUPPORT TO HELP CREATE A DEMENTIA INCLUSIVE COMMUNITY

In April 2023 Macroom town made a commitment towards becoming a Dementia Inclusive Community. With the support of the Alzheimer Society of Ireland (The ASI), the Friends of ASI Macroom was established and since then has made great strides on this journey. Prior to Friends of ASI Macroom, there were no services for People Living with Dementia in the Macroom area. Fast forward 19 months and Macroom, and the surrounding area, has three new services up and running.

Day Centre

The day centre, based in Ballyvourney, provides dementia specific, person-centred care to meet the needs of the Person with Dementia in a warm, welcoming, and safe environment while providing support and stimulation. Contact Clare O'Driscoll, 021 497 2504 for more information.

Social Club

The Macroom Social Club is a social gathering, which

meets in the Macroom Hub, a venue provided by The Cope Foundation. Every third Saturday of the month, families drop in to chat, access information and support, meet other people and exchange ideas and experiences. There is always a warm welcome and musical entertainment. Contact Laura Curtin, 087 3736496 for more information.

Macroom Memory Café

The Macroom Memory Café is based in the Next Door Café in the Castle Hotel, Macroom. The café provides a warm and welcoming space for people with dementia, their family and friends, social and health care professionals to meet, exchange ideas and learnings. It meets on the last Monday of each month from 11am to 1pm. Contact Judy Nicoll, 087 9910 967 for more information.

Dementia Awareness Training

Building awareness of Dementia is important to the Friends of ASI Macroom. To date the group has hosted

five training workshops for 36 organisations with 60 individuals trained, representing local businesses, sports clubs and community groups. The group has witnessed a remarkable demonstration of awareness, drive and passion towards creating a supportive, empathetic and inclusive community for People Living with Dementia which is truly inspiring.

The next training workshops will take place on Thursday, 5th December 2024. To book your place, contact Laura Curtin, on 087 3736496 or laura.curtin@alzheimer.ie

Certainly it has been a busy period for Friends of ASI Macroom and they have more activities planned before the year end. This voluntary group has shown great dedication, creativity, and support to making Macroom a Dementia Inclusive Community. If you would like to volunteer, contact Laura Curtin on 087 3736496.



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DE LA SALLE College Macroom

An anti-bullying awareness week

An anti-bullying awareness week took place in the college this week. All junior cycle students were given presentations, and a poster competition was held. Students were awarded a prize for their artwork. Our expert art teacher, Mr O Donovan, chose the winning posters. Some students also composed very entertaining poems and raps. As part of Anti-Bullying Week, Ms. O'Brien's third-year class spent the week getting stuck into activities to raise awareness and promote kindness.

School Library

As part of the schools literacy strategy, 1st years are given class time to take out and read books from the huge selection in the library.

The school library is open to all staff and students who wish to take out a book. With over 2,000 books from every type of genre and different languages to pick from. The library is open to all students every day and at lunch time Monday Thursday and Friday.

Careers

A presentation on Engineering, Apprenticeships and Construction was given to 5th & 6th Year students in the college yesterday. Michael Ward and Laura Willis from Ward & Burke Construction gave a very informative, inspiring presentation on the various opportunities available to young people. Our 6th year class travelled to the MTU open day on Friday the 15th

Transition Years

Our Fourth Years had an incredible day at the "School of Life" workshop with Michelle Harding. They delved into a world of 'old-school' skills for the modern world, preparing them for their upcoming work experience in just two weeks.

The Student Leadership team consists of 4th year students, Alex Brophy, Darragh Donovan, Donagh Moss, Martin McCarthy, Robbie Magee, and Simon Condon. They prepared and presented a very interesting and informative power point overview of the Lasallian five Core Principals to 2nd year students last week.

Their presentation covered not only the Lasallian 5 core principals but the rich history of our Lasallian School and a history of Jean-Baptiste de La Salle's life. They also highlighted the good work of Lasallian schools from around the globe.

On Tuesday 12 November, Br Tommy Walsh (Auxiliary Visitor) and Mr Pat Walsh (Director of Formation) visited the school. They met with the principal, deputy principal, staff, students, the Lasallian student leadership team, parents association, auxiliary staff and board of management.

There is a sense of excitement and anticipation for 4th year students Simon Condon and Finn Yore who qualified for the final of the BT Young Scientist and



De La Salle U 17 Hurlers who defeated Coláiste an Craoibhín Fermoy in the Munster PPS U17 Hurling Championship

Technology Exhibition that will be held in Dublin in January! They will represent the school in the Chemical, Physical and Mathematical Sciences category. Their project is titled 'What makes a rocket fly straight? An investigation into the effect stabilisation has on the flight path of a model rocket.'

Science Week

As part of Science Week first years took part in a Science themed general knowledge quiz. With two brilliant Quizmasters in Riordan O'Driscoll and Ben McCarty, the quiz was brilliantly run by our TY Biology class. Well done to Sean McSullivan, Isaac Cunnane, Darragh McNulty and James O'Brien who took first prize with a brilliant 41/50.

Sports

De La Salle entered the Munster PPS U 17 Hurling competition this year for the first time in quite a while. This is testament to the excellent work being done in the area to promote hurling by our local clubs. De La Salle beat Coláiste an Craoibhín on a scoreline of 3-13 to 1-13 in the Munster PPS U 17 Hurling Championship first round. De La Salle raced into an early lead in this game which gave them a cushion going into the second half that proved invaluable. The boys from Fermoy gave a spirited performance in the second half which brought them right back into the game but thankfully the final whistle came in time for the Macroom boys. Comeragh College, Carrick-on-Suir, are the opponents in the next round which will be played on Wednesday 20th November at a time and venue to be confirmed.

De La Salle Senior hurlers lost their first round game to a very strong Blarney side. The Macroom boys gave everything they could but Scoil Mhuire Gan Smal proved too strong and showed they were capable of playing at a higher grade.

Well done to our senior footballers who were unlucky not to win today vs Patrician Academy Mallow. We will have to settle with the draw and look forward to the next round.

De La Salle ventured to Milstreet for their second round, group game against a fancied Patrician Academy Mallow. De La Salle started the game well going forward strongly with Denis O'Mullane and Tom Browne starting off the scoring while Sean O'Leary and Cormac Bourke performed well in defence. In the first quarter, Tim Sweeney blasted the ball into the back of the net, more scores from Tim Sweeney and Tom Browne put De La Salle up by seven. Patrician Academy responded with a goal and two points to bring it back to a two point game. De La Salle increased the lead to four in the second quarter when another goal for Patricians brought right back into the game. Another score for Sean O'Leary before half time brought it to a two point game at the break. Early in the second half Patrician Academy got two quick scores to make it a draw. A brilliant score from Sam Kelleher Leavy saw the De La Salle boys in the lead again. Serious pressure from the De La Salle forwards helped them to maintain their lead heading into the last ten minutes. Three points by De La Salle and one in reply from the Mallow boys made it a three point match. Patrician Academy put up the pressure on the De La Salle boys and superb leadership from Ben O'Sé saw him kick three top quality points in a row which brought the teams level at the final whistle. This result leaves it all to play for in the final game of the group with Mitchelstown CBS, Patrician Academy and De La Salle all in contention to qualify from the group. De La Salle face ISK Kilorglin in the final round and as with and Kerry side at this level the boys from Macroom will have their work cut out for them. This game is fixed for Wednesday 27th November with venue and time to be confirmed.

De La Salle U14 footballers got off to winning ways in their Cork PPS championship with victories over Skibbereen CS and Clonakilty CS respectively.



De La Salle Senior Hurlers who were defeated by a very strong Scoil Mhuire Gan Smal, Blarney side in the Cork Colleges Senior C Hurling C



De La Salle Student Leadership team, Alex Brophy, Donagh Moss, Simon Condon, Darragh O Donovan, Robbie Magee and Martin McCarthy.

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MCEGAN COLLEGE

Study Skills Week: Our 6th year students have been very lucky to have Alex Linehan, Founder of Nextstepuni.com, come to spend time with them twice in the past 6 weeks. Alex set the 6th years up on Nextstepuni's online course and gave them a talk around goal setting, building effective study systems, and how to make the most out of your time while in Second Level. His key point is how short term sacrifices can be used for long term gain. He touched on making short term sacrifices for long term gains, and how thinking about where you will be ten years in the future if you continue what you are doing now can be a huge motivation when it comes to changing behaviour. Alex himself grew up in a disadvantaged area and attended a DEIS school. He never saw college as an option for him and ended up failing his Junior Cert. After one of his childhood best friends passed away from drug related reasons he realised he needed to make a change to alter his life trajectory. To start, he read scientific papers on the most effective ways to learn and how to build a growth mindset. He realised he was studying wrong, he was using rereading, rewriting, highlighting and cramming when he should have been using active recall, spaced repetition, interleaving and combining these with a growth mindset. Through his new learning system Alex went from failing his Junior Cert to obtaining the highest Leaving Cert points his school had seen in over a decade, and he became a UCC Quercus Scholar. The online course has 11 dynamic modules topics include, The most effective learning techniques ;Misleading study methods that may seem helpful but aren't ;Proven exam-taking strategies; How to develop efficient study systems . Each module is designed to empower students with the tools they need for academic success! Nextstepuni was built in collaboration with high performing students and is backed by science, and Alex hopes he will be able to boost our students' academic performance and increase their progression into third level education. It's a wonderful opportunity for the students. Exciting times are ahead and the students are very optimistic about the future of our great, young, future leaders.



McEgan College TY students attending The Reel Picture , Ballincollig , as part as the Cork International Film Festival recently.

End of Term tests: It's that time of the year again and students are studying hard for the end of term tests which run from 25th to 29th November

Big Brother Big Sister: At McEgan College, we run a Big Brother Big Sister mentoring programme for our first year students. The aim is to provide additional support to those young people who have made the transition from primary to secondary education. The programme matches first year students with fourth year students. They meet once a week from October and participate in a range of activities together to foster a supportive relationship in the school. First year and TY students partaking in McEgan Colleges' BBBS programme received training recently from Susan Delaney of Foróige.

Cork International Film Festival 2024: On Thursday 21st TY students took a trip to Ballincollig to see the German film called Teacher's Lounge in conjunction with the Cork International Film Festival. The film was very insightful and drew on the theme of consent but threw many a curveball and many twists. An intriguing watch from all accounts.

Boots: McEgan College in Macroom welcome long-standing partners Boots Ireland and Business in the community (BITC) to provide local students with educational and career development opportunities. The collaboration includes workshops and

mentorships focusing on skills such as leadership, sustainability, and digital innovation. Through this partnership, students will gain practical experience and insights into the workplace, preparing them for future careers. Boots Ireland and BITC are committed to supporting youth development and bridging the gap between education and employment in the local community.

Stand-UP Week: At McEgan College, the celebration of Stand-Up Week was highlighted by Rainbow Day on Thursday, November 7th. Our school community came together in a colourful display of solidarity, with each year group donning different colours of the rainbow flag. This visually impactful event served as a reminder that McEgan College is committed to being an inclusive environment, where everyone is supported, and every voice is valued.

Student Voice: The student council recently attended the Irish Second level Student Union (ISSU) Cork Regional Council where our members were involved in electing new national reps and debating topics important to students such as drivers' education. McEgan's student council have voted to do an initiative to spread awareness of men's mental health. They decided to do a 5k walk/run on Wednesday the 20th to raise funds for the Movember charity. The run/walk will happen between 11:20-13:20 on Wednesday.



Alex Lenihan of Nextstepuni.com with McEgan Leaving Certificate Students Bobby Murphy, Morgan McGrellis, Gavin Creedon & Leah Kelly. Alex is giving help and encouragement to 6th yr students as they approach their Leaving Certificate exams.



McEgan College Student Council 2024-2025 . The council will represent the student voice in McEgan. Each year group has 2 reps.



On November 5th staff had a farewell gathering to wish Office Administrator Debbie Cooney goodbye and fare thee well as she leaves McEgan for other challenges. We wish her well and thank her for being a fabulous colleague & friend.



Happy First year students during Home economics recently in McEgan. Lto R Ian, Conn, Ryan, Lillie-May, Aine, Hennadii, Torunn, Emanuela, Yaroslav, Serena.

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NUAcht Ó Choláiste Ghobnatan



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



Foireann Peil na mBuachaillí faoi 17 in aghaidh Coláiste Dún Iascaigh

COMHGHAIRDEAS

Ba mhaith linn tréaslú le Donagh Ó Mainnín a bhuaigh Bonn Óir i gCraobh Taekwondo na hEorpa le déanaí!

PEIL NA GCAILÍNÍ

le Caoimhe Ní Thuama agus Claire Ní Aodha

Ar an 4ú Samhain chuaigh na cailíní sinsearach a síos chuig CLG Bheantraí chun cluiche peile a imirt in aghaidh Scoil Phobail Bhéara. Tar éis obair dhian a dhéanamh le chéile mar fhoireann, bhí bua iontach ag na cailíní. Cluiche siamsúil a bhí ann, le scórail thar barr ar fad.

Ar an 6ú Samhain d'imir na cailíní sóisir in aghaidh Scoil Phobail Bhéara. Cluiche d'ardchaighdeán a bhí ann le scóranna maithé ó Aisling Ní Chéilleachair agus Amy Ní Chéilleachair. Bhí bua iontach acu. Ar aghaidh leo anois go dtí an chéad bhabhta eile de Chomórtas na Mumhan!!

Míle buíochas le hIníon Ní Shúilleabháin agus Iníon Ní Bhuachalla as ucht an traenáil agus na cluichí a eagraíonn siad dúinn!

PEIL NA MBUACHAILLÍ

Coláiste Ghobnatan 2-12 Coláiste Dún Iascaigh 4-10.

Cluiche 1/4 Ceannais na Mumhan fé 17. Tar éis a bheith sé phointe chun deiridh tar éis drochthús, do tharraing 2 chúl ó Aaron Ó Laighin agus Conall MacSuibhne Coláiste Ghobnatan thar n-ais sa chluiche. Ag an bhfeadóg ag leath-am, bhíomar pointe chun tosaigh. Ach ar deireadh, bhí beagán níos mó nirt ag an scoil le geall leis 700 dalta, agus choimeádar amach roinnt iarrachtaí ar chúil ag deireadh. D'imir na leids thar barr agus d'fhág siad gach rud ar an bpáirc. Bhí sár-chluichí ag Ciarán MacSuibhne, Cillian MacSuibhne, Kyle Ó Cróinín agus Jerh Ó Loingsigh. Míle buíochas le Máistir Ó Duinneacha.

CISPHEIL NA GCAILÍNÍ

le Claire Ní Aodha

D'imir foireann cispheile na gcaillíní faoi 16 i gcluiche leathcheannais an chontae ar an 13ú Samhain. Cluiche d'ard-chaighdeán a bhí ann le scóranna iontacha ó Chliona Ní Mhócháin agus Leah Ní Dhuinnín. Ar

aghaidh linn anois go dtí Craobh an Chontae i mí na Nollag! Míle buíochas le hIníon Ní Bhriain agus Iníon Ní Chonchúir.

TURAS CHUIG AN TSÍN

le Tadhg Ó Conaill

Cúpla mí ó shín bhumar comórtas Sínise, an Corn Meihua, i Halla an Chontae. Mar chuid den duais fuairéamar an deis chun dul chuig an tSín. Chuaigh mé féin agus mo chairde Caelan Ó Carra agus Dylan Ó Tuama ar thuras go dtí Nanjing ar feadh seachtaine le linn an mheántearma. Chuaigh daltaí ó Choláiste Pobail Charraig Thuathail chomh maith. Dhúisíomar ag a 4 a chlog ar maidin agus thaistealaíomar gan stad ar feadh 23 uair a chloig. Gach lá chuamar chuig áiteanna áille – músaem Nanjing, páirc shiamsaíochta, cúpla scoil agus teampall Confucius san áireamh. Dheineamar go leor siúl agus d'itheamar bia Sínise. Bhí am iontach againn. Ní dhéanfaidh mé dearmad ar an turas go deo! Ba mhaith linn ár mbuíochas a ghébháil le hIníon Ní Bhuachalla as taisteal linn.

EACHTRAÍ GAISCE NA HIDIRBHLIANA

le hAobha Ní Mhuimhneacháin

Gach Máirt téann muintir na hIdirbhliana chuig eachtraí Gaisce éagsúla. Téann grúpa amháin ag seinnt ceoil san Ionad Lae le haghaidh an tsochaí Alzheimers áitiúil. Téann grúpa eile go dtí Scoil Abán Naofa agus bíonn siad ag rith ranganna corpoideachais agus ag cabhrú leis na daltaí lena scileanna léitheoireachta. Bíonn an grúpa eile ag múineadh scileanna teicneolaíochta don ghrúpa scoir gníomhach áitiúil ag tabhairt cabhrach agus eolais dóibh maidir le húsaid na teicneolaíochta agus bíonn siad ag freagairt aon cheist a bhíonn acu. Bímid ar fad i gcónaí ag tnúth go mór lenár n-eachtraí Gaisce gach seachtain agus a bheith ag bualadh le gach duine!

GAEILGE 24

le Beverly Swann

Chun Gaeilge 24 a chéiliúradh d'eagraigh muintir na hIdirbhliana imeachtaí do Bhliain a 1 agus a 2. Bhí daltaí na hIdirbhliana i ngrúpaí agus bhí gníomhaíochtaí

difriúla le heagrú ag gach grúpa. Eagraíodh Tráth na gCeist agus Family Fortunes trí Ghaeilge do bhliain a 1. Eagraíodh Tae agus Plé & Poc agus Cic Fada don dara bliain. Spreagadh an Ghaeilge le linn an lae mar a dhéantar gach lá i gColáiste Ghobnatan & bhí spraoi ag gach duine a ghlac páirt ann.

CÚRSA GARCHABHAIR

le Sarah Ní Loingsigh

Ar an 11ú Samhain dheineamar cúrsa garchabhair agus d'fhoghlaimíomar a lán rudaí áisiúla ar nós conas déileáil le daoine ag dul tríd fadhbanna sláinte tábhachtacha ar nós taom croí, stróc, stad cairdiach, turraing anaifolachtach, taom, taom asma, tachtach, geit, daoine ag cur fola agus a lán rudaí eile. Dheineamar CPR ar roinnt mainicín agus conas daoine a chur sa luí téarnaimh agus croch do lámha a dhéanamh agus conas cóiriú agus bindealán a chur ar chréacht más gá. Measaim gur chúrsa thar a bheith úsáideach é mar d'fhéadfadh sé duine a shábháil uair éigin.

GLUAIS

- tréaslú – congratulate
- siamsúil – entertaining
- páirc shiamsaíochta – amusement park
- teampall – temple
- turraing anaifolachtach – anaphylactic shock

DÁTAÍ DON DIALANN

- Taithí Oibre don Idirbhliain (25ú – 29ú Samhain)
- Scrúduithe na Nollag do bhliain 1,2 & 5 ag tosú 26ú Samhain

- Margadh na Nollag – 11ú Nollaig – fáilte roimh chách!

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MACROOM JUDO CLUB

Macroom judo club members took part in the munster open championships hosted byn Cork city judo club. Clubs from all over Ireland attended over two hundred took part and one again macroom took home gold silver and bronze medals well done to rivers Mcdonald silver minor boys. Rebecca casey bronze senior and gold cadets mark nowak bronze senior men and Jimmy riordan bronze senior men

Image right: Macroom judo club members took part in the munster open championships; Rebecca Casey bronze senior and gold cadets Mark Nowak bronze senior men and Jimmy Riordan bronze senior men



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ST MARY'S NEWS

Jersey Day

The Science Department recently held a no uniform day fundraiser in the form of a Jersey Day to help reduce the cost for our 15 projects going to the Young Scientist in January 2025. There was also a raffle on the day with excellent prizes won. A huge well done to everyone who took part in the fundraiser.

Orienteering

On Wednesday the 23rd of October, the third years took part in an orienteering competition held by Bandon Orienteering Club in Tom Creedon Park. The girls did really well and the fastest team from both groups were awarded. Well done to Grace Mehigan, Aoife McCarthy and Liadan O'Regan and also to Mollie O'Mahony and Aoife Shannon. We would like to thank Ms. Kelleher and Mr. O'Connell for organising the activity. Report by the TY Promo Team

Basketball Update

Super well done to our U16B Basketball team who have made it to the Cork County Regional Semi-Finals. They qualified after winning two matches against Scoil Mhuire and Christ King Secondary School. Thank you to your coaches Paul, Ms Hickey and Mr O'Connell for all of their time and hard work also.

Jazz Workshop at the Briery Gap

Senior Music Students were given the opportunity to attend a Jazz workshop in the Briery Gap. The workshop coincided with the Cork Jazz Festival and gave students an insight into the features of Jazz Music. It was fantastic to experience live Jazz in the newly refurbished Briery Gap! We were treated to a tour of the new theatre. The students really enjoyed it! Thank you to Ms Donovan and Ms Queally for this fantastic opportunity.

BT Young Scientist

The first of our young scientist projects we want to highlight are our 2nd years. Georgia Froggatt and her project on "The Social Impact Of Ireland's Deposit Return Scheme: Assessing Public Perception And Accessibility Across Diverse Communities". Aoife O'Connor and her project on "An Investigation Into Irish

Public's Awareness Around Global Warming Compared To Their Willingness To Combat Against It" and Áine O'Leary and her project on "Assessing Uptake and Impact: A Study on the Implementation of Free Lunch Schemes in Primary Schools across Ireland". They will all be competing in the Junior age category. Wishing you the very best of luck in January girls!

TY Activities

REEL Life Science - Congratulations and well done to Chloe Lehane, Aisling Lehane and Amy White who placed 3rd in the REEL Life Science Video Competition. Their video on 'F.O.M.O - Fear Of Missing Out' placed 3rd out of over 300 videos that applied. The girls travelled to University of Galway on Sunday November 10th for the awards ceremony. Well done girls and congratulations!

Irish Olympiad of Experimental Science - Congratulations and well done to Pia El Asmar who placed in the top 20 in Ireland at the Irish Olympiad of Experimental Science held in Dublin City University on Saturday November 9th. Congratulations on this amazing achievement Pia, well done!

Barbie: Unboxed - "We are thrilled to share that our TY Show Barbie: Unboxed! is making great progress in preparation for our opening night soon. Last week we surprised everyone in town with an unforgettable flash mob. We performed our 'Dance The Night Away' number in front of the Briery gap whilst being dressed head to toe in pink. It was not only a fun way to promote our show, but also a really enjoyable experience for us all! We have had our first full rehearsal at the Briery Gap Theatre, and it was an incredible experience. Being on the actual stage made everything feel so real, and it was amazing to see how all our hard work is coming together. The set, the lights, and everyone's energy made for an unforgettable day, and we're more excited than ever to put on a brilliant performance. Tickets will be on sale from brierygap.ie" - Report by Amy White, TY Promo Team



Clodagh Browne - who is playing one of our Barbie's in this years TY Show - Barbie: Unboxed. She is everything.



Mollie O'Mahony and Aoife Shannon who were winners in the 3rd year orienteering event held in the castle grounds recently



St Mary's staff supporting our Jersey Day fundraiser



5th and 6th year music students attended a Jazz Workshop in the Briery Gap before midterm break.


MACROOM CFR

On Friday the 8th of November Macroom CFR Members Sheila Murphy and Elaine O'Connor with Donie Lucey from CRITICAL, received a Cheque from Seamus Burke and Anna O Callaghan from Burkes Haven Pharmacy for the recent coffee morning they held. A big thanks to Seamus and the Staff from Burkes Haven Pharmacy for organising the coffee

morning and also for the very delicious Cakes and buns they baked. Also a big Thanks to the Public for being so generous with donating. It is Very much appreciated. Also a big thanks to Ken and Super Valu Macroom for donating us a hamper to be won in their Christmas Raffle, tickets are now for Sale in Super Valu and big good luck to everyone that enters the raffle.

BALLINAGREE VINTAGE

Ballinagree Vintage Tractor /car/& bike run Sunday the 1st of December. Registration from 11am, €20per Vehicle. The run will leave the village at 12.30 pm. Music afterwards in Laine Bar also an Auction with many items including 2 match Tickets with two Ormond suite passes for Munster v Scarlets on 15th Feb. All proceeds to Dunmanway Cancer Day unit CUH. Come along and enjoy a wonderful day while supporting this very good cause. Enquiry's to 087 6757447 or 086 1931773



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- November 23rd & 24th Naomh Abán Lip Sync Fundraiser in Óstan Ghoibnatan, Baile Bhuirne
- November 24th Laochra Óg - Shane Murphy Memorial Poc Fada takes place on Sunday 24th November from at 11am. No registration after 2

- p.m. Club Grounds in Ballymacorcoran
- December 1st Ballinagree Vintage tractor Run in aid of Dunmanway Cancer Day Unit.
- December 4th Bingo is back in Clondrohid hall @ 8:30pm

COACHFORD UPDATES

Coachford Christmas Lights Table Quiz

A table Quiz in aid of the Coachford Christmas Lights will take place this Friday, November 22nd in Paddy Mac's Bar Coachford at 8.30pm sharp. The quiz will feature questions to suit all levels of intelligence and there will even be a special Christmas round to get everyone into the Xmas spirit. Entry is just €10 per person and a table of four is €40 with all the proceeds going to the Coachford Christmas lights appeal.

A Night of Drama

Coachford Players are performing four plays in Coachford Hall on Sunday December 1st and Monday December 2nd. The group have recently been travelling around the country taking part in the All Ireland One Act Festival Circuit with their play, 'Sinking' by Les Clarke. The group have performed in Bangor, Co Down where they came first, Gorey in County Wexford, Ballymahon Co. Longford and the two festivals in Cork; Cork Drama Festival in Cork city and West Cork Drama Festival in Rossmore. The group will be performing this award winning play along with three other plays; Dead Mans Bells by Meabh De Brun, The Insurance Salesman by Kenneth P. Langer and The Family Planning Clinic by Damian Trasler. It promises to be a marvellous night's entertainment. Club chairperson, Gráinne Donovan said "This is a very exciting time for the group, our festival play has been so well received all around the country and we are thrilled to be able to perform it here at home for our very loyal drama supporters. We will

have two one act plays on the night and two short plays so it's going to be a great night of theatre with 10 different actors and 4 different directors providing the entertainment." Entry is just €10.

Soccer awards

Coachford AFC held their annual Awards night in the Lee Valley Golf and Country Club last week and a great night of celebration was enjoyed by those present. The club had a lot to celebrate winning the AOH Cup and Mossie Linnane Cup double last season. The club chairperson, Liam Casey said "our club's success on the pitch is being matched by the great work off it. We are riding high with the huge work being put in by our underage team coaches and management. The success of Our Under 10 girls team last season just shows the appetite there is for girls sport in the area and our massive success for all the under age boys team proves that if the work is put in by the club, the parents and the coaches the boys will come up trumps. Our plans to install an all weather training and playing facility is well underway and we look forward to having this up and running in the near future". Liam went on to thank everyone involved in the club and all the supporters. He also thanked all those responsible for the successful Golf Classic and especially the many generous sponsors. The club made a special presentation to Patrick O'Callaghan of O'Callaghan's Bar in honour of the business being the club's main sponsor for the last 30 years. Daniel O'Driscoll was announced as the Coachford B team

"Player of the Year', Mark Murphy picked up the award for the A team's 'Player of the Year' and Adam Murphy was announced as the Golden Boot award recipient as the leading goalscorer for last season.

Vintage club and Bingo donates thousands

Well done to Broomhill Vintage Club who donated €23,000 to various charities and local groups from the proceeds of the Coachford Family Festival and their recent Tractor Run at O'Callaghans Bar & Guest House last night. Multiple Sclerosis Cork Group received €5k from the Tractor Run. €3,000 each was presented to Marymount University Hospice, Mallow Search and Rescue, Pieta.House, Irish Kidney Association, The Coachford Greenway maintenance project and the GAA Community Centre Coachford. The occasion was used to present a cheque from The Coachford Bingo team at Paddy Mac's Coachford to Marymount University Hospice for €1,550 in memory of Eileen Cooney. In presenting the cheques, Adrian Kelly of Broomhill Vintage Club thanked all the sponsors of the Festival, the committee members and the local GAA club for making their grounds available to the community. Each of the recipients made a short speech thanking the club for their generosity and emphasised how the donations will be put to good use for these very financially overstretched charities. Well done Broomhill and Paddy Macs Bingo.



The various charities and groups being presented with their cheques from members of the Broomhill Vintage Club and Paddy Macs Bingo at the cheque presentation night last week in Coachford



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ST JOSEPHS NS

The dry weather has been favourable to the pupils of St. Joseph's in recent weeks. Younger classes are delighted to get out and about while learning to cycle with Ulick, 6th class have been swimming in the Castle Hotel and continuing crochet lessons with Ann.

5th and 6th classes have just started a new biodiversity project called Wild Work. Working with SECAD and local facilitator Dónal O' Leary, the girls are looking

forward to looking closely at our local environment and hope to develop a sustainable project in our local area that will benefit the plants and animals that live there.

For the rainy days, we are delighted to welcome back Martina Ring to assist classes in preparing for their Christmas shows. 5th class are continuing their chess lessons in class and will be looking forward to meeting

other chess enthusiasts at the Féile Fichille in the New Year.

Our Coiste Gaeilge, na Cailíní Gaelacha are working very hard with Mrs. Dromey in putting together fiseán comhrá to teach the whole school some simple phrases "as Gaeilge". The videos give pupils loads of ideas and opportunities to use Irish around the school and are always fun to watch. Maith sibh cailíní!

KILMURRY NS

It has been a busy few weeks in Kilmurry National School. Both our girls' and boys' teams reached the Sciath na Scol finals in Páirc Uí Chaoimh this month. The girls played their hearts out but unfortunately lost out by a point. The boys had a great win in an exciting

final. We are so proud of both teams for representing our school so well. We celebrated S.T.E.A.M Week recently. Lots of different activities were happening during the week such as 'Bricks 4 Kids', maths trails, science experiments, coding and lots more. Also, our

Student Council and Green Schools Committee have been busy making our school a better place.



Kilmurry Sciath na Scol boys' team



Kilmurry Sciath na Scol girls' team

DROMLEIGH NS

Students from Dromleigh N.S. were delighted to participate in the annual Christmas Shoebox collection organised by Team Hope. We would like to thank all those that supported our recent used clothing fundraiser. An amazing €550 was raised for

school funds. Well done to our participants in the annual Lifetime Lab Primary Science Quiz, in Devere Hall in U.C.C. A remarkable second place finish by our team. Congratulations also to our recent graduates of the

Buddy Reading literacy initiative in the school. Keep up to date with all of our activities. Follow us on Facebook 'Dromleigh N.S



Some of the November graduates of the 'Buddy Reading' literacy initiative from Dromleigh N.S.



Second and Third Class students busy collecting gifts from students throughout Dromleigh N.S. for the Christmas Shoebox Appeal.

MACROOM FLOWER & GARDEN CLUB

Macroom Flower and Garden Club hosted its Annual Charity Floral Demonstration at Coolcower House on Thursday 14th of November. Demonstrator Margaret Ahern AOIFA is much loved, popular and well known in the Association of Irish Floral Artists. She exudes energy in her stage presence bringing it alive with excitement and tales of Christmas. The Club has hosted many Gala Charity Fundraisers for decades and was established in 1974. The Fundraiser this year is supporting two good causes AOIFA National Charity AslAm Ireland's National Autism Charity and Macroom Senior Citizens. The evening began with a minutes silence with a candle lit by Club President Winifred Lynch in memory of all recent bereavements during the year. Chairperson welcomed all in attendance and introduced Ann Clifford AOIFA National Chairperson (Doddervale) to give a brief outline on fundraising

efforts for AslAm Charity. Then it was promptly over to Margaret Ahern for our Floral Demonstration beginning with a beautiful wreath decorated with seasonal foliage, Cotoneaster berries, dried orange slices, pine cones suitable for hanging on the hall door for the festive season. We enjoyed stories of Robin feeding, Christmas card Writing and eruptions of laughter from the audience on the many exciting moments and Memories of Christmas past and present. There was an intermission for photographs and more Raffle tickets as the stage was glowing with exhibits to be won by some lucky audience member. The officers and Committee were busy but quietly overseeing that all ran smoothly. Margaret concluded the Demonstration with a Traditional Manger awaiting Christmas and the birth of Jesus, reciting of a poem and received a standing ovation for a

spectacular evening. A vote of thanks to Margaret was then proposed by our President. Chairperson thanked all the Sponsors of Prizes for the Draw, attendance and support of the Members, visiting Clubs, friends and all who travelled long distance. She thanked Bernie O Callaghan, John & Sharon of Coolcower House, and parking stewards for their warm welcome, and hospitality. Healy Lighting and sound for always doing an excellent job.

Annual Mass for Deceased Members will take place at Coolcower Huse on Friday 22nd of November at 7.30p.m.

The Club will host a Celebratory 50th Anniversary Dinner at The Castle Hotel on Thursday 5th of December at 6.00p.m. Tickets now available contact 087-9821708



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A Community Tradition: Four decades of Rusheen's Christmas Market

For the last four decades, the Rusheen Christmas Market has been a cornerstone of festive cheer in our community. What began as a simple "Bring and Buy" event all those years ago has blossomed into a beloved annual gathering, drawing families and friends from near and far.

This year's event, hosted by the Rusheen NS Parents Association, takes place on Sunday, 1st December at 11:45 am in Aghinagh GAA Hall. It promises to deliver all the festive charm and community spirit that's made it a mainstay for generations.

The market is more than just a fundraiser; it celebrates

connection and tradition in our wonderful locality. From the delicious cake sale to the beautifully crafted Christmas wreaths and tree sales, each stall is run by local volunteers dedicated to making the season brighter. There's a hum of excitement as children try their luck in the kids' raffle while adults indulge in mulled wine or bid on prized items in the lively auction. But it's not just about the goods and games. It's about the stories shared over tea and homemade treats, the familiar faces you see year after year, the laughter that echoes through the hall, and the collective effort of a community coming together to support its school.

This year, guests can win big with a fantastic hotel voucher raffle alongside a general raffle, bottle stall, and other surprises. Every euro raised will support Rusheen N.S., ensuring our local kids benefit from improved resources and opportunities.

So, whether you're a long-time supporter or a first-time visitor, join us and experience the magic of nearly 50 years of Rusheen's Christmas Market. Entry is free, and everyone is welcome—because, after all, the best way to spread Christmas cheer is to come together as a community.

SCOIL CHÚIL AODHA – BARR D'INSE

Clós Súgartha Nua

Bhí áthas an domhain ar dhaltá na scoile nuair a fuairamar clós súgartha breá nua an mhí seo caite. Tá súil againn go mbainfidh pobal na scoile agus an pobal níos leithne taitneamh as. Gabhaimid buíochas ar leith lenár n-urraithe a chinntigh go bhféadfaimis a leithéid d'áis iontach a bheith againn. Ar aghaidh leis an spraoil!



Daltá i mbun spraoi sa chlós súgartha nua.

Oireachtas na Samhna

Comhghairdeas leis na daltaí go léir ón scoil a ghlac páirt sna comórtais ardáin ag an Oireachtas i gCill Áirne le déanaí. Dheineadar go léir éacht, agus thugadar abhaile duaiseanna breátha leo.

Stádas Scoil Gaeltachta

Bhaineamar amach stádas oifigiúil mar Scoil Gaeltachta fé Scéim Aitheantais na Scoileanna

Gaeltachta i mí Dheireadh Fómhair. Bhí an-cheiliúradh i Siamsa Tíre, Trá Lí ag an searmanas bronnta in éineacht le scoileanna Gaeltachta na Mumhan.

Slán le Anne

Bhí béile ceiliúrtha ag Bord Bainistíochta na scoile le déanaí do Anne Uí Loingsigh a chuaigh ar scor. Gabhaimid buíochas léi as a cuid oibre sa scoil thar na blianta agus guímid gach rath uirthi sa toadhcaí.



(ón cúl) Holly Ní Chárthaigh, Aisling de Faoite, Rhea Ní Lionáird & Doireann Ní Dhuinnín a bhuail duaiseanna san Aithriseoireacht, Lúibíní agus Amhránaíocht ar an Sean-Nós ag Oireachtas na Samhna.



Anne Uí Loingsigh in éineacht lena fear céile agus iníonacha ag béile ceiliúrtha de chuid Bhord Bainistíochta na scoile ar éirí as a post di.



Bord Bainistíochta na scoile in éineacht le Anne & Mickey Ó Loingsigh sa Mhuileann le déanaí..



On Tuesday 12 November, Br Tommy Walsh (Auxiliary Visitor) and Mr. Pat Walsh (Director of Formation) visited De La Salle staff and student



Geraldine O'Sullivan presenting the Molly Collins Memorial Cup to Mary Cronin and Margaret Buckley at Sullane Bridge Club.



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Kilmurry Active Retirement

Smart or Wise

Do you tell your offspring that the older you get, the wiser you get? Perhaps, you do, but don't really believe it. You may think that the older you get the more you don't know. You would be in good company. Socrates, famously declared that all his philosophising had taught him that the difference between others and he, was that they do not know, while he knew he didn't know.

When I was at school much was justified on the basis that it was for our own good. I never dared to ask, what is my own good. I now assume it was to get a good education, so as to get a job eventually, to make a good living, to get on well in the world. Perhaps the implication was that I would have fulfilment and happiness as a result, though I doubt that. Such concepts were not well known to us, and perhaps were not the experience of our teachers either. It was clearly relayed though that the smart ones and the dedicated ones had the advantage. Those of us that occupied the back row, and preferred to chat, or to provoke, were sure to bring trouble on ourselves now and later.

I read recently that a study published in the Journal of Experimental Psychology found that people who were better at wise reasoning did better in nearly every area of life. They were happier, had better relationships, and were even less likely to die in the next five years. It was a surprise to me then to learn that greater education and intelligence, is largely unrelated to wise reasoning. In fact, it may possibly be a disadvantage. The reason according to David Robson who wrote the book 'The Intelligence Trap' is that "Intelligent and educated people are less likely to learn from their mistakes, ...or take advice from others. And when they do err, they are better able to build elaborate arguments to justify their reasoning, meaning that they become more and more dogmatic in their views. Worse still, they appear to have a bigger 'bias blind spot,' meaning they are less able to recognize the holes in their logic."

So, you could have an IQ in the top few % and it wouldn't help make you wiser, healthier, or happier.

Apparently, wisdom isn't about 'cognitive ability' it is about cognitive style, that is, what you actually do with your ability. And one of the most important things we can do is to develop self-critical thinking. Robson recommends that when making important decisions we should ask ourselves, how we may be wrong, what am I missing here. We should make as good an argument as we possibly can to ourselves - for the opposite. Step back then and make the decision as a judge weighing up the alternatives and be prepared to justify the decision. This helps to make our decision making more rational.

Not all smart people of course, but many, find it hard to doubt themselves. They are not too good at taking advice from those whom they consider slower at thinking than they. We should always seek out others' opinions, whatever our opinion of our own abilities. A differing opinion is often just what we may need to see our weaknesses. Our opinion is often just one option, not the only. This stimulates thinking. Often others may not change our mind but nonetheless they help us refine our own point of view. So, we are advised, don't get lazy, stay open-minded, remain curious, and stay aware that, not just others, but our own minds can play tricks on us.

Unfortunately, most of us think we are smarter than we are. They say the definition of those that are average are those who think they are not. The philosopher, Montaigne, I think caught it well when he jested that good sense must be the "most evenly distributed thing in the world". This was only because it seemed to him that no one is dissatisfied with their own share of it!



Members of Kilmurry Active Retirement who attended the "Keep Well, Keep Movin" health festival for older adults in Coachford on November the 6th.

Due to much scientific research over the last number of decades, we now know the importance of friends, and that chatting and getting others' views on the world is a wise activity for our health and wellbeing. Perhaps those chatting at the back of the class were not that slow and were on to something after all.

Thank you, HSE.

I heard there was great information and quite a bit of fun too, at the "Keep Well, Keep Movin" health festival for older adults in Coachford on November the 6th. Many of our members attended and it was a day both enjoyed and well spent. If, like me you may have missed it, take heart, it is for older adults, and I guess we will qualify next time. There was a lot on the agenda. If we learn just one thing from such events, it may be a lifesaver, literally.

Exercises that both make you laugh, and make you calm.

On the 13th of November we were lucky to have Mary and Trish at the museum again. It is great to have had such variety from Mary and Trish once a month this term. Fun games and exercises, serious meditation (or restful sleep, if it takes your fancy) and finishing off with a variety concert of song. Thank you, as ever, Mary and Trish.

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. This has proven to be very popular. I particularly like it because it gives me the chance to lie down on the job. 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 a few of these forty-five-minute sessions remaining. All are welcome to try it out on one occasion. Perhaps you may join next term. Our course on Card and Candle making with our tutor Helen, sponsored by CETB and materials sponsored by Cork County Council Arts department, is coming to an end now early December, due to election day. I expect that course will help to brighten up some days ahead, who knows, perhaps someone, somewhere, may get an unexpected card in the post.

We have four sessions remaining with Rose McCarthy, doing her 'dance to music' routine continuing Friday afternoons throughout November (except election day) and finishing before Christmas. These are proving very popular, as always.

We are planning another coffee crawl for Wednesday the 20th of November, a mystery to unfold.

Upcoming

Well, hooray, Sunday evening 24th November, is the date for our Christmas party, and there are many looking forward to it. So far, each time we have gone to the Lee Valley Golf and Country club we were very well pleased. Anticipation is building, perhaps this year's party will be better than ever.

On Tuesday evening, 26th November, AIB Macroom are organising a very interesting evening at the Castle Hotel, on 'Safeguarding our Family and Finances'. It will cover Power of Attorney, Fair Deal Scheme, Inheritance tax, and local Bank Supports. We will be getting advices from the Legal and Accountancy professions as well as advice from AIB. All are welcome, registration starts at 6pm with light refreshments and finishes at 8pm.

We may have just one final coffee crawl for this year on 11th of December. Who knows where we will be taken, perhaps Lapland, though I heard Santa, likes something stronger. But that may be just a self-serving rumour. We really had a delightful time going on our coffee crawls throughout the year. Many thanks to all for the wonderful hospitality we received. We are blessed to have such fine businesses that give us the opportunity to make our lives better in our locality.

Considering joining

Should you be considering joining us, why not make a New Year's resolution, and do so next term. Our activities will restart in February. The membership fee is just €20 for the full year. Currently our association has about eighty members, and this enables us to provide choice so that each member can pick and choose those activities that best suit their interests. We provide updates to our members on a weekly basis on our activities for the following week. The common experience is an increase in fun, connection, friendship, fitness and wellbeing, and new opportunities and experiences. 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, and you will be positively engaged in the community. 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, at least, 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



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CLONDROHID NEWS

BINGO'S BACK: Those who love their Bingo will be delighted to hear that Clondrohid Community Hall will once again be hosting Bingo. Its been too long. But Bingo is Back. Wednesday nights at 8.30pm commencing December 4, Mark it in your busy diary

MOVEMENT OF CONTINUOUS PRAYER: Marriage and Family Life, next 24 hours of prayer Wednesday Nov 27 to Thursday Nov 28. Please remember your hour.

CARRIGANIMA REMEMBRANCE TREE 2024: This tree will be going up in Carriganima village from December 7. If you would like to have a loved one's name placed on a Ribbon, please send name and 1st line of address/town land to Sheila on 0877838753 or Martin on 0879843830 by either text, or phone call or by email at carriganimacd@gmail.com.

CLONDROHID PARISH ACTIVE RETIRED: 25 members paid a visit to Dail Eireann on Wed Nov 6. Andrias Moynihan waved them off at Millstreet train station. A great day was had by all, they visited both viewing galleries in the Dail and Seanad Eireann. Saw and spoke to some TD's and Senators.

An interesting tour of the Dail buildings took place, saw the famous Bicycle Shed !!!!. They then enjoyed a lovely lunch in the restaurant, before heading back to Houston for the return journey. Thanks to all who helped to make it such an enjoyable day

Up to 25 members travelled to IRD Newmarket for the Seniors Conference. A very enjoyable day was had, lots of info, good food and chat. Thanks to CART bus for the transport to and from, what a service.

A good sing song on return journey rounded off another great day out.

Lots of events are ongoing for this group, exercises with Anna, Yoga, card playing, singing to mention a few.



Clondrohid Parish Active Retired on their recent visit to Dail Eireann

BALLINAGREE VINTAGE: This annual run takes place this year on Sunday Dec 1. €20 to register from 11am. The run will leave Ballinagree village at 12.30pm. Music and Auction in Laine Bar later that day. All funds to Dunmanway Day Unit in CUH

GAA NEWS : Well done to all the children from the 3 schools from 3rd to 6th class who took part in the yearly end of season parish league competition held recently, there were 4 teams Cork, Dublin, Armagh, Galway. After the three games were played the top 2 took part in the cup final Cork v Galway, and Dublin v Armagh in the shield final, in this final both teams started off in frantic pace and both of them giving there all and exchanging points coming up to half time Dublin got a quick goal and a point and were leading by 4 at half time, into the second half Armagh came into it a lot more but the firepower from Dublin took over as they ran in a few more goals and won comfortably in the end

Cup Final, this was a very close and exciting game, at halftime both teams were level coming off the field, into the second half and it was just as close but eventually Galway came away with winning the cup final

A big shout out to everyone who contributed in anyway with bringing baking and goodies for teas and coffee, also a big thank you to Peter Lane for helping us out today also we can't forget our two referees on the day Jeremy O Sullivan and Tim McCarthy thanks to you both

LOTTO: Results for Nov 13 Congrats to Clara Keohane Inniscarra, who won the jackpot of €6,200 last week. Nice Christmas surprise !!

€70 Duggan Family Moulinahorna, €20 Denis O'Leary Sleaveen East, Marcella McCarthy Bealnamorrive, Helen Linehan Barretts Place, Gary, Rebecca Saoirse, and Callum O'Brien

COMMUNITY COMES TOGETHER TO PROTEST

The local community in Kilvoultra, Dromree and surrounding areas came together to march on Sunday, the 17th of November, in protest against a proposed industrial scale biomethane waste plant. It was great to see so many of the community turn out from every generation. It's not always easy to take a stance but thankfully this community isn't afraid to stand up for what's right and block a corporation destroying the local environment.



The local community in Kilvoultra, Dromree and surrounding areas protesting against a proposed industrial scale biomethane waste plant in their area. Pics Peter Scanlan



Searmanas Bronnta na Scoileanna Gaeltachta. Bronnadh le Séaghan Ó Súilleabháin, An 'Kerry Cowboy'



Senior pupils of Kilbarry NS on a local botany walk with Ted Cook

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CILL NA MARTRA & RÉIDH NA nDOIRÍ

Margadh na Nollag

Tá gach éinne ar bís le teacht Margadh na Nolla gar Satharn an 23ú Samhain. Beidh cuairteoir fíor speisialta i láthair ar an lá chun bualadh leis na cailíní agus buachaillí chomh maith le lasadh na soilse ag 5.30in. Tá an t-uafás earraí ar fáil le ceannach, le n-ithe agus fuíollach siamsaíocht chomh maith. Tá áthas orainn a rá go mbeidh réimse ceoil iontach ó Chiorcal Ceol áitiúil, cór Sullane Singers, Ceoltóirí Comhaltas agus amhránaithe Aisling Geal. Is mór an ócáid é, ná chaill amach!

The excitement is building for Margadh na Nollag in Cill na Martra this Saturday 23rd November from 3-7pm. An important guest will visit to meet all the boys and girls as well as turning on of the Christmas Lights at 5.30pm. There will be much to see and do with an extensive array of stalls to purchase gifts or for some tasty treats, as well as fun rides and live musical entertainment all evening from our local Ciorcal Ceol, Sullane Singers

choir, Comhaltas musicians and Aisling Geal singers. We might hear from some of the winning artists at the recent Oireachtas. This is a huge event for our little parish, be sure not to miss out!

Ceiliúradh na Nollag le Cór Chill na Martra

Ar an 6ú Nollag ag 7.30in beidh teacht le chéile i Séipéal Lachtaín Naofa, Cill na Martra chun Ceiliúradh na Nollag a bheith again. Beidh an Cór ag canadh réimse leathan amhráin atá á chleachtadh acu le cúpla mí anuas agus beidh ceol binn acu le Ceoltóirí Cork School of Music. Is saor ócáid é seo chun freastail air ach bheidís fíor bhuíoch as aon síntiús a rachaidh chuig Blood Bike South agus Our Lady's Children's Hospital Crumlin.

On Friday the 6th December at 7.30pm there will be a gathering in the local church in Cill na Martra as a Christmas Celebration. Our fantastic choir will perform their broad range of Christmas hymns and songs accompanied by musicians from the Cork School of

Music. This is a free event and a warm welcome is extended to all. There will be boxes available on the night and any donations would be greatly appreciated in support of Blood Bike South and Our Lady's Children's Hospital Crumlin.

Taekwon-Do

Tá muintir na háite fíor bhródúil as Donagh Ó Mainnín a bhuail bonn óir sa Taekwon Do le déanaí. Thaiséal Donagh go Sasana chun páirt a ghlacadh i gCraobh Chomórtas na hEorapa agus taisteal sé abhaile mar champ! Maith thú Donagh!

The local community are delighted with the news of having a gold medal winner among us! Donagh Manning recently travelled to England to compete in the European Taekwon-Do Championships and he travelled home a champion! Great celebrations marked Donagh's return home and we couldn't be prouder of him.

The Missionaries of the Sacred Heart present

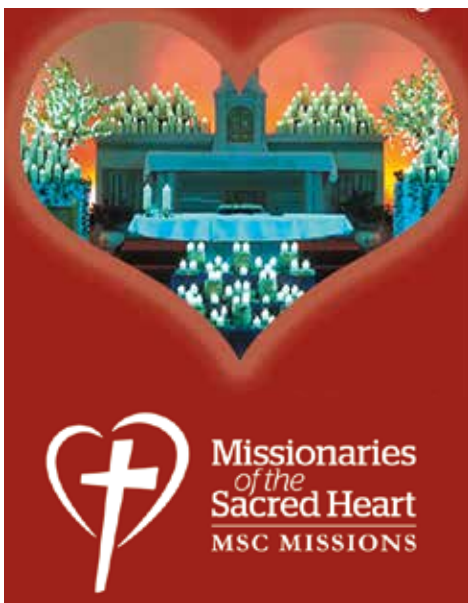
Light Up a Memory Mass 2024

Loving memories light up the Month of the Holy Souls

This November, the Missionaries of the Sacred Heart invite you to take part in a very special ceremony of remembrance and thanksgiving, as we celebrate the tenth anniversary of our much-loved Light Up a Memory Mass.

In November, we remember, keeping family, friends, and loved ones who have gone before us in our prayers. This year, the Missionaries of the Sacred Heart invite old friends and new to take part in our annual Light Up a Memory Mass, which will be celebrated on Saturday, November 23rd. This beautiful candlelit evening of music, reflection, and remembrance will take place at 6.30pm the Sacred Heart Church on the Western Road, Cork, and will be streamed live on the MSC website www.mscmissions.ie for those who cannot attend in person.

Grief inevitably touches us all, and the Month of the Holy Souls is a special time to honour fond memories of those we have loved and lost. This November, we come together to light a candle in tribute to those whose memory we hold dear, honouring precious memories of lives well lived.



This year is a particularly special one, as we mark the tenth anniversary of what has become a much-anticipated tradition to close the Month of the Holy Souls. From the COVID pandemic to ongoing war and social unrest, the events of recent years have demonstrated more than ever the tremendous power of unity and love. Those who cannot be with us in person on the night are very welcome to join us on our live stream, and to light a candle in their own homes or in our online candle gallery at www.mscmissions.ie, where those listed will have a special place in the prayers of our MSC priests.

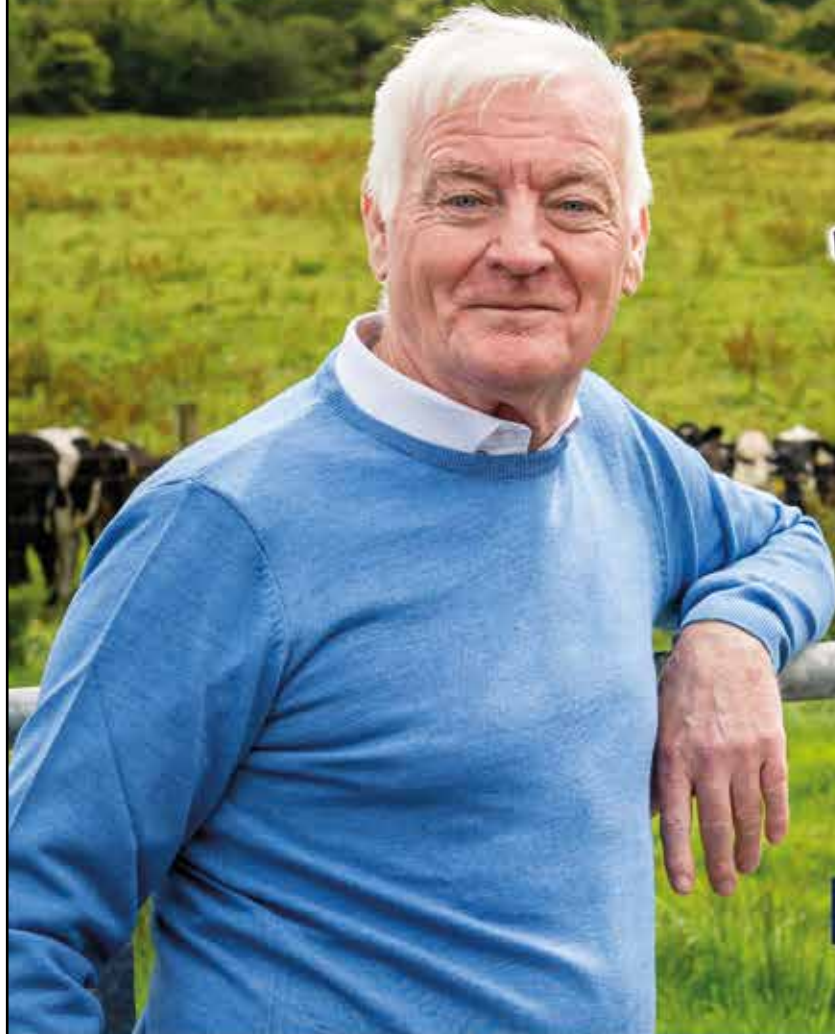
In the bleak winter months, the light of remembrance warms our hearts, and the flame of hope and love continues to burn brightly, an enduring spark to light up the darkness. For further information about how you can take part in this year's Light Up a Memory Mass, please visit the website at www.mscmissions.ie, or contact the MSC Missions Office by phone on 021 4545704 or by email at info@mscmissions.ie.

We are all praying for peace in the Gaza Strip for the sake of the women and children

The human cost of the war in Gaza on the women and children is enormous as we see on our television screen every night and no ending in sight. I am very proud of the Irish people both young and old who came out on the streets for peace in Gaza. Ireland as a nation brought the war in Gaza to the international stage – united nations. The Irish Aid agencies under very difficult conditions are doing the very best they can on the ground but now parts of Gaza is suffering from food shortages and it's the most vulnerable people that will suffer again. These photographs speaks for themselves.

Mary O Callaghan – Hallissey, Raleigh north, Macroom





Thank you for your kind welcome and courtesy on the doorsteps in recent weeks.

Michael

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ClIr MICHAEL CREED

Carrigaphooca, Macroom, Co. Cork

Fine Gael Candidate, Cork North West

086 8052792

michael.creed@cllr.corkcoco.ie

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General Election

Friday 29th

November 2024

Common Sense - Hard Work - Delivery

Vote 2 ClIr John Paul O'Shea

FINE GAEL

Aindrias Moynihan TD

Vótáil 1

TD for Cork North West

Working for you



Great to have **Tánaiste Micheál Martin**, here locally with me on Friday, first off we visited **Macroom Buffalo Farm** where difficulties farmers are experiencing were discussed. Some of their tasty award winning produce was also on offer. We continued into **Macroom Town** where we met so many locals and a great welcome. **Bhí pleá ar an habhair eagsula aitiúil, naisiúnta agus idirnáisiúnta.**



Recently I **highlighted in the Dáil** pressures on farmers locally warning that Council farm inspections are "**far more intense**" than for example those carried out by the Department of Agriculture. Even a one-cow farm is being inspected and these inspections are being driven by water quality. It is reasonable enough that immediate actions would be taken if there is pollution but why aren't the big offenders like Irish Water not being penalised.. **It's frustrating for famers as they are not being treated equally.**



My campaign on the byways & Bohereens is bringing me to some of the most beautiful countryside and meeting the best people as part of General Election 24. **Fachtas faoi lán seol.**

Works commenced from Hartnett's Cross into Macroom Town, also works planned for the West of the town to Recycling Centre and culvert works at Coolavokig.



Ag an Oireachtas i gCill Airne le déanaí ghlachas páirt ar Clár beo 7 lá. Bhí ceisteanna deacair agus pleí maith ar na habhair atá ag cuir as do mhuintir na Gaeltachta

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Contact Aindrias:

3 Main Street, Macroom, Co. Cork

026 23 346

aindrias.moynihan@oireachtas.ie



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Contact Aindrias:

📍 3 Main Street, Macroom, Co. Cork 📞 026 23 346 📧 aindrias.moynihan@oireachtas.ie 📺 📱 📷

Please continue your preference for Michael Moynihan

Vótáil**AONTÚ****1****Becky
KEALY****Cork
North
West**

The last seat in this constituency is going to be between Becky Kealy and a FF or FG candidate. Vote strategically. Out of all the candidates, Becky is the one that is best positioned to win a seat from FF/FG so give **AONTÚ** your No.1 vote.

If all the no.1s are spread out across all the non-government parties, the vote will be split and you can be sure that we will see no change in Cork NW. Vote for the Candidate that has the best chance. Vote for the candidate that will give **YOU**, the voter, the best chance. **Vote for Becky.**

**Vótáil 1****Aindrias
Moynihan TD**

TD FOR CORK NORTH WEST

Fianna Fáil
AN PÁRTEI POBLACHTÁNACH**Boil Water Notice - Macroom, Carrigadrohid and Canovee**

The ongoing boil water notice affecting the residents of Macroom, Carrigadrohid and Canovee has highlighted a significant communication breakdown with Irish Water. This situation is not only frustrating but unacceptable, as locals have a right to timely updates and transparent information about Irish Water's resolution process and to ensure the current boil notice is lifted for locals.

I continue to be fully committed to voicing your concerns and have sought critical details, including recent water quality test results and the timeline for lifting the notice. Additionally, I have requested a meeting with Irish Water's management team for Macroom water supply to press the urgent need to expedite the new plant's development. Your right to safe drinking water remains my top priority.

This boil water notice, which was initially issued on August 27 following consultations with the Health service Executive (HSE), was briefly lifted on September 25 before being reinstated on September 30 due to adverse weather conditions affecting water clarity and supply. This pattern of repeated boil water notices has been a recurring issue during the winter months in recent years, leading to my calls for more effective communication and action from Irish Water.

The people of Macroom, Carrigadrohid and Canovee deserve answers. It's time for Irish Water to step up, communicate effectively, and provide a reliable solution to this ongoing problem. The new water supply plant needs to progress and the works to be completed to ensure that further boil notices are not experienced into the future.

Contact Aindrias:

📍 3 Main Street, Macroom, Co. Cork

☎ 026 23 346 ✉ aindrias.moynihan@oireachtas.ie

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Cllr. John Paul
O'SHEA

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Cllr. John Paul O'Shea and Cllr. Michael Creed

50th Anniversary 1974 – 1984

Fond Memories of Castle Ballroom School Ceilis

By Mort Kelleher

In 1974, Bro Anselem, a De La Salle Brother arrived in Macroom as principal of St. Coleman's Boys National School. Brother Anselem was a native of Castleisland and most of his family were by then in Chicago. He proved to be a wonderful, far-sighted headmaster with great ideas to keep young people happy.

In August that year, Brother Anselem called to me and said he had a good suggestion for 5th and 6th class boys. The girls were learning dancing, but the boys had no social activity outside of football. Their legs were uneducated as regards dancing – unlike the girls. He came up with a stunning suggestion to solve the problem. He was going to run a "ceili dancing class" for 5th and 6th class boys and girls. He had it all planned to perfection.

- he would take charge of the boys
- a nun would take charge of the girls
- he was going to ask Rita O'Sullivan to teach the dancing (a great choice)
- and I Mort would look after the music, with my music pupils

• he was going to use the good old Castle Ballroom from 4.00 to 5.30 every Wednesday evening for the Ceilis

A minor hiccup occurred at the very beginning – the convent National School were not interested. Brother Anselem said this was not a problem since it was after school – he had a plan. He would get the boys to invite the girls – this plan worked 100%.

The very first evening, all the boys and girls turned up promptly – aided and abetted by their parents. Some of the pupils were all "dolloed up". Some boys were shaking with excitement. Could you imagine the thought of taking a girl out to dance, when you "couldn't put one foot beyond the other on a dance floor". Some were very shy at the thought of dancing with a girl.

Rita O'Sullivan did a great job in getting the boys on the dance floor to do their basic steps "one-two-three, one-two-three" and in no time she had them doing the "waltz" with the girls – oh my God – what excitement and enjoyment. Things really took off. After a couple of evenings, Anselem could not believe his eyes – Sister Peter (one lovely kind nun) arrived in. She said the girls "had demanded" that she should "come to the Ceilis" and that she could not refuse.

At this stage Anselem had to instigate a few simple rules.

- 1) No running (rushing) across the floor to ask a girl to dance (you had to have manners and walk)
- 2) You had to put out your hand and ask properly "may I have this dance please" No grabbing of the sweater and pulling a girl out on the floor. When this happened Anselem made them all sit down and then start all



Mort Kelleher playing with his trio for the Christmas Party in Cahereen Nursing home in 2023. With son Colin (aka Santa) and Noreen (his wife).

over again.

3) You were not allowed to REFUSE to dance with a person – the reason was "we were all equal in God's eyes" (according to the Gospel). Anselem was very strict on this.

Rita did a brilliant job in teaching the regular dances that were danced at the time namely:

- Waltz • Siege of Ennis • The Barn dance • Foxtrot
- Quickstep • Military Two-Step • Valeta Waltz • Two Parts of the Kerry Set

*The Ceilis took off big-time, enjoyment hit the ceiling, and everybody was happy.

As time progressed, we added a few variations like, 3 "Celi Mors" in the year, Christmas, St. Patrick's night and Easter. We invited the parents to these Ceilis and for many, these were very nostalgic occasions having them back dancing where they spent many happy enjoyable nights dancing in their youth. The highlights of the nights were:

- Every daughter had to take her dad out for a waltz
- Every son had to take his mother out. The children were delighted with themselves "showing off" how well they could dance.

• Another highlight was the children competing against their parents in a waltzing competition. The result was usually a "tie" (bad judging I suppose)

The good that this dancing did for the boys was amazing. Thanks to Rita's teaching, the boys had the confidence to take a lady out on the floor to dance and they were able to dance. There was also a bonus for my music pupils – they learned all the tunes and had to play in strict tempo for the dancing.

Addendum to the Castle Ballroom Ceilis

As a result of having many pupils in the Secondary schools, who were well able to dance, Rita, Brother Bernard (another Castleisland brother) and myself decided to start a Secondary school ceili every Friday night from 8 – 10pm before the Showband dance. The problem was, the showbands used to arrive in the middle of our ceili and were surprised at what greeted them. It was my duty to talk to the band leaders and

explain that we would finish at 10pm and inform them that they did not need to start playing until 11.30pm. I found the showbands very supportive of our efforts and I never once during those years got a crib or hassle from any band leader. They were great times.

My next move always was to call out a "Siege of Ennis" and the older girls used to ask the bands members out to dance. Some band members could dance and were only delighted but other members who were not used to dancing and possibly could not dance or were too shy would refuse. The girls would politely tell them that they cannot refuse according to "Anselem's Gospel" and they used go out on the floor and walk around. My observation was that some band members would benefit from a few classes with Rita.

The nice offshoot from all this was the show bands "that knew" arrived early the next night for the "Hooley" and would join in.

It would be remiss of me if I didn't compliment the great work that Rita, Sister Peter, Brother Bernard and Brother Anselem did. It's also important to point out the wonderful behaviour of all the dancers. Not one person ever gave trouble or misbehaved.

The musicians were wonderful. They practiced hard to play their best and learned all the necessary tunes. I'm glad to say that many of them are still playing regularly. There are too many musicians to name but they certainly deserve our thanks. I hope the dancers are still enjoying the dancing!

Lastly, I must thank the hall committee for their encouragement and support and the use of the Castle Ballroom.

I will finish by quoting Mary Hopkins No.1 hit from top of the pops 1969,

"Those were the days my friends, we thought they'd never end".

BUT The Castle Ballroom entrance was converted into a garage for the Fire Brigade and that was the END.....

FOOTNOTE: Since the De La Salle brothers left Macroom in 1990 Brother Anselem used to call back and stay with me in Codrum. We would visit his relations and friends in Kerry. During his last visit ten years ago, the four of us involved in the National School Ceilis had breakfast together in the Castle hotel.

Namely:

- Rita O Sullivan • Sister Peter • Brother Anselem • Mort Kelleher

Since then, Sister Peter and Brother Anselem passed to their eternal rewards.

- Sister Peter in Boherbue; and
- Anselem in De La Salle Waterford.

Ar dheis de go raibh a n-anamacha dilis.



Kilbarry NS 4th, 5th and 6th Class pupils learning about trees and nature with local expert Ted Cook, pictured with a Crabapple tree planted at the school in 2005.



Family and Friends of our beloved Breda O'Reardon (late of New Street) marking Mí na Marbh (Month of Passed Over Souls) - by planting a replacement Apple tree (our earlier year dedication lost unintentionally) - Breda's son Denis, daughter Jill and partner Ger and Breda's grandchildren Oran and Oscar and Family friends remember our dead with gratitude



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THE WORLDS FIRST (and still only!) HUMAN CENTIPEDE CHARITY CRAWL? YES! – IN MACROOM TOWN 1978...DID YOU WITNESS IT?

A unique charity event took place in Macroom town centre in April/May of 1978.

Every year, the fifth year (that was a doss year back then!) pupils of Coláiste losagáin boarding school in Ballyvourney did a charity collection in Macroom town, the nearest large town. This collection was the usual standing outside shops with boxes and stickers.

However, in 1978, a number of the 5th year class students were keen to do something a bit more "active", a bit different, a bit entertaining, an effort to do something daft in return for folk donating to the charity concerned.

After considering a number of options they came up with the idea of the class crawling on all fours around the centre of the town while the collectors moved with the crawlers hoping to drum up the cash. The idea was presented to the De la Salle Brother in charge of the event and while somewhat amused, permission was granted.

It was a Tuesday (mart day back in those days) damp, dull, a bit chilly but thank heavens it was not raining. The class was bussed from the College to the town square, a variety of self-made knee protectors (mostly foam tied to the knees – no fancy builders knee protectors in those days!) were fastened to knees,

collection boxes were donned, charity stickers at the ready and on the given order, the column of crawlers set off in single file around the square, down past the Castle Hotel, the post office, Fitzies, across the street and back up to the square via the old cinema. To this day I can remember the various remarks made by the bemused locals ... "ahh ye're daft out", " what are ye doing at all", " have ye no sense", " why aren't ye in school".....

Well, we thoroughly enjoyed ourselves. I can vividly remember the wonderful atmosphere on the bus back to Coláiste losagáin and in the classroom as we counted the rather substantial takings from our crawl that morning in Macroom. While Coláiste losagáin was very close to Macroom town, being a boarding school very few from Macroom attended losagáin. On the day of the crawl, the only "locals" participating would have been Denis Hurley, Ballingearry (Lee Valley Clothing), Edmond O'Sullivan, Lake Hotel Inchigeela, the Twomey triplets (Eamonn, Enda and Sean) of Twomeys Feed Mill in Ballyvourney, and Willie Cotter from Aghinagh.

A sincere thank you to all the generous people that were in Macroom town that morning in 1978 for the world's first and only human centipede charity crawl!



Schools taking part in the Team Hope Shoe Box Appeal



Children from Tirliton NS with their Christmas Shoeboxes all ready for the less well off children



Canovee NS children presenting over 100 shoeboxes to Team Hope on Monday November 11th. Go raibh mile maith agaibh to all the families who supported this super initiative



Children from Inchigeela NS who supported the Team Hope Shoe Box Appeal.



Rang a trí agus a ceathair from Canovee NS pictured here having fun at Cork Pops in City Hall on November 12th.



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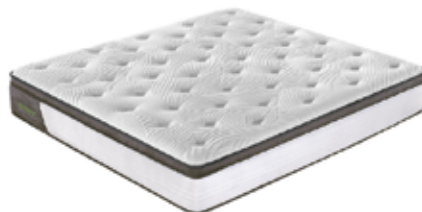
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Citizens Information

FREE ENERGY UPGRADES (WARMER HOMES SCHEME)

The Sustainable Energy Authority of Ireland (SEAI) provides free home energy upgrades to homeowners who get certain social welfare payments. These upgrades help improve the energy efficiency and warmth of your home and are also known as the Warmer Homes Scheme.

The scheme prioritises the oldest and least energy efficient homes. You can apply for the free upgrades again if you've already had work done under the scheme, but your home would benefit from more upgrades. To access the scheme again you must still meet the qualifying criteria.

If you do not qualify for the free upgrades, the SEAI provides other grants to help with the cost of upgrading the energy efficiency of your home. The National Home Energy Upgrade Scheme provides grants to bring your home up to an energy efficiency rating of B2 or above, using a private company to manage the work. Or, you can get individual energy upgrade grants, if you only want to do certain upgrades, and would prefer to manage the process yourself.

What energy upgrades are available through the Warmer Homes Scheme?

The scheme covers these home energy upgrades:

- Attic insulation
- Wall insulation - including cavity wall, internal wall and external wall insulation
- Draught-proofing
- Lagging jackets
- Energy efficient lighting
- Energy advice

New central heating systems and replacement windows are also occasionally covered by the scheme. Your windows will only be replaced if your walls are being insulated at the same time and the existing windows are single-glazed windows. The SEAI decides if replacement windows are needed on a case by case basis.

Do I qualify for the scheme?

To qualify for this scheme you must meet the following criteria:

- You must own your home and be living in it
- Your home must have been built and occupied before 2006
- Your home must have a BER of C,D,E,F or G
- You must be getting one of the following social welfare payments:
 - Fuel Allowance
 - Working Family Payment
 - Jobseeker's Allowance for over 6 months and have a child aged under 7
 - Disability Allowance for over 6 months and have a child aged under 7
 - Domiciliary Care Allowance
 - One Parent Family Payment
 - Carer's Allowance and you must live with the person you care for

If you don't have a BER for your home, the SEAI will do a free BER to check that your home meets the qualifying criteria of having a BER of C or lower.

How does the scheme work?

There are 4 steps to this process:

1. Apply for the scheme online or by completing an application form and sending it back to the SEAI. You must ensure you meet the qualifying criteria above when applying. You can use the SEAI online portal to check if you qualify.
2. Have an SEAI surveyor check your home is suitable for the works and recommend upgrades. The SEAI will do this if you qualify.
3. Get the works done by a contractor appointed by the SEAI
4. Get the works assessed by the SEAI once the works are completed. This will include a new BER assessment and may involve a quality inspection.

How can I apply?

You can apply online. Alternatively you can download and complete the application form from seai.ie. You can also get an application form from your local Citizens Information Centre. You must meet the qualifying criteria. You can use the SEAI online portal to check this or speak with your local Citizens Information Centre.

You need to provide evidence that you qualify for the scheme. Full details of the information needed are on the application form.

If you are getting a qualifying payment other than Carer's Allowance, you no longer need to get the Department of Social Protection to complete part of the application form. The SEAI will check your eligibility with the DSP.

If you qualify for the scheme because you are getting Carer's Allowance, you must also complete the Carer's Allowance Confirmation Form, which you can get from your local Citizens Information Centre or download from www.seai.ie

How long does it take to get work done under the Scheme?

The process from application to completion of works usually takes between 24 and 26 months, though this may vary.

How will I know if my home is suitable?

The SEAI will review your application and check if you are eligible. They will then assess if your home is suitable for the work. A surveyor acting for the SEAI will arrange to call to your home to do this. They will complete a survey of your home, which involves:

- Walking around the inside and outside of your home, including the attic
- Assessing the overall suitability of your home for energy efficiency upgrades
- Measuring, photographing and recording information about your home
- Discussing their findings with you, outlining what work you should get and answering any questions you have

What happens after I have been approved for the Scheme?

If your home is suitable for the upgrades a contractor will be appointed by the SEAI to do the work on your home.

The contractor will visit your home to assess the works needed. They will then explain their recommendations to you, and agree a schedule for the work. You should have a written contract with the contractor, which clearly states the work you have agreed to.

When the work is completed, the contractor will give you documentation about the work, including any warranties. It is important to keep these safe, as you may need them in the future.

A Building Energy Rating (BER) is carried out on all homes after the works are complete to assess the building's energy performance. A BER certificate and advisory report will be sent to you and will also be published on the SEAI's national BER register.

Some homes will also be inspected to ensure that the works meet the required standards.

How much will it cost?

You will not be charged for work done under this scheme. However, if you sell your home within 5 years of getting the work done, you need to tell the SEAI. You should inform them in writing at least 30 days before your property is sold. The SEAI may ask you to repay some or all of the grant. This is at their discretion.

Where to apply?

Completed applications should be sent to the following address: Free Energy Upgrades (Warmer Homes Scheme) Sustainable Energy Authority of Ireland P.O. Box 119, Caherciveen, Co. Kerry

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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Co-op Superstores County Premier Junior Hurling Championship

Ballinora 2-18 Diarmuid Ó Mathúna's 0-12

Ballinora, MJK Oils Mid Cork JAH champions for four years in a row, safely saw their way past Carbery champions Diarmuid Ó Mathúna's at Ovens and so meet Tracton in the county Premier Junior semi final. Ballinora despite the final scoreline did not have things all their own way for much of the contest but they finished strongly, inspired by a Shane Kingston 53rd minute goal and piled on the score as a visibly tiring O'Mathúna's were overwhelmed in the closing minutes.

Early points from Ben Mayer and Alan O'Shea were followed later by scores from Kevin Murphy, James Byrne and Kingston to leave Ballinora 0-5 to 0-1 in front. O'Mathúna's traded point for point to leave the score at 0-9 to 0-5 by the 20th minute and appeared to be in the ascendancy but Ballinora struck for a great goal from Alan O'Shea, their goalkeeper Barry Crowley made a superb save just before the interval and the Muskerry champions led by 1-11 to 0-8 at half time.

On the restart, the play was even once again for twenty minutes and the score stood at 1-13 to 0-12 when Shane Kingston, once again the main man for Ballinora, billowed the O'Mathúna's net from an acute angle and the winners were dominant for the remainder of the contest.

Ballinora: Barry Crowley; Tim Forde, Mike Lordan, Pat Fitton; James Byrne, Neil Lordan, Michael Quirke; Tommy Burns, Shane Kingston; Danny Dineen, James Keohane, Kevin Murphy; Ben Mayer, Darragh Corkery, Alan O'Shea. Subs: Darragh Holmes 42, Robert Quirke 48, Billy Carbery 48, Colm O'Flynn 53, Ivan Quirke 55. County Junior Hurling semi finals: Tracton 1-16 Ballinora 1-12; Kilavullen 1-15 Killeagh 0-14 Final: Tracton v Kilavullen

Tracton 1-16 Ballinora 1-12

Tracton's superb second half performance saw off Ballinora in the Superstores Co Op Junior A County Semi Final in Ballygarvan, the second year in a row that Ballinora have been beaten at the semi final stage of the county championship.

A goal for Tracton on the 40 minute mark proved crucial, as Tracton then dominated for ten minutes and added the winning scores, turning a one point deficit into a seven point lead..

Points for Ballinora from Shane Kingston and Darragh Corkery had the teams level after seven minutes before Tracton edged in front on 10 minutes by 0-3 to 0-2. The sides were again even on 15 minutes thanks to Darragh Dineen but Tracton went back in front before Alan O' Shea levelled again for the Muskerry champions on 19 minutes. An exchange of points followed before Tracton again went in front but Ballinora hit three unanswered points from a Kingston 65, James Byrne and Michael Quirke and they led at the interval by 0-7 to 0-5.

Playing with the wind, Tracton were level on 32 minutes but Ballinora's Tommy Burns and James Keohane restored the two-point lead on 37 minutes but Tracton narrowed the margin to the minimum. Points were again exchanged before Tracton struck for the all-important goal and then dominated as they hit over five unanswered points to lead by 1-14 to 0-10 on 50 minutes.

Points from Darragh Holmes and Tommy Burns gave Ballinora some hope and a late Kevin Murphy goal created late excitement but it was not enough to stop Tracton from marching on.

Scorers for Ballinora: S Kingston 0-3 (2F, 165), K

Murphy 1-0 T Burns 0-2, D Dineen M Quirke, J Byrne, D Holmes D Corkery, A O'Shea, J Keohane 0-1.

Ballinora: B Crowley; T Forde, M Lordan, P Fitton; J Byrne, N Lordan, M Quirke; T Burns, S Kingston; D Dineen, J Keohane, K Murphy; B Mayer, D Corkey, A O'Shea. Subs: D Holmes ht, B Carbery 50, R Quirke52, C Quirke 57.

Co-Op Superstores Cork Junior B Hurling Championship

County Quarter Final: Aghabullogue 7-11 Newmarket 1-9

Semi Final: Kilbrittain 2-12 Aghabullogue 1-13

It was level at half time at Newcestown, 2-6 to 1-9 and still level in the 62nd minute, 2-11 to 1-14 but Kilbrittain hit the winning point in the 65th minute.

County JHB Final: Kilbrittain v Fr O'Neill's

McCarthy Insurances Cork County Football Championship

County Quarter Final:

Inniscarra 4-8 Castlemagner 1-8

Semi Finals on Dec 1st, 2pm start:

Inniscarra v Kilmacabea at Ahiohill: Castlemartyr v Ballygarvan at Cobh

Inniscarra 4-8 Castlemagner 1-8

Inniscarra, fresh from their narrow Mid Cork final replay victory over Aghinagh, are through to the county semi final and a meeting with West Cork standard bearers Kilmacabea, after an impressive win over the Duhallow champions at Donoughmore. Inniscarra led by 0-4 to 0-1 after the opening quarter and gave their chances a major boost with goals in the 23rd and 26th minutes, Dan O'Connell and Sean O'Donoghue the respective scores. 'Scarra led by 2-6 to 0-4 at half time. A goal for Castlemagner on the restart followed by a point, had the gap between the teams down to 2-6 to 1-6 in the 36th minute. A point for the winners in the 40th minute, this one from Dylan O'Sullivan sw them lead by four points and in the 47th minute O'Sullivan struck for a third Inniscarra goal, 3-7 to 1-7 now their advantage, and they dominated to the finish with another point from O'Sullivan and a fourth goal from Seán O'Donoghue further embellishing their scoreline.

Inniscarra: Dominick Kelleher; David Keane, John O'Callaghan, Jack O'Sullivan; Cormac Dineen, Jack O'Dwyer, Tadgh Lyons; David O'Keeffe, David Coughlan; Frank Hogan, Shay Dineen, Seán O'Donoghue; Seán Sheehan, Dan O'Connell, Dylan O'Sullivan. Subs: Liam O'Connor ht, Mark McLoughlin, Cathal Griffin, Timmy Murphy.

Mid Cork Junior B Football Championship Final

Replay: Kilmurry 1-9 Naomh Aban 2-5

County JBFC: Kilmurry v Glenbower - Nov 24th

Co-Op Superstores County Hurling Championships

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

Munster semi final: Sarsfields 1-25 Feakle, Clare

1-17

Munster Final: Ballygunner, Waterford v Sarsfields

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

Premier Intermediate Hurling Co Final: Watergrasshill 2-16 Carrigaline 0-19

Relegation play off (replay): Aghabullogue v Kilworth Munster: Watergrasshill 2-20 Wolfe Tone's Na Sionna 2-13

Munster Final: Watergrasshill v Cashel King Cormacs Intermediate A Hurling Final: Lisgoold 2-18 Erin's Own 2-13

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

Munster: Russell Rvrs 3-13 Moyle Rovers, Tipperary 0-13

Munster Final: Russell Rovers v Kilrossanty, Waterford

McCarthy Insurances Cork County Football Championships

Premier Senior Football Final:

Castlehaven 0-16 Nemo Rangers 0-11

Munster: Dr Crokes 1-15 Castlehaven 1-8

Senior A Football Final:

Carrigaline 0-16 Knocknagree 1-11

Premier Intermediate Football Final:

Kilshannig 2-10 Aghabullogue 1-9

Munster IFC: Kilshannig v Austin Stacks of Tralee in Glantane Nov 24th 1pm

Intermediate A Football Final: Glanmire 2-10 Boherbue 0-15

Munster Junior Football

Kilmurry will face Tipperary side Cashel King Cormacs in the last four at New Inn on Saturday Nov 23rd at 1pm. Firies of Kerry and Cappagh of Limerick are paired in the other semi final.

Munster JFC Quarter Final:

Kilmurry: 1-14 Michael Cusack's: 1-11

Kilmurry recovered from a slow start to progress to the last four of the AIB Munster Club JFC at a damp Cloughduv, the weather conditions making it difficult for players on both sides.

Kilmurry had a dreadful start and found themselves 1-3 to nil in arrears after only four minutes play. Liam Wall had their opening score in the 6th minute but the Clare champions led by 1-5 to 0-2 by the ninth minute. Liam Wall had his third point from frees in the 13th minute, Rory Duggan scored from play three minutes later, and in the 19th minute, Tomas Collins slammed a penalty shot to the Clare net reducing the deficit for Kilmurry to a single point, 1-5 to 1-4 the score now. Michael Cusack's stretched their lead out with two points, two points from Liam Wall, one from a free, had the gap reduced to the minimum by the 28th minute, and it was still 1-7 to 1-6 at the break.

A point for Michael Cusack's on the restart was answered by a Kilmurry point from Alexander Aisling and in the 33rd minute Liam Wall brought the sides level at 1-8 each with a point from play. Tomas Collins put Kilmurry in front for the first time with a point from another penalty on 35 and Johnny O'Mullane doubled their advantage in the 41st minute and made it 1-11 to 1-8 in the 43rd minute. Two points from play by Liam Wall opened up a five point gap by the 49th minute, the Clare men got it back to three



as their game went into added time but Kilmurry substitute Joe O'Mullane steadied the ship with a point and although Cusack's had the final score, Kilmurry were three points clear at the final whistle. Scorers: Kilmurry: L Wall 0-8 (0-4 f), T Collins 1-1 pens, John O'Mullane 0-2, A Asling, R Duggan, Joe

O'Mullane 0-1 each.

Kilmurry: Jason McDonnell; William Ronan (c), Lloyd Asling, Aaron O'Mahony; Brian Hinchion, Tomás Collins, Alexander Asling; Kyle Kelleher, James O'Mullane; Liam Wall, Lawrence Asling, Rory Duggan; Ryan Leahy, John O'Mullane, Joe McGinn. Subs: Joe

O'Mullane 36, Owen Keane 47, Pdraig Berhanu 50, Darragh Linehan 55, Lloyd Asling 58.

Corn Uí Mhuirí SAFC - Group 4:

De La Salle, Macroom 1-13 Patrician Academy, Mallow 2-10

These two schools remain undefeated with a win and a draw each as they face their 3rd and final group games, with DLS Macroom facing Killorglin who are without a win and Mallow facing Mitchelstown CBS. All three Cork colleges have the possibility of progressing or of being eliminated, depending on the final group games results. Patrician Mallow will be the happier with this draw at Millstreet as they came from three points down to earn their vital point and they enjoy a scoring advantage at present over the Mid Cork boys. A win for DKLS in the final game would assure them of a place in the quarter finals.

De La Salle were never led and started well. They raced into a seven-point lead with Tom Browne

Colleges GAA

landing three points their goal followed in the ninth minute, Ryan Sabas, Tom Browne and Denis O'Mullane, combining to play in Tim Sweeney to apply a lethal finish who then added on a point to make it 1-5 to 0-1.

Patrician Academy came back strongly and DLS were glad of a point from Sean O'Leary just before halftime which gave them a two point interval lead if 1-8 to 2-3.

Patrician drew level before Sam Kelleher-Leavy and Billy Murphy twice pushed De La Salle ahead but Mallow again drew level before three points for DLS looked like winning scores, Tom Browne, O'Mullane from a mark and then from a free.

Patrician Academy kept on trying and were rewarded for their perseverance, getting their equaliser in the the fourth added minute

Scorers: De La Salle Macroom: T Browne 0-5 (0-1 f, 0-1

45); T Sweeney 1-1; D O'Mullane 0-4, (0-3 f, 0-1 mark); S O'Leary, S Kelleher Leavy, B Murphy 0-1 each.

De La Salle Macroom: Cian Desmond (Kilmurry); Isaac Wood (Kilmichael), Cormac Bourke (Macroom) capt, Seán Hennigan (Kilmichael); Seán O'Leary (Kilmurry), Ryan Sabas (Macroom), Eoghan Healy (Macroom); Mark Condon (Macroom), Ruadhán McKenna (Macroom); Sam Kelleher-Leavy (Macroom), Tom Browne (Kilmichael), Billy Murphy (Macroom); Tim Sweeney (Uibh Laoire), Denis O'Mullane (Kilmurry), Jamie Hourihan (Clondrohid). Subs: J Browne (Kilmichael) J O'Shea (Macroom)

Group 4: Patrician Academy Mallow 3, De La Salle College Macroom 3, Mitchelstown CBS 2, Intermediate School Killorglin 0

Mid Cork Farho U21 A Hurling Championship Final

Ballincollig 2-21 Éire Óg 2-11

Ballincollig were crowned Farho U21A Hurling champions after a clear cut win over neighbours Éire Óg at Ballyanly and so took their third Muskerry title in a row.

A two-goal burst from Brian Keating and Cian O'Driscoll early in the second half proved decisive for the winners.

Ballincollig's Pete Kelly registered the opening score of this local derby but Éire Óg were the better side in the opening quarter and their Danny Healy fired in an excellent goal.

O'Connell's point for Ballincollig was answered by one from David Casey who pointed two frees and a super point from full-forward Sean Hurley gave the Owens side a 1-5 to 0-4 lead.

Points were exchanged, Ballincollig had two more from Brian Keating and Sean O'Neill to leave only two points between the teams.

Éire Óg's David Casey from placed efforts stretched their lead, a Casey free put five between the sides but four points in a row from Dore, O'Neill, Keating (f), and Dwyer (f) left Ballincollig only a point in

arrears, 1-9 to 0-11 at halftime.

Ballincollig were a transformed team on the resumption and after points from Keating and Tadgh O'Connell, Cian O'Driscoll struck for a goal and a second Ballincollig goal followed within a minute as Brian Keating fired a rasper to the net after an excellent pass from Ronan Power. Ballincollig completely dominated the third quarter and points from Keating, O'Neill, Ciaran Buckley left nine points between the sides, Keating added two more and O'Neill put the result beyond doubt.

Éire Óg's Daniel Healy scored his second goal but Eoin Dwyer fired over two points for The Village in reply and the outcome was now certain. Éire Óg lost a defender to a red card late on to complete their misery.

Scorers for Ballincollig: B Keating 1-6 (0-3 f), S O'Neill, E Dwyer (0-2 f) 0-4 each, C O'Driscoll 1-0, T O'Connell, C Buckley 0-2 each, P Kelly, B Dore, D Horgan 0-1 each. Éire Óg: D Casey 0-7 (0-6 f), D Healy 2-1, B Hurley 0-2, D Coakley 0-1

Ballincollig: D Hurley; D O'Leary, D O'Sullivan, R Power; D Dalton, J Dwyer, B Dore; P Kelly, T O'Connell;

E Dwyer, D Horgan, B Keating; S O'Neill, C O'Driscoll, C Buckley.

Subs: B O'Sullivan 37, S Dore 50.

Éire Óg: M Brennan; C Buckley, C Malone, C Clifford; M Sheehan, K Beechinor, E O'Shea; A McCarthy D Clifford; J McCarthy, B Thompson, D Coakley; D Healy, S Hurley, D Casey.

Subs: K Murphy 40, C Sheehan 50, S O'Callaghan 55, A Power 60.

Referee: Jim McEvoy (Blarney).

County quarter-final: Ballincollig v Shandrum, with the winners to meet city division champions, St Finbarr's.

Mid Cork Farho U21 BHC semi final: Aghabullogue 1-18 Cloughduv 2-14

Final: Aghabullogue v Ballinora Nov 19th.

Mid Cork Farho U21 CHC final: Ballincollig 2-15 Inniscarra 0-12

Cork County Minor Division 1 Football Final

Macroom 1-9 Mitchelstown 1-7

Macroom minors won the County Minor A Football championship in dramatic fashion at Mallow, coming from four points in arrears with ten minutes to go in a late rally which yielded 1-3 without reply to snatch victory from the grasp of their North Cork opponents. Macroom looked the better side in the first half but after conceding a goal in the 5th minute were always under some pressure. Cian O'Sullivan opened their scoring with a point before Mitchelstown struck for a goal. Odhran Creed got a point for Macroom in the 14th minute but the next point did not come until the 20th minute courtesy of Jack Leavy. A Mitchelstown point followed but Macroom finished the half well with two fine scores from Colin Kelleher, to leave Macroom leading by 0-5 to 1-1 at the break. After a Macroom point from Jack Leavy



Victorious Macroom Minor champions



immediately on the restart, Mitchelstown began to dominate, were level within five minutes and then kicked four more points to go clear as Macroom struggled and were forced to kick from too long a range. The defence was under almost constant pressure but Cormac Burke, Ryan Sabas and Ray Griffin led a stout resistance.

With the score at 1-7 to 0-6 at the three quarter stage Macroom were in trouble but in the 51st minute Jack Leavy kicked over a point 1-7 to 0-7 now the score. Ruairi O'Shea, just on the field, had a point on 54 and a minute later brought Macroom to within a point when he converted a free from the right of goals. Macroom were unstoppable now as they poured forward and in the 57th minute Ruairi O'Shea set up a chance for Sam Leavy which the centre forward took in style with a bullet like low drive to the far corner of the Mitchelstown net. The game went into added time with Mitchelstown trying for a goal to save the

day but the Macroom defence stood firm and so the Mid Cork boys took the first county minor title in 20 years back to Macroom.

Scorers: Macroom: S Leavy 1-0, J. Leavy 0-3, C Kelleher 0-2 (0-1f), R O'Shea 0-2 (0-1f), O Creed 0-1, C O'Sullivan 0-1

Macroom: Noe Kollar: Donagh Murray, Cormac Burke, Eoghan Healy: Ray Griffin, Ryan Sabas, Bobby Murphy: James Slattery, Mark Condon: Ruadhán McKenna, Sam Leavy, Odhran Creed: Colin Kelleher, Jack Leavy, Cian O'Sullivan. Subs: Jack O'Shea 36, Billy Murphy 40, Billy Coleman 47, Ruairi O'Shea 54, Regan Wong 59 and Gearóid Quinn, Jack White, Jamie Murphy, Martin Fitzgerald, Shane McCarty, David Neville, Michael Oleksy, Cathal Neville, Oisín O'Sullivan injured and Ruairi Kiernan Injured.

Management: Olan Murphy, Conchur Murray, Tony O'Sullivan, Alan Quinn



Billy and Bobby Murphy, Minor County champions

CANOVEE GAA



Canovee U16's County champions after beating Caha Óg in Ballygeary on a scoreline of 4-14 to 3-12.



Cloughdud U16 Hurlers who won the League, Mid and County Division 1 Hurling Finals in 2024.

U16 Division 3 County Final Result

Canovee 4.13 v Caha Og 3.12

Canovee U16's enjoyed a great win in the Division 3 County Final played in Ballygeary on Saturday 16th November against Caha Og, who are amalgamation of Adrigole and Glengarriff. Played in dry conditions and with the pitch in great condition, an entertaining

encounter prevailed. Canovee got off to a great start and enjoyed a 10 point lead at half time. However as expected Caha Og gave a spirited come back in the second half and reduced the deficit to 4 points with less than 5 minutes to play. Canovee kicked on again with a goal to increase the gap to 7 points, and while in the dying stages Caha Og scored another late goal,

Canovee deservedly held on to win with a final score line of 4.13 – 3.12. It marked an outstanding year and treble success for this Canovee team, adding the County Final win to the previously secured Division and League championships

MACROOM GAA - TOM CREEDON CUP



Alison Walsh, Local Enterprise Office speaking at the Launch of the Macroom Business Association recently. Pic. Peter Scanlan



Monica Gilmore, IRD Skill Net. speaking at the launch Macroom Business Association recently. Pic. Peter Scanlan

Macroom 1-9 Boherbue 0-5

Macroom won the Tom Creedon Cup for the first time since 1997 by defeating Boherbue in the final under lights at Macroom. Macroom led from start to finish and deserved their win even though they could never relax against their Duhallow opponents who undoubtedly were suffering from the disappointment of losing their county IAF final the previous weekend to Glanmire.

Conditions for the final were excellent and there was a fine crowd present for the occasion, one

which annually honours the memory of a fine Cork and Macroom footballer who led his club to County Intermediate honours in 1982 and was much loved in his home town.

The only goal was scored in the second minute and was the decisive score of the game. Mark Hunt had already opened the scoring with a Macroom point and there was little hint of danger as the Boherbue goalkeeper collected a shot on his own line, but in moving forward into contact lost possession, the ball fell to the ground and was booted home by Eolan

O'Leary. The score gave Macroom a huge confidence boost and the four point gap allowed them to defend in depth when necessary at the slightest hint of danger. Alan Quinn, whose accuracy from free kicks was vital for Macroom, added a point in the 4th minute to leave Macroom buoyant from early in the game.

The remainder of the first half was pedestrian and Boherbue ruined their chances of a revival with a series of bad wides. Macroom had further points from Pa Lucey and Quinn before David O'Connor at



last had a point to open the Boherbue account in the 29th minute but Alan Quinn pointed another free for Macroom before the break at which stage Macroom led by 1-5 to 0-1.

Boherbue were more accurate in the second half but were matched point for point in the third quarter, 1-7 to 0-3 at the three quarter stage, the highlight of which was a superb point from Macroom captain Seán Kiely in the 43rd minute. Boherbue finished the game well with a point from John Corkery followed by another from a David O'Connor free but the Duhallow men needed a goal which the Macroom defence was not conceding and two points from Alan Quinn left Macroom comfortable at the finish.

Scorers: Macroom: E O'Leary 1-0, A Quinn 0-6(0-5fs), M Hunt, P Lucey, S Kiely 0-1 each.

Macroom: Brendan O'Connell: Ciarán Condon, Rory Buckley, Johnny Murphy: Jack O'Riordan, Mark Corrigan, Cormac Buckley: Don Creedon, Patrick Lucey: Mark Hunt, Sean Kiely, Shane Meaney: Alan Quinn, Eolan O'Leary, Tony Dineen. Subs: Dylan Twomey, Eoin O'Mahony, Conor O'Sullivan, Gerard Angland

Referee: Luke Knight, Kilmurry.

The Tom Creedon Cup was presented to Macroom Captain Seán Kiely by Tom Creedon Jnr in the



Macroom U15 Championship semi-final

presence of Marion Creedon Hegarty and John O'Mahony CCC Cork Co Board

U15 In a repeat of the Division 1 league final Macroom V Clonakilty renewed rivalries however, on this occasion Macroom's victory was more comfortable against a Clonakilty team who were without a couple of key players. Macroom started brightly and built up a big half time lead and following the resumption Macroom kept up the pressure to run out winners on

a scoreline of 4-12 to 1-5.

Team Ben Ronan, Micheal Deasy, Michael Kelleher, David Condon, Ciaran Murray, Ultan O Tuama, Dan Lyons, Dylan O Shea, Donagh Moss, Daniel Lucey, Michael Cregan, Ronan Duggan, Michael Dunne, Ronan O Sullivan, Eoin Holland, Ryan Mahanutsher, Ryan Brophy, Alex Waugh, Conor Coughlan, David Bradley, Liam Neville, Aled Hopkins, Rodrigo Gonzalez, Cian Lee. Next up final against O Donovan Rossa.

MACROOM LADIES FOOTBALL MID CORK SUCESS

Macroom 3-8 Bishopstown 1-8

Captained by Sadbh O'Donovan Macroom Minor ladies met Bishopstown in the Mid Cork C final on Sunday 17th of November, under great weather conditions in Cloghdub. A highly anticipated game after losing to them in earlier round, Macroom got off to a great start. Some great scores from Orlaith O'Brien, Chloe O'Sullivan, Maisie Murphy, Clodagh

Murray and Szonja Mora. Bishopstown were slow to mark the score board but didn't make it easy for our girls either. Some great defending from both sides. Bishopstown tried hard to get past Macroom goalie Molly Murphy a few times without success. Macroom were up by 7 points coming into the second half. Strong defending by Bishopstown slowed down our scoring in second half. Bishopstown put a few

more points and a vital goal to the scoreboard to bring the difference down to only 3 points. A late penalty by Caoimhe O'Brien allowed Macroom a bit more breathing space. Final score Macroom 3:08 to Bishopstown 1:08. A great game of football on both sides.



Macroom Minor Ladies Captain Sadhbh O'Donovan with coaches Kay Coakely & Henry Murphy.



Macroom Minor Ladies Team who won the Mid Cork Final on Sunday November 17th against Bishopstown on a scoreline of 3-8 to 1-8

MACROOM SOCCER

U-12 Schoolboys Division 4

Carrigaline United AFC: 4 Macroom FC: 2

A difficult afternoon for the lads who gave it their all on Saturday afternoon. We led 1-0 through Sean Lehane's neat finish in the opening 10 minutes. Carrigaline equalised afterwards and soon found themselves 2-1 up. Fionn made it 2-2 at the break with his perseverance in front of goal. Nothing to separate the teams at half time. Carrigaline however in the second half grew stronger and ultimately would secure a 4-2 win. The boys can be proud and are making gains with each game. Captain for today was Milo.

U-15 Schoolboys National Cup

Macroom FC: 3 St. Mary's AFC: 3

Macroom won 4-3 on penalties.

A fantastic game at the Town Park this morning saw



Macroom FC U-15 Schoolboys



a good St Mary's Premier side lead 2-0 at half time from a penalty and a good strike, although Macroom had done well in the first half. Early in the second period good pressure from Dylan O'Connell allowed Ryan Brophy to collect the ball and finish well. Dylan O'Shea hit the post, Aled Hopkins went close but Macroom were deservedly level when O'Shea struck from close range. Into extra time and the visitors went ahead again following a good header off a corner. Macroom pressed and found the equaliser with just seconds remaining, O'Shea with a fine strike from the right flank. Into penalties and Macroom emerged 4-3, with keeper Calum O'Driscoll saving the decisive penalty for the hosts amid great scenes. Well done to all players and coaches, to the visiting St Mary's team and thanks to referee Austin Stack.

**U-15 Cork Schoolboys League: Division Five
Kinsale AFC: 2 Macroom FC: 1**

Macroom A travelled to Kinsale in this league fixture. Kinsale went a goal up in the first half and scored again just after half time to make it 2-0 really against the run of play. Macroom who were being pushed on by Ben Mc Carthy, Darragh McSweeney and Captain Cal O'Driscoll got a goal back through the excellent Ollie Thommen from a cross from Darragh Mc Sweeney to make it 2-1. Macroom went forward with every player giving their all in search of the equaliser but to no avail. It must be said Macroom didn't get the rub of the green in a few decisions and so it finished 2-1 to the hosts. Thanks to Kinsale for hosting and Owen Neenan for officiating and to the parents and supporters for travelling.

**U-17 Boys League One
Macroom FC: 1 Springfield Ramblers: 3
Jersey Sponsor's: Greg's Garage**

A much improved performance from the U-17 boys in the Town Park who found themselves up against it after two early goals from the visitors and were 2-0 down at half time. Macroom started the second half the stronger and were back in the match when Tristyn McBride scored a penalty won by Robert Fitzgerald. Macroom were creating the chances now and were unfortunate not to get another penalty as Michal Pilat and Jakub

Zulawnik were pressing for the equaliser. With time running out Springfield scored a third and there was no way back.

U-12 Schoolboys National Cup
Well done to Macroom U-12 squad with a fantastic 2-0 win in the National Cup. Goals from Jace Ring & Eoghan Kelly ensured our passage to the next round. Thanks to Inch United for a great game. Thanks also to our jersey sponsors Dornan Engineering. Well done lads.

**U-14 Schoolboys National Cup
Macroom FC: 2 Leeds AFC: 1 AET**
Macroom welcomed Premier side Leeds to the Town Park this morning. The first half was a tight game with both teams looking very strong. After a couple of chances from both sides, Leeds eventually broke the deadlock going up 1-0 from a corner. Macroom confidently started the second half knowing they were well in the game. Lochlainn Phelan and David Twomey were outstanding in midfield. A strong defence ensured Leeds chances were thwarted and the few that managed to get through were easily dealt with by Rory O'Shea who was reading the game well.

Macroom pressed on knowing their efforts deserved an equaliser. Unluckily for us, a handball afforded Leeds another great opportunity to stay ahead when they were awarded a penalty which they failed to convert. Encouraged, Macroom pressed on with a dangerous counter attack. This led to another penalty, but for us this time, from another handball. Seán Mac Sullivan, our captain, coolly stepped up to take it and in typical MacSullivan style, slotted the ball right into the bottom left corner. 1-1

Macroom applied fierce pressure on Leeds for the rest of the half, foiling any chance with great clearances from Con Moss and Darragh O'Shea. With the clock quickly approaching full time, we knew the lads were tiring. At the full time whistle, the lads approached the sideline. The smiles on the lads faces assured us they had more fight in them.

Looking very assured, Macroom eagerly began the first half of extra time looking the stronger side. Leeds were frazzled now and making mistakes. Macroom were relentless in their attacks and a through ball from Luke

Kelly to Leon Kelleher put the home side ahead for the first time. All we needed now was to hold out for the second half of extra time. A few final attempts from both sides were fruitless before the final whistle blew. A deserved result for the home side this morning. A very impressive game by all players. Thanks to referee Patrick O'Herlihy and to Leeds for a very competitive game. We now look forward to the next round of the trophy.

**U-12 Schoolboys Local Cup
Macroom FC A: 4 Mallow United A: 1**

On what was an early start on a bright fresh morning and after a positive start Macroom found themselves one down thanks to a sharp free kick from outside the box which eluded the Macroom defence and found its way into the top corner. Macroom continued to press and were rewarded soon after with an equaliser thanks to a nice finish by Luke O'Brien. Just before half time Macroom made it 2-1 when Fionn Kelleher pounced on a loose pass and went on a run and finished neatly. Macroom kept up the intensity after the restart and would ultimately come away with a 4-1 victory thanks to Fionn's second and Jayden Crowley's neat header at the back post. Great work all around from Macroom this morning. Captain for today was AJ Fisher. Thanks to the Mallow players and coaches for an entertaining match.

**U-16 Schoolboys Local Cup
Midleton AFC B: 1 Macroom FC: 7**

A comprehensive win in the Local Cup with the highlight a five goal haul by Donagh in forty minutes.

**U-14 Schoolboys Pat Cronin Cup
Macroom FC A: 4 Mayfield Utd FC A: 2**

Our U-14A boys played Mayfield United A. We scored first early in the match but Mayfield equalised quickly. Mayfield then scored from a penalty and at half time we were 2-1 down.

The boys went back out with a fighting spirit and quickly turned the game around with 3 goals to take the win. With a fantastic comeback we won 4-2 to progress to the last 16. Well done to all involved. Thanks to jersey sponsor Billy Murphy Taxis and to referee Craig Tilloston.



Macroom FC U-11 Schoolboys in action against Springfield



Macroom FC U-13 Schoolboys up against Bandon AFC



Macroom FC U-14 Schoolboys



Macroom FC U-17 Schoolboys



MACROOM LADIES SOCCER

The U19 girls booked their spot in the semi-final of the u19 cup with a superb performance against Wilton United on a wet and muddy Sunday morning at Murrayfield.

The home team started the quicker, racing into a 2 goal lead and controlled the game for the first 25 mins. Wilton grew into the game and GK Molly Murphy was forced into an excellent double save to keep the score 2-0 at the half. Second half was much the same and Macroom showed their ruthlessness in front of goal to end the game 6-1.

Super performance by all 14 girls, but standouts of the day were Ellen Duggan, Szonja Mora, and Iseult Riordan. Goalscorers: Rachel O'Shea, Cora Delaney x2, Szonja Mora, Aoife Murphy and Saorlaith Murphy. Thanks to Wilton for a good sporting game and referee John Corcoran. Next game home to Carrigaline in the league. Our U14 girls played away to Watergrasshill in the CWSSL Cup, with Alexandra Stepien Captaining the side.

It was a thrilling game that had it all, goals, a comeback and a penalty shootout at the end to

decide it.

Watergrasshill started the better and scored the first goal after 15 mins. They doubled their lead 5 minutes later making it 2-0. Macroom were still under pressure and Chloe Hubbard had to make a brilliant save from a long range shot, pushing the ball onto the crossbar and over. Macroom finally started getting a foothold in the game after 25 minutes and had a few opportunities with Abby Kelleher getting 2 shots on goal that were saved. Alexandra Stepien scored on 30 minutes making it 2-1 at half time.

Macroom started the second half the stronger with Ella Nic Siubhne winning the ball and bringing it forward at every opportunity. Macroom equalised half way through the second half when Alexandra Stepien got in again behind the Watergrasshill backs and coolly slotted the ball into the bottom right hand corner. Now Macroom were in the ascendancy and had watergrasshill on the back foot for the rest of the half. They narrowly missed on either side of the goal post through Olivia King and Alexandra Stepien looking for her hat trick.

It ended 2-2 at full time going to extra time. Both teams had opportunities to win in extra time, but the goalkeepers managed to stop any more goals going in.

Then to dreaded penalty shootout. An outstanding save from Chloe Hubbard in goal for Macroom was the difference with Macroom winning 4-3 on penalties to go through to the next round.

In other news, the club is delighted to see some of our players successfully making it through recent Cork trials. Congratulations to Róisín Twomey on being selected to play for CWSSL U12 Cork team. Congratulations also to Chloe Hubbard who has been selected for the CWSSL U14 Gaynor squad and to Lorna Hodman who has been selected for the Cork U15 squad. Chloe Hubbard has also been part of the FAI emerging talent programme. Well done girls and to our other players who partook in the trials. Your club, coaches and teammates are very proud of you all!!!

LAOCHRA ÓG

Truck Run 2024

Laochra Óg Truck Run has been and gone and was another success thanks to Paul Lyons and his team of support who turn up every year to help and support him for this event. It was a super turnout with 119 vehicles arriving on the day. The proceeds will be split between the club and the Jack and Jill Foundation. A total of €7,740 was raised. For the Jack and Jill Foundation the money collected will cover 215 hours of home nursing care. An outstanding amount. Thanks to everyone who took part or helped

out in any way, it couldn't be done without ye. Thanks to the Gardaí in Macroom and Farnanes for all their help and assistance. Thanks also to all the people who sponsored spot prizes for the event. Till next year 10/10.

Minor Camogie

Our Minor team were in action on Wednesday night v Sars 2 in Ballincollig. Hard work from the girls saw them come away with a win. It was a good sporting and competitive game with both sides giving the supporters a great display of skills, there were lovely

scores and super defending from both teams. Thanks to Sars for the game, and to Ballincollig Gaa for the facilities. Thanks to the supporters for travelling and as always thanks to our team sponsors, Healy's Spar Clondrohid.

Date for the Diary

The Shane Murphy Memorial Poc Fada takes place on Sunday next 24th November at 11 a.m. onwards. No registration after 2 p.m. at Club Grounds in Ballymacorcoran.



Laochra Óg Truck Run has been and gone and was another success thanks to Paul Lyons and his team



Minor Camogie v Sars 2 8th November 2024



Inniscarra winners to the Ross Oil Muskerry Junior A Football Championship.



Macroom Soccer girl Róisín Twomey who has been selected for CWSSL U12 team



U14 girls in recent cup action



Macroom Soccer U19 girls in cup action against Wilton



Naomh Fionnbarra Captain Aoife Ní Chríodáin accepting the cup from Cork LGFA Chairwoman Marion Crowley pic Angela Brennan



Naomh Fionnbarra, Junior County Champions after defeating Kildorrery recently in Cloughdub pic Angela Brennan



Macroom Soccer girls Lorna Hodman and Chloe Hubbard proudly representing Macroom on U14 & U15 Cork squads.



Naomh Fionnbarra U14 County Champions' after beating Valley Rovers recently in Cloughdub pic Angela Brennan



Naomh Fionnbarra U14 Captain Jaymeann O Donoghue accepting the cup from Cork LGFA Chairwoman Marion Crowley pic Angela Brennan



John O'Sullivan, Inniscarra captain receives the Muskerry JAFc Trophy from Tim Holland, Ross Oil in the presence of Diarmuid Kirwan, Enda Linehan and John Feeney.



Congratulations to Naomh Fionnbarra's Anna Healy pictured alongside Macroom's Clodagh Healy who were selected on the Mid Cork U13 Panel.



Well done to pupils from Inchigeela National School who reached the final of Sciath na Scol held in Páirc Uí Chaoimh.



Comghairdeas to Canovee NS cailíní who won their Sciath na Scol final against Ballyvourney in Páirc Uí Chaoimh on November 11th.



Victorious Macroom team after winning Tom Creedon Cup



St Mary's U16B Basketball Team who are into the Cork County Regional Semi Finals after beating both Scoil Mhuire and Christ King Secondary School recently.

Coachford AFC Annual Awards night



Premier team coach, Aidy Buckley presenting Adam Murphy with his Golden Boot award at the Coachford AFC Awards night



Mark Murphy collecting his Player of the Year award from Premier team coach, Sean Delaney at the Coachford AFC Awards night



Daniel O'Driscoll collecting his Player of the Year award from Premier team coach, Sean Delaney at the Coachford AFC Awards night. (Pics Peter Dineen)

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OUR EDITORIAL TEAM: Tel: 026 42023 | E: leevalleyoutlook@macroom.ie
Editor: Grainne Dunlea; 086 8542414 | E: leevalleyoutlook@macroom.ie


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€2000 raised in aid of Macroom Community Hospital



Alice O'Farrell held a Pop-Up Shop in O'Farrell's premises on 25th & 26th October and all proceeds €2000 were in aid of Macroom Community Hospital in memory of her late mom Marie O'Farrell. She would like to thank everyone for their support and generosity and she would also like to mention Anne Kelleher for all her help on the day. In the picture: Alice O'Farrell (second left) Bernie Buckley Director of Nursing (third in from the right) along with staff of Macroom Community Hospital.

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A Word of Victory

"Rejoice in our confident hope. Be patient in trouble. Be constant in prayer"
(Romans 12:12).

Welcome back dear student, tomorrow Saturday 23rd you are welcome to come and pray with us at Word of Victory Christian Fellowship (V93V6X4) at 11am as we pray for the General Election. Our nation is in jeopardy. God is calling His children to repent, pray and seek His Wisdom and Counsel as we face into our future. Our children and those yet to be born are depending on our response to the urgency of the situation. Friend, many people think elections aren't worth their time, but every vote must be made to count! What a privilege that we live in a free country, and each given a voice. We owe it to those who live in other nations under oppression to protect our freedom, our culture, and our faith. We pray for the fear of the Lord to fall upon this nation and for God's Mercy: especially in relation to our attitude towards Israel. Ireland has become a very antisemitic place to our shame, and that is an open door for curse and disaster (Genesis 12:3). We have been enduring the results of turning our back on God's ways. Man's solutions to the problems have not worked - they've just made it worse.

"I urge you to pray for all people. Ask God to help them; intercede on their behalf and give thanks for them. Pray this way for kings and those in authority so that we can live peaceful and quiet lives" (1 Timothy 2:1-5). We are praying for the Salvation of the candidates, that they will come to know the Lord Jesus and receive His Love and that they will operate with His Wisdom and Counsel to turn Ireland around to a better future. We pray for those caught in homelessness, and for those living in fear of losing their homes that they will be given help to secure housing. We pray that illegal immigration will be halted, and for peace on our streets. We pray that those who care for vulnerable family members will have the resources they need prioritised by this next government. We pray for our health system to be overhauled from the top down. We pray for the unborn to be protected in the womb, for proper supports for those in crisis pregnancies, and for abortion on demand to be overturned. We pray for the protection of our children's minds and hearts from woke ideologies set up by the devil to trap them into lives of misery and oppression. We pray that our education system will revert to teaching children to help them succeed in life, instead of turning them into activists.


We pray that godly men and women of courage will be elected to run this country in truth and integrity; and that wastefulness and corruption will be eliminated. We pray for people's hearts to be open to the Truth of the Gospel, and where folks have lost faith because of past scandals or abuse: that their hearts would be healed and restored. It's not the Lord who caused bad things to happen - human beings operating under demonic influences destroyed lives - often under the guise of 'working' for God, but God has been wrongly blamed for these horrors. Jesus is our only Hope - that is why we must turn to Him. God's Word is clear "if My people who are called by My Name will humble themselves and pray, and seek My face, and turn from their wicked ways, I will hear from heaven, and will forgive their sin, and heal their land" (2 Chronicles 7:14). O Lord Jesus, forgive us, deliver us, and heal our land, and help us to vote wisely we pray, Amen.

Bible Study and Prayer every Sunday @ 11am and Thursday @ 7.30pm at Word of Victory Christian Fellowship Killarney V93V6X4

 Word of Victory Christian Fellowship Killarney

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3RD ANNIVERSARY



Treasured memories of Dad and Grandad

JERRY MANNING

late of Moulnahourna, Carriganima, Macroom, who's 3rd anniversary occurs on the 27th of November.

Happy memories will keep forever, of days when we were all together. Each of us in our own special way have special thoughts of you today.



So sadly missed by Mark, Julie, Stephanie, Sarah, Douglas, Darren and Rachel.

3RD ANNIVERSARY



In loving memory of our darling Dad

JERRY MANNING

late of Moulnahourna, Carriganima, Macroom, whose 3rd anniversary occurs on the 27th of November.

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



So sadly missed by Nellie, John, Julie, David, Martin, Raymond, Marie, Kevin and extended families.

In Loving Memory

Remembering your loved one

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
MARY KELLEHER
Gortavraner, Clondrohid,
Macroom who passed away on 22th
November 2023.

As we lovingly remember Mary on her first anniversary, her family would like to express our sincere gratitude to all our neighbours and friends who offered their support and everyone who sympathised with us on her sad passing. We greatly appreciate all the thoughtful messages and online condolences received. Thank you to those who called to the house with food and refreshments, sent Mass cards and to those who travelled near and far to attend Mary's removal and funeral mass. Sincere thanks to Fr Greene of Clondrohid Parish, Fr Francis Manning of Newmarket Parish, Canon O' Donnell of Macroom Parish, Fr Neilus O'Donnell of Rathcormac Parish, Kathleen O' Conor and Gerry Doody for the church music, the sacristan Kathleen Crowley and all who participated in the meaningful funeral mass. We thank Tarrant's Funeral Directors for your guidance and professionalism which was very much appreciated. To everyone else who helped in any way, please accept this acknowledgement as a token of our sincere appreciation.

*Oh sacred heart of Jesus
I place all my trust in thee.
Two tired eyes are sleeping,
two willing hands are still,
the one who worked for us so hard
is resting at Gods will.*



Lovingly remembered and missed everyday by your husband Johnny, Son John, Daughters Elaine, Deirdre, Máire, Eimer, Gráinne, Grandchildren, son-in-law's, John's partner Mary and extended family and friends.

Mary's First Anniversary Mass will be held in St. John the Baptist Church, Carriganima, on Saturday 23rd of November at 6:30pm.

3RD ANNIVERSARY



In loving memory of
MARY O'CONNELL
Knocksaharn, Kilnamartyra
Whose 3rd anniversary occurs on
2nd December 2024.

*A loved one never leaves you
They're never far away.
They watch you from a distance
And guide you every day.
They do become your angel
And look down from above.
A loved one never leaves you
Because you always have their love.*



Always remembered by
her Loving family

28TH ANNIVERSARY



In loving memory of
FLORENCE RIORDAN
Shanballyshane, Kilnamartyra,
Macroom
Who died 22nd November 1996

*God be with the old days
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 Dan, Florrie, Nora,
John and daughter-in-law Gulliette.

7th ANNIVERSARY



In loving memory of
DIARMUID (JOEY) O'CONNELL
Coolnacahera and Lisboymore
Who passed away 23rd November
2017

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



Always remembered by your loving family.
St Gobnait pray for him.

7th ANNIVERSARY



In loving memory of
DONAL CREED
late of Codrum, Macroom, Co Cork
Died 23rd November 2017

*In loving memory of Donal a dear husband,
father, grandfather, great grandfather,
brother, uncle and friend.*



Remembered every day with so much
love by his wife Madeleine and by his
extended family

Ar Dheis Dè go raibh a anam uasal

22nd ANNIVERSARY



Treasured memories of
YVONNE REILLY
Aglish, Coachford
Who died on the 23rd November
2002

*In life we loved you dearly,
In death we love you still.
In our hearts you hold a place,
That no one else can fill.*



Always loved and remembered by her
loving parents Gerry and Joan,
brothers John, James and Richard
and sister Geraldine.

7TH ANNIVERSARY



In loving memory of
TIM O'LEARY
Rossmore, Kilbarry, Macroom,
Whose anniversary occurs on
25th November.

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



Lovingly remembered by your wife
Margaret, Son: Gerard and Daughter
in Law: Erika and Grandson Tim,
Granddaughter Mia and all the family.

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. **MORC**

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25th ANNIVERSARY



Always in our Hearts

**SHEILA FREE
TWOMEY
(NEE LYNCH)**

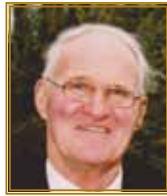
**The Mills, Ballyjourney, Co. Cork
26-04-1932 to 21-11-1999, RIP**

*Remembering you is easy
We do it everyday
The happy times together
And the things you used to say.
We hold you tightly within our hearts
And there you will remain,
And though many years
have now passed by
Our love is still the same.*

She lived for those she loved
And those she loved remember.

Sheila is greatly missed by her daughters
Margaret, Joan & Mary, sons Michael
& Martin & their partners & her 16
grandchildren & great grandchildren
Ellie & Jenny

4TH ANNIVERSARY



In loving memory of

**DAN
BUCKLEY**

**Lactify, Clondrohid, Macroom,
who died November 16th 2020**

*Our Family chain is broken
and nothing seems the same,
but as God calls us one by one,
the chain will link again.*



Always remembered by his loving family.

8TH ANNIVERSARY



In loving memory of

**MICHAEL
CREEDON**

**Late of Ard na Greine, Macroom
whose 8th anniversary occurred on
the 12th of November**

*We think about you always,
We talk about you still,
You have never been forgotten,
and you never will.
We hold you close within our hearts,
and there you will remain,
to walk and guide us through our lives,
until we meet again.*



Loved and missed by his loving wife
Deborah and children Shannon and
Conor.

7th ANNIVERSARY



In loving memory of

**CONNIE
O'RIORDAN**

**Carrignadoura, Ballingearry, Co. Cork
Died November 22nd, 2017**

*Silent thoughts, sincere and true,
From a family who thoughts
the world of you,
No longer in our lives to share,
But in our hearts you're always there.
Go raibh leaba i measc na Naomh aige.*



Lovingly remembered by Maura, Norma,
Eileen, Michael, Marie & Families

3rd & 12th ANNIVERSARY



In loving memory of

**ANNE
CRONIN**

**Masseytown, Macroom
Who died on 25th November 2021**



In loving memory of

**TERESA
CRONIN**

**Upper Masseytown, Macroom
Who died on 21st November 2012**

*If teardrops could build a stairway
And memory a lane
We'd walk the long road to reach you
And bring you home again.*



Lovingly remembered always by Niall, Ruth, Vincent, Zoe, Nicola, Sarah,
Luke, Robert & loving families

9TH ANNIVERSARY



In loving memory of

**MOLLIE
COTTER**

**Gortnalour, Inchigeela, Co. Cork
Died 19th of November 2015**

*We hold you close within our hearts,
And there you shall remain.
To walk with us throughout our lives
Until we meet again.*



Sadly missed and always remembered
with love by your daughter Margaret,
son William, grandchildren and great-
grandchildren.

7TH ANNIVERSARY



In loving memory of

KILIAN LYNCH

**Ballyverane House, Macroom,
Co. Cork
Died 22nd of November 2017**

*Lonely is the home without you,
Life to us is not the same;
All the world would be like Heaven,
If we could have you back again.
It broke our hearts to lose you
But you didn't go alone,
For part of us went with you
The day God called you home*



Missed every day and forever loved by
your wife Margaret, sons, daughters and
grandchildren.

MEMORIALS
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3RD ANNIVERSARY



In loving memory of

TONY O'SULLIVAN

Curraghawaddra, Coachford

Who died on 25th November 2021

*We think of you in silence
We often speak your name
But all we have are memories
And your picture in a frame
Your resting place we visit
And put flowers there with care
But no one knows the heartache
As we turn and leave you there.*



Loved and missed everyday by your wife Mairead, Mark, Lisa and Dean Jacquie, Ciaran and Sarah and your grandchildren AJ, Rian and Seánie

11th ANNIVERSARY & BIRTHDAY REMEMBRANCE



In loving memory of

NELL MURPHY

**Knockroe, Kilnamartyra, Macroom
Whose anniversary occurs on the 23rd November.**

*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,
We watched you fade away,
Although we loved you dearly,
We knew you could not stay,
You left behind some aching hearts,
That love you most sincere,
We never did and never will,
Forget you Mother dear.*



Always loved and remembered, Anna, Dan, Denis, Elaine, Danny and Sheena.

12th ANNIVERSARY



With love we remember

OLAN COLLINS

**Coomnaclohy Ballyvourney
Late of Aghavrin Coachford
Who's 12th Anniversary occurs on the 18th of November**

*There is a bridge of memory,
from earth to heaven above.
It keeps you always near us,
it's called the bridge of love.*

*May you always walk in sunshine,
and God's love around you flow.
For the happiness you gave us,
no one will ever know.*

*It broke out heaths to lose you,
But you did not go alone,
for part of us went with you,
the day God called you home.*



Lovingly remembered by Noreen, Mairead, John, Molly, Daniel, and Conor.

Anniversary mass will take place in St. Gobnait's Church 17th of November at 11:30

ANNIVERSARIES



In loving memory of

CON & SHEILA O'BRIEN

**Coomaguire Ballyvourney
who's 37th and 31st anniversaries occur around this time.**

*Those special memories of you,
will always bring a smile,
if only we could have you back,
for just a little while.
Then we could sit and talk again,
just like we used to do,
you always meant so very much to us,
we thought the world of you.
The fact you're no longer here,
will always bring us pain,
but you're forever in our hearts,
until we meet again*



Always remembered by your loving family at home and abroad. St Gobnait pray for them.

9th ANNIVERSARY



In loving memory of

THOMAS (TOM) BUCKLEY

**Lower Belmont, Crookstown
Co Cork Whose 9th Anniversary is at this time. Died on the 14th November 2015**

*If we could write a story
It would be the greatest told
Of a kind and loving father
Who had a heart of gold
We could write a million pages
But still be unable to say
Just how we love and miss him
Every single day.*



Loved and missed by your family Aidan, Maria, and Caroline son in laws Vincent and Vincent grandchildren Lisa-Marie, Shauna, Caoimhe, Eadaoin, Darragh and Jack

8th ANNIVERSARY



In loving memory of

TOM FINNEGAN

**Knockavullig, Carrigadrohid
Co Cork.
Whose anniversary occurred on the 17th of November**

*We think of you in silence,
We often speak your name,
But all we have are memories
And your picture in a frame.
Your resting place we visit
And put flowers there with care,
No one knows the heartache
As we turn and leave you there.*



Always remembered Thomas, Eleanor, Dylan, Rebecca, Clodagh.

2ND ANNIVERSARY



In loving memory of

DENIS MURPHY

**Ardnaneen, Terelton
Who died on 25th November 2022.**

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



Always remembered and dearly missed by Joan, John, Ray, Yvonne and their families.

5th ANNIVERSARY



In loving memory of

EILEEN CREEDON

**Coolea
Who died on 14th November 2019**

*We thought of you with love today,
But that is nothing new,
We thought about you yesterday,
And days before that too.*

*Your memory is our keepsake,
With which we'll never part,
God has you in his keeping,
We have you in our heart.*



Love always, Johnny and family xxx

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**

THE MIRACLE PRAYER



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

17th ANNIVERSARY



In loving memory of
**EDWARD (NED)
O'LEARY**

Sleaven East, Macroom, Co. Cork
Whose anniversary occurs on 21st
November

*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 are memories
And a 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 heart.*



Sadly missed and always remembered by
your wife Joan and family

4th ANNIVERSARY



In loving memory of
JOHN HUBBARD

Ballyvongane, Coachford
Who died on 27th November 2020

*Life is but a stopping place
A pause in what's to be
A resting place along the road
To sweet eternity.
So rest in peace dear Johnny
And thanks for all you've done
We pray that god has given you
The crown you've truly won.*



Always remembered by your loving
wife Eileen, sons Anthony and
Eugene. Daughters Norma and Evelyn,
grandchildren extended family and
friends.

3RD ANNIVERSARY



In loving memory of
ANNE CRONIN

Macroom
Who died on the 25th November
2021

*"Mam if tears could build a stairway,
And memories a lane,
I would walk right up to heaven
And bring you home again."*



Loved and missed always
Sarah, David, Olivia and Rowan
Zoe, Nicola, Luke and Robert.
Denis, Kayleigh, Holly, Calum and Blake

8th ANNIVERSARY



In loving memory of
**NANCY
BRADLEY**
Ballinagree, Macroom
Whose Anniversary occurs on the
16th of November

*God looked around his garden and found an empty place.
He then looked down upon the Earth
and saw your tired face.
He put his arms around you and lifted you to rest.
With the help of his angels
they flew you to your heavenly place.
Gods garden must be beautiful, he always takes the best
He knew you were suffering, he knew you were in pain.
He knew that you would never get well on Earth again.
He saw the road was getting rough
and the hills too hard to climb.
He closed your weary eyelids and whispered
"Peace be Thine"
It broke our hearts to lose you but you didn't go alone.
For part of us went with you the day God called you home.*



Sadly missed and always remembered by Michael
and family.

5th ANNIVERSARY



In loving memory of
**EILEEN
CREEDON**
Coolea Formerly Top of Coom
Kilgarvan
Who died on 14th November 2019

*I miss you every day
and even though
I cannot see you Mother
I know you are always by my side.*



Always remembered never forgotten

By John, Dan, Tim, Jerry, Siobhan,
Eileen, Julie, Caitriona, Mary Ellen, your
grandchildren, daughters and sons in law

2ND ANNIVERSARY



In loving memory of
**JEREMIAH
K. MURPHY**
Coolnacarriga, Carrigadrohid
Co. Cork
Whose anniversary occurs on 21st
November



Always remembered by family
and friends

19th ANNIVERSARY



In memory of a loving Husband,
Dad & Grandad
**MATTIE
TWOMEY**
Barathanaknuck, Clondrohid,
Macroom, Co. Cork
Who died on 17th November 2005

*Happy memories will keep forever,
Of days when we were all together,
They bring a smile often a tear,
But always a wish you were here.*

*Will those who think of Mattie today a little
prayer to Jesus say.*



Remembered by your loving
wife Bridget & family

8th ANNIVERSARY



In loving memory of
**THERESA
(TESSIE) DWYER**
Crookstown, Co. Cork
Died on 17th November 2016

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



Always remembered by
her loving family

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