

Free February

FREE

LEE VALLEY Outlook

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Kilmurry GAA's Premier Junior County Champions and Munster Junior Champions 2024, photographed with President of the GAA Jarlath Burns, at their Victory Social held in the Oriel House Hotel recently. Pic. Peter Scanlan

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Valentine's MENU

STARTERS

Beetroot Carpaccio
 Bluebell fall's goat's cheese, pickled walnuts, radish, balsamic (4,13)

Crab Salad
 mixed leaves, parsley, puffin capers, horseradish cream, orange segments (4,5,7,9,13)

Characteristic board
 a selection of Irish cured meats and cheeses, olives, dips and breads (for 2) (16,4,13)

MAIN DISHES

Pan-crusted Fillet of Atlantic Cod
 Jerusalem artichoke cream, roasted leeks, gratinise, crispy late (4,8,13)

Grillhouse Steak
 green tabbouli sauce, curried yogurt, pickled radishes, toasted hazelnuts (4,13)

Tuesday's Irish Chicken Supreme
 pearl onions, button mushrooms, champagne cream (16,4,13)

Steak, Glitz & Burg
 baby carrots, tenderstem broccoli, onion rings, chips, red wine jus, pepper sauce (for 2) (16,4,7,13)

DESSERTS

A la carte of Valentine's themed desserts

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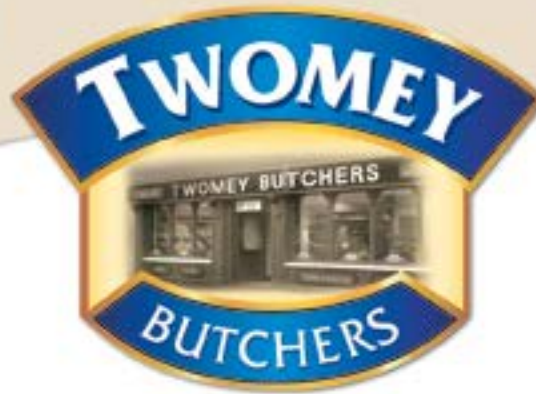
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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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

week's edition. Due to print processes, late submissions will be published in the following edition.

As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne

For Advertising email Des. E: des@outlookmags.com

Please note Des has a new number

087 3600223

MACROOM MISSION OF LOVE

Macroom Mission of Love for the Homeless would like to thank everyone for their generous donations over Christmas and over the years. Your generosity is inspiring but, the problem is still there and getting worse. The number of people on the street is growing so our donations of clothing and bedding always necessary, and we can see with your help we are making a difference.

Volunteers on the streets or in the background are always welcome. Please contact Eleanor 0879534976

Image right: Volunteers on the streets



MACROOM FIRST CRITICAL RESPONDERS

On the 8th of March from 7am to 7pm, Charles Murphy, Dylan James O Driscoll and Liam O Flynn will each take on the task of running 100km each around Clondrohid Running Track for CRITICAL First Responders Macroom. It will be 400 laps each and they wish to welcome people to join them to run as many laps as they want throughout the day and also to encourage them. You can donate on IDonate 300KM Run in aid of CRITICAL First Responders Macroom or also through Facebook on Charles Murphy Page until the 28th of March.

MACROOM PLOUGHING

Unfortunately Macroom Ploughing Assoc had to cancel their ploughing match for the second time last Sunday due to weather and ground conditions. It will be rescheduled when ground conditions improve

MACROOM FLOWER & GARDEN CLUB

A.G.M. Thursday 13th February 7.00p.m. at Coolcower House Macroom P12E135 Members only. Presentation to Local Charity at 7.45 followed by Mini Cookery Presentation. Annual Membership accepted on the night. Further details 087-9821708



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Hon. Secretary:

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- 1st: John Murphy, Dromree.
- 2nd: Joan McCarthy, Farranduff, Crookstown.
- 3rd: Trish Maybury, c/o Murrays Bar.
- 4th: Connor O'Brien, c/o Connie O'Brien.
- 5th: Murray Girls, Murrays Bar.

- 6th: Alan O'Brien, c/o Connie O'Brien.
- 7th: Ellen O'Brien, Inchigeela, Macroom.
- 8th: Ciara O'Sullivan, Coachford.
- 9th: Tadhg Dunne, Macroom.
- 10th: Casey O'Leary, c/o Kevin O'Leary.
- 11th: Trish Maybury, c/o Murrays Bar.
- 12th: Marian O'Leary, Carrigaphooka.
- 13th: Zack Kelly, c/o Tony Higgins.
- 14th: Indigo, 2 Gleann Dara Crescent, Grenagh
- 15th: Carla & Donnchadh, "Chalet" Kilnagurteen.
- 16th: Pat Lehane, Ballingearry.
- 17th: Lucas, 2 Gleann Dara Crescent, Grenagh.
- 18th: Dave Connolly, 42 Ashmount Court, Silversprings.

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Iarratais oscailte: 10 Márta - 4 Aibreán

Foghlaim scileanna nua i réimse do chuid oibre a bhaineann le caomhnú fulníníh nó i dticneolaíochtaí fulníníh in-athnuaite.

CUMASÚ

Iarratais oscailte: Faoi láthair - Lár mhí an Mhárta

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Macroom and District Lions Club



The Macroom Mission of Love stand at the 'Meet The Clubs Day' organised by the Macroom and District Lions Club



The Irish Guide Dogs stand at the 'Meet The Clubs Day' organised by the Macroom and District Lions Club



'Blood Bike South' stand at the 'Meet The Clubs Day' organised by the Macroom and District Lions Club. Pic. Peter Scanlan

Meet The Clubs Day, organised by Macroom and District Lions Club, is a roaring success and proves that Macroom really is a community with a lot to offer.

There is a group out there for everyone – and that is definitely true for the people of Macroom who have, on their doorstep, an abundance of local clubs, societies and organisations ready to welcome new members and volunteers.

Meet The Clubs Day, organised by Macroom and District Lions Club, took place on Saturday 1st February in Macroom's Leisure Complex, attracting large numbers of local people, young and old. The free event was an opportunity for clubs, societies

and organisations operating in the Macroom area to be in the one place at the one time and to show the people of Macroom exactly what is on offer in their community. People were amazed to learn about the 60+ clubs, societies and organisations that are in the area and open to new members or volunteers. Declan Sheehan, President of the Macroom and District Lions Club said, " We are so grateful to the people of Macroom for all their support throughout the year - today is an opportunity for us to give back to the community by providing a dedicated space to the many groups and clubs out there to recruit new members and volunteers and also to make it easy for people to see what is on offer right here on their very

doorsteps. The variety of clubs and groups on the day reflects how vibrant a community we have and we are thrilled to have been able to organise the event." The groups on the day represented different types of sports, leisure activities, charities, social groups, special interests and everything in between. There was an incredible buzz at the event and the large numbers in attendance confirms that community engagement and involvement in Macroom is strong and ever-more important.

For further information on the event or the Macroom and District Lions Club, contact macroomlionsclub@gmail.com.

MACROOM GIRL GUIDES

On Thursday 23rd January Ardilaun Ladybirds and Ardilaun Brownies came together for a special ceremony, where three Ladybirds stepped up to Brownies and three Brownies were enrolled into the unit. Congratulations to all the girls who stepped up and were enrolled.

On Saturday 1st February, Ardilaun Guides and MacEgan Senior Branch attended "Meet the Clubs" in Macroom Sports Complex. This event was organised by Macroom & Districts Lion's Club and the girls were delighted to be able to attend and showcase Irish Girl Guides locally. This event gave the members a great opportunity to learn about the other clubs that are active in the community, and they even started organising collaborations for future meetings!

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



Ardilaun Ladybirds and Ardilaun Brownies at the stepping up and enrolment ceremony on Thursday 23rd January 2025



Ardilaun Guides and MacEgan Senior Branch at "Meet the Clubs" day in Macroom Sports Complex on Saturday 01 Feb 2025



Ardilaun Ladybirds having fun with their STEM badge at their recent meeting.



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DE LA SALLE College Macroom



Transition Year students Darragh O Donovan, Gearoid Quinn, Robert Fitzgerald and Markuss Bogdanovs, alongside their teachers John Ryan and Michelle Healy presented a cheque to representatives of St. Vincent de Paul and Macroom Senior Citizens following their successful Macroom Charities Appeal which took place in December 2024.



De La Salles Finn Yore, claimed victory in the Intermediate boy's race at the South Munster Cross Country Championships.

Model UN

Our Fourth-Year students—Cal Lehane, Thomas Hopkins, Donagh Moss, Rory McElroy, Ultan Keane, Brian Bradley, Gavan Browne, Martin McCarthy, Simon Condon, and Finn Yore represented our school at this year's DC Model United Nations Competition. These boys have shown exceptional dedication in their preparation and can be proud of their achievements. They represented the school and themselves with distinction.

Cross Country

It was a fantastic day for our Cross Country teams at the South Munster Cross Country Championships! Our Minor boys team finished in 2nd place, while our Junior boys secured a solid 3rd place. Our Intermediate boys just missed out on a medal with a commendable 4th place finish. -Tiernan O'Donoghue represented us proudly in the Senior boys race, finishing an impressive 8th place. But the standout performance of the day came from Finn Yore, who claimed victory in the Intermediate boys race!

Huge congratulations to all the De La Salle athletes and their clubs for their hard work and dedication.

Macroom Charity Appeal

Transition Year students Darragh O Donovan, Gearoid Quinn, Robert Fitzgerald and Markuss Bogdanovs, alongside their teachers John Ryan and Michelle Healy presented a cheque to representatives of St. Vincent de Paul and Macroom Senior Citizens following their successful Macroom Charities Appeal which took place in December 2024. This collection is an annual event that has been running for 25 years. De La Salle would like to thank all who supported our Appeal for their generous donations!

Guest Speaker

Our 4th and 5th years were fortunate to experience a powerful and engaging presentation from Tony O'Reilly. Tony spoke about his own experience with gambling addiction. He gave the boys a huge insight into how gambling is promoted in such a way as to target people and get them hooked into "the next big win." Tony's honesty about his own difficult experience was captivating and made the presentation real for the audience of students and staff. The school would like to thank @tonyjoreilly for coming to school to share his story and help guide our lads to make better decisions in the future.

GAA

Unfortunately, January 22nd the last day out for our senior footballers. This group of lads gave everything they had to the cause for De La Salle. They lost to a very strong Ballincollig team, full-time score De La Salle:

2-10(16) - Coláiste Choilm: 2-14(20). Management would like to thank the players for their outstanding commitment to the school team, especially the leaving certs. Special mention to team Captain Cormac Bourke for organising a wedding gift from the players to team manager Mr. Shane Ryan. The character within these players is top class, and we look forward to seeing these young men bring success to the surrounding Mid-Cork clubs and to Cork teams in the future. De La Salle u15 hurlers defeated Colaiste Fionnchua Mitchelstown in difficult conditions. They play Davis College in the next round of the Munster Championship. This is our first year entering the Munster Hurling competitions in quite some time and shows the good work of our surrounding clubs especially Laochra Óg who's numbers of represented players is growing each year.



De La Salle transition year students and teachers presenting a Cheque from charity appeal to Pat O'Connell, Macroom Senior Citizens



De La Salle students who made Owl Boxes as part of their Transition year Technology class with Mr Declan Murphy.



De La Salle Students who took part in this year's Model UN

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MCEGAN COLLEGE

Sensory Room for R22.UPDATE!! The plans for the upgrade to the sensory room in the Mild General Learning unit(R22) are underway and we will launch a GOFUNDME page and will have a QR Code for donations available on the week before the mid-term.

Sport in McEgan: Girls Basketball: The McEgan Girls' Junior and Minor Basketball teams recently faced a tough defeats in a hard-fought matches against Bandon Grammer. In a strong effort to build on their positive display against Mount St. Michael despite a strong start and moments of skilful play, both teams struggled to keep up with their opponents' fast-paced offence and solid defence. Coaches and players are already focusing on areas for improvement, with a commitment to learning from the match and bouncing back stronger in future games. The McEgan's Girls are a dedicated bunch, determined to continue learning and developing as they move forward. Next up McEgan welcomes both Bishopstown Community School and Ashton to Macroom.

Cross Country Running: On the 30th January 2025, the McEgan College Cross Country Running Team competed in the South Munster Cross Country Championships, which took place in Tramore Valley Park. This was the team's first experience of a full distance event for their age categories, with races ranging between 1,500m and 5,000m. 25 students from the school competed across a wide range of age grades, with teams in the intermediate boys, senior boys and intermediate girls. All students represented their school well, achieving good times and completing the distances on a challenging course. Cross-Country running is a new sport in McEgan and congratulations to the students for engaging with a new sport & to Mr. Sheahan for mentoring them. Football U15 boys campaign has begun and the team recently travelled to Ballydehob to face Schull.

GetGoingGetRowing: Recently a number of McEgan Fourth-Year students participated in a workshop with Rowing Ireland. After weeks of training, they have earned their certificates recognizing their achievement. This experience has equipped them to lead a six-week rowing course for our First and Second



McEgan Students Noe Kollar, Aoife Horgan Oliwia Raba & Diarmuid O'Driscoll with Gobnait Burke, National NTO coordinator & Bernie Angland Cork College of Further Education & Training Macroom at a recent presentation on the benefits of going the Tertiary Degree Route.



McEgan 2nd Year Girls Basketball team, Katie Twomey, Emma Zasada, Eileen McSweeney, Aine O Halloran, Emanuella Tshibusu



McEgan College 5th Year LCVP Enterprise students who raised €817.90 for the Mental Health Charity Pieta House.

Year students, which takes place during PE classes. The program has been a highly rewarding experience for everyone involved.

3rd level options: Bernie Angland of Cork College of FET Macroom & Gobnait Burke, National NTO Coordinator, who visited McEgan College recently to inform students of the benefits of considering a Tertiary degree. A Tertiary Degree is a new pathway from Further Education and Training with seamless progression into Higher Education to earn an undergraduate degree. These degrees are available in areas such as Nursing, Business, Construction, Engineering & IT. Students can start studying in a local Education and Training Board such as Cork College of FET, Macroom and graduate from a Higher Education Institution with the dual benefits of both campuses throughout.

5th yrs raise money for Pieta House: 5th yr students who raised funds for Pieta House as part of the LCVP Enterprise received a letter from Community Fundraising Officer Joe Burke thanking them for the funds raised and in particular praising them for creating further awareness of Pieta locally. Pieta receives just over 85% of its income through fundraising and donations The fundraising by the students included, a No Uniform Day - Christmas Jumper Competition Day, a Bake Sale and raffle on the 19th of December 2024. Mr. Burke pointed out to the students how simply by

using the name Pieta they may have alerted someone to the services at just the right time., so support from people like you is vital to us.

Ms Murphy moves to OIDE: On Tuesday 28th with sad hearts staff and students bid farewell to Graphics & Woodwork teacher Miriam Murphy as she move over to work with OIDE, the professional support service for teachers. Ms Murphy's new role is as an advisor to schools rolling out Digital Technologies throughout secondary schools in Ireland. A fantastic teacher and colleague we wish her the very best in her new role.



Transition Year Students getting instruction during the GetgoingGetrowing training course given by Rowing Ireland.



Members of McEgan College Cross-Country Club who recently competed in their first meet, the South Munster Cross Country Championships, which took place in Tramore Valley Park Lto R Fiachna McCarthy, Rama Kamaseke, Tui Shubart, Scott Forde, Finbar Creedon, Paul Dineen, Ronan O'Neill.



McEgan College 2nd yr Basketball team. Kacey O'Driscoll, Katelyn Buttmer, Lily Barrett, Fiona O Sullivan, Myroslava Novytska

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NUAcht Ó Choláiste Ghobnatan



Comhghairdeas le Cathal Ó Loingsigh a bhun-aigh Craobh na hÉireann i gcispheil le déanaí.



Noaise Ní Bhriain ag ullmhú caife mar chuid de chúrsa Barista



Daltaí na hIdirbhliana ag bronnadh airgead ó Mhargadh na Nollag ar Brú Columbanus

COMHGHARDEAS

Tréaslaimid le Cathal Ó Loingsigh - bhí sé mar chuid de fhoireann Rebel Wheelers a bhuaigh Craobh na hÉireann sa chispheil le déanaí. Is éacht den scoth é!

LÁ DON EISPÉIREAS FOGHLAMA GAIRMIÚLA

Ar an Luan tháinig ionadaithe ó Oide chun na scoile. Is seirbhís tacaíochta í, Oide, do mhúinteoirí agus do cheannairí scoile, atá á maoiniú ag an Roinn Oideachais, a bunaíodh ó chomhtháthú ceithre sheirbhís tacaíochta a bhí ann cheana féin agus a seoladh ar an 1 Meán Fómhair, 2023. Bhí deis againn mar fhoireann féachaint ar na hathruithe agus ar athfhorbairt na Sáithe Sinsearaí atá ag teacht. Beidh roinnt ábhar ag athrú ag tosú le Bitheolaíocht, Ceimic, Gnó agus Fisic i Meán Fómhair 2025. Beidh clár na hIdirbhliana ag uasdátú chomh maith.

BRONNADH Ó MHARGADH NA NOLLAG

Tháinig Anne Maria ó Bru Columbanus chuig an scoil chun an t-airgead ó Mhargadh na Nollag a bhailiú. D'éirigh leo €1,1166 a bhailiú agus is éacht ollmhór é sin. Gabhaimid ár mbuíochas le hIníon Ní Chonchúir, Iníon Ní Bhriain agus Máistir D. Ó Céilleachair a chabhraigh leis an Idirbhliain.

PEIL NA GCAILÍNÍ

D'imir na cailíní sóisir in aghaidh Mheánscoil na Toirbhirte, Baile'n Mhuilinn i gCluiche leathcheannais na Mumhan le déanaí. Cluiche deacair ach siamsúil a bhí ann. Bhí bua iontach againn agus táimid ag tnúth go mór le Cluiche Ceannais na Mumhan!! Míle buíochas le hIníon Ní Shuilleabháin agus Iníon Ní Bhuachalla.

CÚRSA BARISTA

Ar an Aoine 10ú Eanáir bhí an deis ag Muintir na hIdirbhliana cúrsa Barista a dhéanamh ar scoil le Carmel Hurley. D'fhoghlaimíodar faoi stair an chaifé agus d'fhoghlaimíodar na scileanna cuí bainteach le conas cineálacha éagsúla cupáin chaifé dhéanamh go rathúil. Cúrsa an-phraiticiúil a bhí ann mar chuir na daltaí a n-eolas i bhfeidhm nuair bhí na múinteoirí

mar chustaiméirí acu. Bhain lucht na hIdirbhliana idir thaitneamh agus tairbhe as an gcúrsa! Míle buíochas le hIníon Ní Bhriain as é a eagrú.

EACHTRAÍ GAIRME

Le cúpla mí anuas tá raon d'aoichainteoirí a bhaineann le Treoir eagraithe againn chun labhairt le dhaltai sinsearacha na scoile.

I Mí na Nollag tháinig aoichainteoir ó Institiúid Oideachais Marino, Baile Átha Cliath chun labhairt faoi na cúrsaí atá ar fáil acu, ach go háirithe an Baitsiléir san Oideachas Trí Mheán na Gaeilge (Bunmhúinteoireacht). Ina dhiaidh, labhair aoichainteoir ó Choláiste na nEalaíon, an Léinn Cheiltigh agus na n-Eolaíochtaí Sóisialta i gColáiste na hOllscoile Corcaigh faoi na cúrsaí atá á dtairiscint acu, agus na deiseanna oibre astu.

I Mí Eanáir bhí aoichainteoir ag na daltaí ó Ollscoil Luimnigh a d'inis faoi na cúrsaí agus na háiseanna acu siúd. Níos déanaí sa mhí tháinig iarscoláire Choláiste Ghobnatan, Eimear Ní Shuibhne, araon l'ionadaí ó lonad na Gaeilge Labhartha i gColáiste na hOllscoile Corcaigh, chun cur ina luí do dhaltai ó bhliain a 6 faoi na deiseanna atá ann leanúint leis an nGaeilge sa choláiste, fiú muna ndéantar staidéar uirthi, chomh maith le heolas faoin scéim chónaithe atá acu- Áras Uí Thuama.

Bhí cainteanna ar siúl do dhaltai sinsearacha na scoile, ceann amháin ó ionadaí ó Choláiste Breisoideachais, Oiliúna Chorcaí, lonad Mhaigh Chromtha, ag insint dúinn faoi na cúrsaí iar-Ardteistiméireachta acu siúd, agus an raon cúrsaí ar fáil i gcampas Morrison's Island. An lá céanna bhí aoichainteoir ón Oifig Thrasachta Náisiúnta, ag insint dár ndaltaí faoi na deiseanna nua ar fáil do dhaltai leis na céimeanna threasacha.

Ag deireadh Mhí Eanáir tháinig oifigeach teagmhála scoileanna ó Ollscoil Teicneolaíochta na Mumhan le seastán ag am lóin, chun aon cheisteanna a bhí ag na daltaí faoi chúrsaí agus eile a fhreagairt.

Aris ba mhaith linn ar mbuíochas a ghabháil le Bean Uí

Thuama as na heachtraí seo a eagrú.

TRÁTH NA GCEIST MHATA/MATHS QUIZ

Beimid mar scoil óstaigh don Tráth na gCeist Mata le Cumann Múinteoirí Matamaitice na hÉireann. Tá Tráth na gCeist Pí oscailte do dhaltai sa tríú bliain. Beidh sé ar siúl ar an 13ú Márta san Ionad Cultúrtha (in aice leis an scoile). Tá an dáta athruithe i mblíana. Is féidir le scoileanna áitiúla clárú anseo ar www.imta.ie nó má tá ceisteanna agat is féidir leat glaoch a chuir ar an scoil 02645058. Go raibh míle maith agaibh!

We will be as a host school for an upcoming Maths Quiz in conjunction with the IMTA (Irish Mathematics Teachers' Association). The Pi Quiz is open to third year students. It be taking place on 13th March in the Ionad Cultúrtha (next to the school). Note the change of date this year. Local schools can register here www.imta.ie or if schools have questions they can ring the school on 2645058. Many thanks!

RÉAMHSCRÚDUITHE

Guímid gach rath ar dhaltai na tríú agus na séú bliana leis na réamhscrúduithe atá ag teacht suas.

GLUAIS

- athfhorbairt – redevelopment
- Ag uasdátú – updating
- teastas – certificate
- céimeanna threasacha – tertiary degrees
- ionadaí – representative
- réamhscrúduithe – pre-examinations

DÁTA DON DIALANN

- 7ú Feabhra – Réamhscrúduithe ag tosú
- 24ú – 28ú Feabhra – Taithí Oibre

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ST MARY'S NEWS



TY's students attending Davic College Model United Nations (DC MUN) in Cork City Hall



Our Junior Football team who had a great win in the Munster semi final vs Cashel Community School coming out on top and progressing onto the Munster Final

Junior B Munster Football Semi Final

"St Mary's powered to another Munster Final for the second year in a row after a comprehensive victory against Cashel Community School on a foggy morning in Mallow. St. Mary's are making strong inroads in school football after winning the C Munster last year and making the All-Ireland Final in the same grade losing to a very strong Ballinrobe outfit. Credit to St. Mary's Junior team who with the majority of the team underage again this year and have bounced back admirably winning all games in the B grade and making their first Junior B Final since 2014. From early on in the recent semi-final, the opening exchanges made by St. Mary's seemed strong and precise. The opening point by Orla O'Brien, followed by a goal from Cliona O'Brien settled the team despite early pressure from Cashel. This dictated the pace that would be a pulsating match.

However, the match took on a difficult position when, before half-time, St. Mary's was reduced to 13 players after two of their key players were sin binned due to yellow cards. During this numerical disadvantage, the team never lost their focus; with grit and teamwork, they continued to defend, with some great saves by Lorna Hodman, maintaining their lead and refusing to let the situation affect their performance. It was a well-gained lead for St. Mary's as the half-time whistle blew. There was encouragement aplenty in the management team's words at the side-line with motivational words keeping spirits high. The second half saw St. Mary's dig deep, working tirelessly to hold on to their lead. Further scores from Róisín Ni Liátháin, Evie McMahon and Cora Delaney spurred the team on. The team's commitment to each other and their relentless work ethic saw them through to the final. Every player put in a massive shift, and their combined



Molly Kelleher, Lilly Meyler and Lauren Crowley Payne represented St Mary's at the BT Young Scientist at the RDS in Dublin this year.

effort led to a well-deserved victory." Report by Cara O'Brien, Szonja Mora and Clodagh Murray

1st Year Camogie

Our 1st year camogie team had a good win vs Ballincollig Community School recently. Huge thank you to Liam Slattery, Ms Lehane and Ms McSweeney for their dedication to camogie in St Mary's and to our sponsors Matt Murphy's Pharmacy.

TY Activities:

Communicating Europe Workshop

"On Tuesday the 28th of January, the TYs were paid a visit by Dr O'Keefe and Ms. Kelly who taught us the importance of the EU. They brought some goodies for us to eat at the start of the presentation, which were made by people volunteering in the IRD Duhallow. We learned about the history of the EU and the importance of the EU and how our partnership has impacted Ireland. Some fun facts that we took from this talk are that the EU was founded after the Treaty of Rome in 1957 and that Ireland joined the EU in 1972.

We all really enjoyed this workshop and learned a lot from it. This workshop will also contribute to our next talk from Cynthia Ní Mhurchú who will be visiting the school on Friday the 7th of February." Report by Ruth Cotter TY Promo Team

DCMUN

"Some of our TYs took part in the Davis College Model United Nations (DC MUN) held in Cork City Hall. After arriving at Cork City Hall, we all went to our places and began to listen to the opening speeches. We then all got to work on getting signatures for our resolutions and signing ones for other countries. The next morning we made the early journey into Cork for 9am. We listened to a keynote speaker, the head of the National Women's Council of Ireland, Jennifer Okeke. There were also foreign ambassadors and politicians from Malaysia, Germany, and. That afternoon we began to debate our first topic! We had a wide range of topics between the General Assembly, Special Conference, and Security Council from 'Healthcare in Areas of Conflict' to 'Disarmament of the Korean Peninsula'. On the last day, we had an awards ceremony where Eugenie Kelleher won a 'Highly Distinguished' Award. Well done Eugenie! We all left on the last day so sad to say goodbye to the great experience as we all had an amazing time!" Report by Jessica Murphy TY Promo Team

BTYSTE Projects

Lilly Meyler, Lauren Crowley Payne and Molly Kelleher did their project on "Building Barriers: Unravelling Why Women Are Underrepresented in the Construction Industry" while Jamie O Callaghan, Julia Gdaniec and Eva MacCarthy looked at "An investigation into the effect of education on youth mental health in Ireland: a comprehensive study." Zong O' Riordan and Grace Tuohy covered the topic of "Is Childhood Shrinking?".



St Mary's 1st year camogie team



Rachel Twomey, Chloe Lehane and Daimhín McKenna, TY, at DC MUN recently

Why Do I Wake Up With Neck Pain?

Sometimes described as a "crick" or "kink" in the neck, pain on waking in the morning is a common complaint from patients that come into our office.

The result is not only pain but an overall decrease in the range of motion of the neck. **So, how does this happen?**

The main cause of neck pain upon waking is poor sleeping position. People who sleep on their stomachs typically have the most issues with their necks. While sleeping on the stomach for 6-8 hours each night the head is rotated to the left or right when laying on the pillow.

So, imagine standing or sitting with your head rotated in either direction for up to 8 hours. Another way to develop the "kink" or "crick" is by sleeping on more than one pillow or a pillow that is too large. This

will cause the neck to either be pushed forward or to the side too much where it is not aligned with the rest of the spine resulting in misalignment, muscle pulling and pain.

To have a "crick" or a "kink" is a term used when the bones, (vertebrae) in the neck are severely misaligned and putting pressure on the nerves leading to pain and decreased motion. Some people like to refer to this as a "pinched nerve". The misalignment of the neck will also cause muscle pulling over a period of time that can lead to spasm and inflammation resulting in pain.

How does the "kink" get fixed? As chiropractors we help to treat the problem in the neck with an adjustment. This will allow the bones to be restored to their normal position in the neck which results in reduced nerve pressure. After an adjustment, range of motion

and pain will be improved but inflammation is still taking place. The use of ice for periods of 15-20 minutes at a time will help with decreasing swelling and pain between adjustments.

Be sure to consult a chiropractor after feeling a "kink" or "crick" in the neck and do not allow the injury to try and heal over time.

Even if the pain subsides, the chances for re-exacerbation are high because the nerve pressure still exists.

It's important to remember, painkillers work to numb the pain but never resolve the underlying issue.

Chiropractic on the other hand will help relieve the pain and symptoms while also addressing the root cause.



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DATES FOR YOUR DIARY

- **February 11th** @ 7:30pm Kilmurry Active Retirement AGM in Museum
- **February 13th** @ 7pm. Macroom Flower Club AGM at Coolcower House Macroom P12E135. Members only

- **February 10th** @ 7pm. A Night of Historical Artefacts. Muskerry Local History Society is organising A Night of Historical Artefacts on Monday, 10 February at 7.00 pm in Ballincollig Rugby Club. Our presenters will tell the story behind each of the artefacts. What will they tell us about life in Ireland and in Ballincollig and locality? We are looking forward to a very interesting night of stories on family and social history.
- **February 18th** @ 7.30pm, Macroom Tidy Towns AGM, Castle Hotel – All Welcome
- **February 21st** @ 8pm. On Friday the 21st of

- February at 8pm a Bingo Night is taking place in the Castle Hotel. It is in Aid of The Hope Foundation and Molly Kelleher's Trip to Kolcatta in April to support the amazing work they do. Books will be €10 with prizes on the Night
- **February 27th** @ 8pm. Fundrasing event in Drpsey NS – ON THE COUCH SERIES (part 1) featuring interviews with Annamarie Naughton, Colm Burke and Susan Hayes Culleton on their stories to date. Tickets available on Eventbrite.ie or from Dripsey National School ob 021-7334415. An interesting social event with refreshments and chats!



On Saturday the 1st of February Volunteers from the Tidy Towns, Fairy Garden and Men's Shed attended Meet the Clubs Day in Macroom Leisure Centre organised by Macroom Lion's Club. It was great to meet local people and other local organisations. This was the 4th year for this event, and it gives clubs and organisations the opportunity the meet the

people and explain what they do, and maybe recruit new members. On Wednesday the 22nd of January our Volunteer John Lyons attended a Tidy Towns Celebration Event in County Hall. There were judges from the Tidy Towns Competition and Discussions took place. After Storm Eowyn some old trees fell in the Fairy Garden, so if out and about there over the next while please be careful until they have been removed.

The Tidy Towns Works very closely with the Men's Shed, and the Men's Shed would welcome any new volunteers that might like to join their activities. If you are interested in meeting up on a regular basis for a chat and have a look at what they do why not come

along and see. They are open Tuesday, Wednesday and Frid75,076ay from 2-4pm at their base in Masseytown Road. So why not call in and see for yourself. Tidy Towns AGM takes place on Tuesday the 18th of February at 7:30 pm in the Castle Hotel. This is a public meeting for everybody to attend and have your say and perhaps make a commitment to help. Remember the Date.

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



Volunteers from Macroom Men's Shed at 'Meet the Clubs Day'



Volunteers from Macroom Tidy Towns at 'Meet the Clubs Day'



MTU Guide Dogs

Ably assisted by Slinky, Rocco and Otter are Michael Loftus, Vice President of External Affairs at Munster Technological University (MTU) with Maggie Cusack, President, MTU and Tim O'Mahony, CEO, Irish Guide Dogs for the Blind at the signing of the Memorandum of Understanding between MTU and Irish Guide Dogs for the Blind at MTU Arena, Bishopstown on 25/01/25. Photo: Pauline Dennigan



Irish Guide Dogs
for the blind

HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie



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ST. JOSEPHS NS

We have had a very busy January in St. Joseph's with lots of activities happening throughout the school. All of our classes have had the opportunity to visit the library either to take out books in the Senior classes or for story time in the Junior Classes. We have been able to use these books for shared reading in school. We are incredibly lucky to have such an amazing facility on our doorstep!

Our Green Schools Committee were lucky to be given the opportunity to get a tour of Macroom Wastewater Treatment Plant by Ray O'Connell. They learned lots of information about how water treatment works in the area. What a fantastic experience for our committee! Our 5th and 6th Class girls were provided with a cricket taster by Rory O'Reilly, the Munster Cricket Development Officer. They really enjoyed learning

some new skills during the session. We are hopeful that we may have some future cricket stars among us. 3rd to 6th Classes are doing Irish Dancing with Deirdre O'Sullivan until mid-term. It is a lovely opportunity for the girls to improve on their skills from last year. Junior Infants to 2nd Classes will start their sessions after mid-term break.



Our Junior Infants enjoying a trip to our local library



Junior and Senior students enjoying shared reading



6th class enjoying cricket!



Green Schools Committee getting a tour of the water treatment plant in Macroom recently.



Children enjoying the 1km challenge at Muinefliuch school



Junior room enjoying a rainbow lunch at Muinefliuch school

MUINEFLIUCH NS

Well being week Jan 2025

The green school committee did a great job of organising this years Well being & Active week. Activities included a run/walk a 1km a day, bird & tree surveys, school rainbow picnic, mini multicultural day, mini sports day and lots of mindfulness activities. The children learned lots of ways to be environmentally friendly and how to mind their own bodies.



Green Club busy doing bird & tree surveys in the school garden, at Muinefliuch school



Children at Muinefliuch school showcasing their culture of choice



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A night to remember

FOR KILMURRY GAA AT THEIR VICTORY SOCIAL



Kilmurry U21s and their mentors who were presented with their U21 B Mid Cork and U21 B County winning medals.



Kilmurry Junior B Team who won the 2024 Mid Cork. Pictures by Peter Scanlan

The Kilmurry GAA community gathered at the Oriol House in Ballincollig to celebrate a remarkable 2024.

The evening was filled with joy, camaraderie, and pride as players, mentors, family and friends reflected on an unforgettable year. The venue, beautifully decorated in club colours, set the perfect backdrop, with an impressive display of silverware showcasing the season's achievements.

Guests were warmly welcomed by our secretary Michael John O Mahony and treasurer Louise Daly before chairperson Donagh Wall officially opened the night. Fr. Michael Kelleher led a reflective prayer, setting a tone of gratitude.

Our Junior B and U21 panels were the first to be

honoured, receiving their Mid Cork B and County B medals alongside well deserved recognition for their mentors. Special presentations followed for outgoing officers Peter Lyons, Denis O' Mullane, and Richard Hinchion, acknowledging their dedication to the club. A highlight of the night was the presence of GAA President Jarlath Burns, who spoke passionately about the importance of community in sustaining club success. Jarlath later presented our Premier Junior Team with their County and Munster medals, a moment of immense pride for all. Manager Cormac Linehan and captain William Ronan delivered heartfelt speeches, reflecting on the team's journey and the bonds that fuel their success.

With formalities complete, the dance floor came alive!

DJ Darragh Griffin kept the energy high.

A huge thank you to the organising committee for their meticulous planning and to our special guests from the Muskerry Board, County Board, and Munster Council.

The success of the night belonged to everyone who attended. In a full function room, the celebratory atmosphere was present from 7pm until the early hours. Thank you to all who came out to celebrate with us!

The night was a true celebration of our club's spirit, running from early evening into the small hours.

As we close this chapter, we look forward to building on 2024's success in the 2025 season.

Cill Mhuire Abú!



Kilmurry GAA's outgoing treasurer Denis O'Mullane and his wife Eileen O'Mullane being presented with a token of our appreciation for Denis' dedication to his roll over the last five years.



Peter Lyons, Kilmurry GAA's outgoing Chairperson and his mother Peig Lyons being presented with a token of our appreciation for Peter's commitment and dedication over the last five years. A very successful term for our club.



Larry Buckley (Mai Fitz's, Lissarda Kilmurry's main sponsor), Louise Daly, Michael John Grainger and Trish Collier



Kilmurry GAA's committee members, Denis O'Mullane, Michael John O Mahony, Louise Daly, Irish Collier, Peter Lyons and Donagh Wall



Eager photographers at Kilmurry GAA's Victory Social



Kilmurry's Premier Junior Captain, William Ronan and President of the GAA, Jarlath Burns, photographed together holding the Munster Junior Cup.



Cormac Linehan, Kilmurry's Premier Junior Team Manager being presented with a token of our appreciation from Jarlath Burns, President of the GAA. We are extremely grateful to Cormac for his immense dedication, professionalism, and commitment over the last three years.



Donagh Wall, Kilmurry GAA Chairperson, presenting our esteemed guest Jarlath Burns, president of the GAA with a token of our appreciation for attending our Victory Social. We were honoured to have Jarlath present with us on the night.



Kilmurry GAA's outgoing County Board Representative, Richard Hinchion and his wife Helen Hinchion being presented with a token of our appreciation for Richard's commitment to his role over the last five years.

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CINEMA DOUBLE BILLING | MON 10TH & WED 12TH FEB 8PM



LIVE MUSIC | MEADHBH WALSH
SAT 15TH FEB 7.30PM



IFI@BRIERYGAP | WALLACE & GROMIT DOUBLE BILL
SUN 16TH FEB 3PM



IFI@BRIERYGAP | BLUE ROAD : THE EDNA O'BRIEN STORY
CINEMA DOUBLE BILLING | MON 17TH & WED 19TH FEB 8PM



PLAY | PUCKED NATIONWIDE 2025 TOUR
SHOW RUN: 6TH MARCH 8PM & SCHOOL SHOW 11AM



COMEDY | EMMA DORAN DILEMMA 2025 TOUR
FRI 14TH MARCH 8PM



LIVE MUSIC | JOHN BLEK CHEER UP TOUR
FRI 28TH MARCH 8PM



LIVE PODCAST | NIALL 'BRESSIE' BRESLIN WHERE IS MY MIND?
LIVE TOUR 2025 17TH MAY 2025 8PM



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KILMURRY NS

It has been a busy start to 2025 in Kilmurry N.S. 6th Class competed in the VEX IQ Robotics Competition in MTU. They were successful in reaching the next stage – The National Championships which will be held in February. Our Sciath na Scol quiz teams represented our school so well in the annual sports quiz with one of our teams coming in 3rd place. The children have been engaging in lots of activities since returning to school. All classes have started gymnastics this term, 6th class are taking part in the

Cycle Sense programme, 4th, 5th and 6th are enjoying the in-school chess tournament and some classes have started G.A.A. and swimming. Our Student Council have been busy and have introduced whole school movement breaks for the month of January. We all really enjoyed the recent visit from West Cork Rapid Response who told us about the important work they do providing critical emergency medical care on a voluntary basis.



The recent visit from West Cork Rapid Response



Movement breaks for the month of January.

COACHFORD UPDATES



Coachford 3rd & 4th with St Brigid Crosses



Coachford NS 3rd Class girls at Indoor Football Blitz

CLONDROHID NEWS

This group would like to thank everyone who helped make 2024 a successful and enjoyable year for their association.

They are now looking forward to many social activities in 2025. Plans include physical exercises, and yoga classes, coffee mornings, sing songs, card playing, craft activities, outings and a short holiday in Wexford. The registration fee of €20 for anyone wishing to join or rejoin for 2025 will be collected at a coffee morning in Clondrohid Community Hall on Wednesday Feb 12 at 10am. All members and new people wishing to join are very welcome to attend this coffee morning.

CLONDROHID COMMUNITY HALL: The AGM of this great facility will be held in the Community Hall on Monday night Feb 17 at 8pm. Please come along and

show your support for our Fab Hall
AHAKEERA DRAMA IN CLONDROHID COMMUNITY HALL: Please take note, Ahakeera are on their way once again to the Community Hall.. The play this time is The Mating Season by Sam Cree. Get ready to laugh your heart out, a hilarious comedy about love, relationships and all the chaos in between. They will be performing on Sunday night Feb 23 at 8pm. Doors open 7.30pm
 You can book your ticket on line www.eventbrite.com. Tickets will also be available locally, or at the door. Guaranteed to be a great night

REBELS BOUNTY TICKETS: They are now on sale on the Cork GAA website. Fabulous monthly prizes. Commission goes directly to your Club once minimum

targets are reached. Tickets are €100, and can be purchased by 10 direct debit payments of €10 if required. Please support your Clondrohid club. Monies will go towards further development and maintenance of present facilities and to all sections of the club.

For tickets contact Gerard Kelleher 0863920074, Darren Dineen 0879822248, Tim O'Connor 0868819292, Oliver Kelleher 0879158102, Brian Corcoran 0858471091, Ted Kelleher 0863653474.

LOTTO: Results for Jan 29 Jackpot €1,800
 €70 Jeremiah Buckley Coolnadane, €20 Anne Marie Cooney Daganasillagh. Mary Cooney Greyhound Bar, Trevor and Aoife O'Brien Clondrohid, Willie Neville Dromree.

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NUAIGHT UIBH LAOIRE

Hall Purchase

The news has come through that the Diocesan Committee, in charge of Church property has agreed to the sale of the local hall to Croi na Laoi, the local development society, for the benefit of the community. This is a big step in the future of the building, which will require lots of community involvement for some time to come. Congratulations to the group who carried out prolonged negotiations in the matter for some time past.

Storm

Although the recent storm was memorable for its ferocity, it caused little damage in the parish. Thanks to the ESB repair men for their quick response to rectify short outages. There has been much talk about the trees that line our roads and the danger they are to the travelling public, as well as the damage to power line and telephone lines. It will be very interesting to see if action will be taken to rectify these hazards or

will the whole thing be forgotten until the next storm when we will talk about it all over again!

Garda Clinic

The Garda will attend at the Parish Office on 3rd and 10th of February from 11am to 12 noon.

Inchigeela Hall

Dancing, Sunday, 16th of February, to the music of the Paudie Coffee Band, 3pm to 5.30pm. Don't forget Bingo on Friday nights at 8pm and Cards on Sunday nights at 8.30pm.

Player of the Year

Congrats to Chris Óg Jones, who last week was presented with the Paudie Palmer Memorial Award for the Muskerry Player of the year at the Rochestown Park Hotel. Well deserved. Well done!

Palestine Support

Two brave walkers are walking from Beara to Breifne during the month of February, collecting funds for the relief of the unfortunate victims of the Gaza war. They came through our section of the route in Ballygeary during the weekend and were supported by many locals. Their donate page can be located online if anyone wishes to help them. "March for Palestine Niamh Mcaidrew"

Orchard Care

Paul Lynch is hosting another workshop, this weekend, for those interested on work in the orchard. Paul is a professional Permaculture Designer and Orchardist He can be contacted at ,0892553096 for any enquiries.

Gobnait the Musical

Beidh an ceóldráma ar siúl sar i bhfad. Tá an chleachta deanta at na haisteóirí go léir. Go neirí go geal libh . Ticeidí agus eólas le fail ar an idirlín @eventbrite.

Kilmurry Active Retirement

Is it Lifestyle or genes?

I was intrigued by an article in the New York Times recently, entitled 'What Matters More for Longevity: Genes or Lifestyle?'

I had heard people, having reached 100, being asked how they managed to be still with us. Many were circumspect, they didn't know, but some would give answers that would not be in accordance with the advice we get on diet, exercise, alcohol or tobacco. I had dismissed their advice, putting it down to the exception to the rule. Decades of research shows that ignoring the advice of our medics negatively affects most people's health. It shortens lives. For example, a study published last year, which analysed the lifestyles of more than 276,000 male and female United States veterans, found that adopting eight healthy behaviours could give up to 24 additional years to people's lives. They included eating a healthy diet, getting regular physical activity, sleeping well, managing stress, having strong relationships, and not smoking, abusing opioids or drinking to excess. Research from the Albert Einstein College of Medicine suggests that making it perhaps as far as ninety is largely down to us and our lifestyle choices. But, interestingly, to get beyond that perhaps you need to be very careful and choose your parents well. Even if you do everything right most of us will not get to see 100. Currently less than 1% make it that far. Scientists think that how long we live is about 25 percent attributable to our genes, and 75 percent attributable to our environment and lifestyle. But above ninety years, those percentages change. The older we get; the more genetics seem to matter.

Contrary to what I thought, it surprised me to learn that studies have shown that many people with exceptionally long lives don't have healthier habits than average. And yet, they live longer and have lower rates of age-related diseases, like heart disease, cancer and dementia.

The Long Life Family Study carried out by the Washington University School of Medicine, included families where there was a lot of smoking and some families where they were 'couch potatoes'. But what these families also had were some special gene variants that experts think helped them avoid

disease and live longer. One key benefit of these types of longevity genes might be counteracting unhealthy behaviours. A study comparing the offspring of centenarians with a control population found that, among those with unhealthy lifestyles, the centenarian offspring still had low rates of disease, while the control group did not. These genes are very rare. They are in less than one percent of the population, which is about the same percentage that make it to 100. So, it's a bit like winning the lottery. But even if your father made it to 105, you should still behave and do what you are told is good for you, you may have your mother's genes, or maybe they came from the wrong grandparents or a distance ancestor. We should indeed learn from our centenarians, but it appears that we should not take health advice from a centenarian. Lifestyle probably didn't make much difference for them, but for us, you can bet it does.

Meanwhile our own Department of Health, has told us that older adults in Ireland are continuing to experience positive levels of health and wellbeing. This is according to the latest "Health at a Glance: Europe 2024" a report published by the OECD. It finds that at the age of 65, the Irish has one of the highest rates of estimated remaining healthy life years. We have 11.6 years, compared with the EU average of 9.1 years, but behind Norway (14.5 years), Sweden (13.9 years), and Malta (12.1 years). Ireland has one of the lowest rates of people aged 65 and over reporting to be in bad or very bad health, at 9.2%, compared with the EU average of 18.5%. The number of people in Ireland aged 65 and over having at least one chronic disease is 48.9%, well below the EU average of 60.3%. The OECD's annual report also illustrates some areas of concern. Only 22% of persons aged 65 and over in the EU achieve the World Health Organisation's recommendation on minimum physical activity per week (150 minutes), with Ireland lagging marginally behind at 21.8%. I think those of us in an Active Retirement Association are doing much better.

Responding to the OECD report the Minister for Mental Health and Older People, Mary Butler, said: "Ireland has made significant strides in improving healthcare access and promoting healthy lifestyles among older adults. We continue to invest in

initiatives that enhance the quality of life for our ageing population, including preventive healthcare, mental health support, and community engagement programs. Our Age Friendly initiatives and supports, are an example of how communities working in partnership with local authorities, voluntary organisations and the HSE have supported Older People to Age well in their own homes and communities".

She went on to say, "Our focus in 2025 will be to build on the significant progress made in proactive healthy ageing initiatives and providing accessible quality services where older people can flourish and enjoy their later years in good health and with dignity." Now we will certainly be looking forward to seeing the meat on that bone.

AGM and Resumption of Activities

We are starting our activities for this term with our AGM at the Kilmurry Museum, on the 11th of February at 7.30pm. Non-members and new members are welcome. Then on the 12th we will be having scotch, bingo and cards, and on the 19th, we will have our first coffee crawl of the year. Also in February, we are hoping to be restarting our Zumba, and 'buff bones. Our 'Dance to Music', and a new Pilates course, will be starting in April. We are planning too on having interesting evenings, and visits, but more on that as things fall in place.

Our association is open to all, and our membership fee is just €20/calendar year or €30 for a couple. Our philosophy is that age makes no difference, but health does. We try to do what we can to keep healthy and challenged in body and in mind, and together that is easier. You will be just as busy as you choose to be and positively engaged in your community. We think you will enjoy it. There are several active retirement associations in the Lee valley. If you are interested in finding out more, we can put you in contact with the right secretary for your locality, or if you are interested in starting one up there is support for that too.

For more information contact Aidan at 0894057676 or aidanpbarry@outlook.com.



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MACROOM HISTORY TALK

14 JANUARY 2025, Professor Hannah Daly, U.C.C.

By Professor Hannah Daly, U.C.C.

Professor Daly teaches and researches in the Civil Engineering Department, UCC and her areas of expertise are Energy Systems, Sustainable Energy and Climate Policy. She does not confine herself to the college's ivory towers, speaks to groups and writes a monthly column for the Irish Times. While her topic is serious, she is adamant that we still can flex the curve enough to have a good outcome. But it depends on all of us pulling together.

The title of her talk was 'Climate Change: its History and Future?' Firstly she outlined the history of knowledge and awareness of climate change. Joseph Fourier first proposed the greenhouse gas effect – it attracted the name much later – in 1824. Claude Pouillet provided further evidence in 1827 and 1838. An amateur scientist Eunice Newton Foote demonstrated that carbon dioxide retained heat better than air. Scientist John Tyndall, an Irishman who has a Mardyke UCC laboratory named after him and Arrhenius further added to the knowledge. Early in the 20th century the scientific community was either ignorant or sceptical of the theory. In 1938, engineer Guy Callendar presented evidence that the temperature and CO₂ of the earth's atmosphere had risen in the previous fifty years. With improved scientific theory and equipment including computer modelling, the phenomenon of climate change is accepted and that it has been caused by increased industrialization in the past 200 years and is man-made.

Despite the opposition of the oil-industry in the U.S. and the Middle East, reality is dawning that if



A Special Visitor at Scoil Réidh na n'Doirí reading with the pupils.



A Special Visitor at Scoil Réidh na n'Doirí reading with the pupils.

we do not change, catastrophe looms. The recent flood in Midleton, the fire of Los Angeles and the melting of the polar icecaps are examples of its effect. As Prof. Daly said that the idea is so big that most people cannot deal with it and avoid it. This is understandable but will not help.

Prof. Daly's graphs outlined the increase in greenhouse gases and the unprecedented rates of increase. Because the rise and rapid rate of rise are new, the world is literally into a new phase of its existence. She enthralled the audience with her depth of knowledge and her ability to impart her message in a clear and accessible form. She finished her talk by outlining five simple measures that could radically reduce our carbon dioxide footprint:

1. Use solar and wind sources of energy.
2. Electrification of transport – cars and trains.

3. Reduce car use – as much as possible.
4. Use clean heat.
5. Decarbonise industry.

At questions and answers she deftly fielded and comprehensively answered questions on the the quality of the science and punctured the notion that what is occurring to our climate is just an aberration. She received a very warm round of applause for her informative, interesting and positive talk. Brendan O'Brien was an excellent MC as were the people at the door, the camera crews and all others who help. Prof Daly was presented with a framed poster as a momento of her visit to Macroom.

The next history talk will be on 11 February 2025 in the Castle Hotel at 8.00 p.m. on 'Macroom Golf Club 1925-2025; its Century of Golf'.

The Poets Corner

A MUSKERRY SPRING *By Tadhg Quill-Manley*

*At Lough Allua, along the waterfront
One observes a turning of the tide
From river stones, which stay blunt
Are nature's creatures, who needn't hide*

*A little toad searches for anew
Commencing a journey made by few
Its passage, grows so weary
Following the gravel track
On its way to Ballingearry*

*High ditches cloak edges of the roads
Serving to both sides, a useful shield
Tender branches break against the cars
One peers through leaves, into a field
To spot vibrant hydrangeas, unconcealed*

*Yet across the rugged boundary
One can hear the mud clumps crack
With a sand-tinted Hereford bull
Rolling around on his back
Retiring into a pond*

*Atop the Shehy Mountains
The land in Spring, it is so fond
When in the creases of these hills
The emerging sun shines through the petals
Of those lovely daffodils*

**Yours sincerely,
Tadhg Quill-Manley BA (Hons), CIP, QFA, CUA/CUC/
CUG, PTP
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Killorglin Company Earns Major National Recognition

Retrofit Design Named Business All-Star Retrofit Company of the Year 2025

Killorglin company Retrofit Design Ltd has been named Business All-Star Retrofit Company of the Year 2025 by the All-Ireland Business Foundation (AIBF). Founded in 2012 to create healthy, comfortable environments for families, Retrofit Design Ltd has grown exponentially over the years. What began as a focus on cavity wall insulation has transformed into one of Ireland's leading providers of comprehensive deep retrofit services.

With its headquarters in Killorglin, Co. Kerry, Retrofit Design delivers innovative solutions in both private and public sectors. The company's commitment to cutting-edge technology and customer satisfaction has been integral to its success, ensuring exceptional results for clients across Ireland. Business All-Star Accreditation recognises Retrofit Design's exceptional contribution to deep retrofit construction and energy upgrades across Ireland. Reacting to the news of her company's achievement, Senior Business Administrator, Mairead Sheahan said:

"We are incredibly honoured to receive this prestigious recognition from the All-Ireland Business Foundation. It reflects the hard work, expertise, and dedication of our entire team in delivering sustainable and innovative solutions. We are committed to continuing our mission to provide healthier, more energy-efficient homes and workplaces across Ireland."



Announcing the news of Retrofit Design Ltd's achievement, Deputy Chair of AIBF's Adjudication Board, Kieran Ring, said:

"The All-Ireland Business Foundation proudly accredits Retrofit Design Ltd the title of Business All-Star Retrofit Company Of The Year 2025, recognising its outstanding dedication to energy efficiency, quality, and sustainable construction solutions. This prestigious accolade celebrates Retrofit Design leadership in delivering high-performance retrofitting services that enhance comfort, energy savings, and environmental responsibility for Irish homes and businesses. Congratulations to Retrofit Design Ltd on this distinguished achievement, solidifying its position as a trusted innovator in Ireland's Retrofit Industry."

Managing Director of the All-Ireland Business Foundation, Kapil Khanna, said: "Retrofit Design has demonstrated remarkable innovation and dedication to delivering world-class retrofit solutions. Their efforts not only enhance living environments but also contribute significantly to www.aibf.ie | media@aibf.ie

Ireland's energy efficiency goals. We are proud to award them the title of Business All-Star Retrofit Company of the Year 2025." He said:

"We evaluate a company's background, trustworthiness and performance, and we speak to customers, employees and vendors. We also anonymously approach the company as a customer and report back on the experience. The business goes through at least two interviews and is scored on every part of the process against set metrics."

About The All-Ireland Business Foundation

The All-Ireland Business Foundation is an autonomous national accreditation body tasked with enterprise development and the promotion of Best-in-Class Irish businesses. As the accreditation body for the Business All-Star mark, the AIBF recognises Best-in-Class Irish businesses. Companies that merit recognition based on an independent audit of their performance, reputation, and customer-centricity. Business All-Star Accreditation is The Nation's Symbol Of Trust. Currently, there are over 650 companies that are accredited by AIBF. Since 2014, over 5000 companies have participated in our programs. The AIBF also hosts the annual All-Ireland Summit and monthly gatherings to promote peer learning and collaboration among its accredited companies.

For more information please visit www.aibf.ie




Mairead Sheahan (Senior Business Administrator & Project Financial Analyst) with Margaret Consideine (Outgoing AIBF President) as Retrofit Design Ltd are honoured as Business All-Star Retrofit Company of the Year 2025 by the All-Ireland Business Foundation (AIBF).

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TILLAGE SECTOR NEEDS FAIRNESS AND SUPPORT TO REACH ITS FULL POTENTIAL - MEP KELLEHER

Fianna Fáil MEP Billy Kelleher has said that fully utilising the opportunities and advantages of a strong tillage sector must be a priority for both the Irish Government and the European Commission. Kelleher was speaking following a meeting with the Irish Grain Growers Association in Brussels this week. "The tillage sector, plus our forestry sector, are the only sectors of Irish agriculture where there is a clearly stated objective of increasing its size. The Tillage Strategy calls for an increase to 400,000 ha under tillage by 2030. "This target will be hard to reach unless we incentivise the sector and the regulators and authorities take their feet off the necks of tillage farmers. "We still place too many onerous targets on this vitally important sector. Following my meeting today, it's clear that grain growers are hungry for innovation and are well placed to meet any and all environmental objectives that are asked of them. "They are acutely aware of the importance of biodiversity for their own livelihoods and of the future of the planet. The evidence is clear from their work on reducing and eliminating pesticide usage

on oilseed and rapeseed crops where bee and insect numbers have rebounded in recent years. "All they want is a fair crack at making a decent living. They are keen to move to a system of adding value to their produce to ensure that they retain a competitive advantage over imports from non-EU markets. "One of the key issues also raised by the IGGA representatives was the issue of further convergence in CAP payments. Convergence measures to date have seen 7% of tillage farmers lose income. This must not be allowed to continue. "This was a very informative and interesting meeting and I look forward to engaging further with grain growers, and the wider tillage sector, into the future, especially in relation to their plans for new and innovative pilot schemes," concluded Kelleher.



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Think Globally, Act locally - HISTORY & FUTURE

(A talk by Professor Hannah Daly, U.C.C)

Hi, Chris Barrett here.

On 14th January 2025, with the unexpected snow fully melted in Macroom, I was happy to be able to attend this talk in the Castle Hotel, hosted by Brendan O'Brien on behalf of the History Group in Macroom. It was one of a number of varied talks the group is hosting. On 11th February 2025, the 100th Anniversary of Macroom Golf Club will be commemorated.

There is plenty of further interesting information to be found out about Hannah Daly (U.C.C website). Hannah has young children and writes a column in the Irish Times, "At a Time of Crisis", as well as making appearances on T.V and Radio.

Hannah believes the subject can appear depressing, but that the problems we are encountering are solvable. Her work spans Science, History and Politics, and that it is important to work out how we should use the facts.

We were given a brief history of how we got to where we are now.

1856: Eunice Newton Foote gave us the first proof of the Greenhouse effect. She placed a glass cylinder full of carbon dioxide in sunlight and found it heated up much more than a cylinder of ordinary air.

Early 19th Century: Joseph Fourier, the French mathematician, was the first to predict the Greenhouse effect and showed how the atmosphere kept the earth warmer than it would be if it was exposed directly to space.

1860: John Tyndall, the Irish physicist, showed that greenhouse gases including carbon dioxide and water vapour, can absorb heat; the strongest effect being from water vapour.

1900: Svante Arrhenius, a Swedish chemist, speculated that low CO2 levels caused the Ice Ages, and that Industrial Burning of coal might warm the planet. He said that a doubling of CO2 concentrations would lead to a 5°C temperature rise. This is confirmed by modern science.

These great scientists of the past did not foresee how fast our use of fossil fuels would grow. Now we know that our planet is heating up more quickly than was foreseen. We are in uncharted territory.

The concentration of CO2 is now 427 ppm. although we are reminded that these figures are out of date as they keep rising.

Scientific records let us investigate ice-core samples which show concentrations of CO2 rising and falling in different Ice Ages. As CO2 goes up, temperature goes up and vice versa.

Currently NO2, Methane and CO2 are rising.

Humans evolved in low, stable CO2 concentrations. 3 million years ago there were forests at the North Pole and sea levels were rising.

Now there is CO2 change at unprecedented speed.

Pre-Industrial 280 ppm

Foundation of the Irish State(1923) 304 ppm

2025 427 ppm

This is a rapid change over one lifetime, the fastest rise for 66 million years.

IN 2024 Nasa, Hadley/UEA, NOAA, Berkeley and Copernicus said that the average global temperature rise was 1.55°.

This may not seem a great deal but we can think of it in terms of the energy needed to boil a kettle.

We are aware that sea ice is reducing.

Climactic Attribution Studies are able to work out if Climatic effects are more likely to be caused by Greenhouse Gases.

TIPPING POINTS

These would be permanent destabilising effects e.g the collapse of the AMOC, the Atlantic meridional



Photo Chris Barrett showing Presentation of picture by Dr Con Kelleher (History Group) to Professor Hannah Daly (UCC)

overturning circulation. If it changed by 2050, it could turn the Irish climate to more like that of Northern Norway.

At this point Hannah Daly compared the situation to poking a sleeping lion with a short stick.

The Energy system is the main source of global greenhouse gas emissions, which come from buildings. Transport, industry, agriculture, forestry and land use, waste and industry.

There is the goal of limiting warming to between 1.5°C and 2°C.

In 2019 emissions were 12% higher than in 2010.

We are drawing down more carbon from the atmosphere than we are emitting. It is an accumulation.

Current policies are leading to 3° of warming. We are bending the curve but not quickly enough.

A High Court Judge commented,

"The problem is so big that to even describe it factually sounds like scaremongering."

In 1965 in a report in the U.S., politicians were made aware of what was going on.

The IPCC (U.N. Intergovernmental Panel on Climate Change) in its 5th assessment stated that the warming of the climate system is 'unequivocal' with changes unprecedented over decades to millennia, including warming of the atmosphere and oceans, loss of snow and ice, and sea level rise.

In 2015, in the Paris Agreement (COP21) countries signed an agreement to keep global warming below 2°C.

Ireland has a carbon budget framework, but we have a large per capita output and we are very dependent on fossil fuels. This is in contrast with the Scandinavians who put far better insulation into their houses starting in the 1970s and also used more sustainable fuels.

We need to act sooner rather than later and the technologies for early solutions are available.

Five Measures take us to 90% of our 2030 objective

1 (34%) Replace fossil fuels with wind, solar and grid.

2 (22%) Electrify Transport.

3 (10%) Reduce unnecessary car use Improve Public Transport.

4 (12%) Use clean heat e.g. heat pumps.

5 (10%) Decarbonise industry.

It is worth realising that such energy transition will bring multiple other benefits.

*A safe climate,

*Security as primary energy will be made in Ireland.

*Health, Well-being and Equality.

*Prosperity.

There seems to be no rural/urban divide. Most people in Ireland agree we need to act. So what is it that is stopping us from acting? It is more satisfying for us to participate in solutions. People could come together to create a positive tipping point.

At this point there were questions from members of the audience, introduced by Brendan O'Brien, who reminded us

'Science is Proven- No Denying It'

Audience Participant 1 talked about the changes through time such as the Ice Ages, how we are outclassed by the industries of countries such as China, and how she felt the changes were happening at a slower rate than we are told is the case.

Hannah Daly replied that the warming effect takes longer to take place and that sea level rise will definitely occur.

Audience Participant 2 enquired about Nuclear Plants.

Hannah Daly replied that it would take about 30 years to build a nuclear reactor in Ireland. There may be the possibility of small nuclear reactors in the future.

Audience Participant 3 talked about carbon offsets and credits and asked if that was a good way to deal with the situation.

Hannah Daly replied that under EU Corporate rules, things are changing and ultimately big companies will not be able to hide.

Audience Participant 4 asked if Economic Growth is desirable.

Hannah Daly replied that people need a degree of comfort and security. We could collapse our economy and still increase our carbon output.

Audience Participant 5 talked about the movement away from car use and how it conflicts with Corporate Ireland which wants its employees to go back to working in offices.

Hannah Daly remarked on how we saw the possibility of working from home during Covid. She believes housing development needs to be linked to high density transport corridors.

She believes we need urbanisation, and that electric vehicles are the way forward.

Audience Participant 6 noted how 89% of people in Norway have electric cars and that there are 25,000 charging points. We are way behind in Ireland.

Hannah Daly reiterated her enthusiasm for electric vehicles By saying that they are good value if you can charge them at home. Newer models do much higher mileage and she has had a company in Kildare

replace the batteries in her old Nissan Leaf which now has much greater mileage. She was able to reuse her old battery which was still able to contribute towards her household energy using solar energy as it still could charge up to 80% of its original output.

She feels that the Green Party did a lot of catching up. In conclusion Dr.Con Kelleher reminded us that in science, when you have a theory, you test it and prove it.

Global populations are rising as have emissions per capita. He feels it is madness not to believe in climate change and not to do all we can about it.

The audience were very appreciative of the talk given which was followed by a presentation and refreshments and I was able to put my own point to Hannah Daly. I said it seems that people want to hide from the truth about Climate Change.

She agreed saying it was a result of us having

An Animal Brain

A Medieval Culture &

The Power of Gods.

Suddenly I had my own lightbulb moment!

I would also like to add my heartfelt thanks to Hannah Daly for sharing her expertise on Climate Change in such an accessible manner.

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



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Citizens Information

EMERGENCY MEDICAL CARDS

An emergency medical card is a medical card that is issued without a means test in certain emergency situations.

Who can get an emergency medical card?

You can get an emergency medical card if you:

- Have a terminal illness and have been told you have 24 months or less to live or
- Are receiving end-of-life treatment or
- Need urgent ongoing care and urgently need a medical card

How do you apply?

Only a healthcare professional can apply for an emergency medical card for you. They must send a detailed medical report with an application form including your diagnosis, planned treatment and the prognosis (outlook).

If you have a terminal illness and have been told you have 24 months or less to live, they only need to send a completed application form. A medical report is not required.

Does it take long to process?

If you are terminally ill or are receiving end-of-life care, your medical card number will be active on the system within 24 hours of your application being processed.

You can access medical card services while you wait for your card in the post. Your medical card will never be reviewed and it will not expire.

Is it different if you need urgent ongoing care?

If you need urgent on-going care you can get a temporary medical card for 6 months

If your application is approved, your emergency medical card can be sent in the post in 10 days. However, your medical card number will be active within 24 hours of your application being processed, so you can get the care you need.

You will need to apply for a standard means-tested medical card before your emergency medical card expires. The HSE will write to you to remind you to do this.

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

WEST CORK HELPLINE 0818 07 8390

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




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- HOUSING
- EMPLOYMENT RIGHTS
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for our office in Ballincollig. In this full time role, the successful candidate will have the opportunity to work in a dynamic and supportive environment.

The main duties will include the following:

- Reception responsibilities and administrative support.
- Maintain a consistent and high quality of customer service when interacting with employees, contractors and visitors.
- General administration duties including correspondence, photocopying, scanning, phone calls etc.
- Assist with transactions e.g. processing Purchase Orders, reconciling invoices and where applicable, weekly banking.
- Maintenance of office supplies inventory and place orders as needed.
- Maintain filing and archive system.
- Booking meetings, events and associated requirements.

Our Candidate Requirements:

- High proficiency in MS Office including Word & Excel.
- Attention to detail is key and a careful and accurate approach is required.
- Minimum of two years' experience in a busy office environment.
- Excellent communication skills and professional telephone manner.
- Comfortable working in a busy, team based environment.
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MACROOM GAA NEWS

Groupings Cork County Leagues for 2025:

Red FM County Senior Hurling Leagues 2025

– Commencing w/e March 9th

Division 1

Blackrock, Carrigaline, Carrigtwohill, Charleville, Douglas, Fr. O'Neill's, Glen Rovers, Kanturk, Sarsfields, St. Finbarr's

Div 2

Ballincollig, Ballymartle, Éire Óg, Erins Own, Fermoy, Killeagh, Midleton, N'townshandrum, Na Piarasaigh, Valley Rvs

Div 3

Ballinhassig, Blackrock, Blarney, Bride Rovers, Castlelyons, Courcy Rvs, Lisgoold, Mallow, Newcestown, Russell Rvs

Div 4

Bandon, Bishopstown, Cloughduv, Inniscarra, Kildorrery, Kilworth, St Catherine's, Tracton, Watergrasshill, Youghal

Div 5

Aghabullogue, Ballygarvan, Ballyhea, Castlemartyr,

Dungourney, Erins Own, Kilbrittain, Mayfield, Midleton, Milford

Div 6

Aghada, Argideen Rgs, B'nascarth, Ballygiblin, Cloyne, Glen Rovers, Kinsale, Sarsfields, Na Piarasaigh, Barryroe

Div 7

St. Finbarr's, Ballinora, Meelin, Nemo Rgs, Killavullen, Passage, Kilshannig, Douglas, Killeagh, D Ó Mathúnas

McCarthy Insurance Group County Senior Football Leagues 2025 – commencing w/e March 2nd

Division 1

Carrigaline, Castlehaven, Cill Na Martra, Clonakilty, Douglas, Éire Óg, Nemo Rngs, St. Finbarr's, St. Michael's, Newcestown

Div 2

Ballincollig, Béal Átha'n Ghaorthaidh, C'townbere, Carbery Rgrs, Dohenys, Fermoy, Kanturk, Knocknagree, O'D Rossa, Valley Rvs

Div 3

Aghada, Bishopstown, Clyda Rovers, Kilshannig, Kiskeam, Mallow, Newmarket, Rockchapel, Naomh Abán, Uibh Laoire

Div 4

Adrigole, Aghabullogue, Bandon, Bantry Blues, Boherbue, Buttevant, Glanmire, Macroom, Nemo Rngs, St. Vincent's

Div 5

Ballinora, B'desmond, Gabriel Rgs, Glanworth, Glenville, Ilen Rovers, Kilmurry, Kinsale, Millstreet, Mitchelstown

Div 6

Aghinagh, Canovee, Cobh, Cullen, Dromtarriffe, Kildorrery, Mayfield, Na Piarasaigh, St. Michael's, St. Nick's

Div 7

Argideen Rgrs, Castlemagner, St. James', Urhan, Nemo Rangers, Inniscarra, Ballygarvan, Ballyhooly, Kilmacabea, LC Gaels

Substitutions: Up to and including nine (9) substitutions shall be permitted in the playing of normal time in all non-championship games. General Rule shall not be affected by this deviation. A maximum of three substitutes remains for extra-time in play-offs / finals.

LADIES GAELIC- LGFA: LIDL NATIONAL LEAGUE DIV 2

R1 Cork 3-12 Westmeath 0-5

Cork, under new manager Joe Carroll, got their 2025 Lidl LGFA National Football League Division 2 campaign off to a positive start with a comprehensive victory at home to Westmeath in Páirc Uí Rinn.

Three first-half goals, two from Libby Coppinger (the first after less than 2 minutes) and another from Hannah Looney, laid the groundwork for a merited Cork win. The game got underway amid freezing temperatures and heavy showers. Hannah Looney added two quick-fire points before Aimee Corcoran got her name on the scoresheet to edge the hosts six clear.

Westmeath finally settled and had a point after 11 minutes. Emma Cleary, who got through a huge amount of work, responded 60 seconds later.

Cork put the seal on an impressive start when Libby Coppinger fired in her second goal, then Hannah Looney goaled and Aimee Corcoran pointed immediately after. Abbie O'Mahony pushed Cork 3-6 to 0-1 clear with 10 minutes of the first half remaining, 3-7 to 0-2 at the break.

On the restart, points were exchanged, a string of Cork wides proved frustrating viewing were ended by Katie Quirke pointing three consecutive frees. It was 3-11 to 0-5 with 10 minutes to go and Cork were full value for this opening National League triumph.

Scorers for Cork: L Coppinger 2-0, H Looney 1-2, K Quirke 0-5 (4f), A Corcoran, E Cleary 0-2 each, A O'Mahony 0-1.

Cork: S Murphy (Bride Rovers); K Horgan (Knocknagree), S Kelly (Araglen Desmonds Bui), S Callanan (Clonakilty); Emma Cleary (Éire Óg), S Leahy (captain, Aghada), Rosie Ni Chorcora (Naomh Abán); M O'Callaghan (Mourneabbey), A Healy (Cloyne); A O'Mahony (Glanmire), H Looney (Aghada), A Corcoran (Erin's Own); L O'Mahony (O'Donovan Rossa), L Coppinger (St Colum's), K Quirke (Bride Rovers). Subs: L Hallihan (Bride Rovers) for L Coppinger (inj), 24), Amy McDonagh (Naomh Abán) for A O'Mahony (47), Sadhbh McGoldrick (Éire Óg) for A Healy (51), Dara Kiniry (Lisgoold) for K Horgan (54), Kaitlin Smith (Aghada) for L O'Mahony (57), Abigail Ring (Cloyne) for H Looney (59).

R2: Galway 2-8 Cork 0-12

Cork LGFA Manager Joe Carroll has stated that promotion from Div 2 is a primary target for Cork Ladies this season and worries that this objective may

not be easily achieved were confirmed as the Rebels went under to Galway, another demoted team from Div 1 last season, in their Lidl Div 2 LGFA FL clash at Tuam. Overall, Galway were that little bit better in the first half but the Rebels came roaring back in the second and were unlucky not to get at least a draw in the end.

Cork conceded a goal in the first minute from a penalty, but the Galway goal was answered by a point from Katie Quirke from a free with Kate Slevin responding for Galway. Both sides saw chances hitting the respective posts before another Quirke free saw Cork get their second score as the Rebels were frustrated by Galway's blanket defence.

It 1-2 to 0-2 after 10 minutes and points were then exchanged, Aimee Corcoran with Cork's first point from play after 15 minutes. Galway led 1-5 to 0-3 after 22 minutes and could have gone further ahead but Sarah Murphy saved superbly to deny the home side a second goal.

Galway led by 1-5 to 0-5 at half-time but three minutes into the second half and Galway were down to 14 for 10 minutes after a foul on Siobhan Callanan.

With 37 minutes gone Macroom's Erika O'Shea made her return for Cork, and points were again exchanged to maintain the one goal gap. Quirke got Cork's second point from play, but Erika O'Shea was then sin-binned six minutes after coming on. Another Quirke point left Cork one point in arrears after 46 minutes and after Quirke pointed to level, Laura O'Mahony put them in front for the first time.

Galway struck for a second goal, 2-6 to 0-10 with five minutes to go, added a point, denied Cork with a brilliant save and a late Quirke point was the only reward for Cork before the final whistle.

Scorers for Cork: K Quirke 0-9 (0-7 f), A Corcoran, L O'Mahony, A Healy 0-1 each.

Cork: S Murphy; M Duggan, S Kelly, S Callanan; Emma Cleary, S Leahy, Rosie Ni Chorcora; M O'Callaghan, A Healy; A O'Mahony, H Looney, A Corcoran; L O'Mahony, A Ring, K Quirke. Subs: Erika O'Shea for A Ring (37), K Smith for A O'Mahony (50), Amy McDonagh for R Ni Chorcora (52), O Roche for A Corcoran (54), L Hallihan for H Looney (59).

GAA U20 Football Challenge

Cork U20 1-14 Meath U20 1-13

Victory for the Cork U20s against Meath with a last minute winning point, in their U20 challenge at

SuperValu Páirc Uí Chaoimh, a good start for Ray O'Mahony's side after a captivating contest - Hopefully a portent of what's to come in the coming months.

Scorers for Cork: D Sheedy 0-5, D O'Neill 1-1, B Hayes 0-4 (1 2pt free, 1 1pt free), M Maguire, D Gough, C Gillespie, S O'Leary 0-1 each.

Cork U20: J Lyons (Nemo Rangers); C Molloy (Nemo Rangers), M Óg O'Sullivan (Bantry Blues), L Fogarty (Douglas); Colm Clifford (Éire Óg), M Woods (Valley Rovers), T Kiely (Mallow); Colm Gillespie (Aghabullogue), Darragh Clifford (Éire Óg); Danny Miskella (Ballincollig), D Sheedy (Bantry Blues), G Kearney (Kinsale); B Hayes (Nemo Rangers), M Maguire (Castlehaven), D O'Neill (Carbery Rangers). Subs: Seán O'Leary (Kilmurry) (HT), Brendan O'Sullivan (Aghabullogue) and A O'Connell (Kilshannig) both 43, F Hurley (O'Donovan Rossa) 49, D Gough (Clonakilty) 55, C O'Leary (Glenville) 57, K Murphy (Bishopstown) (59).

Allianz Football League Div 2 - R1

Cork 2-19 (2-2-15) Meath 0-21 (0-1-19)

At the eighth attempt since their demotion from the League's topflight way back in 2016, the Cork footballers finally managed to secure maximum points on the opening weekend of Division 2 action. The win was achieved after a very entertaining game played under the new football rules but it was not a game of championship intensity and there are tough challenges ahead!

The teams were level at half-time, 0-11 apiece, level on 48 minutes. Matty Taylor had a smashing goal in the 41st minute and Cork went seven points clear after a Chris Óg Jones goal on 57 and remained in control to the finish.

Two point scores were a feature of the game, frees were awarded for not having three players in the opponents half of the field, fees were brought back outside the arc to enable a two-pointer – all new and part of the learning experience. None of the three two-pointers converted in total came from play.

Brian O'Driscoll was outstanding for Cork along with Mark Cronin and Chris Óg Jones.

Stephen Barry RTE - This was an open, entertaining game played under the new rules. Both sides pushed their goalkeeper forward throughout to manufacture 12-on-11 situations in the opposition half. Adventurous Meath stopper Billy Hogan collected a couple of assists and had three shots at the posts, scoring one when spinning between two tacklers. The solo-and-go free

was also well utilised by both teams.

John Cleary has tended to go strong from the outset of the League but between departures and injuries, he handed out three debuts to Neil Lordan, Seán Walsh, and Seán McDonnell, plus Éanna Desmond off the bench.

Scorers for Cork: Chris Óg Jones 1-4; M Cronin 0-7 (0-5 fs, 2pt free); B O'Driscoll 0-6 (2pt free, 0-1 free); M Taylor 1-0; P Walsh, C O'Mahony 0-1 each.

Cork: Micheál Aodh Martin; Maurice Shanley, Donal O'Mahony, Neil Lordan (Ballinora); Seán Powter, Rory Maguire, Matty Taylor; Seán Walsh, Colm O'Callaghan (Éire Óg); Paul Walsh, Eoghan McSweeney, Brian O'Driscoll; Mark Cronin, Chris Óg Jones (Iveleary), Seán McDonnell. Subs: Patrick Doyle for Martin, inj (53), Cathal O'Mahony (53); Darragh Cashman for Powter (62); Eanna Desmond for Walsh (66); Tommy Walsh for McSweeney (71).

Allianz NFL R2 - Down 1-19 (22) Cork 2-15 (21)

It was back to earth with a bump for Cork footballers at Newry when they lost out by a point to Down who had themselves lost to Roscommon a week earlier. The Mournemen looked dead and buried in the first half, with the Rebels leading 1-11 to 0-4 after 25 minutes, but they got back to within seven by the break and battled hard for every ball all through the second half and got their goal with six minutes remaining to come within a point of Cork. Down added a two point free to go in front but Cork will rue letting Down back into a game that they had looked certain to win.

Still Cork had a chance to win the game when Down conceded a free outside the arc with seconds remaining, but Brian O'Driscoll slipped in the run-up and missed his chance, the possible two pointer going

wife. It was a long jouirneu home for the downcast Cork party.

Rory Maguire opened the scoring for Cork with a two-pointer in the fourth minute, Down equalised, the Rebels hit five wides in the first 10 minutes but managed to put 1-11 on the board by half time, including two-point frees from Mark Cronin, awarded for the 3v3 rule infringements that Mark Cronin converted from outside the arc.

Cork had a goal on 13 when Cronin passed to Chris Óg Jones who stuck it in the net.

Cork led 1-11 to 0-7 at the short whistle.

Down got off to the perfect start after the resumption, with two orange flags raised and another one-pointer to narrow the margin to two. The sides were level on 49 minutes, 1-13 to 0-16, but Seán McDonnell hit the net and Cork began to pull away again.

But alas! The Down goal had the home crowd screaming and when Havern delivered with what turned out to be the game-winning free, Down were in front and they survived giving away a vital free which could have yielded (a deserved?) victory for the visitors.

It looked certain that the home side had squandered their opportunity by giving away a free in the two-point scoring zone, but luck was on their side as O'Driscoll's effort veered to the left and harmlessly wide and with that the full-time whistle blew.

Cork: P Doyle (0-01); M Shanley, D O'Mahony, N Lordan (Ballinora); S Powter, R Maguire (0-02, tp), M Taylor; S Walsh (0-01), Colm O'Callaghan (Éire Óg); P Walsh, E McSweeney (0-01) B O'Driscoll: M Cronin (0-06, 2 tpf, 1f) C O'g Jones (Iveleary) 1-0, S McDonnell (1-02, 1 tp). Subs: T Walsh for Powter 29, C O'Mahony 57, C Maguire for S Walsh 62, D Cashman 66.

Irish Times - Down came from seven points behind to overcome Cork and earn the two points in Newry. It was the proverbial game of two halves as Cork cruised into a seven-point lead with a controlling opening 30 minutes before Down started to show their teeth five minutes before the break.

It took only 12 minutes before Chris Óg Jones rattled the Down net after taking advantage of loose handling from captain Pierce Laverty and Cork floated over five first-half two-pointers, with two coming from play, with Rory Maguire opening the scoring with the first orange flag of the day. The two-pointers were a great boost for Cork but a killer for Down as Mark Cronin tagged on two frees before Ceilum Doherty and Pat Havern replied. When Brian O'Driscoll boomed over another two-pointer from play, Cork's lead had gone to 1-8 to 0-4 with 20 minutes played.

Second half: Down carried on from the positivity they showed before the break as they looked to close the seven-point gap. Guinness and Havern launched back-to-back two-pointers to give the home supporters something to cheer about and Guinness then tagged on another point. Seán Walsh and Cronin hit back for Cork but when Havern stroked over a 40-metre free the sides were all square with 49 minutes on the clock. However, Cork had weathered the Down storm as goalkeeper Patrick Doyle converted a free and then Seán McDonnell rattled the net, showing a clean pair of heels in the process. A converted free from Cronin then helped the Rebels to a 2-15 to 0-16 lead.

ALLIANZ NATIONAL HURLING LEAGUE DIV 1A

R 1: Wexford 0-12 Cork 2-21

Cork powered their way to a comfortable 16-point victory over a poor Wexford side in this opening round Division 1A Allianz National Hurling League game at Chadwicks Wexford Park.

Cork comfortably came away with both points. It was an impressive showing from the Rebels who included nine of their All-Ireland XV in the starting line-up, and with Robert Downey, Darragh Fitzgibbon, Pdraic Power and Declan Dalton leading the way they overpowered a young and inexperienced Wexford.

Wexford were not helped with the amount of players missing. Cork selector Brendan Coleman let their league ambitions be known: "We're trying to win it" "The last time the league title came to Leaside was in 1998. We want to win the league and that's a positive start today. We would be quite happy with the display, while the newcomers all fitted in positively. We're happy with that.

Wexford for their part fought doggedly in an effort to stay in the game but they were unable to match the physical presence of a Cork side that saw them impose themselves on the game from the opening exchanges.

Dominant in midfield where Darragh Fitzgibbon and Luke Meade dictated the trend of the game, they led 0-4 to 0-1 inside the opening 10 minutes, Cork had swept into a 0-10 to 0-2 lead after 26 minutes and on the half hour came the only goal of the half, when a long Dalton ball broke into the path of Pdraic Power who finished to the net from an acute angle to give Cork a 1-12 to 0-5 interval lead.

Declan Dalton blasted home a third quarter penalty to give Cork with an unassailable lead of 2-12 to 0-6. Both sides were reduced to 14 players in the 53rd minute, when a flare-up involving a number of players ended with Rory O'Connor and Declan Dalton

being shown straight red cards.

Wexford, on the evidence of this showing, already look like relegation candidates.

Cork: P Collins; N O'Leary, G Millerick Seán O'Donoghue (Inniscarra); T O'Mahony R Downey, C O'Brien; L Meade, D Fitzgibbon (0-4, 2f); D Dalton (1-6, 1-0 pen, 0-2f), S Barrett, B Roche (0-1); B Hayes (0-3), P Power (1-3), S Kingston (0-2). Subs: D Cahalane for O'Donoghue inj (32 mins); E Twomey (0-2) for Downey (46); R Cotter for Barrett (64); C Lehane for Kingston (66).

Allianz NHL R2: Cork 1-16 Limerick 1-16

Conditions for hurling were wretched - constant rain all day making good hurling impossible. Both teams know one another too well, refereeing was of necessity a little slack and the big men did not spare the skilful ones, who in fairness were not willing to yield. A few years ago Cork would have wilted against this Limerick team, here they stood up to the aggression and came from four behind to earn a draw with the last puck of the match from Darragh Fitzgibbon, ten minutes into time added on.

Cork manager Pat Ryan's commented "I think that was a game that we would have lost before," said Ryan. "I think it shows the resilience and determination of our lads. That was a game we needed not to lose."

By the finish on Saturday night the game had descended into a blizzard of incidents and accidents. The wind did not help anybody. Shots and clearances were landing miles from their intended destination, suddenly losing altitude simply controlling the ball was incredibly tricky in the spilling rain and swirling wind and the difficulty was elevated by the relentless tackling and body hits from both teams.

After a blistering start Cork were 0-7 to 0-2 in front after just 12 minutes but, astonishingly, they only

scored once more in the first half and went nearly half an hour without scoring from play. After that Limerick dominated the second quarter and rattled off 1-4 without reply. In a 20-minute spell in the middle of the game Limerick went from five points down to five points up, 1-11 to 0-9 on 40, and at the height of Limerick's powers in recent years that would have been an end to the argument. They will wonder about that new vulnerability. Shane Barrett's goal three minutes later reignited Cork. It was a brilliant move that started with a turnover by O'Mahony 100 yards from Limerick's goal. Ethan Twomey and Luke Meade - both of whom were outstanding - moved the ball through the middle and when Barrett took the final pass he belted the ball off the ground in front of the 'keeper and the sliotar hit the roof of the net.

Referee Seán Stack issued a rash of yellow cards in the last 15 minutes, but by then everyone had been roiled up for a long time and the general crankiness only escalated when the game was in the balance.

Cork: P Collins; N O'Leary, G Millerick, E Roche; T O'Mahony (0-1, f), C Joyce, C O'Brien; D Fitzgibbon (0-10, 9f), L Meade (0-1); E Twomey (0-1), S Barrett (Blarney) (1-0), S Kingston (0-1), B Hayes (0-2), P Power (Blarney), A Connolly. Subs: P Horgan for Power (17 mins); Mark Coleman (Blarney) for Kingston (49); C Lehane for Connolly (59); B Roche for Lehane (61); R Cotter for Barrett (68).

Seán O'Donoghue was unavailable because of injury, Pdraic Power was forced off with a shoulder injury, Declan Dalton was sidelined by a red card from the Wexford match.

COMING UP IN CORK FEBRUARY/MARCH/APRIL

Sun, Feb 9th Muskerry Divisional U21 Football Knockout C'ships
 Sat, Feb 15th @3pm U17 H Challenge Cork v Wexford in Páirc Uí Rinn
 Sat, Feb 15th @5pm AFL R3 Cork v Westmeath in SuperValu Páirc Uí Chaoimh
 Sun, Feb 16th Muskerry U21 Football Knockout C'ships
 Sat, Feb 22nd @7.30pm AHL R4 Cork v Tipperary in FBD Semple Stadium
 Sun, Feb 23rd @1.30pm AFL R4 Cork v Monaghan in Grattan Park, Inniskeen
 Sun, Muskerry Feb 23rd Divisional U21 Football Knockout C'ships
 Sat, March 1st @3pm LGFA R5 Cork v Roscommon in SuperValu Páirc Uí Chaoimh
 Sat, March 1st @5pm AHL R5 Cork v Kilkenny in SuperValu Páirc Uí Chaoimh
 Sat, March 1st @7pm AFL R5 Cork v Roscommon in SuperValu Páirc Uí Chaoimh
 Sun, March 2nd Club F League R1 McCarthy Insurance

Group Football League R1
 Sun, March 9th @3.15pm AHL R6 Cork v Clare in Cusack Park, Ennis
 Sun, March 9th Club H League R1 Red FM Hurling League R1
 Sun, March 16th @12pm U20 F Challenge Cork v Louth in SuperValu Páirc Uí Chaoimh
 Sun, March 16th @2pm AFL R6 Cork v Louth in SuperValu Páirc Uí Chaoimh
 Sun, March 16th Club F League R2 McCarthy Insurance Group Football League R2
 Sat, March 22nd @7.30pm AHL R7 Cork v Galway in SuperValu Páirc Uí Chaoimh
 Sun, March 23rd @1.30pm AFL R7 Cork v Cavan at Kingspan Breffni Park
 Sun, March 23rd Club H League R2 Red FM Hurling League R2
 Wed, March 26th Munster U20 H R1 Cork v Clare in Clare Venue
 Fri, March 28th Munster U17 H R1 Cork v Limerick in Limerick Venue

March 29th - 30th AFL Finals Allianz Football League **Finals**
 Sun, March 30th Club F League R3 McCarthy Insurance Group Football League R3
 Tues, April 1st @8pm Munster U20 F P2 R1 Cork v Phase 1 Winner in Away Venue
 Wed, April 2nd Munster U20 H R2 Cork v Tipperary in Cork Venue
 April 5th - 6th AHL Finals Allianz Hurling League Div 1A & 1B Finals
 April 5th - 6th Munster SFC QF Cork v Limerick in Limerick Venue
 Sun, April 6th Club H League R3 Red FM Hurling League R3
 Tue, April 8th Munster U20 F P2 R2 Cork v Kerry in Kerry Venue
 Fri, April 11th Munster U17 H R3 Cork v Clare in Clare Venue
 Sun, April 13th Club F League R4 McCarthy Insurance Group Football League R4

CORK - ALLIANZ LEAGUE FIXTURES, 2025

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

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
 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))

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)

Final: July 12th (Saturday)

2024 GAA CLUB CHAMPIONSHIP FINALS

AIB Senior Football All Ireland

Final: Cuala, Dublin 3-14 Errigal Ciarán, Tyrone 1-16

Intermediate Football All Ireland

Final: Crossmolina, Mayo 1-12 Ballinderry 0-13

Junior Football All Ireland

Final: An Ceathrú Ruadh, Galway 0-9 Naomh Pádraig 0-8

MUSKERRY GAA AWARDS 2024

The annual Muskerry GAA Awards Dinner was held at the Rochestown Park Hotel and as well as announcing the winner of the 2024 Muskerry GAA Sports Star of the Year award, the panel of judges also announced the Muskerry GAA Intermediate Hurling Team 2024, the Muskerry Junior Football team 2024, and the Muskerry GAA Junior Hurling team of 2024.

The Muskerry Senior Football team, winners of the Tadgh Crowley Cup as divisional section champions in the 2024 county Premier SFC were guests of honour on the night.

Image right: At the Muskerry GAA awards night in the Rochestown Park Hotel were Macroom players Eolan O Leary, Cillian Donovan, Mark Corrigan, Michael Cronin & Alan Quinn who played on the Muskerry senior football team and received their medals for beating Duhallow in the divisional final.



MUSKERRY GAA:

2025 MACROOM MOTORS MID CORK U21 FOOTBALL CHAMPIONSHIP

U21 A Football

Quarter Final - Éire Óg v Ballinora, Sunday February 9th 11am in Overs

Semi Final - Winner of QF v Kilmurry, Feb 16th

Semi Final - Ballincollig v Naomh Abán, Sunday Feb 9th 11am in Ballincollig

U21 B Football

Quarter Finals:

1 - Macroom v Inniscarra, Sunday Feb 9th at 11.30 am in Macroom

2 - Canovee v Kilmichael, Sunday Feb 9th at 1pm in Carrigadrohid

3 - Grenagh v Ballincollig 2, Sunday Feb 9th at 2.30pm in Grenagh

4 - Donoughmore v Aghabullogue, Sunday Feb 9th at 11am in Donoughmore

Semi Finals: 1 v 2, 3 v 4

U21 C Football

Quarter Finals:

1 - Aghinagh v Cill na Martra, Feb 9th at 1pm in Rusheen

2 - Iveleary/Dripsey v Donoughmore 2, Sunday Feb 9th at 2pm in Dripsey

3 - Blarney v Clondrohid, Sun Feb 9th at 2pm in Blarney

4 - Macroom 2 v Béal Átha'n Ghaorthaidh, Sunday Feb 9th at 2pm in Macroom

Semi Finals: 1 v 2, 3 v 4

First teams out will have home advantage.

New football rules will apply so clubs will need to look at having their pitches lined as per the new rules.

All games are 'winner on the day'. If level at the end of normal time, 20 minutes extra time and then a penalty shoot out if necessary to decide who progresses.

All fixtures will be played over the last 3 Sundays in February, 9th, 16th and 23rd, allocated as per county board instructions.

EPH Controls Junior Football League begins on March 1st 2025

Cork Colleges – Senior A Football Simcox Cup

Coláiste Choilm Ballincollig: 2-14 De La Salle College Macroom: 2-10

A fine team performance from Coláiste Choilm Ballincollig saw them defeat De La Salle College Macroom in the Cork PPS Simcox Cup quarter-final at Kilmurry.

This was a very enjoyable game of football between two committed teams. De La Salle hit the first score through a Denis O'Mullane mark but Coláiste Choilm responded with a brilliant goal after two minutes. Charlie Murphy and Ahern played key roles to set up O'Leary, who made no mistake.

O'Mullane pointed before his side raised a green flag after nine minutes when Tim Sweeney finished low into the net, 1-2 to 1-0. Coláiste Choilm got their second goal after 15 minutes, a close range finish from Miskella after Adam Dodd did great work to set him up. Denis O'Mullane tacked on two unanswered points, one from a free, before Coláiste Choilm had three successive points, Miskella (free), Dodd and Clifford, 2-3 to 1-4 with eight minutes to the break. O'Mullane converted a free for De La Salle to leave just a point in it at half-time, 2-3 to 1-5, Col Cholim leading by the minimum..

On the resumption, the Ballincollig side levelled, points were exchanged, DLS went in front after a marvellous Denis O'Mullane goal, 2-7 to 2-6 after 41 minutes. Coláiste Choilm responded with four points in a row, 2-10 to 2-7 with 12 minutes remaining.

A Denis O'Mullane free reduced the deficit to two points but there would be no denying the Ballincollig school as they kicked four of the last six points.

Col Choilm, Ballincollig will now play Hamilton High School Bandon in the semi final and the winners will play Skibbereen Community School, big semi final winners over Col an Spioraid Naomh, Bishopstown, in the final.

Scorers for Coláiste Choilm Ballincollig: D Miskella 1-3 (0-2 f), D Clifford 0-4, K O'Leary 1-0, B O'Connell, A Dodd 0-2 each, C O'Connor, C Ahern, L O'Mahony 0-1 each. De La Salle College Macroom: D O'Mullane 1-7 (0-3 f, 0-1 m), T Sweeney 1-0, C Bourke, M Condon, C Kelleher 0-1 each.

Col Choilm, Ballincollig: N Tate (Ballincollig); C Power (Ballincollig), P Rose (Ballincollig), S O'Callaghan (Éire Óg); C Herlihy (Inniscarra), C O'Connor (Ballincollig), D McCarthy (Éire Óg); D Clifford (Éire Óg), S Murphy (Éire Óg); S Rue O'Sullivan (Ballincollig), K O'Leary (Ballincollig), C Ahern (Ballincollig); D Miskella (Ballincollig), C Murphy (Ballincollig), A Dodd (Canovee). Subs: B O'Connell (Ballincollig) and L O'Mahony (Ballincollig), both h-t, B Cronin (Ballincollig) and E Donovan (Ballincollig) both 39, N Buckley (Inniscarra) 47.

De La Salle, Macroom: C Desmond (Kilmurry); I Wood (Kilmichael), C Bourke (Macroom), S Hennigan (Kilmichael); R Sabas (Macroom), S O'Leary (Kilmurry), E Healy (Macroom); M Condon (Macroom), R McKenna (Macroom); C Kelleher (Macroom), T Browne (Kilmichael), S Kelleher-Leavy (Macroom); J Hourihan (Clondrohid), D O'Mullane (Kilmurry), T Sweeney (Iveleary). Subs: B Murphy (Macroom), J O'Shea (Macroom) both 48, M Downey (Kilmichael) 51, C McCarthy (Kilmichael) 61.

MACROOM GAA

At the Muskerry GAA awards night in the Rochestown Park Hotel were Macroom players Eolan O Leary, Cillian Donovan, Mark Corrigan, Michael Cronin & Alan Quinn who played on the Muskerry senior football team and received their medals for beating Duhallow in the divisional final.

All at Macroom GAA would like to congratulate John O'Mahony on being appointed Cultural Officer of the Cork County Board.

Congratulations to Serena Pierce on winning the club lotto of €18,200. Picture/link attached shows Club President Pat O'Connell presenting the cheque to Joesphine & Tony Pierce, who accepted the cheque on behalf of Serena.



COACHFORD COLLEGE

Munster Colleges
Camogie Junior A Champions 2025

2024 EPH AWARD WINNERS

2024 EPH Award Winners were: Shane Barrett Cork Hurling, Michael Quirke U21 Football, Cliona Healy Cork Senior Camogie, Meabh Murphy Cork Senior Camogie, Emma Flanagan Cork Intermediate Camogie, Chris Óg Jones Uibh Laoire and Muskerry Football, James O'Mullane Kilmurphy County Junior Champions, Seán O'Donoghue Junior Football Inniscarra, Shane Kingston Junior Hurling Ballinora, Brian Keating U21 Hurling Ballincollig

Sports Star of the Year: Chris Óg Jones, Iveleary
Linehan Civil Engineering Muskerry Junior Hurling team of the Year

James Walsh Donoughmore: Shane Walsh Ballincollig, Mike Lordan Ballinora, Paul Barry/Murphy Grenagh: Niall Buckley Inniscarra, Neil Lordan Ballinora, Ted Twomey Grenagh: James Byrne Ballinora, Shane Kingston Ballinora: Peter O'Neill Ballincollig, Jerry Roche Inniscarra, Danny Dineen Ballinora: Adam Dinan Donoughmore, David Bowen Ballincollig, Tommy Burns Ballinora

Rochestown Park Hotel Muskerry Junior Football team of the Year

Kevin Cotter Aghinagh: Liam Ryan Inniscarra, John O'Callaghan Inniscarra, Donagh O'Riordan Aghinagh: Jack O'Dwyer Inniscarra, Matt Brady Éire Óg, Luke O'Leary Aghinagh: Donnacha Morrissey Donoughmore, David Coughlan Inniscarra: Frank Horgan Inniscarra, Con Buckley Aghinagh, TJ Buckley Aghinagh: Liam O'Connor Inniscarra, Dan O'Connell Inniscarra, Liam Twohig Aghinagh.

Euro Pumps Intermediate Hurling team of the Year
 James Linehan Inniscarra: Brian Corcoran Éire Óg, Matt Brady Éire Óg, David O'Sullivan Ballincollig: Fenton



EPH Muskerry GAA Awards - The Muskerry Senior Football panel pictured with sponsor Eileen O'Flynn of The Auld Triangle, Susan O'Brien of the Cork County Board and Enda Linehan, Runai Muskerry GAA at the EPH sponsored Muskerry GAA 2024 Awards held at Rochestown Park Hotel recently. Picture: Doug Minihane

Denny Ballincollig, Conor McGoldrick Éire Óg, Odhran O'Driscoll Cloughduv: James O'Dwyer Ballincollig, David Kirwan Éire Óg: Steve Wills Ballincollig, Brian Keating Ballincollig, Mark Verling Cloughduv: Mathew Bradley Aghabullogue, Éoin O'Shea Éire Óg, Cian O'Driscoll Ballincollig.

Muskerry Senior Footballer 2024

Aghabullogue: Aaron O'Sullivan, Colm Gillespie, Paul Ring
 Canovee: Conor Dodd, Eoghan Lehane, Evan Dodd, Jack Kelleher
 Donoughmore: Donnadh Morrissey, Kevin O'Connell
 Iveleary (Uibh Laoire): Joe Creedon, Chris Óg Jones, Daniel O'Donovan, Ian Jones, Kevin Manning, Seán O'Riordan
 Inniscarra: Dominick Kelleher, Jack O'Dwyer, Liam O'Connor, Mark McLoughlin
 Kilmurphy: James O'Mullane, Laurence Aisling, Liam Wall, William Ronan
 Macroon: Mark Corrigan, Alan Quinn, Cillian O'Donovan, Eolan O'Leary, Michael Cronin, Johnny Murphy
 Naomh Abán: Colm de Roiste, Danny Ó Ceallaigh, Ed Ó Mir, Jack Ó Donnchú



The Muskerry Intermediate Hurling Team Of The Year selection pictured with sponsor Barry Holland of Europium's Ireland and John Feeny, Chairperson of Muskerry GAA at the EPH sponsored Muskerry GAA 2024 Awards held at Rochestown Park Hotel recently. Picture: Doug Minihane



The Muskerry Junior Football Team Of The Year selection pictured with sponsor John Lehane of Rochestown Park Hotel and John Feeny, Chairperson of Muskerry GAA at the EPH sponsored Muskerry GAA 2024 Awards held at Rochestown Park Hotel recently. Picture: Doug Minihane



Staff, friends and family members of Junior Hurling Team Of The Year sponsors Linehan Civil Engineering pictured at the EPH sponsored Muskerry GAA 2024 Awards held at The Rochestown Park Hotel. Picture: Doug Minihane



The Muskerry Junior Hurling Team Of The Year selection pictured with sponsor Tim Linehan of Linehan Civil Engineering and John Feeny, Chairperson of Muskerry GAA at the EPH sponsored Muskerry GAA 2024 Awards held at Rochestown Park Hotel recently. Picture: Doug Minihane



Pictured at the EPH sponsored Muskerry GAA 2024 Awards held at Rochestown Park Hotel recently are Margaret Creed, Joan O'Flynn, Eileen O'Lynn and Mairéad Twomey from sponsors The Auld Triangle in Macroom . Picture: Doug Minihane



Mark and Eadoin Verling of Cloughduv with Eoghan Lehane and Tiarna Sheehan of Canovee pictured at the EPH sponsored Muskerry GAA 2024 Awards held at Rochestown Park Hotel recently. Picture: Doug Minihane



Caroline Healy, Marguerite Murphy, Mary T Coleman and Mary Kelleher from Laochra Óg pictured at the EPH sponsored Muskerry GAA 2024 Awards held at Rochestown Park Hotel recently. Picture: Doug Minihane



Muskerry GAA Overall Player Of the Year, Cork and Uibh Laoire star Chris Óg Jones receiving the Paudie Palmer Memorial Award from Marie Casey of event sponsors EPH Controls at the Muskerry GAA 2024 Awards held at Rochestown Park Hotel. Picture: Doug Minihane



Staff, friends and family members of Intermediate Hurling Team Of The Year sponsors Europumps Ireland pictured at the EPH sponsored Muskerry GAA 2024 Awards held at The Rochestown Park Hotel. Picture: Doug Minihane



Muskerry GAA Committee members pictured at the EPH sponsored Muskerry GAA 2024 Awards held at the Rochestown Park Hotel L-R Diarmuid Kirwin, Anne O'Riordan, John Feeney, Enda Linehan and Colm Vaughan Picture: Doug Minihane



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LEE VALLEY Outlook

*Love is in the air on
February 14th*



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Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

The pandemic of loneliness

We all get lonely.

Loneliness is that piercing pain in your chest and gut. It's intense and while temporary it feels like forever. It wells up without warning.

It can be related to unresolved grief. The tears come. We are grieving what once was - family, spouse, friend, connection, intimacy, camaraderie - all now in the past. People change and situations change. We move house, our job takes us to a different location, country, culture or language. It takes time to move on from the stability of what once was. Bereavement is a new country.

But it may not be grief. It may be waking up to the sudden realization of the tiny number of people in our lives who really matter and who really care. Colleagues are mostly simply acquaintances. We can spend most of our working days as mere functionaries, ultimately replaceable and unmissed. Even among acquaintances there may be little reciprocity. It may be one-way traffic where their needs are met and you are left standing arms by your side wondering are you simply providing them a service until next time.

Where does it leave us on a rainy winter night, when, in the words of John Henry Newman : "the busy world is hushed, the fever of life is over and work is done."

We may be stomach-full, but heart-empty.

There is a longing and yearning in all of us. It is not simply solved or wished away by an app or a comfort. It lingers and can be prolonged. Even when surrounded by people we can feel utterly alone, and crying to be heard and understood.

This is a challenge to all of us even in our comfortable world. Happiness, lasting happiness, is elusive. Loneliness is the unmentionable pandemic. We feel somehow ungrateful that we should feel lonely at all. But there is a whole world out there waiting to be listened to.

In the words of the Beatles' song "Eleanor Rigby"

*'O look at all the lonely people
Where do they all come from ?
O look at all the lonely people
Where do they all belong?'*

Feelings of jarring loneliness provide us with a challenge to our identity, but they also invite to depth of relationship with the only One who knows us and cares for us:

*"You have made us for Yourself, O Lord.
Our hearts are restless Lord
And they will not rest
Until they rest in you." (St Augustine, 5th century)*

God bless. Fr Seán

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A Word of Victory

"Teach me to number my days, so that I may get a heart of wisdom"
(Psalm 90:12)

Welcome back dear student, the song 'Time in A Bottle' is a beautiful song whose words ring true: '... there never seems to be enough time to do the things you want to do...'. Time gets swallowed up so easily, especially nowadays. It's an interesting exercise to do a 'time inventory'. People examine their finances regularly to see where all the money is going, but how many of us have ever sat down with pen and paper and inspected how we use time? Our time is valuable - it's what we exchange in our workplaces for wages. But much of it is spent aimless and wasted: not always through laziness but squandered on fruitless pursuits. God warns that our lives are like a vapour that vanishes quickly (James 4:14; Isaiah 40:6-7). Think of when you boil the kettle: the steam rises for a while, then it's gone, vanished into thin air! We need God's help to live productive, measured, and intentional lives that bear fruit for His Glory (John 15:5). In the lead Scripture, Moses asks for God's help: "... teach me to realise the brevity of life, so that I may grow in wisdom" (Psalm 90:12 NLT). There is a knock-on effect from yielding to God - we get His Wisdom to navigate through life more smoothly.

Time is a precious commodity that God has entrusted us with here on earth. The devil knows how to make a life unproductive - setting up distractions, dramas, and desires - all aiming to sneakily steal time. God promises His people that He will restore the years the locusts have stolen (Joel 2:25). Locusts are dangerous pests. In swarms they blot out the landscape, devouring acres of hard work in literally no time at all. The comparison here is that whatever the enemy has used to steal from you, God can, and will, turn back. "The eyes of the Lord search the whole earth in order to strengthen those whose hearts are fully committed to Him" (2 Chronicles 16:9). The life of Joseph is a story of stolen time as well as stolen dreams, yet he turned around to his brothers who had sold him into years of misery as a slave, telling them that what they had done for evil, God had turned around for good (Genesis 50:20). The Lord has the same plan for you and me dear friend. As if being sold into slavery wasn't bad enough, Joseph was later lied about and unjustly imprisoned, but he used his time there to make the prison a better place, trusting God with his case (Genesis 39:23). God dwells in eternity - outside of time.

Time has only been given to us here on earth, so what if time is a test? What if God uses time to reveal our hearts, character, and motivation? That's what happened with Joseph; and also, the servants Jesus mentioned in Matthew's Gospel. These three were given a resource and judged on what they accomplished for their Master with it. The two who worked and produced were rewarded, the one who did nothing was rebuked and cast out in anguish (Matthew 25:14-30). Understanding and using time well grows wisdom, "the principle thing" (Proverbs 4:7). Multitudes catalogue their health and fitness, their wealth, and achievements, but how many identify the snares Satan uses to rob time? God's plan for mankind is to 'be fruitful and multiply' (Genesis 1:28) Difficult circumstances or drama created by others can block God's plans, leading to unprofitability and failure. "My times are in Your hands, rescue me from my enemies" (Psalm 31:15). Lord Jesus, help me take stock of my time, and grow in Your Wisdom, amen.

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

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4TH & 40TH ANNIVERSARY



In loving memory of

MARY ANN & MICHAEL O'DONOVAN

Haremount, Kilmichael

Mary Ann died on 7th of February, Michael Died 14th February.

*Your memory is our keepsake
With which we will never part
God has you in his keeping
We have you in our hearths.*



Forever in our thoughts, your loving daughter Hannah, son in law Chris and extended family.

10TH ANNIVERSARY



In loving memory of

BERNIE BERGIN (NEE MCELROY)

Nadrid, Coachford.

Who died 17th February 2015.

*Those we love dont go away,
They walk beside us every day.
No longer in our lives to share
But in our hearts you're always there.*



Sadly missed and always remembered by her loving family.

5th ANNIVERSARY



In loving memory of

GERARD SHEEHAN

Chapel Rd, Coachford

Who died on 10th February 2020

*Remembering you is easy
I do it every day.
Missing you is heartache
that never goes away.*



Remembered always and sadly missed by Sheila.

THE MIRACLE PRAYER



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

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

x

NOVENA TO THE SACRED HEART



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

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
NOEL O'SULLIVAN
Rylane East, Co. Cork
Who died on 10th of February 2024.

As we lovingly remember Noel, a dear husband, father and grandfather, whose love of life, family and friends we remember today and everyday, his wife Margaret, his children Roger, Anne Marie, Elaine and Peter would like to express our sincere thanks and appreciation to all who sympathised and offered support during our sad loss. We thank those who travelled from near and far to be with us at the rosary, removal and funeral Mass, those who telephoned, sent Mass cards, letters of sympathy, comforting messages of condolence online and floral tributes. Thank you also to our wonderful neighbours, friends and work colleagues for your kindness and ongoing support. A heartfelt thanks to Fr Peadar and concelebrants Fr. Pat Scanlan and Fr Pat Foley who celebrated Noel's funeral Mass. We are also grateful to Fr. Donal Roberts, to Sarah Dineen for her beautiful music ministry and singing and to the church Sacristan. Our gratitude also goes to the traffic stewards for their help. We are grateful to the staff at Link Road Medical Centre and to the staff at Matt Murphy's Pharmacy. Our sincere thanks to the Daffodil Nurses who attended to Noel with great kindness during his final days at home and to the Public Health Nurses who visited Noel.

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

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



Sadly missed by daughter in law Elaine, sons-in-law Liam and George, and by Yasmin, grandchildren Grace, Aoibhín, Teidí, Emily, Jessica and Ronan.

First anniversary Mass will be celebrated on Sunday the 9th of February at 11.30 am at St. Olan's Church Rylane.

9TH ANNIVERSARY



In loving memory of
MICHAEL O'RIORDAN
Lake View Macloneigh Macroom,
Co Cork, who died on 18th
February 2016

*We lost a Dad, Husband & Grandfather
with a heart of gold,
How much we miss him
can never be told,
He shared our troubles
and helped us along,
If we follow his footsteps,
we will never go wrong.*

*We miss you from your fireside chair,
Your loving smile and gentle air,
Your vacant place no one can fill.
We miss you Dad and always will*

*He was a Dad, Husband & Grandfather
so very rare,
Content in his home and always there,
On earth he toiled, In Heaven he rests,
God Bless you Dad, you were the best.*

*Each time we look at your picture,
You seem to smile and say,
Don't be sad but courage take,
And love each other for my sake.*



Sadly missed by your loving wife
Josephine & family.

FIRST ANNIVERSARY



In loving memory of
NOEL BUCKLEY
Enniskeane and late of Cloughduv
Whose anniversary occurs on 7th
February 2025

*You closed your eyes and stayed awhile
For me to say goodbye
I held your hand and reminisced
Of days that had gone by
As daylight dimmed and you grew tired
I knew the time was near
For God to take you up above
And keep you in his care.
I prayed to God to protect you
To take you in his arms
To guide you on your journey
Amid the shining stars
I miss you since you went away
Life will never be the same
A part of my heart went with you
On that sad February day.*



Remembered & Loved Always by your
heartbroken sister, Anne.

FIRST ANNIVERSARY



In loving memory of
NOEL BUCKLEY
Enniskeane and late of Cloughduv
Whose anniversary occurs at this
time.

*God came down from heaven,
One year ago today,
He held my brother by the hand,
Noel humbly walked away.
My heart and soul are broken,
This void is hard to bear,
Dear God why did you take him?
Perhaps you needed someone rare.
I miss your wit, our laughs and chats,
Your gardening advice,
This year roses of the finest
Will bloom in Paradise.*



Lovingly remembered by your sister Vera,
Dan, Emmet & Cillian.

FIRST ANNIVERSARY



In loving memory of
NOEL BUCKLEY
Enniskeane and late of Cloughduv
Whose anniversary occurs at this
time.

*My Son, of all the special gifts in life
However great or small
To have you as my Son
Was the greatest gift of all.
I wish that I could hold your hand
And make everything alright
To tell you that it's not the end
Not goodbye, only goodnight.*



Sadly remembered by your heartbroken
mother, Kitty.

FIRST ANNIVERSARY




In loving memory of
NOEL BUCKLEY
Enniskeane and late of Cloughduv
Whose anniversary occurs on 7th
February 2025

*Brother, since you passed away
life just hasn't been the same
I would move heaven and earth
to have you here with me again.
The time we spent together
meant the world to me
I have so many treasured memories
as we grew up together, happily.
I'm so grateful for the years we had
and the closeness that we shared
Your thoughtfulness and loyalty
and the way you always cared.
You were a wonderful Brother,
I miss you no end
You were more than just my family,
you were a kind and supportive friend.*



Always remembered by your sister Bernie,
brother in law Michael, Sarah, Aoife,
Becky & Dean.

THE MIRACLE PRAYER



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

9TH ANNIVERSARY



In loving memory of

**TOMMY
KELLEHER**

Moulnahorna, Carriganima,
who died on the 14th of February
2016.

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



Always remembered and sadly missed
by your son Kevin, daughter in law Denise
and grandchildren Angel,
Chloe and Daniel.

9TH ANNIVERSARY



In loving memory of a dear father
and grandfather.

**TOMMY
KELLEHER**

Moulnahorna, Carriganima,
who died on the 14th of February
2016.

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



Always remembered and sadly missed
by your son Anthony, daughter in law
Amanda and grandchildren Sadhbh,
Fiadh and Gearoid.

12TH ANNIVERSARY



In loving memory of

**PEIG UÍ
MHURCHÚ**

Cahirdaha, Kilnamartyra, Macroom
Died on 15th January 2013

*God saw you getting tired,
And a cure was not to be,
So he put his arms around you,
And whispered come to me,
With tearful eyes we watched you,
We watched you fade away,
Although we loved you dearly,
We knew you could not stay,
You left behind some aching hearts,
That love you most sincere,
We never did and never will,
Forget you Mother dear.*



Always remembered by her loving family

10TH ANNIVERSARY



In loving memory of

**BERNIE BERGIN
(NEE MCELROY)**

Nadrid, Coachford.
Who died 17th February 2015.

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



Always loved, never forgotten.
Jim, Frank, Siobhan, Lisa, Damian, James,
Lilly, Charlie, Mae, Bonnie, Elly & Joe.

*Anniversary Mass will take place on
the 15th February at 6p.m.
in Coachford Church.*

9TH ANNIVERSARY



In loving memory of a dear father
and grandfather.

**TOMMY
KELLEHER**

Moulnahorna, Carriganima, who
died on the 14th of February 2016.

*We lost a Father and Husband
with a heart of gold,
how much we miss him
never be told.
He shared our troubles
and helped us along,
If we follow his footsteps
we will never go wrong.*



Sadly missed and never forgotten
by Ann, Stephen, Jennifer, Tommy,
Skye and Clarissa.

9TH ANNIVERSARY



In loving memory of

**MAUREEN
HORGAN
(NEE KISSANE)**

Lyrenageeha, Ballingearry,
Who died on 3rd February 2016.

*God looked around his garden
and found an empty place
He then looked down upon the Earth
and saw your tired face
He put his arms around you
and lifted you to rest
With the help of his angels they flew
you to your heavenly place*



Remembered with love by all her family
and friends
Are dheis De go Raibh an anam diils

9TH ANNIVERSARY



Cherished memories of a dear husband
and father

CON KELLEHER

Dooneens, Rylane, Co. Cork
Who died 12th February 2016

*We lost a husband and father
with a heart of gold,
how much we miss him
can never be told.
He shared our troubles
and helped us along,
if we follow his footsteps
we will never go wrong.*



Remembered always by
Concepta, Ann, Mort and Celina

9TH ANNIVERSARY



In loving memory of

**JIM
MURRAY**

Lackaduve, Clondrohid.
Who died on February 8th 2016

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



Always remembered by his wife Nora,
daughters Marie and Caroline,
son Jim and their families.

THE MIRACLE PRAYER



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

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3RD ANNIVERSARY



In loving memory of

**SALLY
MC HENRY
MURPHY**

**An Moinear, Ballinagree, Macroom,
Co. Cork and late of Donegal
Whose 3rd Anniversary occurs
on February 15th 2025**

*We think about you always,
We talk about you still,
You have never been forgotten
and you never will.*

*We hold you close within our hearts
and there you will remain,
to walk and guide us through our lives
until we meet again.*



Sally's anniversary Mass will be in
Ballinagree Church on Sunday February
9th 2024 at 11am.

Loved and missed by your husband
Pat, sons Robert, Colin, Hugh and their
families.

2nd ANNIVERSARY



In loving memory of

**DENIS
MCCARTHY**

**Candrome, Kilnamartyra, Macroom
Who died on the 18th February 2023**

*We miss your smile, your joking way
We miss the things you used to say
And when old times we do recall
It's then we miss you most of all.*



Lovingly remembered by his wife Lena,
daughters Reena, Sheila, Angela, son
Anthony, sons in-law Aidan and Alan,
grandchildren Katherine, Adrian, Ryan,
Fionn and James and extended family.
Anniversary mass in Kilnamartyra Church
at 11.30 on Sunday 9th February

6TH ANNIVERSARY



In loving memory of

**JIM
CORCORAN
(JIMMY/JAMES)**

**Clodagh, Crookstown
and late of Terelton
whose 6th anniversary occurs
on the 5th of February**

*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.*



Lovingly remembered by Phil and family.

6TH ANNIVERSARY



In loving memory of

**NORMA
MCCARTHY**

**Pound Cross, Crookstown
Who died on the 17th February
2019.**

*It broke our hearts to lose you,
But you did not go alone.
For part of us went with you,
the day god called you home.
You left us beautiful memories,
Your love is still our guide.
And though we cannot see you,
You are always by our side.*



Sadly missed and remembered fondly
every day by her husband Denis,
children Eugene, Denise, Liz and James,
daughters in law Lorna and Elaine, son in
law James and her grandchildren.

8th ANNIVERSARY



In loving memory of

**NOREEN
RING**

**Bawnatumpole, Ballingearry,
died aged 93 on Feb 17th 2017**

*May the God of Love and Mercy
Care for our Loved one who is gone
And bless with consolation
Those left to carry on*



Always remembered by your loving
family, friends and neighbours.

7th ANNIVERSARY



In loving memory of

**DERMOT
HORGAN**

Raleigh South, Macroom

*Those we love don't go away,
They stand beside us everyday,
Unseen, unheard but always near,
So loved, so missed, so very dear.*



Lovingly remembered by his wife
Margaret, Sons: Derry, John & Finbarr
and his Daughter in law Martina.

3RD ANNIVERSARY



In loving memory of

GRETA BUCKLEY

Castlemore

Died on 8th February, 2022

*We are sending a dove to Heaven Mam
With a parcel on its wings
Be careful when you open it
It is full of beautiful things.
Inside are a million kisses
Wrapped in a million hugs
To say how much we miss you
And to send you all our love.*



Fondly remembered today and always
by her loving Sons, Daughters and
extended family.

7TH ANNIVERSARY



In loving memory of

**JAMES
O'SULLIVAN**

**Horsemount, Ballinagree, Macroom
Who died on the 15th February 2018**

*Those we love don't go away,
They walk beside us every day.
No longer in our lives to share
But in our hearts you're always there.*



Missed and always remembered by your
loving wife Phyllis and family

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