

First edition of 2025 brings Snowy roads, but let's not forget to feed the birds during this cold weather. Pic Peter Scanlan Carrigadrohid



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Editor's NOTE

Get in Touch...

Don't be a stranger If you have an article, photo or story you wish to share, email:

leevalleyoutlook@macroom.ie

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

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

As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne For Advertising email Des. E: des@outlookmags.com Please note Des has a new number 087 3600223

Thank you from Lee Valley Enterprise Board and Macroom Business Association for supporting Macroom this Christmas

On behalf of the Lee Valley Enterprise Board and Macroom Business Association we would like to thank our wonderful supporters and sponsors who made the 2024 Macroom Town Christmas Lights display possible, to those who supported the fantastic Cinderella Pantomime production our joint venture with the Briery Gap.

Thanks to those that shopped local this Christmas, and to each one of you that purchased and promoted Macroom Shopping Vouchers scheme, which was a tremendous success.

Your generosity has meant that Macroom has one of the best and spectacular Christmas Lights displays for everyone to enjoy. A special thanks you Macroom Tidy Towns without your commitment this brilliant display may not be possible.

To Cork Co. Co., Auld Triangle Bar & Restaurant, AlB Bank, Anne Marie Beauty, Care Choice, Dan Twomey Drapery, Evelyns Mc Sweeney's, Killian Lynch

Auctioneers,

M & J Kelleher Oils, Matt Murphy's Pharmacy, Pickled, OM2 Estate Agents, Marys' Toymaster, The Webb Boutique your sponsorship not only made this festive season memorable, but it also showcased your commitment to fostering a vibrant and welcoming community.

To other businesses and community members, we invite you to join us in supporting this lights display, and also our future projects and events. Your sponsorship helps ensure that the magic of a Macroom Christmas continues to shine, creating a sense of unity and festive spirit.

Interested in becoming a sponsor? Please email info@ macroom.ie for more details.

Winners of the Free Christmas Shop Local Draw E1,000 each received E50 vouchers

Catherine Kelleher – Macroom Costcutters, Linda Bradley – M O Learys' & Sons, Donna O'Reilly – Super Valu, Emma Cronin – Mary's Toymaster, Nora O Riordan – Castle Hotel, Kathleen Curtin – The Shoppeen Siobhan O'Leary - Macroom Costcutters, Gerard Quinn – Lynch's Bakery, Bridie O'Leary – Super Valu Darren Quinn – T M Cronins, Ellen Macliam – Natures Corner, Annemarie Healy – Fitzgeralds Bookshop Kitty Knigston – Muskerry Family Practice, Eoghan Kelly – Macroom Credit Union, Nuala Kelly – Macroom Costcutters, Bernie Shorten – Deasy's Pharmacy, Brid Leahy – T M Cronins, Jimmy Crowley – Murray's Bar Ann Kelleher – Macroom Costcutters, Ciara O'Riordan – Mary's Toymaster.





STRONGER TOGETHER LEE VALLEY ENTERPRISE BOARD



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LEE VALLEY OUTLOOK



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Four bedroom detached residence offers spacious living accommodation in an excellent, highly sought after ocation. A separate two storey garage offers huge potential for those looking to expand their living space.

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66 Glengarriff Road, Bantry, Co. Cork, P75RX56

AMV: €135,000

This derelict 4 bedroom terraced townhouse offers a rare opportunity for restoration in a prime location. While the property is in need of complete renovation, its central position ensures easy access to all the amenities, shops, and charm this vibrant town has to offer. This is an ideal project for those seeking to bring new life to a home in an unbeatable location or for someone looking for an investment property.

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Model Village, Dripsey

P12 T049 A.M.V. €250,000 BER G 78 m2 Terrace

Three bedroom, one bath terraced residence brimming with potential. Located 25 minutes from Cork City and within easy access of all the local amenities.

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Kilnarovanagh, Toames, Macroom, Co. Cork

Residential Site A.M.V. €80,000

C. 0.64 acre site for sale just c.2km from Terelton village. The site is level and easily accessible. The site is located c. 10 minutes from Macroom town and c. 30 minutes west of Cork city.

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MACROOM GOLF CLUB 1925-2025 STARTS ITS CENTENARY CELEBRATIONS

2025 will be a momentous year for Macroom Golf Club, as it reaches its centenary year, with many exciting events planned throughout the year ahead to celebrate this milestone.

The first of these was on Sunday 22nd December last a flag raising ceremony preceding the Captains and Presidents Drive In was held to mark the start of the Centenary Calendar of events. The large crowd in attendance included families of past and present members, along with many of our juvenile members representing the intergenerational membership of Macroom Golf Club.

The Men's Captain Gary Morris spoke on behalf of the club and its members in acknowledging the people that build the course and the clubhouse and developed it into the wonderful facility it is today for the people of Macroom and surrounding areas to join and enjoy its offerings.

This is an excerpt from Gary's speech.

"It is a great honour for us all to be here today as we come together to start the celebration of 100 years of Macroom Golf Club. A significant milestone for which we all should be truly proud of.

Today we are going to raise our new flag.



As we raise this flag today, let it stand as a tribute to those who founded our club 100 years ago. These men saw a place for golf in Macroom, secured and laid out a course here in the Castle Demesne which is still played in the same formation as it was 100 years ago -Thank God that they did.

We also pay tribute to the Committee and members of the day who had the foresight and courage to extend Macroom Golf Club from 9 holes to 18 holes in the 1990's. A huge project at the time which greatly enhanced Macroom Golf Club to what we see today.

We also remember the many members who, over the decades, dedicated their time, energy, and wisdom to ensuring the growth and success of Macroom Golf Club. Though some of them are no longer with us, their memory lives on in every tee box, fairway, green, and every corner of this cherished club. To them, we owe a deep and heartfelt debt of gratitude.

We also celebrate the great club that Macroom Golf Club has become. Our current members, staff, and supporters are the lifeblood of this club, ensuring that it remains a place we all enjoy coming to, to play golf, meet friends and socialise.

As we look to the future, let this flag symbolise we have



exciting times ahead new challenges to er create. Together, we v

this great club with great pride and purpose. Macroom Golf Club is our club and is our special place. Here's to the next 100 years and hopefully many more happy memories and great days ahead. Thank you".

As Gary said Macroom Golf club is looking forward to a very bright future. It has a beautiful scenic and exceptionally well maintained golf course, a committed group of volunteers, and excellent longstanding staff along with its clubhouse facilities and catering provided by the Mulligan Room that can be enjoyed everyone that visits the clubhouse.

Next event in the Centenary Calendar is a talk by Macroom History Group on the history and foundation of Macroom Golf Club 1925 -2025. This is open to anyone who has an interest in the history of the Macroom Castle Demesne and Macroom Golf Club. Everyone is welcome to attend at the Castle Hotel on the 11th Feb 2024 at 8pm.



Image above: Piper Joanne Gould leads the 2025 Officers to the flag raising ceremony. Image left: Macroom Golf Clubs Officers for 2025 at the Flag Raising Ceremony. Left to right Lady Captain Margaret Keating, Lady President Geraldine Galvin, Men's Captain Gary Morris, Juvenile Captain Charlie Magee, and Men's President Paddy O'Leary.

NOTICE MACROOM PLOUGHING MATCH

The annual Macroom Ploughing Match will not be going ahead on Sunday Jan 5, due to the weather conditions. It will be rescheduled for February. There will be more information in the next edition.



John O'Riordan presenting Ellen O'Donovan (Douglas) with the Liss May Stake prize at Cork Dog Track in Nov. 2024. Also included are Veronica McAuliffe, Concubhar Lucey, Gerard Horgan and sisters Katie and Sarah Kelleher, Macroom.

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LEE VALLEY OUTLOOK

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MACROOM GIRL GUIDES

Macroom Girl Guides would like to wish all their members a Happy New Year.

Unit meetings will be returning in the next week or two and we are looking forward to an action packed few months where all units will be looking forward to planning their outdoor programme.

Our Hi Digital programme will be rolled out in the new year, and we look forward to many intergenerational sessions in the next few months.

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



Hi Digital session with Macroom Girl Guides



Hi Digital session with Macroom Girl Guides



Ardilaun Brownies with the Christmas Cards they made for their Christmas Good Turn



Ardilaun Ladybirds with the Christmas Cards they made as part of their Christmas Good Turn

MACROOM FLOWER & GARDEN CLUB

Members enjoyed 50th Anniversary Gala Dinner at The Castle Hotel recently. The Club will resume on Thursday February 13th AGM Coolcower House at

7.00pm. with Annual Membership accepted on the night this will be followed by Guest Speaker. We look forward to New Members and visitors throughout the

2025. Floral Arranging Classes will return for Members in the Spring.



Enjoying the Macroor 50th Anniversary Gala Dinner at the Castle Hotel. Pic's. Peter Scanlan



Long standing Members of the Macroom Flower & Garden Club 50th Anniversary Gala Dinner at the Castle Hotel. Pic's. Peter Scanlan



Enjoying the Macroom Flower & Garden Club 50th Anniversary Gala Dinner at the Castle Hotel. Pic's. Peter Scanlan





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MACROOM UPDATES



A Big Thank You to Denis Hurley of Lee Valley Ireland from Inchigeela National School for the sponsoring recently of a set of Jerseys and Singlets.



DE LA SALLE College Macroom



The De La Salle Music Group, were working hard all through Decemeber. They played in school during lunch, at Cahereen Nursing and in Care Choice

Transition Year

Our 4th year History students took part in a treasure hunt around Macroom. Students got a chance to visit some historical and cultural spots around Macroom. Some, obvious historical places and some not so obvious where visited. Well done to all who took part and hopefully students gained some knowledge of Macroom's lesser known history sites

Christmas Fund Raisers

De La Salle held its annual Christmas Jumper Day, and were delighted to announce that over €600 was raised. These funds will go towards sending two students within the Diocese to Lourdes next summer to assist the sick and elderly. A huge thank you to all the students and staff for their generosity and festive spirit. Your support makes a real difference. Well done to Tom McCullagh in Second Year, who won the prize for Best Christmas Jumper.

A big thank you to everyone who donated to the charity swim event our students took part in to raise funds for Autism Assistance Dogs Ireland. Students completed a combined number of 469 laps of the pool in the Castle Hotel, the equivalent of 7.5 km, in just 45 minutes.

The total money raised was 1,233 euro. The staff are so proud of the boys for taking part and for doing so much fundraising themselves through their sponsorship cards.

De La Salle would like to thank all the staff in the Castle hotel for their support, especially to Dave O'Leary for

all his work with our students. Afterwards, Nora, a trainer with Autism Assistance Dogs Ireland, brought puppy in training, Clark, to see the boys after their efforts.

Music Group

De La Salle Music Group played and sang so wonderfully for the residents in the Care Choice Nursing Home after school. The students had a wonderful time there and we were delighted to be a part of the Christmas celebrations. The group were delighted to be invited to play and sing in the Cahereen Nursing. This group of boys were practicing diligently in the lead up and were even able to find time to entertain students and staff during the school day also. Great credit must go



De La Salle students, Dylan O'Shea, Luke Horgan, and Simon McCarthy (2D) and the robot that they have been building

De La Salle Students who took part in a charity swim event raising over 1200 euro for Autism Assistance Dogs Ireland.

to these boys for giving up their spare time as well as to their teacher Ms. Geraldine O'Sé. Ms. O'Sé has been coordinating and teaching this group for a number of years now and it really is going from strength to strength.

2nd Years

De La Salle students Dylan O'Shea, Luke Horgan, and Simon McCarthy (2D) were showcasing the robot that they have been building all term. The robot is able to be both driven using a remote and drive itself around and avoid obstacles. The boys are working on a second robot and the goal is to race the two. Future engineers in the making.



De La Salle student, Tom McCullagh in Second Year, who won the prize for Best Christmas Jumper

BRIERY GAP

LIVE MUSIC GREENSHINE IN CONCERT | WITH SPECIAL GUEST JOHN HAYES SAT 25TH JAN 2025 | 8PM



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O macroom sports_massage

MCEGAN LE

2025: HAPPY NEW YEAR to all the staff , students and their families for 2025. We hop that this will be a productive year in McEgan. For our Leaving Cert students this is the year of their Leaving Certificate exams and transition to further education or employment. McEgan staff are on hand every day to support each student through this potentially stressful time and to guide them on to the next chapter in their lives.

Pre Exams Week is from Tuesday 4th to Friday 7th

February in McEgan.

Pre-Christmas Celebration:

Room 22 Students enjoyed a day of celebrating on the 17th December which included a surprise visit from Santa.

LCA 5 catering students under the guidance of Mrs Bourke provided an Irish Breakfast to the 1st year students in the assembly.

Parents Coffee Morning took place on 18th December parents were entertained by the talented

Adam O'Keefe LCA5 with the table



Music Students entertained residents in the local care home with songs and music on Thursday 19th.

Fundraising: McEgan College will be organising fundraising initiatives in the next few months to upgrade the sensory room. The first fundraiser was a raffle for a fabulous hamper sponsored by Cork Prison Staff before Christmas. The raffle raised €800 of the €10,000 required for the upgrade.

Ms. Mary G Lynch receiving the large Christmas Hamper



Music Students under the tutelae of Ms.O'Regan entertain senior Citizens in Macroom before Christmas.



Room 22 in Christmas Jumpers to enjoy a Christmas Lunch and a visit from Santa on December 18th



Music Students entertaining during the final coffee morning of 2024 for parents.



On Thursday December 19th our Chairman Martin Coughlan, Secretary Lisa Manning and Treasurer Judy O Sullivan received a very generous donation from Eileen O Flynn of The Auld Triangle.

Thanks very much for the generous donation, it is very much appreciated. A big well done to our Volunteer John Lyons who has been elected as Community and Voluntary rep on Cork County Council's Strategic Policy Committee No.2 on Environment, Climate Action and Biodiversity. We would like to wish him all the best on this well-deserved recognition.

Tidy Towns activities continue for the full 12 months each year, with different things happening Winter, Spring, Summer and Fall. Volunteers have been busy over the Christmas Period litter picking and taking down the Santa Grotto, which was very much in demand again this year. This was a huge commitment for the volunteers involved during the month of December and the weeks leading up to this. Shortly now we will have to take down the Street Lights that were erected for Christmas as well as the crib in the

square. Behind the scenes, meetings are ongoing planning works for 2025. Some of this is seasonal work, like planting of bare rooted trees and must be carried out over the coming weeks and months.

So many people compliment the work we do and admire what is being done but why not consider doing something small yourself in your own local area, as this helps the overall effort, inspires others and there is a feel good factor. We in Tidy Towns will support you in whatever way we can. You may also like come along and join us some Saturday morning at 9am in our base in Masseytown as we are always open to new people joining in and helping with the work. If you have any questions, feel free to contact Lisa at 087-1434770.



Towns Chairman Martin Coughlan, Secretary Lisa Manning and Treasurer Judy O Sullivan receiving a very generous donation from Eileen O Flynn of The Auld Triangle.



Tidy Towns Recently Completed Famine Memorial Project at the Riverbank

Open Invitation THE OFFICIAL RE-LAUNCH OF THE COACHFORD BRANCH

Date: Friday, 17th January



Time: 12 noon Location: Macroom Credit Union, Coachford

We're thrilled to invite all our members, friends, and neighbours in Coachford to join us for the grand re-opening of our newly renovated branch!

Event Highlights:

€1,500 sponsorship presentation to the three local national schools.

C103FM Street Fleet on-site to keep the vibes lively! Fantastic prize giveaways, including vouchers to local shops for some lucky winners! Delicious **refreshments** for all attendees.

than local legend and Cork Camogie Soaring Star Emma Flanagan!

macroom

credit union Va friendly face

This is a day you won't want to miss! Come celebrate with us, meet the team, and see how Macroom Credit Union is investing in the future of Coachford and its community.

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Macroom Credit Union Limited is regulated by the Central Bank of Ireland.

see you there!

A ribbon-cutting

ceremony with none other

09.01.25 Outlook 13

NUACHT Ó CHOLÁISTE GHOBNATAN -



Caelan Ó Carra playing during the concert



Donagh Ó Mainnín and Órlaith Ní Loingsigh singing during the concert

TRÁTH NA GCEIST

Faoi stiúir Iníon de Brún d'eagraigh an Coiste Gaoluinne Tráth na gCeist na Nollag. Bhí go leor babhtaí éagsúla bunaithe ar ceol, stair agus fíricí faoi mhúinteoirí mar shampla. Bhain na daltaí idir thaitneamh agus tairbhe as an maidin iontach. Sa chéad áit bhí Killian Ó hÉalaithe-Briain, Aaron Ó hArgáin-Loingsigh, Shay Ó hÉalaithe, Lorcán Ó Mathúna, Saoire Ní Dhulchaointigh agus Bean Uí Ambrós. Bhuaigh siad dearbháin le haghaidh Penneys. Sa dara háit bhí Katie Ní Chonaill, Abbi Ní Loicéad, Beverly Swann, Iarlaith Ó Laocha, Emma Ní Éalaithe, Sophie Ní Dhughaill-Chinseamháin agus Máistir J. Ó Céilleachair. Fuair siad dearbháin le haghaidh Siopa Uí Luasa. Sa tríú háit bhí Cal Ó Conaill, Aifric Ní Chuisín, Ríonach de Faoite, Sara de Grant, Daisy-Ann Herterich, Dáire Ó hAodha agus Iníon Ní Ríordáin. Fuair siad roghbhoscaí. Ba mhaith linn ár mbuíochas a ghabháil leis an Oifigeach Pleanála Teanga do Ghaeltacht Mhúscraí, Eibhlín Ní Lionáird, agus le Comharchumann Forbartha Mhúscraí Teoranta as an tacaíocht agus as an urraíocht.

CEOLCHOIRM NA NOLLAG

D'eagraigh Máistir Ó hAireachtáin le cabhair ó Iníon Ní Chruadhlaíoch agus Iníon Nic Íomhair ceolchoirm. Bhí meascán idir ceol traidisiúnta agus ceol clasaiceach. Chan Donagh Ó Mainnín, Orlaith Ní Loingsigh, Finín Ó Conaill agus Iníon Ní Chruadhlaíoch. Sheinn Dominic Geslers, Caelan Ó Carra, Sadhbh Ní Bhuachalla agus Medb Ní Chionnfhaolaidh píosaí ar an pianó. Bhí Leonard Geslers, Sadhbh Ní Bhuachalla, Naomi Ní Scanaill agus Iníon Nic Íomhair ag seinm an fhidil/ veidhlín. Chas Finín an fhliúit agus bhí Máistir Ó hAireachtáin ag seinm an giotár agus an bainseó. Bhí Íde Ní Charthaigh, Abbie Ní Scannláin agus Muireann Ní Shuibhne ar an gconsairtín. Míle buíochas le na hamhránaithe agus na ceoltóirí as bhur mbua a roinnt linn. Míle buíochas leis an Ionad Cultúrtha as an spás a úsáid.

GLUAIS

Roghbhoscaí – selection boxes

 Oifigeach Pleanála Teanga – Language Planning Officer

ÁR MEÁIN SHÓISIALTA

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In third place were Cal Ó Conaill, Aifric Ní Chuisín, Ríonach de Faoite, Sara de Grant, Daisy-Ann Herterich, Iníon Ní Ríordáin and Dáire Ó hAodha.



In first place were Killian Ó hÉalaithe-Briain, Aaron Ó hArgáin-Loingsigh, Shay Ó hÉalaithe, Lorcán Ó Mathúna, Bean Uí Ambros and Saoire Ní Dhulchaointigh

Second place went to Master J. Ó Céilleachair, Katie Ní Chonaill, Abbi Ní Loicéad, Beverly Swann, Iarlaith Ó Laocha, Emma Ní Éalaithe and Sophie Ní Dughaill-Chinseahmáin.





The Chocolate Swappers String Quartet who recently raised €510.38 for The Make A Wish Foundation.

Is Sciatica Getting On Your Nerves?

Good old Sciatica - that unbearable guest that arrives uninvited, keeps you awake at night, interferes with your life and is the biggest pain in the ass you can imagine!

If sciatica has paid a visit before, chances are, it can return at any time to the annoyance and pain of its' host.

Pregnant women put up with sciatic pain, believing it's part and parcel of pregnancy.

Repeat sufferers throw in the towel and say they have tried everything and nothing works.

But did you know that research proves that Chiropractic has a 72% success rate in the treatment of Sciatica?

A study from the European Spine Journal* published in 2013 shows Chiropractic adjustments result in 72% success rate in treating sciatica compared to 20% success from physical therapy and 50% from corticosteroid injections.

While over the counter drugs may provide temporary relief from pain and inflammation, they do so at a cost.

Longterm use of over the counter or prescribed painkillers manifests in injury to the digestive tract.

If you don't like taking these meds and are looking for a drug free, surgery free avenue then chiropractic may be the answer.

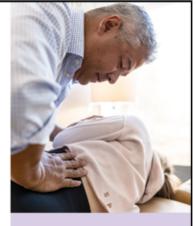
In our office in Ballincollig we look for problem areas that interfere with the delicate nervous system.

Immobile and misalignment areas (called subluxations) receive specific and gentle adjustments to improve biomechanics and communication within the nervous system.

Pain relief is one of many positive side effects of the adjustment. Reduced interference in the nervous system allows the body to better heal itself, helping to combat herniations or pain in the back, legs, arms, or neck.



Dr Benjamin Martin of Optimal Chiropractic



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

*Reference: Visser LH. Woudenbera NP, de Bont J, van Eijs F, Verwer K, Jenniskens H, Den Oudsten BL. Treatment of the sacroiliac joint in patients with leg pain: a randomised-controlled trial. Eur Spine J. 2013 Oct;22(10):2310-7

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ST MARY'S NEWS



St Mary's Junior Football team played against Carrigaline Community School in December



TY's, Amy White, Chloe Lehane, Aisling Lehane, Ciara Twohig, Emily Mehigan and Clodagh Browne, ice skating at the Alpine Skate trail before Christmas.

Junior Football

St. Mary's Junior footballers played their Munster quarter final against Carrigaline Community School in December. In a very competitive game that saw the lead swap hands a number of times, Carrigaline took the win at the final whistle. St Mary's played with great desire and showed some outstanding skills throughout. A big thank you to Laochra Óg Hurling and Camogie Club for providing the venue at very short notice. St. Mary's was also honoured to become part of Laochra Óg history with today's game being the first football match to be played at the new venue. **Athletics**

On Thursday 5th December our Athletics team travelled to a very wet & windy Riverstick to compete in the Introductory Cross Country Event run by South Munster Schools Athletics. 13 girls from 1st-3rd Year competed on the day and represented the school extremely well especially given the conditions. The Top 20 in each race received medals and we were lucky enough to win 3 medals on the day; Rachel Neville (1st Year), Alexandra Stepien (2nd Year) and Katie Murray (2nd Year). This was great preparation for the girls as they will now compete in the South Munster Cross Country Competition after Christmas. Well done girls! **Cork Airport**

A large selection of students from 1st to 6th yr including singers and musicians travelled to Cork Airport at the start of December to perform Christmas Carols for the people flying into Cork Airport. It was a fun and festive experience and the girls performed carols like Silent Night, Joy to the World as well as more modern Christmas songs like This Christmas and Fairytale of New York! They did a great job and had an enjoyable day. They even got the chance to visit McDonalds on the way home! Well done to all the girls, thank you for always being so giving of your talents. And special thanks to Ms M Collins and Ms Donovan for organising.

TY Update: BT Young Scientists

Our 5th years taking part in the senior category of the young scientist are as follows: Eugenie Kelleher with her project titled: 'Algorithmic Influences: An Investigation Into The Impact Of Social Media Algorithms On Mental Health And Behaviour Among Irish Secondary School Students'. Amy McCullagh and Ella White are taking part with their project on "Oh Deer": An investigation into how deer overpopulation might be, biodiversity, agriculture and road safety's biggest rut'. Olivia Moynihan is doing her project on 'Cropping and Docking: Cool or Cruel?' which delves into the topic of is it cruel to permanently alter a dog's ears and tail for aesthetic purposes.

TY Ice Skating

Our TY's enjoyed a day ice skating at Páirc Uí Chaoimh before we finished up for the Christmas Holidays at the Alpine Skate Trail. This was followed by a shopping trip to Mahon Point afterwards. The girls had a great day out. Thank you to Mr Quill and Ms O'Leary, SNA, for traveling with the girls on the day.

TY Apple Trip

Our TY's took a trip to Apple before Christmas. "It was an incredible experience where we got a behind-the-scenes look at one of the world's leading tech companies. We learned about Apple's career opportunities, its values of innovation and sustainability, and the history of Apple Music. One of the highlights was getting to interview Apple employees, who shared insights about their roles and how they contribute to the company's success, as well as why or how they became a part of Apple. They treated us to a delicious lunch, which added to the welcoming atmosphere of the day. It was an inspiring trip that left us thinking about the future possibilities in tech and beyond." Report by Pia El Asmar TY Promo Team



6th year music students who performed at Cork Airport arrivals hall in December



Ella White and Amy McCullagh, some of our 5th year BT Young Scientists that will be taking part in this year's exhibition



TY Trip to Apple in December



Katie Murray, Alexandra Stepien and Rachel Neville who won medals at the Introductory Cross Country Event in December



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LISSACREASAIGH'S JOHN O'RIORDAN SPONSORS A GREYHOUND STAKES, NOVEMBER 2024

Greyhound racing has a strong following around Macroom. One of its main attractions is that it allows individuals to breed, train and race greyhounds. John O'Riordan is a farmer, in his seventies and has enjoyed his involvement in the sport so much that he recently sponsored the Liss May a stakes in the Cork Curraheen Racetrack. The completion was run over three weekends in November and was won by Ellen O'Donovan's Drive on Patsy; attached is a picture of John and Ellen at the presentation. 'Liss' is now John's greyhound prefix or 'trade name', with all his dogs bearing that tag as part of their names.

Like many sports, participation is often influenced by a family's background in that activity. John's father and uncles were involved for many years and 'always' had greyhounds at home. They had some good ones and that is the lure of having dogs - 'will I have a 'star'?' John began his involvement about twenty-five years

ago and despite having many poor ones he had some good ones - a case 'of the good day keeping up the down day'. Among his best greyhounds were The Small Man, Sally Come Home, and Liss Louise John's best dog was Charlesfield Tom (pre prefix), a dog that he gave to his partner Veronica McAuliffe, Banteer, as a pup. He won many stakes in Cork and was Curraheen Track's Greyhound-of-the-Year in 2015. Even then, he was not finished racing; he came out of 'retirement' and won all his races in a Tralee stakes. Bound for stud duties, poor Charlesfield was killed in a car accident when he was chasing a rabbit across a main road.

Greyhound racing needs sponsors and John obliged. Not only was he successful but the sport gave him an avenue in which to shine, opportunities to meet many people, share his hobby with his partner and added 'salt' and excitement to his life. Sponsoring was his way of saying 'Thanks'. I am obliged to John for sharing his story and for supplying the photo. Con Kelleher.



MUSKERRY LOCAL HISTORY SOCIETY

Muskerry Local History Society is organising a very interesting presentation on early 20th century Cork politics on Monday, 13 January at 7.00 pm in Ballincollig Rugby Club. This concerns the political battles between the O'Brienites and the Redmondites which often turned into real street battles. The lecture will be given by John O'Donovan, UCC, who did his doctorate on the All-for-Ireland League.

MACROOM HISTORY GROUP **UPDATE, 29 DEC, 2024**

History talks resume in January 2025 in the Castle Hotel on the second Tuesday of each month at 8.00 p.m. January to March. The programme is: Jan. 14 (Tues), 'Climate Change: History & amp; Future?' by Prof. Hannah Daly, UCC. Feb. 11 (Tues), 'Macroom Golf Club 1925-2025)'; speakers - Margaret Buckley (B'wood), Jim Morris & amp; Con Kelleher. Mar. 11, (Tues), 'GAA & amp; other sports memorabilia programmes etc,' by collector Dan Cronin, St Colman's Park, Macroom. Con Kelleher, P.R.O., MHG



REDMOND, at Cork, paid a tribute to the late King Edward. The solu-tion of constitutional crisis could not be indefinitely postponed said. When Irish were gran Home Rule and would as South Africa. A fierce fight with clubs, between Redmonite and Obrienite sections occured at the meeting. between THE CORK CAMPAIGN. VIOLENCE RENEWED. REDMONDITES V. O'BRIENITES. London, May 24. The city of Cork is divided into hos-tile catups-one consisting of Mr. Wil-liam O'Brien's "All for Ireland League" (with which are identified the 11 Inde pendent Nationalist M.P.'s) and the other of Mr. John Redmond's "United Irish League" (the organisation of the 71 Redmondito M.P.'s, or Nationalists Pro-

Redmonites v O'Brienites• FIGHT WITH CLUBS.

LONDON, May 22.

CORK PROVIDES ONLY ELECTION INTEREST; A Member of Parliament Badly Hurt in a Riot There -- The Hospital Busy. "Bhoys" gain

Ehr New Hork Ei

FACTION FIGHTS IN

E FIRE ON RIOTERS

It doesn't happen everyday Through perilous weather, flies Santa's sleigh Reflecting in the Winter sun Are its legs, in gunmetal grey

Yet as Christmas Eve turns to Morning Falling behind red-silk and cotton Amona the frost One's mind is lost And all else is forgotten

The children play with what was brought

Auldlang Sighs

By Tadgh Quill-Manley

Without as much as a second thought From where these marvellous gifts came Or in the manner how they were wrought

To gratitude, they must adhere In the closing of the year Unaware that these times are austere And each of their new toys, hold near

While countless harsh weeks lie ahead A return to school, many will dread And memories, so bittersweet

Will be recalled instead

They say that what goes up, must come down Such includes the crib and tree The wrapping and its debris Whilst wearing a cap and gown This cold new year evokes a frown

Yours sincerely, Tadgh Quill-Manley BA (Hons), CIP, QFA, CUA/CUC/CUG, PTP

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INDEPENDENCE MUSEUM KILMURRY

Ladies from Kilmurry Historical & Archaeological Association (K.H.A.A) hosted a fundraising event for the museum on Friday, 3rd January last to celebrate Nollaig na mBan/Women's Little Christmas.

Traditionally, in celebration of the feast of the Epiphany in Ireland, January 6th is marked by Nollaig na mBan/ Women's Little Christmas. On this day women came together and enjoyed their own Christmas while the men folk stayed at home and did the housework. Custom was that women made social calls to the homes of their friends and neighbours and enjoyed tea and the last of the Christmas cake. So, Nollaig na mBan is seen as the day where women get a 'thank you' for all that they do, especially in the build up to Christmas.

At the museum, tea, Christmas cake and many other goodies were enjoyed by the women whilst Denis, George, Michael, and Terry (all K.H.A.A volunteers) ably served refreshments and did the washing up afterwards.

Martina and members of the Kilmurry Singing Group sang festive and traditional songs followed by a raffle to conclude the evening.

2025 will see K.H.A.A commemorating the 60th anniversary of the opening of the old museum in Kilmurry, which was formally known as the Terence



George Lehane & Denis O'Donoghue providing refreshments at museum

MacSwiney Memorial Museum. This commemoration will take place later in the year. K.H.A.A. will host lectures and other fundraising events throughout the year which will be advertised on our website. Independence Museum Kilmurry will re-open on January 8th.



Terry Datson & Michael Goulding singing at museum.



Hazel & Ava enjoying Women's Little Christmas at Independence Museum Kilmurry



Women at Independence Museum Kilmurry.

Think Globally, Act locally THE BENEFIT OF HOUSE PLANTS

Hi Chris Barrett here speaking with my good friend Ann Mechelinck O'Sullivan, a textile artist who lives and works in Macroom, using only Irish yarns.

Ann graduated in Applied Arts-Textiles from Crawford College of Art and Design, in 2015.

Ann enjoys focusing on studying moss and lichen, interpreting their purpose, meaning, colours and textures. She works by hand deliberately choosing to do this, in a computerised age which encourages mechanisation.

Green is a recurring colour in her work and the colour, texture and shape of the leaves on her house plants are a constant inspiration in feeding her creativity and connection to nature.

The popular Johnny Cash song, "Forty Shades of Green" hardly covers the variation within the colours of one of her much-loved pots, let alone the seventy plants of varying character, needs, shapes, ages and sizes with which she and her husband share their living space.

Actually, I have updated news in that regard. There are seventy-one plants, as she has now adopted a large banana plant from a friend of mine which had outgrown its previous living space. It seems to me that this is a good time of year for Ann to help us focus on Indoor Plants.

Last Summer is behind us, and we are moving into the seasons when so many of us cannot enjoy being outside so much due to cold, wet, short and dark days. It is a great time for us to welcome nature into our homes and allow it, in turn, to welcome us home from work on cold dark evenings.

Unlike annuals which flower profusely only over the Summer months, indoor plants keep nature inside our homes all year round. They remind us of the seasons by requiring differing care in Summer and Winter; and



of their various likes and dislikes e.g. their position in relation to direct and indirect light.

Like us, some cope well with a draughty spot whereas others require shelter and a warm corner to thrive.

With indoor plants we can be directly involved in nature rather than just observing it through a window. Maybe we even learn the hard way the importance of not overfeeding and overwatering, tuning into poking a finger into the compost to feel for damp, or becoming aware of a unhappy wilting look in a plant. Sometimes our plants, like family, will have to be cared for when they are sick.

Some houseplants will have been gifts or grown on from cuttings and these can become very special friends. Ann will choose the positions of her plants with care, hanging some pots with knotted macrame, and arranging others in groups. She will move them around, mentally noting where they seem happiest. She develops a special relationship as she watches them grow and thrive. Ann feels that this link with greenery is particularly important for people live in houses or flats who are not close to nature.

Ann reminds me that plants have huge benefits for our mental health. This view has been born out by research that has shown that hospital patients who can look out of a window at greenery often recover better than those who cannot.

Offices use plants to soften their interiors, and create a warmer atmosphere by bringing nature inside.

Plants connect to our needs by being soothing and uplifting, and allowing those who look at them to be visually and mentally calmed.

Indoor Plants allow us to get 'hands on' with them, moving on those which have outgrown their pots into larger ones.

As we choose pots and locations which feel right for us and the plant, we exist in harmony in a shared environment.

Feeling earth between our fingers and cutting back dead stems and leaves, makes us closely involved and very often it seems as if the plant responds by growing instantly as soon as it has more space for its roots.

New shoots take the place of the old as we watch with joy. Children often tune into nature and spot new growth if they are brought up with plants close to them. On a practical level plants purify air and although all plants absorb radiation to a degree, certain plants such as Cactus, Aloe Vera, Spider plants, Rubber plants and Ivy have been found to be particularly effective at absorbing radiation from computers, microwaves, T.Vs and Internet routers.

As Ann says: "I care for my plants and they care for me." I am very grateful to Ann for explaining about the importance of her indoor plants on her mental health and happiness, and how they provide a constant inspiration for her very sought after individual art pieces.

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



safe and well during these past few wintry days, and

We extend our deepest sympathies to all those in the

parish who lost a loved one during the past year. We

welcome all children born in the last year into our

that those living alone did not feel isolated.

CLONDROHID NEWS

CLONDROHID DEV GROUP AND CLONDROHIDcommunity, and we wish good health to all those in
hospital, and those recovering at home, and we thank
all those who care for our sick and dying.PARISH ACTIVE RETIRED: They wish a happy New
Year to all their members, and to everyone in the
parish and surrounds. Lets hope 2025 will bring peace
and happiness to all. Hope everyone was able to keepcommunity, and we wish good health to all those in
hospital, and those recovering at home, and we thank
all those who care for our sick and dying.CLONDROHID DEV GROUP: They will be holding their
annual Adult Christmas/New Year Party on Sunday Jan

annual Adult Christmas/New Year Party on Sunday Jan 26 A bumper day of food, music, singing and of course dancing. A great day out for parishioners and friends. **GAA NEWS:** Fantastic St Stephen's morning at the annual charity Married v Singles match. Great turn out with 4 teams competing. The Married men won the Cup with the single lads winning the Shield. Well done to all involved and a big thank you to all those who helped out.

Proceeds from donations on the day and a raffle went to Daffodil Night Nurse Service at the Irish Cancer Society

LOTTO: Results for Dec 30. Jackpot €1,200. €70 Kathleen McCarthy Carriganima, €20 Stephen Spillane Ballinagree, Dave Tarrant Dromtariffe, Michael Buckley Lisscreassig, Ann O'Driscoll Lacknahacknee.





The four teams that competed in the Married v singles. Tournament Held in Clondrohid on St. Stephen's Day



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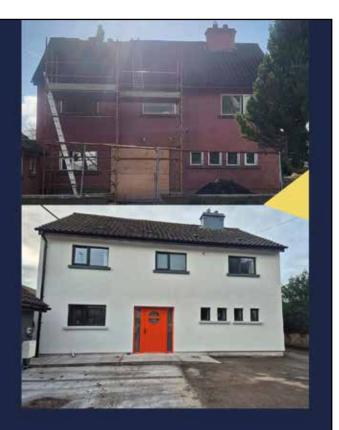
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JOE MCCARTHY CROOKSTOWN DANCING MASTER FORTY YEARS A TEACHING CÉILÍ & SET DANCING

Céilí is alive and well in Crookstown. Evidence is provided for all to see if you go to Kilmurry Parish Hall, Crookstown on any Tuesday night 8pm to 11pm. There you will see céilí and sets danced well and enthusiastically.

This is the fruit of the work of the inimitable Joe McCarthy, Coolmakee, Farnanes. Originally from Castletown-Kinneigh, he readily admits that céilí and set dancing are his passion. It must be, because he has been teaching and promoting it for forty years.

Tuesday 17th December's dance was special. Unknown to Joe, his fellow dancers and friends organised a 'birthday' party for him; not his but to celebrate his forty years at the helm of Crookstown Céilí & Set Dancing Club. The night began normally but the attendance was larger than usual – about sixty to seventy – and this despite the night's foul weather. When Joe announced that 'the kettle was boiled and time for tea' he was surprised. Dónal Holland, one of the club's long-term members, spoke and explained that this was a special occasion, with its purpose to honour Joe and to thank him for his forty years of commitment that taught a skill, enabled socialisation and facilitated many friendships. Joe responded in kind - he was delighted with the celebration and spoke proudly and with a twinkle in his eye of the Céilí Club's history, the fun it provided and reiterated the friendships it created. Joe received a presentation and his wife, Mary, was honoured with a bouquet of flower. A centre piece was the beautiful birthday cake, suitably decorated with the '40 Years Anniversary'. Joe cut the cake to a very warm reception and after photos were taken, dancing resumed. Tim Joe & Ann O'Riordan, Clondrohid provided the music and a great night was had by all.

While most of the audience were seniors, there were also some younger folk and the standard of dancing was high. Sets, reels, the Walls of Limerick, waltzes, quick-steps etc. were the order of the night, many dancers proficient because of Joe's tutoring. Members from local Ceoltas groups such as Larry Creed (Clondrohid) and Tim Buckley (Aghinagh) attended. The hall looked well and was suitably decorated with a Christmas tree. However, reminiscent of the Montrose and Lilac Ballroom days of the 1960/1970s, the internal walls were damp. The hall is a wonderful facility and should be upgraded and preserved, as it is such an asset to the local community. Seeing such fun and socialising on a midweek night makes this an obvious conclusion.

Congratulations Joe on your wonderful work over the years and to the organising committee for celebrating in style your forty years of teaching. Well done Joe.

PRO, Crookstown Céilí and Set Dancing Club.



Joe McCarthy with his Crookstown Céilí dancing class. (C. Kelleher).



Joe and Mary McCarthy and friends with the 40th Year Anniversary cake. (C. Kelleher).



The Crookstown Céilí in full swing {17 Dec. 2024}. (C. Kelleher).

Joe and Mary McCarthy with bouquet of flowers. (C. Kelleher).

NUACHT UIBH LAOIRE

Another Christmas come and gone and we hope everybody enjoyed the festive season. Many locals and visitors enjoyed walks along the lake roads, the Island Park and in the mountains and hills of the parish.

Sunday's social dancing was enjoyed by many patrons in the hall in Inchigeela. However the most recent dancing day had to be cancelled due to the hazardous weather. Next date is January 19th when Bernie Heaney will provide the dancing music and songs. Cards in the hall will continue on Sunday nights and bingo is held every Friday night. Creedon's hotel hosted a number of musical events during the Christmas break and next up in the venue is a duo well worth supporting. That's well known musician Pat Keller with Pamela Jo Hatley from Florida. Well worth coming to see two versatile artists on two 5 string banjos as part of their performance along

with other instruments - Jan 13th 8pm. Inchigeela Lee Valley Outlet store in Inchigeela presented the National School with new football outfits and owner Denis Hurley also presented them with nice "goodie bags." Congrats to the Croi na Laoi members who lit up the village streets with twinkling lights for the festive season. And the new lights really made a difference. They also provided a lovely crib and a fine tall Christmas tree for the village centre. The night of the switching on of the lights was an enjoyable one, with the school children providing the beautiful festive carols. This was followed by the annual Christmas market where the Cork penny dinners benefited from the profits. Thanks to all involved. The Poc Fada competition on St Stephen's Day attracted a huge following and was won by John Walsh and Ciara O Riordan. Congrats. Alas, the Christmas lights will have to come down, so if anybody has a little time to spare, the volunteers

would appreciate a little help with the job. **Béal Átha**

Glach slua mór páirt sa chomórtas bhliaintiúil seo. A large crowd supported this exciting, monster table quiz. It was held simultaneously in Ard na Laoi, in Shortens and in the Áras. Congrats to Mícheál O Riordáin and Fionnaí and Helen Dinneen who emerged the winners. From the proceeds of the night €1610 went to Bantry hospice and €940 from the raffle went to Buion Piobairí Bheal Atha. The band played beautifully at Christmas Night mass and their contribution to the Christmas atmosphere is looked forward to as evidenced by the huge crowd who attended. Its good to hear that Coláiste na Mumhan will be taking in students this summer.Go neirí go geal libh. Tugadh €2415 don mbailiúchan a bhí ag STV roimh Nollaig. Anybody in need of SVP help can call 0852490061. Ath Bhliain faoi mhaise do gach éinne



LEE VALLEY UPDATES

BALLYVOURNEY ACTIVE RETIREMENT GROUP: A YEAR TO REMEMBER



Ballyvourney Active Retirement Group on a trip to the Beara Peninsula

The Ballyvourney Active Retirement Group has had another great year, packed with a wide range of social, educational, and wellness activities for our members. **Outings:**

This summer, our newly formed Trips Committee organised three wonderful outings, which were subsidised by funding from The Grousemount Community Windfarm Fund:

• Lismore and the Japanese Gardens: A delightful day immersing ourselves in the beauty of the gardens and the charm of Tramore.

• Kinsale Adventures: This included a visit to Charles Fort, the Lusitania Museum, and a picturesque boat trip around Kinsale Harbour.

• Beara Peninsula Discovery: The highlight was exploring Bere Island and the serene Allihies Dzogchen Buddhist Temple.

These trips offered us a chance to connect, learn, and enjoy the stunning sights of our region.

Health and Wellness:

Thanks to generous support from SSE Windfarms Community Grant, we hosted a series of Better Bones, Better Balance sessions aimed at improving stability. These sessions are ongoing for members and nonmembers alike, if you would like to join us. A series of relaxation and mindfulness talks delivered by naturopath and herbalist Rose McCarthy and funded by the ETB. Our ever-popular weekly chair yoga sessions with Jana continued to keep us active and flexible, in addition to casual walks round Slí Bhriain and St. Gobnait's Wood.

Creative Pursuits:

Six weeks of creative craft workshops with Helen Quill were held in Spring, which were also supported by funds by the ETB. Members enjoyed hands-on activities like candle making and pottery painting.

Ongoing Activities and Special Events: Our monthly bridge group continued throughout

the year, on the first Wednesday of the month at the Abbey Hotel. We also hosted an insightful presentation by Age Friendly Homes, offering information on grants and supports to help members stay safe and comfortable in their own homes - an opportunity many have already acted upon.

Coffee and Chat Mornings:

Throughout the year, our 'coffee and chat' mornings

provided the perfect chance to catch up with friends, share stories, and enjoy a warm cup of coffee with a scone in the comfort of the Abbey Hotel.

Technology Workshops:

Throughout the Autunm and Winter months, we have been working with Transition Year students from Coláiste Ghobnatan, for our weekly Technology Workshops on our mobile phones and other devices. Members have been learning new skills and engaging in trouble-shooting sessions, with the great support from the younger generation. These will continue in the New Year depending on demand from members and non-members alike.

If you're considering joining us in the New Year, we'd love to welcome you! Contact us at ballyvourneyarg@ gmail.com for more information.

Wishing everyone a peaceful and joyful Christmas season from all of us at Ballyvourney Active Retirement Group!

Nollaig Shona agus Athbhliain faoi Mháise daoibh go léir.





Ballyvourney Active Retirement Group Christmas Lunch





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Hi! Chris Barrett here again. Today I have the pleasure of talking to Nadia from the Macroom Family Resource Centre about the work she does with the International Protection Applicants (IPAs) who live in Macroom and work there, and in the surrounding area.

"Macroom Family Resource Centre, which is a local Voluntary Organisation with Charitable Status is delighted to have been provided with the resources by TUSLA and HSE to employ Family Support & Community Workers such as Nadia to work on the needs of local Migrants and on Integration Initiatives such as Flavours of Friendship".

These IPAs are people who are awaiting a decision as to whether they can continue with their lives in Ireland.

A Refugee is the name given to those who have had permission from the Irish government to remain in Ireland, usually due to war.

Migrants are not originally from Ireland, and could include travellers and people from the EU or elsewhere in the world. Just as many Irish went abroad in Famine times, and many young Irish are now moving to Australia etc, so many migrants have moved to Ireland for the opportunities, and they contribute to our economy, with many of them becoming Irish Citizens.

(Ukrainians are currently Beneficiaries of Temporary Protection and receive separate European funding.) Some IPAs have been living, working and studying locally for 3 or 4 years. The English language is often a barrier for them. Some nations do not use the same letters as us and some write from right to left, which can cause huge problems when learning English.

There are now English conversation Classes (Failte Isteach) going on every Wednesday Morning in the Pitch and Put Club House at the entrance of Macroom Town Park from 10:30am to 12 pm with support from Secad. Volunteers from the community are welcome to join.

Many of the IPAs like to volunteer for various groups such as Tidy Towns, Men's Shed and local clubs. They are always interested to know if anyone is looking for volunteers as it can take up to a year to get a Work Permit.

These IPAs bring with them a colourful diversity of culture and history which they love to share with the local community.

One of the most important aspects of a culture is its food. I think of the importance of Irish stew, Colcannon and Bacon and cabbage to Irish people and over the last few decades, locals have been able to enjoy food which is both Irish and non-Irish.

Local restaurants tend to offer food from only a few cultures, but IPAs come from all sorts of places, Nigeria, Pakistan, South Africa, Bangladesh, Mauritius, Zimbabwe, Syria, Jordan, Palestine, Congo, Ghana, Zambia, Georgia, Afghanistan and Botswana, and these cultures are reflected in their food culture. This wonderful range of cuisine has already been celebrated both in Macroom and in Inchigeelagh at Community Cultural Cuisine Events where locals have been invited to come for free, to taste and share dishes. Having attended such an event in

Think Globally, Act locally FLAVOURS OF FRIENDSHIP



Flavours of Friendship, Macroom & Inchigeela

Inchigeelagh I found it to be a wonderful food tasting experience in a very friendly environment where locals and IPAs danced together after eating the most delicious food.

In Macroom the locals entertained with Irish music, dance and song and again it was a really friendly event not to be missed.

Under the banner of FLAVOURS OF FRIENDSHIP, many different types of meat dishes, Vegetarian/ Vegan, salads, sweets and Savory dishes were served at these events and enjoyed by locals. They were served in a relaxed buffet style where locals were told about the ingredients and the flavour of the food as it was being served to them.

The rationale behind these events is to enable people from the INTERNATIONAL PROTECTION ACCOMODATION SERVICE (IPAS) centre, based in the Riverside, Penns, Lakehouse, to integrate and share with local communities.

The funding for the wonderful shared meals comes from the DEPARTMENT of CHILDREN, EQUALITY, DISABILITY, INTEGRATION and Youth. Due to this, the ingredients are offered free by the Macroom Family Resource Centre and were purchased locally, mainly at Supervalu, to support local businesses. The meals were cooked in the centre and carried to the venue by car.

In the future Nadia and the Macroom Family Resource Centre would like to organise other events in Macroom or Millstreet, if funding allows.

A current project involves making Christmas items called (Threads of Hope) which they are creating with Macroom Art Therapist Rashika Kahapola, will be displayed on two tables kindly donated by the County Council during Macroom Christmas Market on Tuesday the 10th of Dec 2024. The women are



Threads of Hope Project

busy preparing painted stones, crocheted Christmas trees, Christmas cards, candles, small rugs, jewellery and wreaths for a Christmas craft event which will unfortunately have taken place by the time this article is published, and even hair-braiding will have been available.

The crafts will have taken 6 full days of preparation and created a flurry of enthusiasm and activity among the creators. It will have showcased their talents and given them a sense of entrepreneurship, and if you were fortunate you might have received a phone number. If not, keep your eyes open for next year!

As for all of these events, they are fundraisers with all donations being presented to Macroom Senior Citizens.

And as for the future? Nadia tells me with the support of her line manager from Macroom FRC Seamus Oleary, they will continue to apply for various funding from different departments to maintain consistency throughout the Integration work which is so dear to their heart.

I would like to thank Nadia for letting us find out about the Flavours of Friendship which she achieves so well.

I have been really impressed by the work and genuine Irish kindness which has gone into making these projects work so well for all the IPAs, and I wish each of them and their cheerleader, Nadia, all the best in the future.

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



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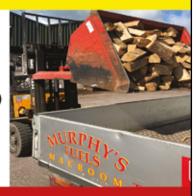


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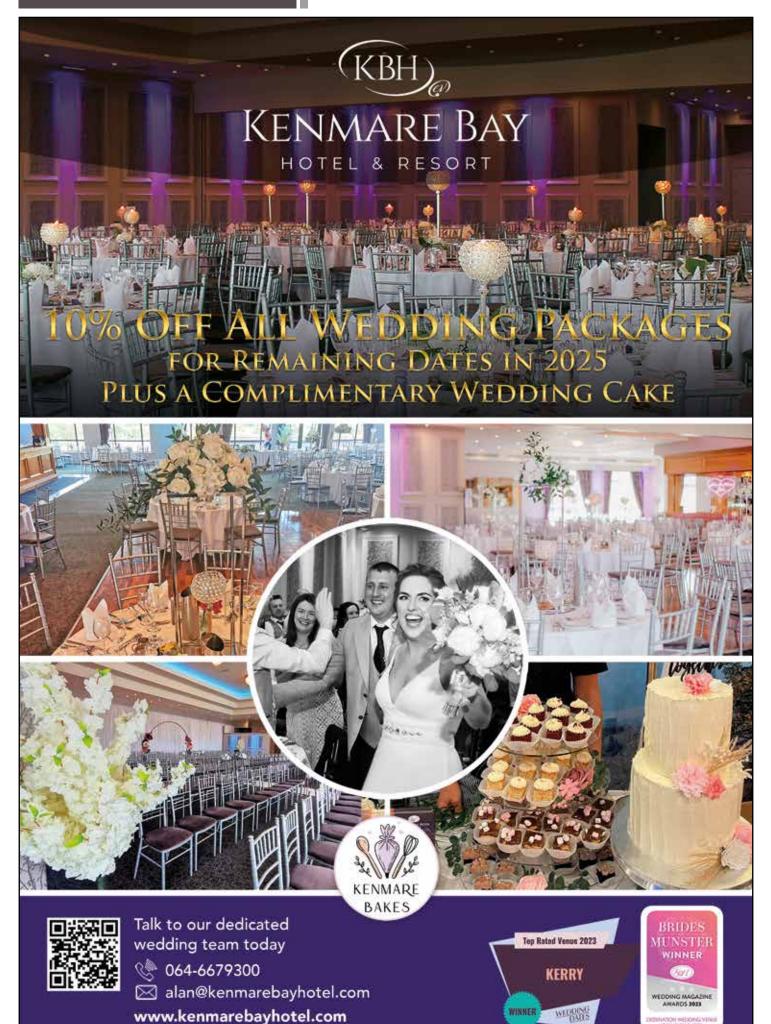
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APPOINTMENTS AND NOTICES







Senior Hurling Munster Final:

Sarsfields 3-20 Ballygunner, Waterford 2-19 All Ireland:

Semi Final: Sarsfields 0-18 Slaughtneil 0-17 Final: Sarsfields, Cork v Na Fianna, Dublin, Sunday January 19th

Premier Intermediate Hurling Munster Final:

Watergrasshill 1-21 Cashel K Cormacs 0-14 All Ireland:

Semi Final: Watergrasshill 1-21 Cathair an Ri 0-8 Final: Watergrasshill v Tynagh Abbey, Diniry at Croke Park, January 12th 2025

Premier Junior Hurling Munster Final:

Russell Rovers 3-12 Kilrossanty, Waterford 1-7 All Ireland:

Semi final: Russell Rovers 2-22 Ballinascreen 1-89 Final: St Lachtain's at Croke Park, January 12th 2025

Club Football Championships

Premier Senior Football Munster semi final: Dr Crokes 1-15 Castlehaven 1-8 Munster champions: Dr Crokes, Killarney

Premier Intermediate Football Munster IFC:

Kilshannig 0-6 Austin Stacks 1-12

Munster Junior Football

Munster Final: Kilmurry 1-10 Firies Kerry 0-9 All Ireland Semi final: Kilmurry v Tara or Naomh Pádraigh, at Parnell Park, Dublin Sunday Jan 12th 2025

McCarthy Insurances Cork Junior Football Championship

County JAFC Final: Inniscarra 1-7 Ballygarvan 1-6

U21 Hurling Championship

Farho Mid Cork A Final: Ballincollig 2-21 Éire Óg 2-11 County A quarter-final: Ballincollig 2-12 (18) Shandrum 0-19,

Mid Cork Farho U21 BHC Final: Ballinora 0-21

Aghabullogue 0-17 County QF/SF: Ballinora 3-16 Clyda 0-17 County Final: Ballinora 0-13 Youghal 0-16

Munster Senior Hurling Championship – Round Robin – May 11th 2024

Cork 3-28 Limerick 3-26

A huge attendance of almost 42,000 was present at SuperValu Páirc Uí Chaoimh to see Cork hurlers snatch a dramatic victory over the reigning Munster and All Ireland champions. It had looked like another heartbreaking narrow defeat for Cork was on the cards when the Rebels trailed by four points in the 67th minute. They battled back however and cut the gap to two points in injury time and then substitute Shane Kingston burst through the Limerick defence from way out, kept running and was eventually hauled down resulting in a black card for Limerick defender Kyle Hayes and a penalty shot for Cork which veteran Pat Horgan buried in the net to give Cork the advantage at the crucial time. Cork added a point from Brian Hayes, the final whistle sounded, and scenes reminiscent of All Ireland days of yore were witnessed as the elated Rebel supporters invaded

GAA Club Championships

Youghal 0-16 Ballinora 0-13

Youghal won an U21 county for the first time, under the floodlights in Páirc Uí Chaoimh's 4G, a success that meant a clean sweep for the Imokilly division in U21 hurling. Youghal were made work for it by a Ballinora side without their star man – All-Ireland U20 winner Shane Kingston, who was sidelined with injury – a massive blow to the Ballinora hopes.

Youghal took the lead in the 46th minute for the first time since the opening quarter with a 0-11 to 0-10 advantage. Ben Mayer levelled for Ballinora five minutes later but Youghal hit straight back with a point, converted a 65 with seven minutes to go, but Andrew O'Sullivan's point reduced the deficit to the minimum, 0-13 to 0-12. Youghal finished strongly and opened the gap to four points before Liam Lyons had a late point from a free for the Mid Cork champions

Ballinora were on top in the first half playing with the wind and led by three points at half time. After falling two points behind early on, Ballinora had drawn level a second time by the 16th minute at 0-4 each, and they took control in the second quarter and outscored the east Cork side 0-5 to 0-2 for the remainder of the half, with Mayer's two points from play the pick of the efforts.

Youghal were struggling but on the resumption in the space of three minutes, had cut the deficit to the minimum, 0-10 to 0-9. Youghal equalised for the third time heading into the final quarter and then went in front nd backed by the wind did enough for victory in the final quarter.

Scorers for Ballinora: B Mayer 0-6 (0-3 f), L Lyons 0-3 (0-1 f), M Quirke 0-2, A O'Sullivan, R Quirke 0-1 each. Ballinora: D Murphy; A Laverty, D Byrne, C Woulfe; C O'Flynn, J Byrne, I Quirke; B Carbery, M Quirke (c); S Lyons, R Quirke, L Lyons; C O'Donoghue, B Mayer, A O'Sullivan.

U21 C Hurling County Semi Final: Castlemartyr 1-21 Ballincollig 1-14

U 21 A Football

Muskerry Champions: Ballinora County Quarter Final: Ballinora 1-11 Aghada 1-5 Semi Final: Bishopstown 4-7 Ballinora 2-6

Under U21 B Football

Muskerry Champions: Kilmurry County QF: Kilmurry 3-15 Glanmire 4-1 Semi Final: Kilmurry 4-11 Ballinhassig 4-2

Happy Memories of Cork in 2024

the pitch to congratulate their equally excited hurlers. Pure ecstasy for the home supporters even if the victory only gives Cork a chance of remaining in contention in the championship – victory over Tipperary in Thurles now the key to possible further advancement.

Cork had put in a super first half performance and led by 2-15 to 1-10 at half time. They held their own in the period over the break, 2-20 to 1-16 but then conceded two goals to the champions which gave the Shannonsiders the advantage. Shane Flanagan's second goal in the 52nd minute, resulting from a messed up short Cork puck-out, followed two Limerick points and cut the gap to a point. Points were exchanged and Flanagan's third goal in the 58th minute gave Limerick the lead and had Cork supporters in near despair. It seemed like Limerick would go on the victory but Cork held in there and battled with everything they had and with the huge support driving them on eventually got the break County Final: Kilmurry 0-15 St Nicholas 1-2

Kilmurry 0-15 St Nicholas 1-2

Kilmurry added another piece of silverware to the already fairly full trophy cabinet following victory in the McCarthy Insurance Group Cork U21B football championship final at the 4G in SuperValu Páirc Uí Chaoimh.

With six starters from their historic Munster junior final victory over Firies, they laid the foundation for this win in a wind-assisted opening half, after which they led 0-11 to 0-1 at half time.

Unfortunately for St Nick's they had to finish the game with 12 players after being issued with three red cards in the closing five minutes but the outcome was certain long before these events.

St Nick's scored first, a point after five minutes, but Kilmurry started to gather momentum when Ryan Leahy sent over their first point from out on the right wing and the Mid Cork champions added the next 10 points without any reply from the city team with Seán O'Leary, Rory Duggan, Denis O'Mullane, Leahy, Lawrence Asling, Oisín McDonald and captain Joe McGinn were all on target.

Straight away on the resumption, St Nicks, now with the wind to aid them, got in for a goal and a 37th point cut the gap back to seven but Kilmurry, added the final three flags from McGinn in the 52nd, 60th and 64th minute and their tight defence, kept the city men scoreless. It was a comfortable win for the Mid Cork men in the end ensuring a happy Christmas after a memorable year for the club and its supporters.

Scorers for Kilmurry: R Leahy 0-5, (0-2 f), J McGinn 0-4, S O'Leary 0-2, L Aisling, R Duggan, O McDonald and D O'Mullane 0-1 each.

Kilmurry: Cian Desmond: Fionn Kelleher, Aaron O'Mahony, Eoin Keane; Seán O'Leary, Alexander Asling, Max O'Leary; Lawrence Asling, Conor Kelleher; Oisín McDonald, Ryan Leahy, Rory Duggan: Joe O'Mullane, Denis O'Mullane, Joe McGinn (Capt). Subs: Jack Devine 38, Michael Fitton 54, Sam Dineen 61, Daniel Keane 65.

Under 21 C Football:

Muskerry Champions: Kilmichael County QF: Glenbower 3-15 Lyre 1-7 County Semi Final: Kilmichael 3-16 Kildorrery 1-5 County Final: Kilmichael 2-12 Glenbower 3-5

which has eluded them so often in the recent past. A great night for Cork hurling, massively enjoyable but only a first step on the hard road to redemption. A great night too for Shane Barrett of Blarney who put in a tremendous performance in the Cork attack. There are several problem areas for Cork in defence and hopefully these can be dealt with to keep the dream of Cork getting back to the top alive.

Scorers for Cork: P. Horgan (1-11, 1-0 pen, 0-10 f); S. Harnedy, S. Barrett 1-2 each; D. Fitzgibbon (0-5); D. Dalton (frees), A. Connolly, B. Hayes (0-2 each); E. Twomey, S. Kingston (0-1 each).

Scorers for Limerick: S. Flanagan (3-3); A. Gillane (0-7, frees); G. Hegarty (0-4); C. O'Neill (0-3); T. Morrissey, D. Byrnes (frees) (0-2 each); D. Reidy, C. Lynch, A. English, K. Hayes, A. O'Connor (0-1 each).

Cork: Patrick Collins; Niall O'Leary, Eoin Downey, Seán O'Donoghue (Inniscarra)(c); Mark Coleman (Blarney), Robert Downey, Timmy O'Mahony; Eoin Twomey, Darragh Fitzgibbon; Declan Dalton,



Shane Barrett (Blarney), Séamus Harnedy; Patrick Horgan, Alan Connolly, Brian Hayes. Subs for Cork: Damien Cahalane for E. Downey (23); Brian Roche for E. Twomey (57); Ger Millerick for M. Coleman (61); Shane Kingston for D. Dalton (62); Timmy O'Connell for R. Downey (66).

Cork Footballers Best Display of 2024 – June 2nd 2024

2024 All-Ireland senior football championship Sam Maguire Cup - Four groups of four teams Points after Rd 2:

Group 1: Galway 4, Armagh 4, Derry 0, Westmeath 0

Group 2: Dublin 4, Mayo 4, Roscommon 0, Cavan 0 Group3: Donegal 2, Clare 0, Tyrone 2, Cork 4 Group 4: Kerry 4, Louth 4, Monaghan 0, Meath 0.

Cork 3-9 Donegal 0-16

This was a Round 2 win to remember for Cork footballers, their mentors and supporters, who have longed for such a day. The game at a packed Páirc Uí Rinn was exciting with very entertaining football of a high standard and Cork scored three goals to shock the Ulster champions. Cork looked to have been on the road to victory when they led by five points but

Hurling: Division 1A – 7 teams Football: Division 2 – 8 teams

Sat, Jan 25: Division 2 FL Round 1: Cork v Meath, Páirc Uí Chaoimh, 5pm

Div 1A Hurling League R1: Wexford v Cork in Wexford

Saturday Jan 25th 5pm Saturday February 1st.

HL Div 1A R2: Cork v Limerick, Páirc Uí Chaoimh, 7:30pm:

Sunday February 2nd.

Division 2FL R2: Down v Cork, Newry Páirc Esler, 1pm February 15th.

Division 2 FL R3: Cork v Westmeath, Páirc Uí Chaoimh, 5pm

Saturday February 22nd.

HL Division 1A R3: Tipperary v Cork, Semple Stadium, 7:30pm;

February 23rd.

Division 2 FL R4: Monaghan v Cork, Clones, 1.30pm; Saturday March 1.

HL Division 1A R4: Cork v Kilkenny, Páirc Uí Chaoimh, 5pm

FL Division 2 R5: Cork v Roscommon, Páirc Uí Chaoimh, 7pm

Sunday March 9th.

HL Division 1A R5: Clare v Cork, Cusack Park, Ennis, 3.15pm

March 16th.

Allianz FL Division 2 R6: Cork v Louth, Páirc Uí Chaoimh 2pm

Saturday March 22nd.

HL Division 1 R6 : Cork v Galway, Páirc Uí Chaoimh, 7:30pm

Sunday March 23rd.

Division 2FL R7: Cavan v Cork, Breffni Park, 1.30pm

they allowed the Ulster men to come back to level terms as the final minutes dawned but to the joy of the ecstatic supporters it was the Rebels who struck again with a Steven Sherlock point followed by a late, late clincher from Colm O'Callaghan.

Donegal were in shock, a reverse of Ballybofey in the opening league game when a confident Cork team were simply torn asunder by a then unrated Donegal side. Tyrone come up next and all things are possible!

Two second-half goals inside a minute just after half time were huge contributors to the Cork win. Both sides had battled evenly from the start with Paddy McBrearty's five first-half points for Donegal ensuring the visitors led by two at the break.

Cork first showed their devastating pace on the counter attack on 18 minutes when Seán Powter disposed a Donegal man and released the ball to Mattie Taylor who had no defender to contend with before blasting the ball past the goalkeeper. This score gave Cork great spirit and rattled Donegal and was a sign of what was to come with Cork's turnovers in defence under pressure and counter-attacking play decisive.

Two further Cork goals, Seán Powter and Rory Maguire the scorers, put Cork into a healthy four-point lead

Cork - Allianz League fixtures, 2025

March 9th ; Allianz Football League final April 5th-6th: HL Division 1A and 1B Finals

Provincial Hurling Championships: MUNSTER

Round 1 - April 19th-20th: Clare v Cork; Tipperary v Limerick

Round 2 - April 26th-27th: Cork v Tipperary; Waterford v Clare

Round 3A - May 3rd-4th: Waterford v Limerick

Round 3B - May 10th-11th: Clare v Tipperary

Round 4 - May 17th-18th: Limerick v Cork; Tipperary v Waterford

Round 5 - May 24th-25th: Limerick v Clare: Cork v Waterford

Final - June 7th (Saturday): 1st Placed Team v 2nd Placed Team

All-Ireland Hurling Championship.

Preliminary Quarter-Finals: June 14th-15th (Saturday/Sunday):

Winner Joe McDonagh Cup v 3rd Placed Team Leinster Group; Runner-Up Joe McDonagh Cup v 3rd Placed Team Munster Group

Quarter-Finals: June 21st-22nd (Saturday/Sunday): Munster Runner-Up v Winner Joe McDonagh Cup/3rd Placed Team Leinster Group; Leinster Runner-Up v Runner-Up Joe McDonagh Cup/3rd Placed Team Munster Group

Semi-Finals: July 5th (Saturday): Munster Provincial Winner v Quarter-Final Winner; July 6th (Sunday): Leinster Provincial Winner v Quarter-Final Winner

All-Ireland Final: July 20th (Sunday) - (Replay August 2nd (Saturday))

which stretched to five at stages with the Donegal fightback inevitable as the second half progressed. A purple patch from the Ulster champions in the last quarter of the game ensured a grandstand finish as they got themselves back level with just injury time to play, but with a rousing home crowd behind them, Cork finished strongly with the last two scores of the game to record a huge and well deserved victory in the round robin series.

The 7200 attendance was a vital factor in Páirc Uí Rinn as it was sufficient to almost fill the venue and lift the Rebels. That size of a crowd could possibly have been a negative factor for Cork in a three quarters empty Páirc Uí Chaoimh?

Cork: Christopher Kelly (Éire Óg); Kevin Flahive, Daniel O'Mahony, Maurice Shanley; Rory Maguire (1-0), Tommy Walsh, Matty Taylor (1-0); Ian Maguire, Colm O'Callaghan (Éire Óg) (0-2); Paul Walsh (0-1), Seán Powter (1-0), Brian O'Driscoll; Chris Óg Jones (Íveleary) (0-2), Mark Cronin, Brian Hurley (0-3,0-2f). Subs: Conor Corbett for Seán Powter 45, Stephen Sherlock (0-1) for Chris Óg Jones 47, Thomas Clancy for Tommy Walsh 55, Ruairí Deane for Mark Cronin 65, Eoghan McSweeney for Brian Hurley 68, Seán Meehan for Paul Walsh 70+3.

Provincial Football Championships: MUNSTER

Quarter-Finals - April 5/6: Waterford v Tipperary; Limerick v Cork

Semi-Finals - April 19/20: Limerick/Cork v Kerry; Waterford/Tipperary v Clare

Final - May 4

All-Ireland SFC:

Group Stage

Round 1: May 17th-18th (Saturday/Sunday) or May 24th-25th (Saturday/Sunday)

Round 2: May 31st-June 1st (Saturday/Sunday)

Round 3: June 14th-15th (Saturday/Sunday) Preliminary Quarter-Finals: June 21st-22nd (Saturday/ Sunday)

Quarter-Finals: June 28th-29th (Saturday/Sunday) Semi-Finals: July 12th-13th (Saturday/Sunday) All-Ireland Final: July 27th (Sunday) (Replay: August 9th (Saturday))

Tailteann Cup: For teams which fail to qualify for the All Ireland Senior Championship (Sam Maguire Cup) Group Stage

Round 1: May 10th-11th (Saturday/Sunday) or May 24th-25th (Saturday/Sunday)

Round 2: May 17th-May 18th (Saturday/Sunday) Round 3: May 31st-June 1st (Saturday/Sunday) Preliminary Quarter-Finals: June 7th-8th (Saturday/ Sunday)

Quarter-Finals: June 14th-15th (Saturday/Sunday) Semi-Finals: June 21st-22nd (Saturday/Sunday) Final: July 12th (Saturday)



09.01.25 Outlook 37



Muskerry GAA Secretary's Report(Part 2 of 2)

DIVISIONAL CHAMPIONSHIP FINALS 2024

Junior A Hurling Final Replay: Ballinora 1-16 Ballincollig 1-13. Referee: Diarmuid Kirwan:

Junior B Hurling Final: Aghabullogue 0-21 Blarney 0-15 Ref: Tom Manley

Junior B Hurling Plate: Iveleary 0-14 Ballinora 0-12 Ref: Luke Knight

U21 Premier A Hurling: Ballincollig 2-21 Éire Óg 2-11 ref: Jim McEvoy

U21B Hurling: Ballinora 0-21 Aghabullogue 0-17 Ref: Luke Knight

U21 C Hurling: Ballincollig 2-15 Inniscarra 0-12 Ref: Niall Hayes

Junior A Football Final Replay: Inniscarra 3-10 Aghinagh 3-9 Ref: John Ryan

Junior B Football Final Replay; Kilmurry 1-9 Naomh Aban 2-6 R3ef: Kieran Furey

Junior C Football Final: Canovee 2-3 Naomh Aban 1-3 U21 A Football: Ballinora 3-11 Naomh Abán 0-9 Ref: Robert Whelan

U21`B Football: Kilmurry 1-16 Donoughmore 1-14 Ref: Dave Murnane

U21 C Football: Kilmichael 1-13 Macroom 0-13 Ref: Richard Anysley

DIVISIONAL LEAGUES 2024

Division 1 Hurling: Grenagh 2-14 Donoughmore 1-12 Division 2 Hurling: Kilmichael 1-20 Iveleary 0-9 Division 3 Hurling: Ballinora 2-15 Lough Rovers 2-11

Division 1 Football: Donoughmore 3-12 Grenagh 1-8

Division 2 Football: Aghabullouge 2-8 Kilmurry 1-9

Division 3 Football: Gleann na Laoi 0-10 Naomh Aban 1-4

Division 4 Football: Clondrohid 0-11 Canovee 0-9

GAA MID-CORK REFEREE ADMINISTRATOR REPORT 2024

The Divisional Championship Final results to date indicate a vibrant divisional campaign. Ballinora (in hurling) and Inniscara (in football) both victorious at Junior A level after exciting replays. We wish Inniscara the very best in their forthcoming County Semi-final. Aghabullogue were unlucky to be beaten in the county final v Killshannig after a

replay. Ballinora were also unlucky to bow out in the county semi-final. A number of clubs are still involved and progressing through county levels. Wish Kilmurry the best of luck in the Munster football final. Best of luck to Aghabullogue in the county B hurling championship final.

A team of referees, linesmen, umpires and fourth officials officiated at all levels throughout the division. I am particularly happy with the introduction of two new referees who successfully completed the Referees course in 2022 and have refereed Mid-Cork championship finals this year. A further seven referees completed the referees course in 2023 and a single individual in 2024. This position augurs well for the health of the officiating at matches.

Muskerry hurler and footballers have a very good, year reaching both finals of the Div /College section, winning the football and losing the hurling, well done to all involved.

Dave Murnane and John Ryan continued to operate as member of the National Football Panel of Referees this year and officiated at inter county level. A number of our referees also officiate at County Board and Rebel Óg matches – league and championship. Congratulations to Pat Leary (Kilmurry) who refereed



Kilmurry, Munster Final Champions Pic's. Ireneusz Sułek.

the Intermediate A Football Championship final between Boherbue and Glanmire . Congratulations to Jim McEvoy on becoming the new

County Board referee's Administrator. Best of luck to Jim. Wishing all the referees and there familys a happy and peaceful Christmas.

Comhghairdeas le Aubert O Tuama (Baile an Chollaigh) a bheidh mar Uachtarán ar Bhord Múscraí i 2026. Iar réiteoir i Roinn Múscraí ab ea é agus táimid bródúil as a dhíogras agus tacaíocht. Go n-eirí go geal leis. -Diarmuid Ó Muimhneacháin, Mid-Cork Referee Administrator.

Comortas Peile na Gaeltachta

Bhí sé de phribhléid ag Cumann Peile Cill na Martra Comórtas Peile na Gaeltachta a reáchtáil i 2024 don dara huair riamh. Tháinig na sluaite go Cill na Martra ag an deireadh seachtaine fada ag tús mí an Mheithimh don fhéile peile bliantúil,a bunaíodh i 1969. Sé fhoireann peile is fiche a cháiligh chun páirt a ghlacadh sa Chomórtas i mbliana, idir fhir agus mhná, ó cheann ceann na tíre – Corcaigh, Ciarraí, Port Láirge, Maigh Eo, An Ghaillimh, Dún na nGall, An Mhí, Baile Átha Cliath agus Béal Feirste.

Buíochas le Dia bhí an aimsir is fearr de shamhradh 2024 againn don ócáid agus tháinig na mílte cuairteoirí chun féachaint ar na cluichí, anuas ar na céadta peileadóirí a bhí ag glacadh páirte. Bhí cuma iontach ar na páirceanna peile i gCill na Martra, Baile Mhúirne agus Béal Átha'n Ghaorthaidh agus tá Cumann Peile Cill na Martra thar a bheith buíoch do Chumainn Naomh Abán agus Béal Átha'n Ghaorthaidh as a n-áiseanna a chur ar fáil dúinn. Imríodh sé chluiche is fiche san iomlán thar na deireadh seachtaine. B'iad Clann na nGael, Co. na Mí

(Sóisear na mBan), Naomh Abán (Idirmheánach na mBan), Baile Chláir na Gaillimhe (Sinsear na mBan), Naomh Muire, Dún na nGall (Sóisear na bhFear) agus Cill Chartha, Dún na nGall, (Sinsear na bhFear) a bhuaigh na comórtaisí éagsúla. Bhí ana chuid des na cluichí craolta beo ar TG4 agus ar Raidió na Gaeltachta, mar aon le haifreann an Chomórtais ó Shéipéal Naomh Lachtaín.

Bhí ollphuball mór againn ag Páirc Uí Chuana, le togha gach bídh agus rogha gach dí ar fáil ó mhaidin go hoíche. Bhí ceol beo ann gach oíche agus an áit plódaithe le daoine ag baint taitneamh as an gcraic agus comhluadar.

Tháinig Uachtarán CLG, Iarlaith Ó Broin, ar chuairt chugainn ar an Luan agus d'oscail sé go hoifigiúil ár bpáirc nua thraenála, Páirc Nóra Uí Thuama, a ainmníodh in ómós do bhean uasal áitiúil a d'imigh i bhfad ró-luath ar shlí na fírinne. Bronnadh gradam 'Lóchrann' Chomórtas Peile na Gaeltachta ar Mháire Uí Laoire maidin Dé Luain chomh maith, mar aitheantas ar a blianta oibre atá caite aici ar son CLG agus ar son na Gaeilge. Tá aithne ar Mháire ag daoine ar fud na tíre. Is cuid lárnach í de Chumann Peile Cill na Martra le blianta fada agus bhí sé go hiontach go bhfuair sí an gradam sin, agus go raibh a clann i láthair léi ar an ócáid.

Gan amhras, bíonn ualach mór oibre i gceist chun Comórtas Peile na Gaeltachta a reachtáil agus tá Cumann Peile Cill na Martra an-bhuíoch go deo as an gcabhair iontach a fuaireamar ó mhuintir Chill na Martra agus Réidh na nDoirí, agus áiteanna eile chomh maith. Beidh rian a ndíograis le fheiscint le fada an lá sna háiseanna breátha atá anois againn i gcroílár sráidbhaile Chill na Martra. Fágadh sinn chomh maith le cuimhní órga de dheireadh seachtaine fíor-speisialta go deo.

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Media

My thanks to all our local media who do so much work to promote our games locally, especially Brendan Kenneally, Lee Valley Outlook/Southern Star, Barry O'Mahony Echo Live, John O'Shea Echo Live, Kevin Murphy Echo Live and Michael Scanlon of C103, all of whom provide great coverage of our Divisional activities.

County Board Delegates

My thanks to Enda Linehan and John Crean for representing Muskerry Board at the County Board for the past twelve months.

Congratulations

Congratulations to all players and managements from the Muskerry Division who represented Cork at any grade during the year especially the Senior Teams with Muskerry represented by players Sean O'Donoghure (Inniscarra), senior hurling captain, Mark Coleman (Blarney), Shane Barrett (Blarney) also PWC All Star award winner, Pádraig Power (Blarney) in hurling. Colm O'Callaghan (Eire Óg), Chris Kelly (Eire Og) Luke Fahy (Ballincollig) Chris Og Jones (Iveleary), Neil



Lordan (Ballinora), Steve Dornan (Inniscarra & London Senior Footballers) in football. U20 Hurling & Football representation: James Dwyer (Ballincollig), vicecaptain U20 hurlers, David O'Leary (Ballincollig), Tadgh O'Connell (Ballincollig), Johnny Galvin (Eire Óg), Aaron O'Sullivan (Aghabullogue), Darragh Clifford (Eire Óg), Ed Myers (Naomh Abán). Managements and Backroom members from our division Barry Corkery (Clondrohid), selector Cork Senior Football, Dr Aidan Kelleher(Clondrohid) Medic Cork Senior Football, Michael O'Brien (Ballincollig) U20 Football Coach, Ray O'Mahony (Eire Og) U20 Football Manager, Bryan Linehan (Inniscarra) Joint Coach Kilkenny Intermediate team.

Sports Star Awards

To all our EPH Controls Muskerry Sports Star Award winners for 2024 – Michael Quirke (Ballinora) U21 A Football winner, Shane Barrett (Blarney) Cork Senior Hurler and PWC All Star Winner, Cliona Healy (Aghabullouge) & Meabh Murphy (Ballinora) Cork Senior Camogie Team winners, Emma Flanagan (Aghabullogue) Cork Intermediate

Camogie Team winner, Chris Óg Jones (Iveleary) Muskerry Senior Football winners seeded Divisional competition, James O'Mullane (Kilmurry) winners of the Premier Junior Football Championship, Shane Kingston (Ballinora) winners of Junior A Hurling championship, Seán O'Donoghue (Inniscarra) winners of Junior A Football Championship, Brian Keating (Ballincollig) U21 A Hurling winners. We look forward to having all our award winners, board delegates an club members in attendance for the Gala event in Rochestown Park Hotel on Saturday 25th January 2025 where we will announce our overall EPH Controls Sports Star winner along with our Muskerry Junior Football, Muskerry Junior Hurling & Muskerry Intermediate Hurling Teams of 2024.

Tributes

Regretfully a number of our members from various clubs within the division have passed to their eternal reward since our last AGM. We also lost our former President Austin Cremin RIP this year. Our sincere condolences to the families of all those concerned. We remember in our prayers all the deceased

members from various clubs who have passed during the year. Ar dheis lámh Dé go raibh siad.

A Novena of masses will be offered for all deceased members of the association in Muskerry.

Conclusion

I hope I have covered all the activities and events in the Division for 2024, but should any delegate feel that some items are missing, every opportunity will be afforded to him/her to raise the matter and have a short discussion on it at this meeting.

I would like to thank my fellow officers for all their help, the Board delegates, and the Cork County Board who have been helpful during the year. 2024 was a year where we had some changes to league & championship structures and with the help of you all we got through them. However we did not get one competition completed and this will be sorted at the

start of 2025. I would also like to wish all the clubs the very Best of Luck for the year ahead.

On a final note, tonight I want us all to think about Kevin Cotter Aghinagh, the player who went out and played a game and went for a social drink afterwards with his friends but became ill that night and had emergency surgery. He is still recovering today and we think of him in our prayers, and we wish him well for the future.

Enda Ní Leanachain

Runaí, Coiste Cheanntair Mhúscraí CLCG

Election of Officer:

Uachtarán: - Aubert Ó Tuama, Baile an Chollaigh Cathaoirleach: - Seán Ó Finneadha, An Druipseach Leas-Chathaoirleach:- Eamonn Ó Murnain, Cill Mhuire Runai:- Enda Ní Leanachian Iniscartha

Cisteoir:- Diarmuid Ó Ciardhubháin - Eire Óg

Oifgeach Poiblíochta:- Áine Ní Riordan – Cloch Dubh

Reiteoir Riarteoir - To be appointed by CCC Oifgeach na Gaeilge agus Cultúr: - Colm Ó Mochain, Cill na Martra

Coste Chontae: Seán Ó Críon agus Enda Ní Leanachian

Proposals for the following positions passed by the AGM:

Reiteoir Riarteoir: - Diarmuid Ó Muimhneacháin, An Grianach. (appointed by CCC)

 $Leas-Uachtar{\acute{a}} in - Daith{\acute{n}} \acute{O} Laoi, Beal \acute{A} than Ghaorthaidh$

Cork GAA County Championship Draws For 2025 The championships commence on week end of July 25th-27th 2025

Premier Senior Hurling

Group 1: Fr O'Neill's, Sarsfields, Erin's Own, Glen Rovers Group 2: Newtownshandrum, Midleton, Charleville, Newcestown

Group 3: Blackrock, Kanturk, Douglas, St Finbarr's Senior A Hurling

Group 1: Killeagh, Na Piarsaigh, Carrigtwohill, Fermoy Group 2: Castlelyons, Bishopstown, Inniscarra, Ballyhea Group 3: Blarney, Bride Rovers, Watergrasshill, Courcey Rovers

Premier Intermediate Hurling

Group 1: Carrigaline, Cloyne, Éire Óg, Ballymartle Group 2: Ballincollig, Ballinhassig, Castlemartyr, Kilworth

Group 3: Mallow, Dungourney, Lisgoold, Valley Rovers Intermediate A Hurling

Group 1: Midleton, Mayfield, Bandon, Russell Rovers Group 2: Aghabullogue, Blackrock, Sarsfields, Youghal

Group 3: Ballygiblin, Erin's Own, Aghada, Kildorrery Premier Junior Hurling Group 1: Glen Rovers, St Catherine's, Meelin, St Finbarr's

Group 2: Cloughduv, Nemo Rangers, Barryroe, Kilbrittain

Group 3: Ballygarvan, Milford, Tracton, Argideen Rangers

Football

Premier Senior Football

Group 1: Castlehaven, Mallow, Newcestown, Valley Rovers

Group 2: St Finbarr's, Clonakilty, Carbery Rangers, Carrigaline

Group 3: Nemo Rangers, Ballincollig, Douglas, St Michael's

Senior A Football

Group 1: Éire Óg, Kanturk, Kilshannig, Newmarket Group 2: Knocknagree, Cill na Marta, Clyda Rovers, Group 3: Bishopstown, Dohenys, Béal Átha'n Ghaorthaidh, O'Donovan Rossa

Premier Intermediate Football

Fermov

Group 1: Aghabullogue, Bantry Blues, Aghada, Nemo Rangers

Group 2: Rockchapel, Naomh Abán, Bandon, Glanmire Group 3: Kiskeam, Iveleary, Castletownbere, Macroom Intermediate A Football

Group 1: Adrigole, Glanworth, Ballinora, St Finbarr's Group 2: Gabriel Rangers, Mitchelstown, Dromtariffe, Kildorrery

Group 3: Ilen Rovers, Boherbue, Kilmurry, St Vincent's Premier Junior Football

Group 1: Urhan, Canovee, Ballydesmond, St Nick's Group 2: Na Piarsaigh, Kinsale, Cobh, Cullen

Group 3: Buttevant, Glenville, Inniscarra, Millstreet

2024 County Hurling Champions

The winners of the 2024 Co-Op Superstore Cork County Hurling Championships!

Premier Senior Hurling Championship (PSHC): Imokilly (Sarsfields)

Divisional/Colleges Senior Hurling Championship (SHC): Imokilly (Muskerry)

Senior A Hurling Championship (SAHC): Glen Rovers (Blarney)

Premier Intermediate Hurling Championship (PIHC): Watergrasshill (Carrigaline)

Intermediate Hurling Championship (IHC): Lisgoold (Erins Own)

Premier Junior Hurling Championship (PJHC): Russell Rovers (St. Catherines)

Junior A Hurling Championship (JAHC): Tracton (Killavullen)

Junior B Hurling Championship (JBHC): Fr. O'Neill's (Aghabullogue)

Confined Junior B Hurling Championship: Buttevant (Iveleary)

U21 A Hurling Championship (U21 AHC): Midleton (St. Finbarr's)

U21 B Hurling Championship (U21 BHC): Youghal (Ballinora)

U21 C Hurling Championship (U21 CHC): Castlemartyr (Ballycastle Gaels)

2024 County Football Champions

The football champions of the 2024 McCarthy Insurance Group Championship!

Premier Senior Football Championship (PSFC): Castlehaven (Nemo Rangers)

Divisional/Colleges Senior Football Championship (SFC): Muskerry (Duhallow)

Senior A Football Championship (SAFC): Carrigaline (Knocknagree)

Premier Intermediate Football Championship (PIFC): Kilshannig (Aghabullogue)

Intermediate Football Championship (IFC): Glanmire (Boherbue)

Premier Junior Football Championship (PJFC): Kilmurry (Canovee)

Junior A Football Championship (JAFC): Inniscarra (Ballygarvan)

Junior B Football Championship (JBFC): Douglas (Goleen)

Confined Junior B Football Championship: Goleen (Ballyphehane)

Confined Junior C Football Championship: Ballinacurra (Grange)

U21 A Football Championship (U21 AFC): Bishopstown (Beara)

U21 B Football Championship (U21 BFC): Kilmurry (St. Nicholas)

U21 C Football Championship (U21 CFC): Kilmichael (Glenbower Rovers)



Muskerry GAA Awards for 2024



Chris Og Jones Muskerry Football



James O Dwyer U21 Hurling



James O Mullane Kilmurry Football



Sean O Donoghue Jun. A Football



Shane Kingston Jun. A Hurling



Danny Horgan Kilmicael receives the cup from Noel O'Callaghan vice chair Cork GAA. Pic Jim Coughlan



Enjoying the Lighting up of Macroom for Christmas. Pic. Peter Scanlan



Brid Holland presenting third prize to Jack O'Mahony, Padraig Holland and Douwe Van Sinderen, at the recent Seamus Noonan Memorial Poc Fada held by Inniscarra GAA and Camogie Clubs on St.Stephen's Day



CAHALANE DUO SCOOPS CLEARSTREAM GAA SCHOLARSHIP AWARDS FROM MTU



JANUARY 6TH 2025 - Munster Technological University (MTU) Students, Orlaith and Jack Cahalane have been announced as recipients of the Clearstream GAA scholarship awards for their sporting achievements in MTU Cork. Part of the famous GAA sporting dynasty that is the Cahalane family, Orlaith and Jack both study Coaching Science & Sports Pedagogy and are the first recipients of the prestigious awards.

Orlaith has represented MTU in both camogie and ladies football, being a key member of the MTU Purcell Cup winning team in 2023 while also starring with the ladies football team that reached the final of the Lynch Cup in 2024. Orlaith has represented Cork at all levels in both camogie and ladies football with two All-Ireland senior camogie medals, one senior camogie county medal and a dual All-Ireland medal winner at minor level. Orlaith is a super athlete and a role model for the MTU GAA club on and off the pitch. Jack is also a dual star in MTU and a key member of the Sigerson Cup (Gaelic football) and Fitzgibbon Cup (senior hurling) panels. He has a huge CV outside of MTU also, senior club county medals in both hurling and football along with a u17 All Ireland football medal and two u20 All Ireland hurling medals.



Speaking at the presentation function, Jack expressed his thanks to Clearstream for their support of students in MTU GAA club through their sponsorship of the club and for this scholarship which will be used to "offset some of the costs that Orlaith and myself incur in training at elite level". "It is an honour for me and Orlaith to wear the MTU jersey and we are very grateful to Clearstream for their recognition of high performance sport in MTU through these scholarships."

David Brosnan, CEO of Clearstream stated: "The partnership between Clearstream and MTU has been a resounding success, benefiting both parties immensely. Through our sponsorship and support of the college athletic scholarship program, we have not only fostered the development of talented athletes but also strengthened our ties with the local community. This collaboration underscores our commitment at Clearstream and the entire Deutsche Börse Group to local engagement and the importance of investing in the future of our youth. Moving forward, we expect this partnership to continue thriving, creating more opportunities for students and further solidifying our presence and impact in the region with our work in the community and also as an employer of choice."

Kevin O Callaghan, MTU Student GAA Club Development Officer noted, "Both MTU and Clearstream are committed to fostering a long-term relationship focused on promoting excellence in sports, inclusivity, and community engagement. This is the first time that Clearstream has provided scholarship awards to MTU and we are very lucky to have two students of Orlaith and Jack's caliber as the inaugural recipients."

Clearstream is the leading global post-trading services provider and part of Deutsche Börse Group. In Cork, Clearstream is the organisation's largest operational centre for investment funds and provides hedge and mutual fund custodian services for over 50 major financial institutions with positions in over 25,000 hedge funds. The company employs over five hundred people in Cork. MTU Cork Campus GAA Club has 630 active members and is comprised of two ladies football teams, one camogie team, five hurling teams, five football teams and a handball team with membership reaching 105 clubs and communities across twelve different counties.



Mary Noonan presenting the Seamus Noonan Memorial Cup to the winning Poc Fada team of Cathal Lyons, Emily O'Farrell, (Capt.), and Shane Linehan, which was hosted by Inniscarra GAA and Inniscarra Camogie Clubs on St.Stephen's Day



Geraldine Keohane presenting second prize to Timmy Murphy, John O'Shea, (Capt.), and Luke O'Shea

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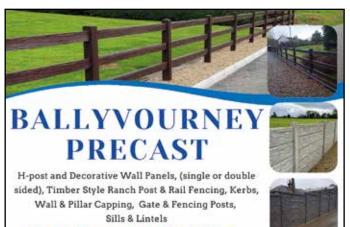


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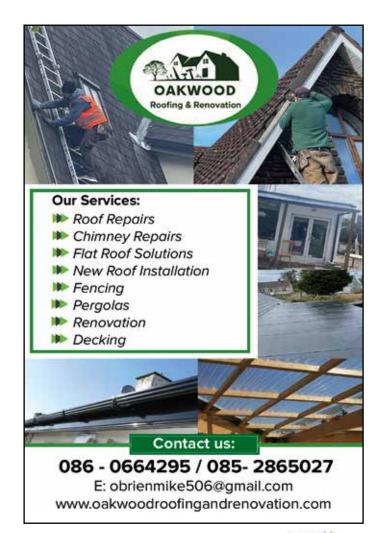
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NEW GOVT MUST USE OPPORTUNITY TO RADICALLY ALTER PLANNING PROCESS TO ACHIEVE HOUSING TARGETS

- GOLD PLATING OF EU REGULATIONS MUST END TO ALLOW US TO HOUSE ALL OF OUR PEOPLE -

Fianna Fáil MEP Billy Kelleher has said the next Government must use the opportunity of a change in administration to radically alter the planning and permitting processes in Ireland's housing system.

Kelleher, an MEP for Ireland South, was commenting after meeting with and engaging with homebuilders and developers over recent weeks who outlined that, on average, it takes longer for a new housing development to go through the planning process than it does for the physical homes to be actually built. "Progress has been made and it is clear that we will hit 40,000 homes in 2025. However, I do not believe the current system will ever be capable of reaching the 60,000 plus homes that we need to stabilise our housing system and address the housing crisis. "The reform of the Planning Act helped in recent years, but we need to go further. I worry that the planned investment in water infrastructure will not deliver tangible results due to delays in permitting and planning. This is an essential component of delivering homes in regional and rural Ireland.

"I have repeatedly called for Ireland's lethargic planning and permitting system to be overhauled. It is holding us back as a society. Now is the time to do it; a new government with a new, stronger mandate must grasp this issue, and finally address it.

"There are many in Ireland who would lay the blame on the EU for the slow and lethargic systems we deal with in Ireland. This is far from reality.

"The gold-plating of regulation in Ireland is a decision

of Irish authorities. Over the last five years, I've seen how other Member States apply European regulations, and they are not as onerous as they are in Ireland. "We have a generational chance, with a new government, to change how we build in Ireland. We owe it to our people to use this opportunity to secure their housing future," concluded Kelleher.

Dr Hussam Abu Safiya is a 51 year old Consultant Paediatrician and former director of the now destroyed Kamal Adwan Hospital in the North of the Gaza Strip. The hospital was under siege and sustained daily attacks by the IDF for almost 3 months between October 2024 and December 2024. Despite this Dr Abu Safiya refused to leave his patients and remained at the hospital until the 27 December 2024 when the IDF stormed the hospital, burned it to the ground and abducted Dr Abu Safiya and many of his colleagues and patients. The IDF initially denied Dr Abu Safiya was in Israeli detention but following calls from human rights campaigners, the Israelis admitted to detaining Dr Hussam but refused to disclose his location. Human rights group, Eur-Med monitor

reported that they had documented testimonies

confirming that Israeli soldiers physically assaulted

Dr Abu Safiya immediately after he left the hospital.

Further credible sources revealed that Dr Abu Safiya

Who is Dr Hussam Abu Safiya? is currently being held at the notorious Sde Teiman detention facility in Isreal and that his health has

FREE DR HUSSAM ABU SAFIYA!

deteriorated due to torture he has endured at the prison camp. Amnesty International and the WHO stated that they were extremely concerned for the wellbeing of Dr Abu Safiya and urged the Israeli authorities to release the doctor "immediately and unconditionally".

The Israelis stated that Dr Hussam Abu Safiya was being investigated for being a member of Hamas yet they have not produced a shred of evidence to support their spurious claims. In addition several eminent medical professionals have spoken out in defence of Dr Abu Safiya including Oxford based surgeon Dr Nick Maynard. Dr Maynard spoke in Clonmel last September of his experiences in Gaza over the previous 15 years and about the mass indiscriminate killing of civilians by the IDF in Gaza since 7 October 2023. Dr Maynard stated that Dr Abu Safiva is a humanitarian, a doctor and was illegally abducted the Israeli military. Hospitals and healthcare is protected under international law vet Israel has shown scant regard for international law. According to the UN



over 70% of those killed in Gaza are women and children. Given that Israel consistently speaks of its "expert intelligence" which informs its "targeted strikes" the evidence suggests that Israel's claims that they do not deliberately target civilians are a fallacy.

Marcella Healy on behalf of Irish Healthcare Workers for Palestine

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"I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth" (Psalm 121:1-2).

Welcome back dear student, may God's abundant Blessing be upon you all this year. I'm looking out at the birds, hovering for some food in this heavy snow. Birds are capable and independent, well able to fend for themselves yet, even they need help at times. Human beings are no different. Even though we like to look after ourselves and do things 'my way' there are seasons in everyone's life where we need help. Before the Lord Jesus went to the Cross He promised His disciples that God the Father would send the Helper, the Holy Spirit. "I will send you the Helper from the Father. The Helper is the Spirit of Truth Who comes from the Father. When He comes, He will tell you about Me" (John 15:26).

This world is a frightening and isolating place for those without God. Offence, fear, wickedness, and anxiety rages - rooted in a lack of knowledge of the Love of God (Hosea 4:6). We only get to know His Love as we draw close to Jesus through studying His Word. And the Holy Spirit helps guide us into Truth to live right (John 16:13). Folks are searching for truth, for peace, for love and for light in dark places – finding only destruction, lies, and brokenness. Satan, the god of this world, defiles with sin and evil, and human beings are no match for him in our own strength – we need the Saviour, our Deliverer (John 12:31). We are depending upon God's help every moment whether we like to admit it or not - even for our next breath. Jesus Christ is the answer - coming into real and meaningful relationship with God through His Son is THE solution for every problem (John 14:6).

At the beginning of a new year, we make plans and resolutions. This year I'm going toor I'm not going to..... you know the drill friend. Take counsel from the Wonderful Counsellor, the Prince of Peace Himself - the Lord Jesus (Isaiah 9:6). God promises 'whoever calls upon the Name of the Lord shall be saved' (Acts 2:21; Romans 10:13). It's relationship with Jesus that opens the door to knowing God's purpose for your life. Why are you here? To merely exist? No friend - God has put you here for such a time as this. You are stronger than you realise - designed for a function only you can accomplish to glorify God. I don't mean how financially secure you are, or how many kilos you can lift in the gym, or even how many problems you can endure in life. No, true strength comes from humbling ourselves and admitting... 'Dear God, I know nothing - You know everything, and Your plan is the better way. I want to know and trust You, so I'm choosing to believe in You Jesus - for Your Word is Truth. Baptise me with Your Holy Spirit - come and live inside of me. I give You my life - bring Your plans to pass for me Lord, for they are good, and in You I put my Hope. Fill me with Your Peace, teach me to live for You - lead me by Your Spirit everyday. I renounce the ways of wickedness, and I ask You to forgive me for my sins. Please wash me in Your Blood Jesus, Son of God, my Saviour. Lord, thank You for giving me a fresh start as Your beloved child, blessed and safe in Your Love. "Whom have I in heaven but You? And earth has nothing I desire besides You" (Psalm 73:25). In Jesus Name I pray, amen.

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MEMORIALS AND REMEMBRANCE



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MEMORIALS AND REMEMBRANCE

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

BARRY MOLONEY Macroom, Co. Cork Died 6th Jan 2023

Death is nothing at all. It does not count. I have only slipped away into the next room. Nothing has happened. Everything remains exactly as it was. I am I, and you are you, and the old life that we lived so fondly toaether is untouched, unchanaed. Whatever we were to each other, that we are still Call me by the old familiar name. Speak of me in the easy way which you always used. Put no difference into your tone. Wear no forced air of solemnity or sorrow. Laugh as we always laughed at the little jokes that we enjoyed together. Play, smile, think of me, pray for me. Let my name be ever the household word that it always was. Let it be spoken without an effort, without the ghost of a shadow upon it. Life means all that it ever meant. It is the same as it ever was. There is absolute and unbroken continuity. What is this death but a nealiaible accident? Why should I be out of mind because I am out of sight? I am but waiting for you, for an interval, somewhere very near, just round the corner. All is well. Nothina is hurt: nothina is lost. One brief moment and all will be as it was hefore How we shall laugh at the trouble of parting when we meet again!

ዮ

Sadly missed, lovingly remembered by Ulli, Lukas, Jill, Ger, Oran & Oscar

The town is just a little bit quieter without you racing from one end of it to the other every day.

2ND ANNIVERSARY



In loving memory of IUDY SHANNON

Rusheen, Aghinagh Who died on 18th January 2023

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.

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Lovingly remembered by Denis, Denise, Hazel & families

Judy's anniversary mass will be celebrated in Rusheen Church on Sunday 19th January at 11.00a.m

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father

sees it. Then in his merciful eyes it will

become your favour, not mine. Amen.

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

Must promise publication of prayer.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of MARGARET MC CARTHY

Lissicurrane, Coppeen who died on 13th January 2024

As we fondly remember our dear mother Margaret on this her first anniversary, we would like to sincerely thank everyone who helped mam during her final days, and those who supported and sympathised with us over the last 12 months.

We thank those who travelled from far and near to be with us at the rosary, removal, and funeral mass, and to those who sent Mass cards, letters of sympathy and comforting messages of condolences online. We are eternally grateful.

Thank you to all those who cared for Mam with such compassion. Thanks to the staff in Bantry, St Finbarr's and CUH Hospitals as well as Dr Deirdre Scully, Dr Tom O Donnell and all the staff at Dunmanway Primary Care. We are most grateful to the home-help and nurses for the wonderful care Margaret received during her final few weeks, enabling us to care for her at home.

We are forever indebted to the matron and staff of Dunmanway Community Hospital and Day Care Centre for the care given to mam over the years. It was like a home away from home for her, and she loved her time there.

Catriona O Riordan and all the team in O' Riordan's Pharmacy Enniskeane, thank you for your help and assistance over the years

Thanks to Fr Michael Kelleher and the funeral team in the parish for your guidance and support, for celebrating mam's Funeral mass and calling to her at home. This was of great comfort to her. Thanks to the church sacristan, and all those who helped to have everything ready for us on the day. Thanks to the members of Castletown Church Choir and musicians. You made the funeral mass so special.

Thanks to Jerry O' Mahony and all the staff of O'Mahony's undertakers Enniskeane for your professionalism and support during the funeral, and the gravediggers for your attention to detail.

A special thanks to the members of Castletown Ladies Club who helped provide refreshments to everyone after the funeral and to the members of Diarmuid O' Mathuna GAA Club who helped in organising parking on the day. A special thanks to Ned Moore for providing parking facilities.

Margaret loved the company of her wonderful neighbours, friends, and relations throughout the years. Thank you for all your help and kindness.

As its impossible to thank everyone individually please accept this acknowledgment as a token of our appreciation. The holy sacrifice of the mass has been offered for your intentions. May she rest in peace.

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Margaret's first anniversary mass will take place on Sunday the 12th of January at 10am in St Joseph's Church Castletown.

> We miss your love, Your gentle way In our hearts you will always stay

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.

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MEMORIALS AND REMEMBRANCE

BIRTHDAY REMEMBRANCE



Forever and Always Missed DAMIAN DINEEN

Remembering Damian on his 52nd Birthday which occurred on the 4th Jan 2025

Happy Heavenly Birthday Damian Today is full of memories Happiness and tears Of birthday celebrations We've shared throughout the years. And thought we'll always miss you The endless joy you brought Warms our hearts with gratitude And fills our every thought.

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Pat, Mary, Ann, Con Gearoid, Eileen Aoibhínn, Rhóna, Úna & Conor xxxxx

4TH ANNIVERSARY



Margaret Lehane

Deshure, Terelton, Macroom, Co. Cork

Died 14 January, 2021

Just a prayer from the family who loved you, Just a memory fond and true, In our hearts you will live forever, As we thought the world of you.

ተ

Fondly remembered and deeply missed by her loving family: her husband, Jerry; children, Catriona, Siobhán and Conor; sons-in-law, Colm and Kevin, and grandchildren, Oisín, Hannah, Evan and Darragh.

MEMORIALS LEE VALLEY OUTLOOK IMPORTANT NOTICE

50th & 35th ANNIVERSARIES



NORA HICKEY whose 50th anniversary occurs in January

And our Father JEROME HICKEY whose 35th anniversary occurs in March

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Always remembered by Anthony, Mary, Ann (Jim deceased)

9TH ANNIVERSARY



Treasured memories now and always of our dear Dad

TIMMIE Kelleher

Belmount Place, Crookstown Whose 9th Anniversary occurs on the 9th of January

The special memories we have of you Will always bring a smile If only we could have you back For just a little while Then we could sit and chat again Just like we used to do You always meant so very much And always will do too The fact that you're no longer here

Will always cause us pain But you're forever in our hearts Until we meet again.

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Always in our thoughts, Forever in our hearts, Your loving family.

18TH ANNIVERSARY



In loving memory of **PADDY**

O'MAHONY

Cloncud, Kilnamartyra, Macroom who died on 12th January 2007

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

f

Deeply missed and always remembered by his loving family.

14TH ANNIVERSARY



In loving memory of

Eileen Kelleher

Carrigthomas, Macroom who died on the 11th of January 2011

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

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

Always remembered by her loving family.

5TH ANNIVERSARY



In loving memory of

Don (Donnacha) Lynch

Fossa, Codrum, Macroom, Co.Cork. Who died on the 1st January 2020

> Your life was a blessing, Your memory a treasure. Your love is still our guide And though we cannot see you, You're always by our side. Loved beyond words Missed beyond measure.

> > ዮ

Always loved and remembered by Kathleen, Martin, Lynn, Wayne, Donna, Susan and extended Family.

5TH ANNIVERSARY



In loving memory of

SHEILA O' LEARY

"Bruac-na-Laoi", Gougane Barra, Macroom, Co. Cork Who died on January 13th 2020

Along the road of suffering You found a little lane That took you to Heaven And ended all your pain. You may be out of sight We may be world's apart But you are always in our prayers And forever in our hearts.

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Always missed and lovingly remembered by Pauline, Helen and their families.

Full Column: €70 Regular Column: €35 Prayers: €15 each

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MEMORIALS AND REMEMBRANCE

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of JEREMIAH (JERRY) LYNCH Douglas, Cork and formerly Upper Currahy, Ballingeary, Co Cork

As we lovingly remember Jerry who was reunited with our mother Mary on the 19th of January 2024, we his family would like to thank you most sincerely for all those who sympathised with us on our sad loss of our wonderful father, grandfather and great grandfather. For all those who attended Dad's removal, funeral, travelled long distances, sent cards, online condolences, warm messages, flowers, phone calls, and shared old stories, we are deeply grateful. We would also like to thank the many relatives, friends and neighbours who called to see Dad at his home or in his beloved porch. Sincere thanks to Father Ray Riordan for his prayers, support and for celebrating Dad's Requiem Mass with the assistance of Bishop Emeritus John Buckley. We also extend our appreciation to all the doctors, nurses, carers and home help who so lovingly cared for Dad during his illness. Thanks to Cyril Casey, funeral director, for your professionalism and the manner in which you conducted Dad's funeral so efficiently. As it is not possible to thank everyone individually, please accept this acknowledgement as an expression of our sincere appreciation and gratitude. Your kindness, compassion and support will not be forgotten. The Holy Sacrifice of the Mass will be offered for your intentions.

God saw the road was getting rough, the hill was hard to climb. He gently closed your weary eyes and whispered peace be thine. A golden heart stopped beating, Hard working hands at rest, It broke our hearts to see you go, God only takes the best.

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of WILLIAM(BILL) ELLIOT Coolcower, Macroom Who died on the 1st January 2024

As we remember Bill on his first anniversary we would like to express our sincere and deepest gratitude and appreciation to all of you, for your support and generosity professionalism, your thoughtfulness, kindness and sympathy and consolation in our sadness on the loss of Bill.

As it would be impossible to thank everyone individually please accept this acknowledgment as a token of ourheartfelt thanks and appreciation.

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

47

Majella & Peter.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



With love we remember JUDY DINEEN Coachford Who died on 22nd January 2024

As we lovingly remember mam, on her first anniversary, the Dineen family wish to express our heartfelt appreciation and gratitude to all who sympathised and supported us on our sad loss.

Thanks to our extended family, neighbours and friends, to all who travelled to attend the removal and funeral Mass and to all who sent us Mass Cards and expressed their condolences online. To all who cared for mam over the years and in particular the Coachford GP Practice and everyone at Coachford Pharmacy, CUH and Bons Secours hospital and especially to mam's Home Help, Josephine. To Cyril Casey and his team in Casey's Funeral Home for all their guidance, support and compassion following mam's passing. To Fr Peadar for attending the rosary, the removal and for his celebration of the funeral Mass and for all his support. To the Folk Group for the wonderful music and singing and all who participated in the funeral Mass and helped at the church. To all the staff of the Castle Hotel Macroom for the exceptional service and attention given to us. As it is impossible to thank everyone individually, please accept this acknowledgement from our family as a token of our sincere heartfelt gratitude, the holy sacrifice of the Mass will be offered for your intentions.

Such an empty space

in your chair behind the door. As the days and months go by we miss you all the more. Our lives are changed forever without your presence here but our hearts will stay close forever no matter far or near.

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Judy's First Anniversary Mass will be held on Saturday, January 18th at St. Patrick's Church, Coachford at 6pm. For Prices Contact Des: 087 3600223

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of MARY BUCKLEY (NEE O'BRIEN)

Cooleclevane, Kilmichael, Macroom, Co. Cork (formerly Tullyland, Bandon) RIP 20th January 2024

As we lovingly remember Mary on the First Anniversary of her passing we would like to sincerely thank our family, friends, neighbours, colleagues and all those who supported and sympathised with us on our loss.

We thank in particular the staff of Marymount University Hospital & Hospice and the West Cork Palliative Care Team who cared for Mary with such compassion, dignity and respect and supported us as a family at the most difficult and heartbreaking of times.

Sincere appreciation also to Casey Funeral Services for their support throughout the funeral process. We thank Fr Pat O'Donovan who celebrated Mary's funeral mass and Theresa Barrett and Norma Galvin for the beautiful music and song they brought to the ceremony.

Thank you to all those who attended Marys funeral, called to our homes, sent cards and letters, and supported us in many ways throughout our time of loss.

The holy sacrifice of the Mass will be offered for your intentions.

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MEMORIALS AND REMEMBRANCE

FIRST ANNIVERSARY **8TH ANNIVERSARY** In loving memory of Dan O'Connor Knockshanavee Farnanes Who died on 4th January 2024 God called your name so softly, That only you could hear, And no one heard the footsteps, Of angels drawing near. The Golden Gates stood open, God saw you needed rest, His garden must be beautiful, He only takes the best. Will those who think of Dan today A special prayer to Jesus say. ዋ Lovingly Remembered By Mary & The O'Connor Families **2ND ANNIVERSARY** In loving memory of WILLIAM **CREEDON** O'ROURKE (BILL) Lyroe, Rylane, Co Cork who died on the 9th January 2023 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 Bill And thanks for all you've done We pray that God has given you The crown you've truly won. Sharon & Sam x Always remembered by your Sister Margaret, Nieces, Nephews and extended families. **MEMORIALS** LEE VALLEY OUTLOOK IMPORTANT NOTICE

In loving memory of DIARMUID **O'CONNELL** Ballymakeera, Macroom, Co. Cork Who died 9th January 2017 Memories are special, They don't fade away. We think of you often, Especially today. Though heaven and earth divide us We are never far apart, You are always in our thoughts and prayers And forever in our hearts. የ Sadly missed by his wife Ina and family. **16TH ANNIVERSARY** In loving memory of

MOLLY

Who died on 6th January 2009

Deep in our hearts your memory is kept To Love To Cherish And Never Forget.

Always remembered by Joe,

9TH ANNIVERSARY



In fond remembrance of

DANJOE HALLISSEY

Munavadra, Inchigeela Who died on 13th January 2016.

For this one farmer the worries are over. lie down and rest your head, Your time has been and struggles enough, put the tractor in the shed. Your labor is done, your home now is heaven; no more must you wait, Your legacy lives on, your love of the Land, and we will close the gate.

ዮ Always remembered by your loving family and friends

4TH ANNIVERSARY



In loving memory of **IERH TWOMEY**

Doire Fingín, Réidh na nDoirí, whose 4th anniversary occurs on 14th January 2024.

We think of you in silence We often speak vour name But we all have our memories And your picture in a frame Jerh left us quietly, his thoughts unknown But left us a memory, we are proud to own. So treasure him Lord, in your garden of rest For when on earth Jerh was one of the best.

የ

Remembered always by Haulie, Donnchadh, Mary and the Twomey and Lynch families.

8TH ANNIVERSARY



In loving memory of

IOHN O'SULLIVAN

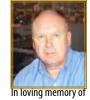
Ballytrasna Lissarda, Co Cork who died on the 6th of January 2017

Will those who think of John today A little prayer to Jesus say May his soul rest in peace

ዮ

Remembered always by his loving family

3RD ANNIVERSARY



DAVID STEARMAN SMITH

Nead Na Spidoige, Augeris Ballingeary, Macroom Died 21st January 2022 aged 65.

Missing you always Every time we look at the stars We know that's where you'll be Shinning like you always do And watching over us. Although the pain we are feeling Is with us everyday The love you left inside our hearts Will never go away. Life goes on without you But it will never be the same And if we had our time once more We would do it all again. So when our days are darkest And we just cant see the light We look up at the brightest star And you will be shining bright

In our hearts, gone to soon, love always. Kate your loving wife, daughter Claire son in law Andy grandchildren Ethan and Emilia, sister Sue, brother Mike sister in law Pauline, brother in law Jimmy sister in law Chris, nieces and nephews friends and neighbours.

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