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St Vals 30th Anniversary and Book Launch : Liam Lonergan, Michael Moynihan, Michael Shine, Pat O'Leary, William Barrett, Donal Daly and Julie Keane. (Seated) Margaret Buckley, Ann Barrett, Aine Coote, Christine Kelleher and Emma Barrett. (Right) St Marys Senior Champion Camogie team management; Caroline McSweeney, Liam Slattery and Deirdre Lehane with the Dónal Burke Cup. Pics. Peter Scanlan & Con Kelleher

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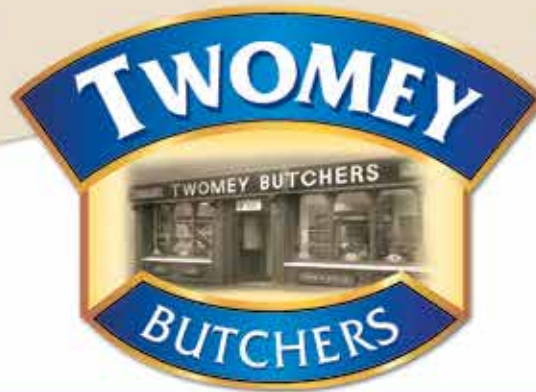
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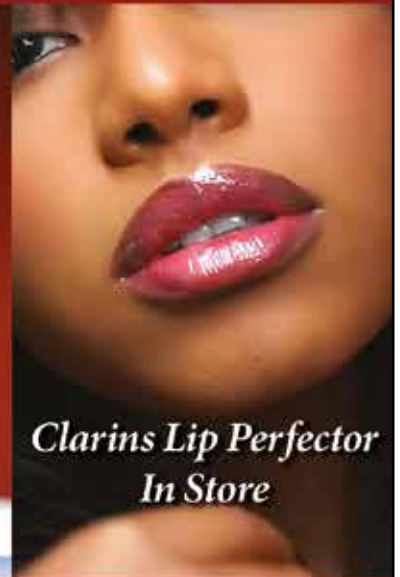
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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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*

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## MACROOM AND THE 2025 SENATE ELECTIONS

Two first-time senators with strong Macroom connections were elected in the February Seanad voting. They are Eileen Lynch, Knockrour, Aghabullogue and Garret Kelleher, Ballincollig. Both are members of Fine Gael and were members of Cork County Council and Cork City Council respectively. They will have to vacate their seats.

Eileen's mother is the former Kate Murray (of Murray's bar and butcher shop); her husband is the renowned

dog-trainer, Denis Lynch. The Murray family are steeped in the Fine Gael tradition and gaining a Seanad seat is a major boost and advance in her political career. Garret too has strong Main Street and Fine Gael connections. His father is Jerry Kelleher, and his father too had a butcher shop. Jerry has been associated with Fine Gael for about sixty years and he still retains his enthusiasm for politics and FG. Garret's mother is from Cork City. He was an unsuccessful candidate in

the recent General Election. His aunt, Colette Kelleher, was an independent senator, 2015-20, a Taoiseach's nominee. She has worked with Simon, Cope and Tabor Lodge in an administrative capacity.

With the loss of Michael Creed, local FG supporters will be delighted to see two able people keeping its and Macroom's flags flying in Seanad Éireann. Congratulations and Best Wishes to both.

## MACROOM AIB

Staff in AIB Macroom were delighted to present a cheque for €1164.00 to Horizons - Cope Foundation in Cork Communities as part of their continuing support of the vital services they provide in our local community. AIB Macroom held a Coffee Morning for Horizons in the Branch in September and raised €1164.00 from this event. This was very much supported by the Horizons staff and people they support. Subsequently, the branch applied for funding through the AIB Community Employee Giving and this donation was matched. We are very proud of our relationship with Horizons and are very much looking forward to our next Coffee Morning.

**Image right: Staff in AIB Macroom were delighted to present a cheque for €1164.00 to Horizons – Cope Foundation**



## MACROOM FLOWER CLUB

Macroom Flower & Garden Club held its AGM on Thursday 13th of February at Coolcower House. The meeting was well attended and it was wonderful to see Members return for 2025. The Club Schedule for the coming year was announced and we look forward to Club meetings and Flower Club outings. Following the Meeting a cheque Presentation to Mr. Pat O Connell on behalf Macroom Senior Citizens took place. Then it was time to sit back and enjoy a Mini Cookery Demonstration by Aoife Galvin Home Economics Department McEgan College. Aoife demonstrated a healthy Vegetable stir fry and a tasty Macroom Buffalo & Tomato Bruschetta Members had the opportunity to sample the tasty treats We wish Aoife every success in her teaching Career. The next Club Meeting is a Gardening Talk and Presentation which will take place on Thursday March 6th 8.00p.m. Guest Speaker Klaus Laitenberger topic "Grow your own Food " Annual Membership accepted and visitors most welcome. We plan to hold a series of Spring Floral Arranging classes



**Officers & Committee of Macroom Flower and Garden Club present a Cheque to Mr Pat O Connell Macroom Senior Citizens, proceeds of Gala Christmas Charity Floral Demonstration. Pic Peter Scanlan**

for Members please contact 087-9821708 for further information. We look forward to seeing you for March

Club meeting. We would like to thank Coolcower House for their help in facilitating Meetings

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NEW TO MARKET

### TIG NA CARRAIGE, DROMANALLIG, BALLINGEARY, CO. CORK, P12X099

Killian Lynch auctioneers are pleased to offer this traditional 3 bedroom farmhouse on C.11.5 acres agricultural land. The house which is in need of renovation extends to C.1100 sq ft living accommodation is situated centrally within the farm holding in a beautiful and quite scenic setting only minutes walk from Ballingearry village. The land which extends to C.11.5 acres is currently under pasture for the most part and adjoins to the village where there may be further development potential. The house which has been vacant for over 2 years would qualify for the vacant home grant of up to €70,000. Ballingearry village is a quiet rural village, C.25 minutes drive from both Macroom and Bantry and C.1 hour drive to Cork city centre. **BER: D2**

GUIDE PRICE: €250,000



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NEW TO MARKET

### NO.6 OAKWOOD, MACROOM, CO.CORK, P12 K092

Killian Lynch Auctioneers are pleased to offer this charming 3 bed semi-detached house which offers the perfect blend of comfort and functionality. The property which is in excellent condition throughout comprises of c.1,011 sq.ft. living accommodation. This house would make an ideal family home or investment opportunity. Located in a much sought after development, walking distance to Macroom Town Centre and all local services and amenities, c.30 minutes drive to both Killymore town and Cork City. Viewing highly advised. **BER: C2**

GUIDE PRICE: €280,000



UNDER OFFER

### 2 INNISHMORE LAWN, BALLINCOLLIG, CO.CORK, P31 R270

Killian Lynch Auctioneers are pleased to offer this 3 bed mid terrace house with a c.20 sq.m shed to the rear of the property. The house comprises of c.870 sq ft living accommodation & has been recently renovated with new carpets throughout. The property is located walking distance to Ballincollig town & c.10 minutes drive to Cork city **BER: C2 (118118025)**

GUIDE PRICE: €250,000



UNDER OFFER

### 4 WHITETHORN GROVE, INNISCARRA VIEW, BALLINCOLLIG, CO.CORK, P31 CH24

Killian Lynch Auctioneers are pleased to offer this spacious and extended 5 bedroom semi detached residence with large front and rear south facing gardens. The house which extends to C.1567 sq ft living accommodation is in need of internal decoration but will make a beautiful spacious family home. The house is situated in a most sought after mature estate within walking distance of all services and amenities, c.5 minutes to Ballincollig bypass & a c.10 minutes drive to Cork city. Viewings highly advised. **BER: E2**

GUIDE PRICE: €440,000



NEW TO MARKET

### DERRYLEIGH, CLONDROHID, MACROOM, CO.CORK

Killian Lynch Auctioneers are pleased to offer this C.28 acre parcel of land which has been planted with sitka spruce. The plantation which appears to be of good quality is C.20 years old. Access is via right of way from a minor public roadway, C.15 minutes west of Macroom town, C.40 minutes from Cork city. **GPS: S1.959930, -9.078425.**

GUIDE PRICE: €110,000



UNDER OFFER

### GURTEENROE, MACROOM, CO.CORK, P12W082

Killian Lynch auctioneers are delighted to offer this large 5 bedroom family home on a beautiful private landscaped site only a 2 minute drive to Macroom town. The property has been recently extended and modernized to a high standard making this a beautiful family home extending to C.2,279 sq ft living accommodation. The property is very efficient and comes with fitted solar panels. Located only C.2km from Macroom town, C.5 minutes from the Macroom bypass, C.30 minutes from both Cork and Killyarney **BER: B3 (106730302)**

GUIDE PRICE: €520,000



VIEWING ADVISED

### CAHIR, BALLINGEARY, CO.CORK

Killian Lynch Auctioneers are pleased to offer this attractive forestry holding, comprising of C.32 acres. The land is divided into C.21 acres planted spruce (21 years old) and the balance of the land C.11 acres comprising of mountain. The forestry appears to be excellent quality with direct access onto a shared lane way onto a public road.

**GPS: S1.887190, -9.246501**  
Access via **GPS: S1.890935, -9.252240**  
GUIDE PRICE: €165,000

Are you thinking of selling your property?



VIEWING ADVISED

### GORTANIMILL, RENANIREE, MACROOM, CO.CORK

Killian Lynch Auctioneers are pleased to offer this C.24.5 acres forestry land which is comprised of a mature spruce plantation. The forestry which has direct access onto a main public road is 20 years old and is very good quality. The property is located C.5 minutes drive southwest of Ballyvoanney village, C.20 minutes west of Macroom and C.45 minutes from Cork. **GPS: S1.906683, -9.167063**

Road opening licence applied for  
GUIDE PRICE: €120,000

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# MACROOM GIRL GUIDES



Ardilaun Guides Abby and Anna receiving their Explorer Badges on Friday 14th February



Katie Cronin representing IGG at the National Rural Youth Assembly.

### National Youth Assembly of Ireland By Katie Cronin

At the end of last year, I represented Irish Girl Guides as a guest delegate at the National Rural Youth Assembly in Dublin. Over fifty delegates aged 12-24 from various youth organisations across Ireland came together to discuss ongoing issues for young people learning, living, and working in rural Ireland. This assembly was jointly convened by the Department of Rural &

Community Development and the Department of Children, Equality, Disability, Integration and Youth. At the assembly we discussed and voted on key recommendations to bring forward to the government in hopes our voices will be heard and the necessary changes be made to better the lives of young people in rural Ireland. Along with drafting recommendations we also had the chance to make social media content for NYAI in the form of a YouTube video from the day

which is available to view on the Dept of Rural and Community Development channel.

Ardilaun Guides have had a busy few weeks finishing off a number of different badges which they were presented with at the meeting on Friday night 14th Feb.

**For further information on joining our Ladybird, Brownie, Guide or Senior Branch units please contact [macroomguides@gmail.com](mailto:macroomguides@gmail.com)**



Ardilaun Guides at their meeting on Friday 14th February 2025



Ardilaun Guides receiving their badges at their meeting on Friday 14th February 2025.



On February 4th Tidy Towns held our first monthly meeting of the year in the Hub. We discussed Grants, planned for the year ahead and Tom Creedon Park. John Lyons also spoke about his roles on Cork County Council Environment, Climate Action and Biodiversity Social Policy Committee and his selection as An Taisce Climate Ambassador. This role will involve carrying out 4 projects in 2025, two communication and two action projects, all related to addressing Climate Change. Macroom Tidy Towns AGM is taking place on Tuesday the 18th of February at 7:30 in the Castle Hotel and is open to all to attend.

Colmans Park Biodiversity Project. The focus of work in the next couple of weeks will be to complete the planting of bare-rooted trees, i.e. to plant over 200 Bare Rooted trees in Colman's Park as part of transformation of the green to Biodiversity area. Some are being planted for hedging and others for groves. These comprise 100 Hawthorn, 80 Beech, 10 Spindle, 12 Birch, 6 Crab Apples, 6 Oak, 20 Scots Pine and 4 Cherry. Tidy Towns volunteers have been busy over the last few weeks with Litter Picking, General Maintenance, Clearing Water drain near the playground, replacing some plants at the Park Bridge, kerb cleaning, tree



An Overview of the St Coleman's Park Amenity and Biodiversity Area

stump removal, putting down compost and had two robins keeping the volunteers in check one of the days. Macroom Spring Clean will take place throughout the month of April and it will be going from Coolcower Roundabout to Raleigh Cross, including all other approach roads, streets and lanes. This is an opportunity for you, your friends or family or work group to come out and assist in some way. Volunteers will be out each weekend in April why not come along and bring a pair of gloves and maybe a litter picker, will be meeting in the Square at 9:30am each Saturday morning. Children are more than welcome to attend but will have to be always accompanied by an adult. Come and Join us some Saturday Morning at 9am at our base in Masseystown. We are always open to new people joining in and helping with the work. If you have any questions, feel free to contact Lisa at 087-1434770.e

## DRIPSEY AMBUSH MEMORIAL PARADE

The Annual Memorial Parade of The Dripsey Ambush takes place on Sunday March 2, 2025 starting in Dripsey Cross at 3.00 pm Mary O'Mahony Local Historian/ Author will give the Oration.

Table Quiz sponsored by The Dripsey Ambush Memorail Committee is on Friday February 28th, February 2025 @8pm in the Weigh Inn Dripsey Cross. Proceeds will provide upkeep of the Obelisk and Ambush site in Dripsey and Gravestones at the Cork Goal (later UCC Property)



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# DE LA SALLE College Macroom



De La Salles transition year Irish students visited Inch Beach on their way to Corcha Dhuibhne for a 2 night stay in an Gealtacht

### Guest Speakers

Mr David Tyrell from Cork FET gave a presentation to 5th Year students today. It was very informative and gave students a great awareness of other options after the leaving Certificate in the Macroom campus and also the Morrison's Island campus.

Mr Patrick Hickey, @aiteachingguru, gave our teachers at De La Salle a workshop presentation after school on Wednesday 12th. Mr. Hickey's presentation gave our staff an excellent insight into the pitfalls and benefits of using AI, inside and out of the classroom. As technology develops it is important for our staff and students to be consistently up to date with how this technology can be used and the dangers associated with it. Mr. Hickey is a teacher at Boherbue Comprehensive School and was able to give an insight into how he uses Artificial Intelligence to the benefit of his students.

### De La Salle U15 Hurling vs Davis College Mallow

Last Thursday our U15 hurlers played Davis College away in the Mallow Complex. Throw in was at 10:30am. Finbarr O' Riordan opened the scoring 3 minutes into the match with a point converted from play. De La Salle opened their goal tally with a strike from play beating the keeper just past the 3-minute mark. Tadhg O Driscoll continued De La Salle's scoring with a point from the edge of the bow to extend the lead to 5. On the verge of half-time Tadhg O Driscoll and Michael Twogh scored a pair of goals to put De La Salle further ahead. The half time score was De La Salle 4-8 Davis College 0-0. De La Salle opened the half strong with a point from Dylan O'Shea. Rory O'Sullivan rifled the slitter over the bar to grow their lead. Davis College opened their scoring with a point 5 minutes from full-time. De La Salle closed the game out with an expertly crafted goal from Dan McCarthy with seconds left before the whistle. De La Salle won convincingly in the



De La Salle U 15 Hurlers who advance to the Munster PPS Quarter Final after defeating Davis College Mallow

end and now face Boherbue Comprehensive School in the Quarter Final.

### Bhí an-spraoi ag daltaí na hIdirbhliana i gCorca Dhuibhne

Last week, our Transition Years went on a trip to the Corca Dhuibhne Gaeltacht in west Kerry. The boys and their teachers Ms. McSweeney, Ms. Torpey and Mr. Keane left De La Salle shortly after the nine o'clock bell on Monday morning. The boys enjoyed a short stop at Inch Beach where some went for a swim and others played soccer, rugby and American Football. The next stop was Dingle where 2 hours of free time was given for lunch. This was followed by a very interesting visit to the Dingle Oceanworld Aquarium. Sharks, rays, otters, penguins and many types of fish were on display. The boys went to their houses, and later in the evening a very competitive game of dodgeball was played. This concluded day one of the trip. On the second day, roughly two hours of Irish was taught to the boys and after, they played a game of soccer. After, the boys ate lunch that was given by their Bean an Tís. A bus tour was the next activity which took the boys around Sleah Head and other areas. They saw the Blasket Islands, a 1200-year-old oratory, Beehive huts and Famine cottages. Then they visited the Blasket Centre, which celebrates the history of the people who lived on the islands. At around 7 o'clock the boys were brought to a Zumba class in Ballyferriter where the boys danced and sang. On Wednesday, the boys left early and headed for home. SuperValu Killarney was the final stop before the boys arrived home in Macroom town at lunch. The boys enjoyed the trip very much and thought it was very rewarding.

An tseachtain seo caite, chuaigh buachaillí na hIdirbhliana ar thuras go dtí an Ghaeltacht i gCorca Dhuibhne in iarthar Chiarraí. D'fhág na buachaillí agus a múinteoirí Ms. McSweeney, Ms. Torpey agus

Mr. Keane De La Salle go gairid tar éis a naoi a chlog maidin Dé Luain. Bhí stad gairid ag na mbuachaillí ag Trá na hInse, áit a ndeachaigh cuid acu ag snámh agus d'imir cuid eile sacar, rugbaí agus Peil Mheiriceánach. An chéad stad eile ná an Daingean, áit ar tugadh 2 uair an chloig d'am saor don lón. Ina dhiaidh sin thug siad cuairt an-spéisiúil ar Uisceadán Oceanworld an Daingin. Bhí siorcanna, roic, dobharchúnna, piongainí agus go leor cineálacha éisc ar taispeáint. Chuaigh na buachaillí go dtí a dtithe, agus níos déanaí sa tráthnóna d'imiríodh cluiche 'dodgeball' an-iomaíoch i gCeann Trá. Chríochnaigh sé seo an chéad lá den turas. Ar an dara lá, mhúineadh thart ar dhá uair an chloig Gaeilge do na buachaillí agus ina dhiaidh sin, d'imir siad cluiche sacair sa pháirc áitiúil. Ina dhiaidh sin, d'íth na buachaillí an lón a rinne siad níos luaithe ar maidin i dtithe na mná tí. Ba é turas buis an chéad ghníomhaíocht eile a thug na buachaillí timpeall Cheann Sléibhe agus áiteanna eile. Chonaic siad na Blascaodaí, aireagal 1200 bliain d'aois, botháin Beehive agus tithe beaga an Ghorta Mhóir. Ansin thug siad cuairt ar Ionad an Bhlascaoid Mhóir, áit a ndéantar ceiliúradh ar stair na ndaoine a mhair ar na hoileáin. Ag thart ar seacht a chlog tugadh na buachaillí chuig rang Zumba i mBaile an Fheirtéaraigh, áit a raibh na buachaillí ag damhsa agus ag canadh. Ar an gCéadaoin, d'ímigh na buachaillí go luath agus thug siad aghaidh ar an mbaile. Ba é SuperValu Cill Airne an stad deiridh sular tháinig na buachaillí abhaile i mbaile Mhaigh Chromtha ag am lóin. Bhain na buachaillí an-taitneamh agus tairbhe as an turas agus cheap siad go raibh sé an-sásúil. Ní dhéanfaidh siad dearmad go deo ar an tréimhse a chaith siad i nGaeltacht Corca Dhuibhne.

Le Robbie Magee agus Ben Mc Carthy.



'Is maith an t-anlann an t-ocras' De La Salle TY's enjoying their supper after a busy day in Corcha Dhuibhne.



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# MCEGAN COLLEGE

**STEM Graduation:** On 6th of February, 19 5th year girls travelled to MTU's Kerry Campus in Tralee for their STEM Passport Graduation. As a result of their hard work completing this Level 6 college module, all students received their parchment for passing the course. This also has them set on the STEM Passport pathway, where they will receive 50 points towards their application for various STEM related courses offered by MTU, as well as having links to associated organizations such as Fexco and their industry mentor whom they met with on each lab day in the RDI Hub in Killorglin. It has been a wonderful programme for the girls to be involved in, creating opportunities for females in STEM related studies and careers. Programme organizers and lecturers spoke highly of the graduating students, and offered their support to the students in their future endeavours. The students were also delighted to see Ms Rice, who led out the programme last year, and who attended to meet and congratulate the students on their achievements.

**Cross Border Innovation for a Greener Future:** Our students had an early start and a long journey to the O'Reilly Conference Centre in UCD, where they joined their peers from across the island of Ireland as part of an exciting cross-border initiative. Working in teams, they tackled the challenge of using technology in innovative ways to combat pollution and improve the water quality in our rivers, lakes and sea. It was an incredibly productive day filled with creativity, collaboration and new friendships. The journey doesn't stop here- our students will continue working with their counterparts via Zoom to develop their ideas and prototypes. Later this year, they'll have the opportunity to showcase their solution at an All-Ireland-Climate Action Summit. Thanks to Mrs Bourke for mentoring & accompanying the students. #cooperationIreland #FutureLeaders #Sustainability #Community.

**Gaeilge Word Challenge:** Students challenged themselves today to recall as much keywords as possible on the topic of "MO SCOIL" (My school). They were divided into teams of three & the winners were awarded homework off. There was some stiff but healthy competition & the students thoroughly enjoyed the practical team building exercise. English: This term Ms. Ní Laoire's class are focusing on the concept of: READING FOR PLEASURE. This ties in with the JCSP DROP EVERYTHING AND READ INITIATIVE. Students are encouraged to select books of interest to them. They then get the opportunity to read the book both during class time and at home. It is hoped that this initiative will encourage the students to read more in the future which will in turn assist their exam technique.

**National Award for McEgan LCA students:** The Leaving Cert Applied National Association present 'The Fergal Quinn National Awards' annually to those students who obtain the highest results in the Leaving Cert Applied examinations. Two students from our McEgan class of 2024 were presented with these prestigious awards in recent weeks, at a ceremony in Athlone. We are very proud of our students, Abby McCarthy of Berrings and Emily Barrett of Coppeen, recipients of these awards. Both girls were worthy recipients having worked very diligently in producing coursework of an excellent standard throughout the



McEgan 5th yr Girls receiving their STEM passport Graduation Certificates in MTU Tralee recently. Also pictured are Ms. Sarah Rice & Mr. Mark Sheehan who mentored the girls throughout the programme

two years of the programme. Congratulations to both girls and their families.

**McEgan Students Show Support for Safer Internet Day:**

McEgan College students proudly wore Webwise wristbands to mark Safer Internet Day, promoting online safety and responsible digital habits. The initiative was organised by the Leaving Certificate Applied (LCA) students under the guidance of their teacher, Mr. O'Connor. The Webwise wristbands served as a visible reminder of the importance of staying safe online, with students engaging in discussions about cyberbullying, privacy, and responsible internet use. The LCAs took the lead in raising awareness, encouraging their peers to think critically about their online presence.

This initiative is part of McEgan College's ongoing commitment to digital literacy and student well-being. By participating in Safer Internet Day, students reinforced the message that small actions—like wearing a wristband or sharing online safety tips—can make a big difference.

Well -done to the LCAs and Mr. O'Connor for leading the way in promoting a safer digital world!

**Sports News: Basketball:**

Our Junior Cycle boys Basketball teams got their season underway at home to Bishopstown. Our first year team played a fantastic 4 quarters and after a very exciting last quarter, the match ended all square. In over time, it was the fantastic Hennadi Lissovyi who was the difference and McEgan ran out 4 points winners. The second year boys were very unfortunate to be beaten by a strong Bishopstown team. The first 3 quarters were very close, Caleb Oshiafi and Josh O'Brien contributed with some excellent scores. Our boys continued to battle in the last quarter but just ended up on the wrong side of the result. Well done to all with games to continue in upcoming weeks. Meanwhile, the Girls' Junior and Minor Basketball teams recently welcomed Ashton and Bishopstown to Macroom. McEgan showed a strong effort to build on their positive display against Bandon Grammer despite a strong start and moments of skilful play, the minor team got off to a rocky start against Ashton. Fighting their way back from a strong start by Ashton it was too big of a mountain to climb for our minor girls in their first game. However, this certainly wasn't the case against Bishopstown in our second minor game with an excellent exhibition of basketball played by McEgan with outstanding performances from all involved and through hard work and determination

they beat their opponents comfortably 16-10 in their second game. Next was our juniors with their only game of the day against Bishopstown and while a great performance was put in by both sides our girls gave a great performance but just narrowly lost out in the excellent encounter. While it was a mixture of results for McEgan on the day the girls can be proud of the performance they showcased on the day. The players showed resilience and gained valuable experience. 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. McEgan's teams are determined to continue growing and developing as they move forward.

**Soccer:** Our under 19 boys soccer team have qualified for south Munster semi-final after a thrilling penalties win against Terence McSweeney. After been behind twice, we fought back with both goals excellently taken by Graham Lynch. Extra time followed where Bobby Murphy defended heroically and with Cian O'Donovan a threat on breaks. Our captain fantastic was the difference in penalties as Aaron Forde saved one and scored our fifth to seal our place in semi-final. It will be a thriller!

**Féilte Bursary For McEgan:** Our school is thrilled to have been awarded a €5,000 FÉILTE Bursary from the Teaching Council to lead an exciting project on how Artificial Intelligence (AI) can enhance teaching, learning, and assessment. This initiative involves collaboration with fellow ETB schools, St. Brogan's College, Bandon, Coláiste Ghobnathan, Ballyourney, Scoil Mhuire, Balingeary and Youthreach Macroom and is focusing on how these emerging technologies can have a meaningful purpose in education and enhancing teaching and learning. The project will explore key areas, such as how AI can enhance personalised learning, improve assessment practices, and support innovative teaching strategies. We'll be organising workshops and shared learning experiences while building a community of practice for educators across schools. This initiative is not about replacing teachers with technology, but about providing new tools to support and inspire both teachers and students. By working together, we aim to demystify AI and explore practical ways it can be integrated thoughtfully into the classroom. We're excited to begin this journey and look forward to learning and sharing as the project develops!



Pictured is Emily Barrett, who received the 'The Fergal Quinn National Awards, for achieving the highest results in the Leaving Cert Applied examinations of 2024. Also in photo is Deputy Principal Hugh Coughlan & LCA Co-ordinator Mary B Manning.



Pictured is Abby McCarthy, who received the 'The Fergal Quinn National Awards, for achieving the highest results in the Leaving Cert Applied examinations of 2024. Also in photo is Principal Trish Lynam & LCA Co-ordinator Mary B Manning.

# Winter Sale Ends 2nd March



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OPEN 7 DAYS

# Young Local Entrepreneur Jim Newell's Lifelong Dream Comes True with Opening of Macroom Dog Groomers

Macroom Pet Shop is thrilled to announce the upcoming opening of Macroom Dog Groomers by Jim Newell. This new venture, the realization of a lifelong dream for local entrepreneur Jim Newell, is located conveniently at the back of the existing pet shop in the heart of Macroom town and is now accepting bookings in anticipation of its grand opening at the end of February.

Jim Newell's passion for animals started at a young age. While attending McEgan College, he completed his work experience at Macroom Pet Shop, which led to regular Saturday and school holiday work. This experience ignited his desire to work with animals professionally. After leaving school, Jim pursued his passion at St. John's College in Cork, where he achieved a Level 5 and 6 in Animal Care, including Dog Grooming. He further honed his skills and gained valuable experience working in an established groomer in Cork City. Now, Jim is excited to bring his expertise and passion to his hometown with the launch of Macroom Dog Groomers.

"This is a dream come true for me," says Jim Newell, owner of Macroom Dog Groomers. "Ever since I worked at Macroom Pet Shop as a student, I knew I wanted to work with animals. I'm so grateful for the opportunity to bring a much-needed grooming service to the Macroom community and provide top-notch care for every dog that walks through our doors. Our convenient location alongside the pet shop makes it easy for pet owners to

get everything they need in one place." Macroom Dog Groomers is committed to providing a safe, comfortable, and stress-free environment for dogs of all breeds and sizes. Jim will use only high-quality products and the latest techniques to ensure each dog receives the best possible care. Services offered will include bathing, haircuts, nail trimming, ear cleaning, de-shedding treatments, and more.

What sets Macroom Dog Groomers apart is Jim's dedication to personalized service. He will work closely with each owner to understand their dog's specific needs and preferences, ensuring a tailored grooming experience. Whether a dog needs a simple tidy-up or a full pampering session, Macroom Dog Groomers will be equipped to handle it all.

Macroom Pet Shop has been serving the Macroom community for many years, providing a wide range of pet supplies, food, and accessories. Julie Sanders, owner of Macroom Pet Shop says that she is delighted having both businesses in the same building we can now offer a complete pet care solution.

Macroom Dog Groomers is now accepting bookings for appointments. To celebrate the upcoming opening on 25 February, they are offering a doggy goody bag for all dogs booked for grooming in the first week.

**Contact Jim Newell 0831881670**



## Cultivate: Supporting farmers in the aftermath of Storm Éowyn

Storm Éowyn has left a trail of destruction across farms in Ireland, with many farmers faced with serious damage to sheds, fencing and essential infrastructure. With the storm now behind us, the focus shifts to repairing the damage and getting farms back on track.

Speaking on behalf of Macroom Credit Union, Seamus Hogan their CEO said:

"Credit unions pride themselves on standing by our members at all times, especially when they are facing difficulties. We are here to help."

Seamus explained that the Cultivate Farm Loan provides unsecured finance up to €75,000 for a wide range of uses, including building repairs. Seamus continued:

"Farming is tough enough without setbacks like Storm Éowyn. And these challenges are becoming more frequent. Macroom Credit Union is on the ground and understands these realities. If your farm has been hit by Storm Éowyn and you need financial assistance, please contact us today. Or if you already have a Cultivate loan and you want to discuss your repayments because of damage caused by Storm Éowyn, please contact us without delay, and we will take care of you."

"We're here to support farmers"

Summing up, Seamus said: "Whether you need to repair storm-damaged sheds, replace fencing,



buy a generator or invest in farm equipment, Cultivate provides fair, affordable finance with a straightforward application process – we're here to support farmers."

### About Cultivate

Cultivate is a Collaborative Finance credit union lending initiative designed specifically for farmers, offering short to medium-term finance through local, community-focused credit unions. Farmers interested in learning more about Cultivate Loans and how they can assist with rebuilding efforts can visit [www.macroomcu.ie/cultivate-farm-loan](http://www.macroomcu.ie/cultivate-farm-loan) or contact Macroom Credit Union at 026 41689.

For further information:

**For further information, contact Seamus Hogan from Macroom Credit Union at 026 41689**



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**On The Couch Part 1**

Dripsey National School 27th February 2025 8pm


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- Colm Burke TD
- Susan Hayes Culleton

Also some refreshments and chats!!

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LECTURE BY GERRY WHITE



*Independence Museum Kilmurry*  
**Friday March 7th 2025 at 8pm**

Admission free to members, €5 for non members

# NUAcht Ó Choláiste Ghobnatan

## COMHGHAIRDEAS

Ba mhaith linn tréaslú le Coláiste MacAogáin atá tar éis sparánacht FÉILTE a fháil ón gComhairle Mhúinteoireachta. Bíonn siad ag déanamh taighde ar chonas go mbeidh Intleacht Shaorga (IS) in ann cabhrú le hoideachas. Táimid ag súil a bheith ag obair leo ar an tionscadal seo.

## COMÓRTAS MATAMAITICE NA CHÉAD BHLIANA

Bronnadh teastais ar na daltaí a ghlac páirt i gComórtas Matamaitice na Chéad Bhlíana le déanaí. Bhí an comórtas eagraithe ag Irish Mathematics Teachers' Association. Ghlac breis is 14000 dalta páirt sa chomórtas – 400 iontráil as Gaeilge san áireamh. Míle buíochas le hIníon Ní Ríordáin as é a eagrú.

## TAITHÍ OIBRE

Faoi láthair tá Muintir na hIdirbhliana ar thaithí oibre. Is deis iontach é dóibh foghlaim faoi shaol na hoibre. Ba mhaith linn buíochas a ghabháil leis na fostóirí go léir a thugann na deiseanna dóibh. Míle buíochas le Bean Uí Thuama agus Iníon Ní Chonchúir as an obair ar fad a dhéanann sí chun taithí oibre a eagrú.

## AN GABHA – FÉILE NAOMH GOBNAIT

Thug An Gabha Tom King taispeántas Gabhadóireachta Meánaoise do dhaltaí na chéad bhliana agus na hIdirbhliana le déanaí chun tús a chur ar cheiliúradh do Fhéile Naomh Gobnait. Is naomhphátrún í Naomh Gobnait d'oibreacha iarainn. Bhí an fhéile seo eagraithe ag Eibhlín Ní Lionáird, Oifigeach Pleanála Teanga.



Ghlac Daltaí Bliain a hAon páirt i gComórtas Mata le déanaí

## COMÓRTAS REAHÁOCHT TRASTÍRE

D'fhreastail daltaí ón scoil ar chomórtas trastíre i gCorcaigh cúpla seachtain ó shin. Comhghairdeas le gach duine a ghlac páirt ach go háirithe, Siobhán agus Eibhlín Ní Bhriain a chuaigh ar aghaidh chuig an gcéad bhabhta eile. Míle buíochas le Máistir D. Ó Céilleachair agus Iníon Ní Shúilleabháin a thaisteal leo. Ghlac Eibhlín agus Siobhán Ní Bhriain páirt i gCraobh Trastíre Scoileanna na Mumhan ar 14ú Feabhra. Cháiligh Eibhlín don rás uile Éireannach na scoileanna a bheidh ar siúl ar an 8ú Márta i nGaillimh!

## LÁ GHOBNATAN

Chun Lá Fhéile Ghobnait a cheiliúradh d'fhreastail daltaí ó bhliain a haon ar Aifreann.

## CISPHEIL NA GCAILÍNÍ

Bhí bua iontach ag cailíní bliain 1 agus 2 sa chispheil in aghaidh Scoil Pobail Baile an Easpaig! Bhuaigh bliain 2 an cluiche 32-28, tar éis 3 nóiméad d'am breise! Míle buíochas le Bean Uí Chuill agus Iníon Nic Íomhair a thaisteal leo.

## TRÁTH NA GCEIST MHATA/MATHS QUIZ

Beimid mar scoil óstaigh do Tráth na gCeist Mata le Cumann Múinteoirí Matamaitice na hÉireann. Tá Tráth na gCeist Pí oscailte do dhaltaí sa tríú bliain. Beidh sé ar siúl ar an 13ú Márta san Ionad Cultúrtha (in aice leis an scoile). Tá an dáta athraithe i mbliana. Is féidir le scoileanna áitiúla clárú anseo ar [www.imta.ie](http://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](http://www.imta.ie) or if schools have questions they can ring the school on 2645058. Many thanks!

## RÉAMHSCRÚDITHE

Roimh an meán téarma dhein ár ndaltaí sa séú agus tríú bliain na réamhscrúduithe – seo céim eile déanta ar a n-aistear foghlama. Míle buíochas leis na múinteoirí as na daltaí a ullmhú agus na scrúduithe a cheartú.

## GLUAIS

- Intleacht Shaorga (IS) – Artificial Intelligence (AI)
- iontráil – entries
- gabha – blacksmith
- trastíre – cross-country
- aistear – journey
- ceartú – to correct

## DÁTA DON DIALANN

- 24ú – 28ú Feabhra – Taithí Oibre

## ÁR MEÁIN SHÓISIALTA

Leanaigí ár gcuntais le haghaidh an nuacht is déanaí!

X nó Twitter: @ColGhobnatan

Facebook: Coláiste Ghobnatan @colghobnatan

Instagram: @colaiste\_ghobnatan

TikTok: @colaiste\_ghobnatan



Ghlac Eibhlín agus Siobhán Ní Bhriain páirt i gCraobh Trastíre Scoileanna na Mumhan ar 14ú Feabhra.

## IRD DUHALLOW AND ST MARY'S MACROOM

For over 30 years, IRD Duhallow has been delivering European funding programmes in the region, including six consecutive LEADER programmes, two EU Life programmes, and various other initiatives. Since 1991, a diverse range of projects has been undertaken to support the economic, social, and environmental development of the local rural area. In recent years, IRD Duhallow has also played a key role in promoting public engagement with the European Union through the Communicating Europe Programme, an initiative of the Department of Foreign Affairs. By supporting locally led projects, this programme fosters dialogue between citizens and policymakers, increasing awareness of European affairs and democracy.

As part of this initiative, IRD Duhallow secured funding to develop and deliver a series of workshops for secondary school students across the region, with Transition Years in St. Mary's

Macroom participating in one day of workshops. Guest speaker Geographer, Analyst, and Social Researcher Dr. Brendan O'Keefe ensured that the sessions provided students with a tailored learning experience. Each workshop allotted time to exploring the national, local, and regional impacts of Ireland's EU membership.

Building on these workshops, St Mary's Secondary School hosted MEP for Ireland South, Cynthia Ní Mhurchú, who gave a very informative talk on her role and experiences in Europe. In a highly interactive classroom discussion, Ms. Ní Mhurchú encouraged students to take an active interest in European affairs. Throughout what was a very engaging presentation, students gained insight into how European policies shape Ireland and their own local communities. They also learned about the educational and career opportunities that exist within the EU. Students availed of their

chance to ask thoughtful and important questions, deepening their understanding of the role of an MEP and the European Parliament's functions. The depth and quality of the questions presented by the students did not go unnoticed, and the dedication of their teacher Mr. O'Cuill and Principal Mr. McLaughlin to having their students prepared for the event was apparent. The students outlined that they had recently won in an Euroscola group and will be visiting the European Parliament in Strasbourg. Ms. Ní Mhurchú said she would be delighted to meet the girls on their visit. Given the enthusiasm and engagement demonstrated by St. Mary's students throughout the Communicating Europe project, the future of civic participation in the region is in capable hands.

# Will Back Pain Resolve Itself?

**There is an odd logic that says if you leave a back problem, eventually it should resolve on its own. Yet, once you've had a back problem, the chances of it recurring is much higher.**

A recent study<sup>1</sup> showed that when back pain is not treated, it may go away temporarily but will most likely return.

Recurrence of low back pain is very common, with more than two-thirds of individuals having a recurrence within 12 months after recovery. Factors for a recurrence include exposure to awkward posture, longer time sitting, and more than two previous episodes.

Research shows that Chiropractic treatment relieves the underlying cause of back

pain helping to avoid the need for medication or surgery. While over the counter drugs may provide temporary relief from pain and inflammation, they do so at a cost.

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

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

The spine is meant to be flexible and allow for the movement of over 20 small bones.

Trouble begins when any one of those bones move out of alignment for a sustained period of time.

These misalignments do not radiate immediate pain but slowly begin to deteriorate over time.

The goal of Chiropractic adjustments involves the optimal function of the body and the avoidance of needless pain, suffering or surgery.

*"Longterm use of painkillers isn't the answer. It's vital to find the root cause of the pain you are experiencing."*

says Dr Benjamin Martin  
of Optimal Chiropractic



**We invite you to have an initial consultation for €40 (instead of €85)**

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

**Please call 021 487 8465 to book your appointment.**

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

<sup>1</sup>[https://www.researchgate.net/publication/333793977\\_Recurrence\\_of\\_low\\_back\\_pain\\_is\\_common\\_a\\_prospective\\_inception\\_cohort\\_study](https://www.researchgate.net/publication/333793977_Recurrence_of_low_back_pain_is_common_a_prospective_inception_cohort_study)

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# The Late Donie Kearney

## Lower Bellmount, Crookstown, Co. Cork

It was the plaintive wail of the hunting horn in the bitter January arctic air that signalled the final tribute to Donie Kearney, Lower Bellmount, Crookstown; late Chairman of Mossgrove Harrier Club and renowned huntsman in his younger days.

Charismatic, yet direct and decisive, the esteem with which he was held was manifest in the huge crowd that attended his obsequies, not only from his own community but the hunting fraternity far and wide. Gifted with a powerful and melodious singing voice, his frequent rendering of the club's famed anthem, The

Mossgrove Sporting Hounds, was always a favourite call on many social occasions.

A founder member of the Irish Foot Harriers Association in 1989, and active in its' National Committee, his sage advice was much valued and frequently acted upon.

The G.A.A. too absorbed much of his youthful energies, hurling with Cloughduv; while the barrack square drill and soldiering of the F.C.A., he too enjoyed immensely. During his long working life with Howard's Mills, Crookstown and laterly Castlemore Lime Quarries, there was hardly a corner in the country he did not

frequent and in this regard, his noted competence and kind deeds will never be forgotten.

We extend our deepest sympathies to his beloved partner Mary and family, and are consoled that his strong faith stood him in good stead as he confronted serious illness.

Requiescat in pace

## POOL CHAMPIONSHIP

*Locals Davy Byrne & John Lynch succeed at European 8 Ball Pool Championship*

In Malta, the European 8 ball Pool Championships took place from 8th to 14th February 2025. The O60's team won the final against Malta 8-2 on Thursday night. The team is Martin Rothwell, The Rocker (Co Meath), Peter Austin ( Co Dublin), Davy Byrne (Coachford, Cork), Paul Dunne (Co Meath), Eddie Walsh (Mallow, Cork), AO Farrelly (Co Meath), Team Manager John Lynch (Coachford, Cork) Nicky Cahill (Co Wexford).



The winning Team



John Lynch, Manager is living in Coachford, Eddie Walsh is living in Mallow and Davy Byrne is also living in Coachford

## INDEPENDENCE MUSEUM KILMURRY

The Independence Museum Kilmurry is pleased to announce our upcoming lecture by renowned military historian , Gerry White, titled 'From Treaty to Turmoil' . "The dark clouds of civil war started to gather over Ireland after Dáil Éireann approved the Anglo Irish Treaty on 7th January 1922. However it would be five months before the war started when Free State forces shelled the IRA garrison on the Four Courts in Dublin. In this presentation , the second in his trilogy on the Civil War, Gerry White looks at that period in some detail including the positions adopted by both sides of the Treat divide and the efforts made by leaders on both sides to avoid bloodshed." With both 'Civil War' parties back in government in 2025, this lecture offers a timely and insightful look at their origins , differences and the deep



Historian and Author Gerard O'Rourke with Richard Hinchion

divisions that once defined Irish politics, while providing valuable historical context for today's political landscape. The lecture will take place in



Gerard O'Rourke with Aindrias Moynihan T.D.

the Museum's Heritage Room on Friday March 07th at 8pm. Admission is free to members and €5 for non-members.

## AGHABULLOGUE COACHFORD RYLANE COMMUNITY COUNCIL ELECTION 2025

**The Community Council's aims are to:**

- Promote the social, economic, cultural and environmental welfare of the area.
- Develop a spirit of community, neighbourliness and self-reliance, and foster a sense of responsibility for the current and future needs of the community.

Our Community Council consists of 17 members democratically elected by the community. Additional Members may be co-opted to represent specific requirements of the community.

Every resident of 18 years and upwards is entitled to nominate, be nominated and vote in the election.

Please do get involved in nominating (the deadline is Saturday 1 March 2025), consider running for election yourself, and certainly do vote for those standing for election in your area (Aghabullogue, Coachford or Rylane) on Sunday 9 March 2025. It's for your benefit, that of your family, for future generations, and it is very important to have your say.

NOTE – An Information Leaflet and Nomination Forms are available at Cremins Shop, Aghabullogue – Coachford Post Office – Crowley's Shop/Post Office, Rylane. They can be viewed/downloaded at [www.facebook.com/acrcommunitycouncil](http://www.facebook.com/acrcommunitycouncil); or email us for copies at [acrcommunitycouncil@gmail.com](mailto:acrcommunitycouncil@gmail.com) or contact any Community Council member.



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**25 - 30 MAY 2025**



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Please contact Lee Valley Enterprise Board for your Entry  
Form & include some details about your organisation,  
what inspired your float, or any information that would be  
of interest to the Grand Marshall & for those attending.

St Patrick's Day Festival Committee  
(A Subcommittee of Lee Valley Enterprise Board)  
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# ST MARY'S NEWS



St Mary's students who have taken part in the BT Young Scientist from 2023, 2024 and 2025 pictured with Ms O'Keefe and Ms Foley



St Mary's Student Council members and Ms O'Donoghue for the 2024/2025 academic year.

## St Mary's Student Council 2024/25

The following have been elected as St Mary's student council for the year 2024/2025. Back (L-R) Ms Arlene O'Donoghue, Romy Murphy, Pia El Asmar, Szonja Mora, Lillie Chambers, Ellie Buckley, Aisling Twomey, Annie O'Brien and Niamh O'Riordan. Front (L-R) Laura Moore, Grace Mehigan, Farrah Deasy, Georgia Froggatt, Mary Lane, Una Cummins, Katie White and Siobhán Grainger. The Student Council plays a vital role in fostering a positive school environment by giving students a voice in shaping their school experience. It empowers students to participate in decision-making, represent their peers, and collaborate with school staff on projects and policies that enhance the school community. The council promotes leadership, teamwork, and communication skills, all of which are valuable life experiences. Our Student Council Liaison teacher, Ms. O'Donoghue, is looking forward to working with the student council. She is excited to see the initiatives and ideas they will bring to the table and how they will positively impact the school this year.

## Junior B Munster Football Final

"In an exciting and action-packed contest, St Mary's and Coláiste Dún Iascaigh faced off in the eagerly anticipated Munster Final at Páirc Uí Chaoimh on January the 28th, with both teams hungry for success. Matches like these always bring out the best in players, and this one was no exception. From the very first whistle, both teams showed tremendous heart and determination. St Mary's initially struggled to find their flow, but once they did they were very difficult to stop. After a challenging first half, St Mary's held the upper hand heading into the second half. An encouraging halftime talk from the St Mary's trainers saw the team return to the pitch with a renewed focus and drive. However, Coláiste Dún Iascaigh were not ready to give up and pushed St Mary's to their limits throughout

the second half. Despite the pressure, St Mary's junior team stood firm, showcasing excellent teamwork and great talent across the pitch. Their hard work paid off and with full time and a final score of 2-7 to 7-8 the St Mary's Junior team secured the win. A huge well done to each girl on the team and every trainer involved. Best of luck to the team in the upcoming Junior B All Ireland Semi Final!" Report by Éabha Ní Chonaola

## Cross Country Athletics

On January 30th, a group of students travelled to Tramore Valley Park to take part in the South Munster Schools Cross Country Competition. Abby McCarthy, Rachel Neville, and Ali Murphy who ran in the Minor race. Avril Casey, Anna Healy, and Katie Murray who participated in the Junior race. Sarah Neville and Emilia Twomey who ran in the Intermediate race. Saoirse Twomey, Rebecca O'Neill, Fern Mullane, and Emily Cronin who competed in the Senior Girls race. Each athlete tackled a challenging, muddy course but fought hard and finished strongly in their respective races. We ended the day with great results! The top 15 individuals and top 4 teams in each race qualified for the Munster Schools Cross Country Championships which will be taking place on Friday the 14th of February. Minor girls: Rachel Neville, 6th place and won a medal! Junior girls: Katie Murray, 7th place! Senior Girls: 2nd place team! (Saoirse Twomey, Emily Cronin, Rebecca O'Neill and Fern Mullane). Saoirse Twomey, 1st place, South Munster Schools Cross-country Senior Girls Champion!!! Rachel Neville, Katie Murray and our Senior team will all progress to the Munster Championships.

## Senior Camogie

Our senior camogie team had a mighty win in tough conditions Saturday February 1st against Scoil Mhuire Community School Clane, Co. Kildare in the All Ireland Semi Final. Captained by Grace Kelleher, the girls now

progress to the All Ireland Final which will be held Saturday February 15th in Drumree GAA Pitch, Co. Meath. Best of luck to the girls and their management team, Liam Slattery, Ms McSweeney and Ms Lehane.

## BT Best School Celebration

On Friday the 31st of January Ms Foley and Ms O'Keefe held a celebration for our BT Young Scientists over the last 3 years. Trish cooked up a barbecue of burgers and hotdogs for the girls, which was followed by ice cream and cake. St Mary's has had 67 girls represent the school at the BT Young Scientist over the last 3 years and have won a number of awards during this time also. It was a lovely way to celebrate winning the Best School in the Republic of Ireland 2025.

## BTYSTE Projects 2025:

The 13th project that we had representing us at the BT Young Scientist this year was by Kayla Casey and Leah Lawlor with their project titled "Should Children Under 12 Be Banned From Owning Smartphones?". The last of our projects was by Clodagh Murray, Katie Purcell & Shauna O'Sullivan with their project "An Investigation into the Impact of Hospital Overcrowding on Patients and Healthcare Providers".

## TY Activities:

### Sign Language

"On the 11th of February Richie O'Mahony came to our TY Students to teach them Sign Language basics. The girls found this very interesting. During his talk he spoke about his life growing up with deaf parents and the struggles that came with it. He taught the girls how to sign the alphabet and various basic questions such as "How are you?", "Where are you from?" and "What is your name?". We would like to thank Richie for being so giving of his time. We really enjoyed this workshop." Report by Taylor Casey, TY Promo Team



Kayla Casey, Ms O'Keefe and Leah Lawlor at the BT Young Scientist in January.



St Mary's senior camogie team who won the All Ireland Final Saturday February 15th. Pictured with their management Liam Slattery, Ms McSweeney and Ms Lehane

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• **February 21st** Bingo Night in the Castle Hotel at 8pm 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. Looking

forward to seeing ye all on the night.  
 • **March 2nd** Canovee GAA Bumble Bees (U6's) are back training on Sunday the 2nd of March from 10am to 11am in Cloughduv GAA hall and back to the riverside training pitch from April 6th. New U6 members will receive a FREE Canovee training top. All children must be registered with Foireann.ie before starting training.  
 • **March** Gaelic4Mothers - Quarry Blues Ladies football will begin training again in Kilmurry and Canovee GAA pitches alternately, Wednesday evenings from 8pm to 9pm. New member welcome,

register in February begin training in March. Contact Michelle on 0877672080 or Maura 0879860252.  
 • **6th March** Macroom Flower Club next meeting is a Gardening Talk and Presentation which will take place at in Coolcower House at 8.00p.m. Guest Speaker Klaus Laitenberger topic "Grow your own Food" annual membership accepted and visitors most welcome.  
 • **4th April** Cloughduv Camogie Club Fundraiser Quiz Night @ 7:30pm in Hickeys Bar, Aherla

ST VALS FOOTBALL CLUB

*Celebrate their 30th anniversary in style*

On St. Valentine's night last, St. Val's Ladies Football club, celebrated their 30 Year Anniversary in Talbot Hotel (Oriel House Hotel) in Ballincollig. Club members, both past and present gathered to celebrate their wonderful club which was formed on St. Valentine's night 1995. The evening was hosted by Lorraine Murphy and Ross Browne from Cork's 96FM, who kept everyone entertained and also launched the club's commemorative book, St. Val's Ladies Football Club: A Journey Through Time 1995 - 2025.

Club chairperson Liam Lonergan, welcomed everyone and congratulated the 2024 teams on their achievements, including victories in U13e1 (U12) Mid Cork, U13 Summer League Plate, U14 A Mid Cork and County, U21 B County, Division 2A League, and Division 1 League. Acknowledged on the night were the U12 1995 team who in winning the County A title, captured the clubs first victory, as well as the 1999 Junior team who won the Junior B County, the club's first adult win and the 2013 Senior team who won St. Val's first Senior A

County title. The commemorative book, which is now available for purchase, is a beautiful collection of photographs, newspaper articles, and stories that captures the essence of the club's journey. It's a must-have for any current or former St. Val's members, or sports fans in general. To order a copy, contact Áine at 0877738363 or any club member.



St Vals 30th Anniversary and Book Launch committee: Liam Lonergan, Ann Barrett, Margaret Buckley, Julie Keane, Christine Kelleher, Miriam Barrett, Donal Daley, (Ross Brown & Lorraine Murphy 96FM) Pat O'Leary, Michael Shine, Emma Hartnett, Michael Moynihan and Aine Coote. Pic. Peter Scanlan



Liam Lonergan presenting a bouquet of flowers to Marion Crowley at the St Vals 30th Anniversary and Book Launch. Pic Peter Scanlan



Jim Murphy, Aine Coote and Michael White



Tina Browne, Noreen Ring and Michael John O'Mahony



Pat O'Leary Chairman of the Book Committee, presenting a bouquet of flowers to Aine Coote



Anne Healy, Denis Healy, Annmarie Buckley and Ellen Buckley



Michael Shine, Linda Byrne, Keira Hughes and Aoife Barry-Murphy



Liam Lonergan, Michael Moynihan, Michael Shine, Pat O'Leary, William Barrett, Donal Daley and Julie Keane. (Seated) Margaret Buckley, Ann Barrett, Aine Coote, Christine Kelleher and Emma Barrett

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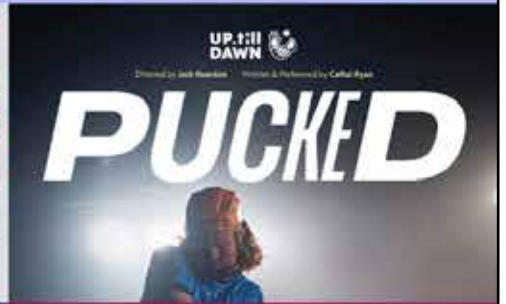
LIVE MUSIC | MEADHBH WALSH  
SAT 15TH FEB 7.30PM



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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## CANOVEE NS

Canovee National School is in the midst of an exciting and activity-filled term!

Junior Infants have been hard at work perfecting their handwriting and reading skills, while Senior Infants wowed everyone with a fantastic performance of Cochailín Dearg (Little Red Riding Hood) at a recent assembly.

1st and 2nd class students got a glimpse into their futures through an exciting AI project, where they

envisioned themselves in their dream careers. From doctors and vets to bat biologists and GAA players, the children loved seeing their potential come to life through technology.

Third and Fourth Classes showcased their creativity by making beautiful St. Brigid's crosses. They have also been enjoying line dancing lessons and putting their new moves to the test. Additionally, 4th class has started swimming

lessons, which have been a big hit.

Meanwhile, 6th class boys and girls are taking part in the FAI Soccer Tournament in Ballincollig, representing the school with enthusiasm and skill. As we approach the well-earned mid-term break, students and staff alike are looking forward to a refreshing two-day break before returning re-energised on Monday, February 24th.



Canovee students got a glimpse into their futures with an exciting AI project, imagining themselves in their dream careers. From doctors, Vets, Bat Biologists and plenty of GAA players, the children loved seeing their potential come to life through technology.



Senior infants in Canovee School performing Cochailín Dearg



Valentine Fun in Seomra Elaine at Canovee School



## RUSHEEN NS

### School Bingo Night:

Rusheen N.S. Parent's Association and students are excited about their upcoming Bingo Fundraiser which takes place on Thursday night, 27th February, in Aghinagh GAA Hall at 8.00 pm. This enjoyable yearly event is 10 rounds of bingo, with each round including a full house prize of €50 and a full line prize of €20. There will also be a jackpot round for €150! It has proven to be a very popular and well-attended event over the years and a great night is expected again this year. Raffle and refreshments are also available on the night.



Rusheen N.S. pupils with their St. Brigid Crosses.



School Bingo Night



Canovee students got a glimpse into their futures with an exciting AI project, imagining themselves in their dream careers. From doctors, Vets, Bat Biologists and plenty of GAA players, the children loved seeing their potential come to life through technology.



Muinefliuch school, February was a busy time as the classes made St. Brigid's day crosses

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## BALLYVONGANE NS

The past few weeks have been full of activity at Ballyvongane NS. We recently marked Chinese New Year, with students enjoying the chance to learn about its traditions and create festive decorations, as well as creating a big Chinese Dragon! In the Senior Room, students have been working on a project about Italy, exploring its culture, geography, and famous landmarks. They have done lots of learning in Gaeilge on the theme of the Réamhaisnéis na hAimsire. Reading has also been a focus, with the purchase of new Graded Readers, which are already helping to support students at different reading levels.

Spending time outdoors is a big part of our school day. Our Friday Gardening Club is giving students hands-on experience in caring for plants, while a recent walk to our School Wood gave us the chance to spot frogspawn and talk about the changing seasons. We have also purchased an outdoor

Obstacle Course, which is giving everyone the opportunity to develop balance and coordination while having fun at break time.

The Student Council is always busy gathering ideas, and they are organising a Bring Your Pet to School Morning, which everyone is looking forward to. In the Junior Room, play-based learning has been in full swing, with recent themes including 'The Vet' and 'School'.

We are looking ahead to welcoming Martina for Speech and Drama, which will be a great chance for students to build confidence and try something new.

We are currently enrolling children for September 2025. For more information, please contact the school at 02648188 or [ballyvonganens@gmail.com](mailto:ballyvonganens@gmail.com). You can follow the school on Facebook to see photos and videos of our activities



Ag foghlaim trí spraoi



No fear of hard work at Ballyvongane NS



Students at Ballyvongane NS busy at work in the Garden



Students from Ballyvongane NS off to explore their local Woods

## MUINEFLIUCH NS



February was a busy time as the classes made St. Brigid's day crosses and learned all about her cloak. The children also enjoyed participating in the creative february project for St Brigid with some beautiful artwork on display.





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Front Row L to R: Reital Walsh, Molly O'Callaghan, Shona O'Callaghan, Ruby Prendeville, Grace Kelleher Captain, Sarah Kelleher, Shauna Keane, Orta O'Brien, Rachel Murphy and Aisling Twomey.

**OPENING HOURS: 8.30AM-6.15PM MONDAY TO FRIDAY SATURDAY 9AM-6PM**



## NUAIGHT UIBH LAOIRE

### Gobnait an Ceoldráma

Bhí an ceoldráma ar stáidse ar feadh dhá deireadh seachtaine (le dáta breise fógraithe san Opera House i gCorcaigh ar 8ú Márta) agus do líon an lucht féachana an tig gach oíche. Tá árd mholadh tuille ag gach duine a bhí páirteach sa dráma: na scríobhnoirí, stiúrthóirí, na haisteoirí, na ceoltóirí, na daoine a cabhraigh taobh thiar den stáidse, ag an doras agus amuigh ag stiúrú tráchta. Éacht mór a bhí ann agus is cinnte go raibh cómhobriú mór ag teastáil chun seo den caighdeán seo a léiriú comh maith is a dheineadar é. Scéal Ghobnait Naofa a bhí ann, pátrún Iarthar Mhúscraí agus Baile Mhúirne ach go háirithe. Ar conas mar a tháinig sí go Múscraí, áit ina bhfaca sí na fianna bána. Ar na deachrachaí a bhí aici, go háirithe leis an diabhal sin, an Gadaí Dubh. Beachadóir agus gabha a bhí inti dar leis na scealta sa bhéaloideas Na scéalta atá cloiste againn

ón gclabhán. Casadh úr, nua ar an scéal é a fheiscint ar stáidse le ceol agus amhráin nua cumtha agus úsáid maith, drámatúil bainte as soilsí, dorchadas, ceó bréige agus rinne. Muna bhfuil se feicthe agat fós, is fiú iarracht ticéad a fháil don léiriú i gCorcaigh sula bhfuil siad imithe. For anybody who has missed the musical on stage in Ballingearry, or if you would like to see it again, tickets can be booked at the Cork Opera House Website for Saturday, the 8th of March next.

### Coffee Morning and Clothes Sale

Ladies, a morning and afternoon of enjoyment on the way. In Cronin's Cafe, Gougane Barra. Pre loved beautiful clothes in good condition for sale at a good price. Stroll about among the bargains, while you sip your coffee. Saturday March 22nd, 11am to 4pm. All proceeds go to ARC Bantry, (Cancer Support House). ARC is a free support service for those with cancer,

giving free information, counselling, therapies etc. Please support.

### Inchigeela Hall

Dancing to Muriel and Fran on 2nd of March. Bingo on Friday nights and cards on Sunday nights.

### The Mating Season

Look out for the arrival of the Ahakeera Dramatic group on Saturday March 1st in The Hall, Inchigeela. They are again on their "world tour" and staging a comedy called "The Mating Season" by Sam Cree, the story of a widower who wishes to re marry but there is a big problem: his family are in the way. If only he could make matches for his sons, his old uncle Fred and his housekeeper! The group have always given us great plays and wonderful performances in the past and reports are good about this play as well. So, Please Support. This is an event supporting Inchigeela National School.

### 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 this Sunday night Feb 23 at 8pm. Doors open 7.30pm

You can book your ticket on line [www.eventbrite.com](http://www.eventbrite.com). Tickets will also be available locally, or at the door. Guaranteed to be a great night

**CLOYNE DIOCESAN PILGRIMAGE TO KNOCK:** On Sunday May 11. Bus leaving Ballyvourney at 7am and stopping in Clondrohid, Macroom, Carriganima, and Millstreet. For bookings contact Noel Lynch 0862202452.

**PILGRIMAGES TO MEDUGORJE:** May 14 to May 21, June 25 to July 2, September 10 to September 17. Ex Cork with Aer Lingus.

Contact Tom Dennehy 087 6468658 for more info

**GRANT SCHEME:** An annual grant scheme for community groups and not for profit non governmental organisations around the country for heritage projects. For more info contact Ceire at [ceire.sadlier@iecon.ie](mailto:ceire.sadlier@iecon.ie) or 086 8923336.

**SINGING IN THE TAVERN:** This lovely sing a long group or tell a story group meet every second Monday night in The Tavern from 9pm. The next session is Monday Feb 24. They would love to see you there.

**CART FUNDRAISER:** All roads lead to the Pub Carriganima for a night with the stars on Saturday

## CLONDROHID NEWS



Enjoying the Ireland game at The Tavern Clondrohid Dan O'Riordan Muireann Kelleher & Con Kelleher

night Mar 1, Commencing at 9.30 pm sharp Music song and dance with Tim Joe and Ann, with guests Peter Lane, Sheila Fitzgerald, Sheila Heery, Rosie Adair, Peggy Lynch, Peadar O'Donovan, Barry O'Halloran, Eoghan Kelleher, and more.

All proceeds to the CART Bus, that brilliant service available to us all. Your support on the night will be appreciated. For any more info contact 086 8231003

**CLONDROHID PARISH ACTIVE RETIRED:** Members have been registered, new members have joined for the new year 2025, so its all systems go. Members have been given the programme of events for the next couple of months, they will also receive text messages every week re events. Hope everyone has an enjoyable time taking part. Thanks to all committee members who work away quietly in the background, and to all members who help out at

every event. Its just one big family.

**SCORAIOCHT STORY TELLING ETC IN LAINE BAR BALLINAGREE:** The next session is Wednesday night Feb 26. Everyone welcome, great night assured.

**ST. MARY'S SECONDARY SCHOOL MACROOM:** Heartiest congrats to their senior camogie team who defeated St. Conors College Derry in Drumree Co. Meath in the All Ireland Final last Saturday Feb 15. Great achievement, well done to all from the parish who played or were on the panel

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

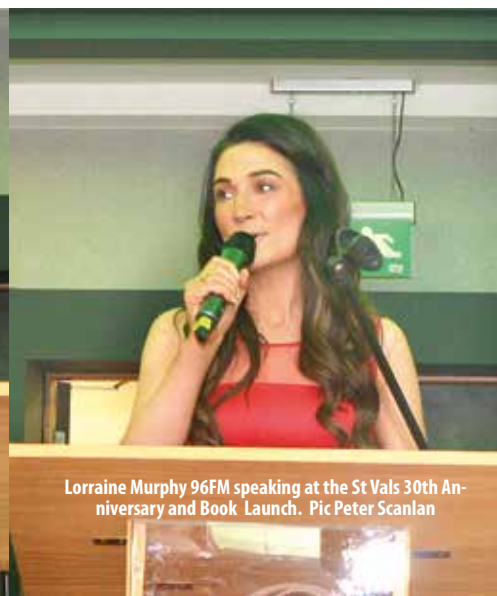
**LOTTO:** Results for Feb 12, Jackpot €2,000. €70 Tom & Gill Lucey Lisacreasig, €20 Martin & Catherine Lehan Carriganima, Jackie Spillane Moulnahorna, Heather Adair Bawnmore, Saoirse & Callum O' Brien Coolnadane.



Aine Coota presenting a bouquet of flowers to Lorraine Murphy 96FM at the St Vals 30th Anniversary and Book Launch. Pic Peter Scanlan



Aine Coota speaking at the St Vals 30th Anniversary and Book Launch. Pic Peter Scanlan



Lorraine Murphy 96FM speaking at the St Vals 30th Anniversary and Book Launch. Pic Peter Scanlan

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# DROMLEIGH NS

The Green Schools Committee from Dromleigh N.S. continue to work hard on the theme of 'Global Citizenship – Litter and Waste'. As part of this work students from all classes were delighted to take part in a most engaging and interactive workshop based upon Energy and Climate Change on February 6th, delivered by the SEAI. Dromleigh N.S. will host their open day for new entrants on February 28th from 9am to 3pm. Come along to view our facilities and to meet our staff. P12DY26. Contact the school on 026-46212, office@dromleighns.ie or find us on Facebook 'Dromleigh N.S Kilmichael' Follow us on Facebook 'Dromleigh N.S Kilmichael' or online www.dromleighns.ie



Senior pupils from Dromleigh N.S. enjoying a workshop on Energy and Climate Change hosted by the Sustainable Energy Authority of Ireland



Some of the Junior pupils from Dromleigh N.S. proudly displaying their St Brigid's crosses recently.



Some recent recipients of the 'Random Acts of Kindness' Awards from Dromleigh N.S.



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Daltaí Scoil Chúil Aodha - Barr d'Inse ar stáitse i mbun an cheoldráma nua-scríte, Díoltas na Sí.

Bhí obair mhór ar bun ó mhí na Samhna ar aghaidh le hullmhú dár gceoldráma uile-scoile a reachtáladh le déanaí. Bhí oíche dhraiochtúil againn in Áras Éamon Mac Suibhne i gCúil Aodha nuair a cuireadh an dráma nua-scríte Díoltas na Sí ar stáitse don chéad uair. Bhí aisteoireacht

den scoth, ceol, rince, amhráin, agus taispeántas gleacaíochta mar chuid den dráma agus chuir na daltaí croí agus anam isteach ann. Tréaslaimid leo go léir agus le gach éinne a chabhraigh chun an taispeántas a ullmhú don stáitse. Reachtáladh Féile Fichille i gCúil Aodha le déanaí

agus ghlac daltaí os na ranganna sinsireacha páirt ann. Chuireamar fáilte roimh thrí scoil eile ar an lá agus bhí an-lá ag gach éinne le hardchaidheán imeartha le feiscint ós na daltaí go léir. Táimid ag súil lena gcuid scileanna a fheiscint ag dul ó neart go neart amach anseo.



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Students from Scoil Réidh na nDorí making delicious smoothies.



Students from Scoil Réidh na nDorí working on various science experiments recently.



The Rapid Response team recently visited Scoil Réidh na nDorí to talk to the students and show them some things.



wonderful trip by students from Scoil Réidh na nDorí to the Toy Soldier Factory.

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# "The English Channel is the Mount Everest of channel swimming"

## Man against nature



Robben Island  
Crossing May 2023.  
Return Journey -  
Table Mountain in  
background

Lake IJsselmeer Aug  
2023. 22km  
@ 5.25 hrs

Ice bath session. 1  
degree Celsius!

"Open water swimming is one of the most dangerous and unheralded endurance sports in the world taking the body to the edge in conditions that some describe as madness.

Among the obstacles are sharks, poisonous jellyfish, violent seas, hypothermia and physical agony beyond comprehension. Swimmers brave the planet's coldest waters for sometimes up to 20 hours. Their only armour is goggles, a swim cap and speedos."

### The beginning...Aug 2021 (Age 63 yrs)

"Harry you have to feel the water ..... Try to feel it in your fingers and hands, as if you were shaping it"... At my age, honestly it felt ridiculous to start with this sort of malarkey ..... However, encouraged by my coach, I joined a group of men and women half my age, and got to work. Culminating in 130km around the island of Mauritius in relay over 3 days, we swam daily from 0600-1800 (sharks tend to feed at night). We fought jellyfish, rocks, coral, vicious currents, huge swells and waves, but we survived, formed solid friendships and were all the better for it.

Four of our number then shook hands on Swimming the English Channel. There are only 12 approved boats and the waiting list is 2/3 years.

### The Preparation (over 24 months)

#### Robben Island (Capetown) May '23 & '24

The iconic prison Island swim in 14c waters and an unexpected record as the oldest fastest (5.25 hrs) swimmer to achieve the double (15km) & a trophy for outstanding services to open water swimming. Nelson Mandela and my father Fergie's favourite poem kept me going :

"It matters not how straight the gate  
How charged with punishments the scroll  
I am the Master of my Fate  
I am the Captain of my soul!"

#### Lake IJsselmeer (Amsterdam) Aug '23

Largest inland lake in Western Europe @22km, in 8.25hrs.

Swimming, at the risk of over simplifying, is principally about two elements: Propulsion (as much as possible) and Drag (as little as possible). In freshwater your body sinks more and therefore you have more to pull through the water.

#### Cork Distance Week (Kinsale, Ireland) in July '23 & '24

Hosted by the legendary Ned Denison & AKA 'Torture Week'.....by invitation only. As a relative beginner I felt a touch of imposter syndrome.

#### 1st Channel attempt - July '23

Storms throughout July and into my swim week in August, made it impossible for boats to leave the

harbour. My son Jack sent some memorable words of encouragement:

"Dad ....Maybe you will swim next week or maybe this week. Whatever the case, perseverance and a strong mind will get you through and you've got both in abundance. Go make history you crazy bastard. Be one of the 'few to few' among the 'many too many !" Frustratingly, my channel attempt for 2023 was aborted.

### September 2023 - "Back to the Beginning"

Despite two internationally recognised endurance swims to my name, I was now back to the beginning, which felt a bit like .....drawing Community Chest in Monopoly. Another year of Training, Technique Improvement, just plain 'buggering on', 'Do not pass Go and no £200'!

Swimming is considered x 4 to the road run. Hence a swimming marathon distance is 10km to a running marathon of 42 km. The Channel is like running 168 km in one go. They say that the mental challenge is as big as the physical.

### Nutrition, training, sleep & jellyfish

Burning between 4-5,000 calories per day, Nutrition & Sleep are vital, along with weight increase to combat the cold.

Km after Km after Km, long slow open water swims(15 - 25km) and short hard interval training (5-6km) in the pool often twice a day. New masochistic self imposed exercises: breath holding - 5.30 mins personal best (never attempt on your own) and hanging to exhaustion from grab bars. Push to the point where muscles and lungs are screaming and begging for relief and then ask the mind to step in and take over. Massages and yoga to recover. Morning starts @ 0430, cold showers and cold water plunges in the Ice Freezer.

A large Box jellyfish contains enough poison to kill an adult in 4 minutes. Attacking the heart, respiratory and lymphatic systems. One morning I got belted by one 2km offshore and paid the price, anaphylactic shock and hospitalisation.

Training requires peaks (of distance and speed) and troughs (ticking over and recovery) building to my peak of 55 km / week.

### Channel tides & Dover straits

The Channel is one of the busiest shipping lanes in the world, with approx. 400 ships per day. Every 6 hours the tide moves 56,000 cubic Km of water through the narrow Dover straights. Producing the infamous channel currents.

**2nd EC Attempt 28th July 2024 - Samphire Hoe (0415 hrs).....**

Pilot and Coach advanced my slot this year to Sunday 28th July, one hr before high tide at 0430 hrs.

Four men on 'Pathfinder' : Skipper Eric & his no 2, Keith the official independent observer and my Coach Derrick Frazer. All here at this ungodly hour for my benefit along with +200 people following on the channel tracker..... 2 yrs of training almost every day; around 2000 km in swims, my aborted year in 2023 and so here we are - no pressure.

In the water, damn the cold, swim to beach, fiddle with goggles, no leaks no fogging for next 14 hrs please. Clear the water line, turn, wave, foghorn blast to acknowledge. A final stretch, shut my eyes, breath slowly and deeply and steady the mind.

"100 % commitment before you hit the water, from the first stroke simply believe you are already halfway to France"

### Pathfinder & feeding

I swim into the boat's spotlight and off we go. Breath, stroke, glide, catch, pull, push, recover, repeat ..... goggles fit fine; stroke regular; water probably about 16c, Swim for an hour to dawn & 'first feed'!

Endurance swim feeding, is in a water bottle attached to a rope with carbohydrate powder mix and (for me) diluted with warm Roibos tea and honey. Sports caffeine gels & peaches. And an Ibuprofen every 4 hours (prevention not cure). Feeds generally every 30mins. Essential to keep feed time to an absolute minimum. Grab your bottle, flip onto your back, stay horizontal, open your throat and simply 'neck it'. 10-15 secs max. Slow feeds can accumulate to be the difference between success and failure.

### Derrick Frazer

Calm, knowledgeable and supportive. After two hours we were moving smoothly and I was 'in the zone'. Long, strong, pull, push, recover, breath steady, head down, bum up.....

### The Headmaster

The independent observer Keith, dubbed 'the Headmaster' of the boat, steps out of the cabin and peers at me through his glasses, over his clipboard. His job to document the whole swim and ensure rules and regulations are followed. He counts stroke rate per minute ("SPM") and would be commenting to Derrick if it had slipped. His analysis tells them if I am tiring and whether or not to pull me out. My deepest fear was Derrick calling me in to declare that I was not making headway and we had to abort.

### Headmaster's notes extracts .....

"0730 hrs- feed. Liquid plus solid feed. Ibuprofen tablet in peach pieces provided via plastic drink container with large neck. Tablet spat out by Harry -



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MARK SPILLANE

thought it was a nut ! Derrick confirms " will give with next feed - don't spit it out next time !" Harry smiling as he sets off again.

0815 - Feed. Derrick confirms SPM down to 54. Harry acknowledges. SPM increased after feed- now back at 58.

1115 hrs- Harry continues to make good progress across the channel. Caps Blanc Nez & Gris Nez estimated 10 & 12 miles to starboard. Ebb tide increasing and taking us back down the Channel. Current speed over seabed is 2.2 kts.

1230 hrs - Feed. Derrick asking Harry to keep pace up 'Give me 5 minute speed bursts before & after each feed ' Harry nods acknowledgement as he starts swimming.

1400 hrs - Feed. Derrick confirms 'Nice position - keep pushing - all looking good - keep it up.' Excellent 15 sec feed again.

My longest swim to date was 25km @ 9.5 hrs, now in unchartered territory @ +10 hrs. Felt good, steady and strong, not affected by the water temp and unaware of currents. Some prehistoric looking jellyfish seemed far too close for comfort, but fortunately I only got belted once close to the end.

Dover to Cap Gris Nez is directly south east, My mid point time at the turn (I subsequently discovered) was 6hrs 5min. I now needed to swim like hell to get across the current before it swept me south past the Cap. Little did I know, that was over 7 hrs away.

**More Notes.....**

14.40 hrs- Weather fine, wind increased - Harry making good progress - Wissant to port and Cap Gris-Nez 2½ miles off starboard.

16.10 hrs- Getting close now. Cap Gris-Nez is +1 mile to port - but flood tide has started to flow and will quickly take us back up the coast, past Cap Gris-Nez. Now the hard work starts - Harry has got to get across the tide and close in as possible so that he can land east of Cap Gris-Nez.

1620- Feed. Derrick 'You are reeling it in! Excellent feeding job!' ..... and swimming again."

-----I think this article could be cut here and continued next edition-----

**Poetry**

It passes the time whilst swimming: Noel Coward, Rudyard Kipling, Banjo Patterson, Wilfred Owen and more, all had their immortal words recited into the murky depths of the Dover Straits. And for some reason I simply could not shake off the hymn: "For those in Peril on the Sea" .....

Eternal Father strong to save,  
Whose arm has bound the restless wave  
Who bids the mighty ocean deep,  
It's own appointed limits keep  
O hear us when we cry to Thee,  
For those in Peril on the sea

**"The business end of the swim"**

They say the English Channel starts at 25km, "the business end of the swim". After 12 hours constant

swimming: 'Dig deep, trust in your training, increase the pace, don't back off.'

Lighthouse in sight ! head down and swim to next feed ..... lighthouse disappeared.... Was I hallucinating ? Quite possibly after 12 hours in the water. Didn't dare ask Derrick in case he pulled me out for insanity. Head down Sutherland and get on with it! 30 minutes later the lighthouse was there again, maybe not hallucinating? Derrick was pumping the air and telling me to go for it..... time ticked on.... The final battle.... Just dig in & where the hell is Rudyard Kipling when you need him ?:

"If you can force your heart and nerve and sinew,  
to serve their turn long after they are gone;  
and so hold on when there is nothing in you,  
Except the will which says to you Hold on!"  
And suddenly the sand is under my knees, I swim and wade and swim again and walk out of the water quite comfortably in the end to a huge waiting ..... Nothingness. No one at all, just a humble sandy beach with a few pebbles, one of which I collect as a memento. Raising my arm in mock gladiator salute, lie down on the sand, stare at the enormity of the sky and try to take it all in.

For the moment, I am the oldest British male under Channel Swimming Association rules to do this.

Better (as my father Fergie would say) "a lion for the day than a lamb for the rest of your life"!

Harry Sutherland,  
August 2024



Nando's Open water - silver medal 2023

Robben Island 2024. (Breathtakingly calm but brutally cold towards Robben Island)

*The Poets Corner*

*They lived by light, by tide and tree,  
Where the Gearagh wove its silver maze,  
A hundred islands, roots sunk deep,  
In misty dawns and golden haze.*

*Their homes were thatched with rush and reed,  
The walls of wattle, strong yet slight.  
By fire and flood, by moon and seed,  
They shaped their days, they walked in light.*

*The oaks stood thick, their branches strong,  
A tangled world of green and sky.  
They knew each current, each secret pool,  
Where fish ran swift and wild geese cried.*

*The river's breath, a voice of warning,  
Would rise and fall, but never stay.  
They moved with it, not against it,  
Their law was water, wind, and clay.*

*The Sun People*

*Their hands knew timber, net, and oar,  
The clay of banks, the hush of reeds.  
They pulled their living from the flood,  
Soft-footed ghosts in water's weave.*

*Seasons turned in quiet cycles,  
The river's gift, the sun's decree.  
Their children learned the whispered signs,  
The way of land, the way of free.*

*But men with ledgers, men with plans,  
Came walking in with measured pace.  
They spoke of power, of light for all,  
Yet darkness stole this sacred place.*

*They marked the land in ink and line,  
Drove stakes through earth, set schemes in stone.  
The water rose, the trees went under,  
The boat-paths drowned, the hearths turned cold.*

*A valley swallowed by its river,  
A world erased in days, not years.  
No recompense, no voice to hear them,  
Just flooded fields and quiet tears.*

*Yet still the water bears their echoes,  
Their stories shimmer in the deep.  
The ghost of forges, nets, and footsteps,  
Lie tangled where the shadows creep.*

*And now, when summer's dusk falls low,  
The water glows in amber light.  
A shimmer stirs beneath the depths—  
Their voices haunt the drowning night.*

*The Sun People lived, the Sun People thrived,  
Before the flood, before the claim.  
And though their world lies still beneath,  
The river whispers their lost name.*

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# FR MICHAEL MURPHY M.S.C.



**Fr Michael Murphy's Church which in his absence his parishioners maintained the church, the altar, and even took care of Fr. Mike's vestments**

*By Peter Scanlan*

Fr Michael Murphy was born on February 2nd 1911 in Shandangan, Lissarda the eldest son of James and Elizabeth Murphy (nee Halllissey) a farming family that sold their holding in 1916 to Mr Richard Collins (The farm now belonging to Luceys Larchill) and moved to a larger farm at Gurrane House, Templemartin. The future priest went to Gurrane National School, then to the North Monastery and the Sacred Heart College, Cork. Michael made his religious profession on September 21st 1931. He studied in Belgium and Holland and was ordained on 10th August 1936. Shortly afterwards he was appointed professor of Canon Law at Moyne Park, Ballyglunin, Co. Galway. Four years later he and three other Missionaries of the Sacred Heart (MSC) went to Papua New Guinea to minister to the people there. In a letter home he writes about his voyage through Los Angeles, crossing the Date Line, and having to buy light shirts and trousers to cope with the tropical climate. He spent the next two years working in local villages, celebrating Mass, hearing confessions, baptising children, and being with the people. He visited communities on horseback,



**Fr. Michael Murphy**



**Fr Michael Murphy's Ciborium, in which the Blessed Sacrament was found incorrupt after four years of war**

but some were so inaccessible he had to hike through the jungle. He gained the trust of his parishioners, who came to call him Fr. Mike. In June 1942, at the invitation of the Japanese Army, he travelled to source more medicine for his community. He was never to return. On September 11, 1942, after months in captivity and greatly weakened by illness and malnutrition, Fr Michael Murphy was among a small group of men taken by Japanese soldiers to Nago Island just offshore from Kavieng, New Ireland in Papua New Guinea. He was killed on that day along with others and buried there. At that time the uninhabited island was used by the Japanese for killings and burials away from the witness of the locals. Michael was just 31 years-old. Years later in late 1945 and early 1946, in the context of investigation of war crimes, thirteen bodies were found on the island, exhumed and brought to Rabaul. Fr Murphy was among the bodies identified. Fr. Michael was one of millions of people who lost their lives in World War II, but his story and what happened next is an extraordinary example of faith and the power of love. His parishioners knew nothing of his execution and

waited for his return. In his absence they maintained their church, the altar, and even took care of Fr. Mike's vestments. They only found out about his death in 1946.

After the war Bishop Leo Scharmach of Rabaul came to the parish to assess the devastation. On his arrival Fr. Mike's ciborium, was presented to him. The villagers had protected the 'TabarCiborium' in which the Blessed Sacrament was found incorrupt after four years. "Thus did the good shepherd stayed with his people when their priest had been so cruelly taken away.

The 'Tabar Ciborium' was brought back and beautifully restored and his name engraved on its base together with details on a brass plaque. A plaque to his memory was unveiled on the 25th March 1952 at St. Columba's College, St Alhans, London, by his brother Sean B (Bobby) Murphy Templemartin. Other relatives present were his sisters Maureen and Elizabeth. The deceased priest's mother was unable to be present but Mr. Murphy returned thanks to the fathers and teachers on her behalf. In the early 1960's, Bobby, his wife and family moved to Greystones Co. Dublin. In 2015, Fr. Alan Neville MSC travelled to Parishes and Communities of the Missionaries of the Sacred Heart throughout Ireland and England with the Tabor Ciborium.

Today Papua New Guinea is one of the strongest regions of the Missionaries of the Sacred Heart. Parishes and communities have continued to raise up men and women for the priesthood and religious life.

Sources: "Templemartin A Proud Tradition" By Sean Crowley. Bina O'Callaghan

<https://social.shorthand.com/MSCVocations/nyxd69Lk13/what-is-the-tabarciborium>  
<https://postcourier.com/pg/retracing-footsteps-past>

## Think Globally, Act locally - ACHIEVEMENTS & DREAMS

Hi! Chris Barrett here.

Today I have the great pleasure of speaking with Christina Cronin (Coordinator of Youthreach Macroom) and Aislinn Griffin (Resource Person), in relation to the achievements and dreams for Youthreach Macroom.

Christina tells me that all over Ireland Youth Reach centres are increasingly in demand. She believes this is because the dynamics of the students have changed. Aislinn reminds me that Youthreach can create deeper relationships with students due to the smaller numbers and help them achieve their goals. During a young person's time at Youthreach, which is typically two to three years, they are able to obtain the QQI Level 3 Major Award in General Learning (the equivalent of the Junior Certificate) and the QQI Level 4 Major Award in Employment skills (the equivalent of the Leaving Cert Applied or L.C.A). This provides students with a progression pathway to F.E.T. Colleges, Apprenticeships or Full Employment.

Alongside these academic qualifications, Life Skills form an integral part of a student's experience. This is an essential aspect of their learning as students are able to benefit from having their individual needs met through Support, Infrastructure, Counselling 1:1 Keyworking, Work Experience, Workshops, Extra-curricular activities and Certification. Certificates could include 'Safe Pass', 'Manual Handling', 'First Aid', and 'HACCP' (Food Safety Award) to name but a few. Some of the staff have been working in the centre for 20



just a stop along the way in their journeys!!!

Youthreach is able to offer a caring, safe and compassionate environment in which students have time and space to figure out what they would like to do after Youthreach.

Some students from Youthreach Macroom have completed degrees in M.T.U and U.C.C. Some students have gone on to full-time employment, apprenticeships and some own their own businesses. Youthreach Macroom is extremely proud of all the achievements of past and present students.

years and offer an unparalleled wealth of experience, having worked with students from every walk of life. At this point Christina and Aislinn would like to say a huge 'Thankyou' to Nesta Bonner, Catherine Barr and Marianne Horgan who have contributed in excess of 60 years in total to the young people of Macroom.

The staff would also like to thank the Macroom community for their ongoing support, especially those employers who assisted students in the last year e.g. Inver, Joan Lehane's Montessori Nursery, Cygnum Timber Frame, T.M.Cronins, Murnane Electrical Ltd and Daniel O'Sullivan Plumbing. Some of these students who participated in the work experience, progressed onto apprenticeships, FET Colleges and full-time employment.

Level 4 QQI works through Collaborative Learning and Continuous Assessment which would be to the advantage of some students and offer them a thorough preparation for Level 5 QQI and college life. This would allow students to grow, adapt and build resilience for our constantly changing world. We are

Today the staff and students would particularly like to thank Tim-Jo O'Riordan who liaises with the centre in relation to the Carriganima (C.A.R.T) bus which has been a huge asset, opportunity wise for students of the centre. They feel that no words are enough to show the gratitude they feel.

As a result, during the Tuesday Christmas Market, money was raised by the students from the sale of home-made cakes and Christmas cards and it was presented to Tim-Jo in cheque form as a small token of their extreme gratitude. Just a reminder that the C.A.R.T bus has a fundraiser on 1st March 2025, please go help and support! I am very impressed indeed to hear about what is going on behind the scenes at Youthreach Macroom and I am sure readers will be too. I would also like to thank Christina and Aislinn for sharing their time with me. If you would like to contribute a similar article, please contact me [chriseelevator@gmail.com](mailto:chriseelevator@gmail.com)

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Ross Brown 96fm interviewing Lynn Dunlea at the St Vals 30th Anniversary and Book Launch. Pic Peter Scanlan



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## MUSKERRY'S BENEFICENT LEGACY TO THE WORLD

*The parishes of Muskerry left a great legacy to the world through their many sons and daughters who totally devoted their lives to providing education, health care and solace for the poor, the sick, the less-well-off, the outcasts, the prisoner and the marginalised. Br. Benignus (Micheál) Ó Luasa was just one of them*



### Br. Benignus (Micheál) Ó Luasa, Cúil Aodha 'The greatest mind in Western Europe'

Born in Na Milíní in Cúil Aodha in 1888, Micheál Ó Luasa was held in high esteem in Dublin literary circles, who regarded him as the greatest mind in Western Europe. He served for 65 years as a member of the Irish Christian Brothers.

He was a brilliant teacher and he earned quite a reputation because so many of his students were successful in examinations for the civil service -an achievement that brought him a degree of fame. It was said of him that he had a great and equal love of teaching and of learning. It is little wonder then that he regarded his years in university as the happiest of his life.

On one occasion he went to England at the invitation of Prime Minister Harold Macmillan, whose publishing company he had assisted in the role of editor. One of his fellow brothers asked him subsequently how he got on in England?

"I got on fine there," he replied. I even went scoraíochting to Buckingham Palace."

**Br. Benignus (Micheál) Ó Luasa was regarded as a devoted religious, a model of regularity who was earnest and assiduous in his spiritual endeavours.**

Length of time in the Irish Christian Brothers: 65 years.

From Lives of Service © Cornelius Lynch

## GOLF IN MACROOM: 1910-1913 AND 1924/5-2025

'Golf and tennis were games played by the classes. Gaelic football was played by all classes, rich and poor, young and old.' Dan Corkery, (Macroom {Old} I.R.A Commander, Anti Treaty leader), 1925).

Macroom (Castle) Golf Club is celebrating its centenary this year and it has played an important role in the social history of the town and area in that period. The world, Ireland and Macroom have changed immensely in the period 1910 to 2025; golf in Macroom too has changed. In Ireland 1910, there was no radio or television, not to mention the internet, and there were three cars in the town. Most people lived in poor housing and life expectancy was fifty years. The convent was the only secondary in Macroom and for girls only, and there were boys, a girl's national schools, and a Protestant one in Castle Street. However, a small sector was well off, with many layers between the poor and the well-off. Tuberculosis (T.B.) was rampant and infant mortality high. By contrast, we now have multitudes of radio and television stations, we can 'skype' those living overseas, and the average life expectancy is in the 80s. Most families have cars, some several. As Ireland and the town changed, so too did the golf club. TB is now rare and the infant mortality rate is in low single digits. Over the century, golf clubs became more 'democratic' and accessible. Golf is a simple 'ball-and-stick' game but carries layers of historical and societal 'baggage'. This chapter examines the history of golf, Macroom golf 1910-1999 and the influencing social factors. It explores the process and sees how true Corkery's 1925 assertion was in 2000.

Corkery's quotation comes from a Macroom Urban District Council meeting on Lady Ardilaun's compensation claim regarding the burning of Macroom Castle (1923). He, a former Macroom GAA captain, had commanded the Macroom IRA Battalion in the War of Independence. He had been imprisoned, his house and business burned, and he was a Civil War Anti Treaty leader. At the meeting he criticised the purchase of Macroom Castle Demesne (MCD) and Macroom Castle Demesne Committee (MCDC). Tensions were high as it was just two years since the IRA had dumped arms. Matters settled as Corkery, now a T.D., judged at a 1928 National Athletic and Cycling Association of



Ireland (N.A.C.A.I.) sports in the Demesne. His comment contextualizes Macroom (Castle) Golf Club's founding and underlines the interaction of politics, sport and class in 1920's Macroom.

The modernization of Britain and Ireland 1870-1910 gave rise to many Irish sports clubs. This resulted from associational culture/club formation, increased prosperity and literacy, cheaper newspapers and better transportation, especially railways. For golf, industrial advances provided grass-mowers and machine-made golf balls (the Haskell golf-ball was introduced in 1902). Agricultural depressions made land cheaper, and builders of suburban estates saw local golf course as desirable.

Sumerians (modern day Iraq) recorded sport (3,000 B.C.), and hurling is first referenced in Ireland from 1200 B.C. Seventeenth-century Dutch sketches of kolven suggest that Holland was golf's birthplace. However Scotland established 'modern' golf where it began in the 'commonage of sheep-grazing lands'. Aristocrats, merchants and lawyers formed The Company of Edinburgh Golfers (1744), the first club to produce written rules. In 1766 The Society of St. Andrew's Golfers' Club followed, the forerunner of The Royal and Ancient Golf Club (1836) which became 'arbiter

of golfing standards, rules and etiquette'. Men played, drank and made deals at clubs, where sport, pleasure and commerce combined. Only the elite had the time, means and acceptability to join.

In Ireland, Montgomery, Newtown-school Laird (1606), allowed 'scholars a green for recreation at 'goff', football and archery'. Faulkner's Dublin Journal, 1762, mentioned Bray, where 'the Goff Club met to dine in the house of Mr Charles Moran'. Scot David Ritchie laid out a Curragh course in 1851. A gutta percha ball, found in Straffan (1852), suggests golf was played there. While holidaying in Scotland in 1881, Thomas Sinclair was entranced by golf and, on return, sought-out Scottish golfer George Bailie, a Belfast-based teacher; within weeks Sinclair formed the Belfast Golf Club. Other clubs followed, and the Golfing Union of Ireland (G.U.I) was founded in Portrush (1891). Due to Catherine McGee, the Irish Ladies Golf Union (ILGU) was established in Belfast (1893), within eight months of England's Ladies Golfing Union's creation. From 1880, throughout the United Kingdom, golf spread among the higher- and middle-classes.

Macroom's first club (1910-13) was in Sandy Hill; there is no record that women played there. Macroom Castle Club was founded in 1924/5 where women played from 1927. Golf is first referenced in 1911 in a Macroom Council debate on Lady Ardilaun refusing to open her Demesne to the public, owing to vandalism. A report that '(her) promise to Macroom Golf Club and subsequently broken, that the grazing would in future be let subject to the right to play, was not popular'. A booklet kept in Macroom Golf Clubhouse confirms a club was instituted in 1910. In 1913 a presentation was made to founder, District-Inspector Charles A. Walshe, Royal Irish Constabulary (RIC) District Inspector. F. Phillips's (Justice of the Peace) presented prizes in December 1912. The competition was match-play and Walshe (handicap 10) beat Grainger (28) 1 up; eighteen competed. Dr Patrick Goold, grandfather of a former captain and president of the second Macroom (Castle) Leo Goold, played. In March 1913 a professional's prize was advertised, and the winners of April's 'bag' competition and the Monthly Medal, both stroke-play, were "Mr Slicer (25)" and F. Power (22) respectively.



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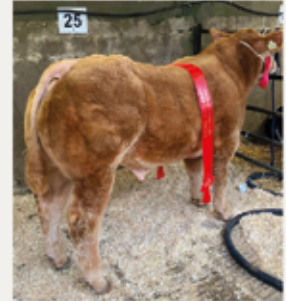


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Macroom GC's first Clubhouse with Miss Kitty Brennan, first secretary of the Ladies section (1935), (? P O'Keefe).



Macroom GC's first winners of a Munster competition, 1939.

Macroom G.C. is 100 years old and beautifully situated on the 'banks of Sullane'; it has provided wonderful enjoyment for members and visitors since 1925. The club has survived, and in 1999 was doing well. Its story is part of Macroom's history.

The club's formation followed Ireland's Independence. During the War of Independence an RIC Auxiliary Division company was based in Macroom Castle 1920-21. The Kilmichael Ambush patrol, almost wiped-out, set out from there. The Free State's founding was followed by Civil War, 1922-23, which ended when the IRA dumped arms. The IRA burned and ruined Macroom Castle before evacuating it. In 1924 the country was in a wretched state. Many were emotionally wrought and disturbed from fighting, killing, grief, betrayal, family division and bitterness. Much of the country's infrastructure was in tatters. War had caused about £30 millions-worth of damage. The Civil War was called 'A War without Victors' and Cork city and county had seen fierce fighting. Despite this, sixteen local men decided to rent or buy the Demesne, and to construct a golf course. Lady Ardilaun (seventy-four), without heirs, had been largely absent for years. She sold the Demesne to the men (MCDC) on condition that they would preserve 'its natural attractions'. Richard Williams listed those who vouched £100 each, and the Demesne is held in trust for the 'benefit of the people of Macroom'. The purchase was controversial and at a 1925 Council meeting Corkery objected. He alleged that MCDC might not act in the town's interests, instancing that £20 had been asked of NACAI to hold a sports-meeting. NACAI procured a ground away from Macroom for £5. Corkery asserted that the GAA could not pay rent as the Golf and Tennis Clubs could as 'golf and tennis were games played by the classes. Gaelic football was played by all classes'. Matters settled as in 1928 Corkery, now a T.D., judged sports competitions.

The explanation of the Demesne's purchase lies in Richard Williams' letter; a copy is displayed in Macroom's clubhouse. The MCDC wanted to lease or buy, Lady Ardilaun was open to negotiation. The MCDC did not include any IRA Volunteer and the Cork Examiner published Williams' letter on November 28, 1925, Kilmichael Ambush's fifth anniversary. The MCDC, composed of 'men of substance', subsequently sold land to Mortimer Twomey, Rockborough, for £1,500. His son leased the same ground back to the club in 1994, forming most of the new-nine holes. The MCDC had leased the 'old'-nine to the club in 1925, and owns the demesne. A clubhouse plaque commemorates founding members of Macroom G.C. Some were in both committees. Richard Williams the chief negotiator for MCDC. All the guarantors were business- or professional men, and Williams was a Protestant.

M. Brennan - Chemist. L. Murphy - Hotelier (Victoria)  
J. Brown - Merchant. J. O'Leary ('County') - Merchant  
T. M. Cronin - Merchant. T. O'Leary - Veterinary Surgeon.  
D. Fitzgerald - Merchant. C. O'Shea - Mineral-Water Owner  
J. Fitzgerald - Merchant. M. O'Shea - Merchant

D. McNamara - Butcher. J. J. O'Sullivan - Cinema-Owner/Court Officer  
D. Murphy ('Happy') - Publican. J. Twomey - Draper  
H.C. Murphy ('Curley'), Merchant. R. Williams - Hotelier (William's).

At its foundation men were full club-members with voting rights and ladies associate-members, without votes. The course was prepared in 1925 and the Cork Examiner 15 January 1926 carried a picture of players putting on the sixth green. 1926's AGM was well attended and the main complaint was long grass; frequent mower breakdowns were blamed. The first captain was J. Fitzgerald (1924). Henry C. Murphy presented prizes, and Denis McNamara was the first winner. The Southern Star reported a mixed foursomes in 1927. Activities are not documented again until 1931 apart from club-dances in Macroom Town Hall.

Economic conditions in Ireland were bad in the 1930s. As well as a world recession, De Valera and Fianna Fáil instituted the Economic War which reduced prices for agricultural produce. However, almost in a parallel world, Macroom GC made significant advances. The ladies-section affiliated to the ILGU, a pavilion was erected (1935) and Parish Priest Canon Barrett, became president and a club leader. Dr May Twomey was the first lady-captain in 1932. Competitions were organized; as well as annual Captain's and President's Prizes, there were men's Sullane, Castle and Barrett Cup competitions. Macroom (men) played Kinsale away, and when Kinsale visited Macroom, 'not having recovered from the effects of the visit', deferred reporting for a week. A 1930s open meeting photo of the clubhouse captures the members, the pavilion and the convivial ambience. The Ladies held an open Geraldine Cup in July 1932. The 1936 AGM recorded that 'the facilities now available enabled them to pursue the game with maximum enjoyment'. A vote of thanks was passed to the ladies for catering.

Despite the 1930s' poverty and Emergency (1939-1946) shortages golf went on. The 1934 Castle Cup (closed) had thirty players. 1937's committee (of eleven) consisted of a (Catholic) canon, doctor, two chemists, two teachers and five businessmen. 1949's committee was similarly composed. A vandalism incident occurred when a visitor's car-windows were smashed following his refusal to buy second-hand golf balls from local youths, and a prosecution followed. In a 1932 ladies' Open-Day (entry-fee 2/6), nineteen competed, fifteen Macroom members, two from Bandon and one each from Skibbereen and Limerick. Macroom, represented by Mrs Rosaleen Horgan, Misses Noreen McSweeney (lady-captain) and Marie Cronin, won the Munster Trophy in 1940. In 1943 Michael Cronin beat Gleeson in the South of Ireland Championship. The Sullane Cup (open, 1946) had an entry of sixty-three, with players from Skibbereen, Bandon, Kenmare, Mitchelstown, Kinsale, Monkstown, Muskerry and Cork despite petrol shortages. The ladies had a successful Open-Day in 1947 and a clubhouse photo of decorous lady-golfers captures a scene divorced from shortages and poverty.

Twenty-four played in the 1947's men's Captain's Prize. The following year eleven joined and the club won a second County Clubs' League.

Nearly 500,000 people emigrated in the 1950s when less than 30% of 14-18 year-olds attended secondary schools. Most emigrants had primary-education only, were unskilled and from poorer areas. Connacht emigrant and writer Dónall Mac Amhlaigh, approaching Dunlaoghaire, recorded being annoyed when he 'saw men in white clothes playing cricket'. His anger was that the 'comfortable class', could stay while he was forced to go. Macroom 1950s golfers were 'comfortable'.

The 1950s club continue as before except for one crisis. Following a dispute with the MCDC, the committee proposed that the club be dissolved. Fr O'Keefe, C.C., and Dr Michael Cronin resolved the matter. The latter, a gifted scratch golfer, and competed in provincial golf championships. One year, he was beaten by the legendary Joe Carr in a quarter-final of a South of Ireland championship. He was club-captain twice and captain of Lahinch; and he developed an enormous Macroom medical practice. He won two Irish Senior Munster Cups with Muskerry and played with and against the best Irish amateurs of his day.

Thirty-two played in Miss O'Mahony's lady-captain's prize (1955) and the Ladies competed in a Junior League (1959). The West Cork Shield (men's) began in 1956. This has become an important and competitive feature of West Cork inter-club golf. The early 1960s saw no great change in Macroom GC. At the 1960 Ladies' AGM Mary Murray, niece of Abbey Theatre playwright T.C. Murray, became lady-captain and second-hand clubs were sought by advertisement. Ned Cahill, bank manager, was captain in 1961. A photo of Mary O'Regan presenting her captain's prize to Betty, her sister, shows a group of well-dressed ladies. The O'Regan family owned Howard's Mill, Crookstown. Macroom Ladies beat Bandon to win the Munster Intermediate League. By contrast in 1962 Ireland 49% of 14-16 year-olds were not in school (58% not in school {1944}).

But the club had problems. Only 10-12 attended the 1963 AGM; eighteen year-old Michael Kelleher became treasurer. At the 1964 AGM 'it was decided that for the coming year an all-out effort would be made to increase membership'. The dynamic Fr Buckley, Aghabullogue Catholic-Curate, joined in the mid-1960s and he introduced vibrancy, change and new members such as John Lynch and Graham McKay. One member thought that if he were a business competitor he 'would clean you out'. It coincided with Lemass's 'rising tide'. At the 1965 Ladies' AGM, Secretary Grainger, reported 'satisfaction'; and Anna O'Shea recorded a balance of £37-6-5. 100 attended a social in the Victoria Hotel.

In 1967 the inaugural Senior Scratch Cup was held in lovely weather day with the presence of several international golfers, many friends of Dr Michael Cronin. Of eighty-eight competitors, Bill Kelleher's 72 won. On a momentous day, the course had never seen such great golf.

**Continued Next week ....**





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- Booking meetings, events and associated requirements.

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## A Word of Victory

*"A joyful heart is good medicine, but a crushed spirit dries up the bones (saps your strength)" (Proverbs 17:22)*

Welcome back dear student, multitudes of people are battling sickness and need healing. The great Bible teacher Derek Prince came to know God while battling an incurable disease as a young officer during World War 2. He began reading the Bible out of desperation. He decided to colour in each verse as he read with colouring pencils to understand it better. Blue was the colour he used for any Scripture verses he found on healing, and he said he ended up with a blue Bible! "He sent His Word to heal them and deliver them from their destructions" (Psalm 107:20). Lots of people talk about miracles and pray for one earnestly yet never see results. But God's Word reveals His Covenant of healing - so why don't folks receive? "My people are destroyed for lack of knowledge" (Hosea 4:6). Not properly understanding the love of God, or how to stand upon and proclaim His Promised Word are major blocks to receiving. (Matthew 6:5-15; Mark 11:22-26; Romans 10:9-17).

Derek came across the Scripture above and decided to put God's Word to work. He saw sick people being given medication three times daily, so he prayed 'God I've read Your Word, I believe You have made a Covenant of healing with me, so I'm going to take Your Word as my medicine three times per day, Holy Spirit please help me understand all Jesus won for me'. He faithfully studied and prayed with the result that he received total healing in His body, and a new outlook on life. Now he was in relationship with the Lord Jesus Who is the Word of God (John 1:1-14). Simply through the study and application of God's Word his life changed utterly, and God used him to teach many others, myself included, how to study the Word. It's the greatest gift you will give yourself friend - to cultivate relationship with God through Jesus (John 14:6). You are depositing a precious seed that will bring forth a harvest of healing, deliverance, peace, and restoration. Anything worth having takes effort. Look at successful athletes or entrepreneurs. Everyone celebrates with them on their day of glory, but few see the dedication, diligence and sacrifices they've made. While others are watching tv or partying, achievers pay a high price - with their time. Often when people are praying for God to give them a miracle it's because medical help has struck a dead end, and so they turn to God as a last-ditch effort. But time has a nasty habit of running out. And then lovely, sincere people think God doesn't care about them - nothing could be further from the truth! But where there's nothing deposited, there's nothing to draw from - just like an empty bank account.

Our hearts fill with joy upon receiving the Truth of the Gospel. To learn that the Living God loves us, and longs for us to know Him is a foreign concept to some. Refreshment comes from God's Presence which spills over producing health in the body and mind (Psalm 16:11). We thank God for doctors and nurses - many people would have died without their help - but they are human beings, who can only do so much. Our Creator knit each one of us together in our mother's wombs (Psalm 139:13-18). He gave His Son the Lord Jesus to die for us paying with His sinless Blood for our sins so we could be made right with God, and He endured such suffering and pain like no one has ever known, to pay for our healing. "Oh Lord God...nothing is too difficult for You!" (Jeremiah 32:17; Isaiah 53:5)

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## MACROOM GAA NEWS

### ST MARY'S MACROOM VS ST CONOR'S OF DERRY, SENIOR D CAMOGIE ALL IRELAND FINAL:

All roads led to Drumree in Co. Meath on Saturday February 15th, where St Mary's Macroom took on St Conor's in Co. Derry in the Post Primary Allianz All Ireland Dónal Burke Cup Final. The girls had a tough path to the final meeting top teams from Mitchelstown and Lismore, Carrigtwohill, Tramore, Pallaskenry, Newport, Scoil Mhuire Clane & finally St Conor's. The result of all these games was a County Final Cup, a Munster Final Cup & finally the pièce de résistance, the Dónal Burke All Ireland Cup. The battle v St Conor's was going to be the toughest of them all, with an All Ireland medal at stake.

Macroom was captained by Grace Kelleher, Aghabullogue, a quiet & unassuming, but very effective leader, who leads by example both on and off the field. Grace, the leader that she is, pointed the last point of the day to take us out of the dangerous 3 point lead in the final minutes. Coincidentally her sister Sarah Kelleher pointed just before her to also take us out of our dangerous 2 point lead. Ciara Kelleher who was a warrior on the day opened our account with a point to settle the team. Ciara was phenomenal on the day & won all the dirty balls all over the pitch. There was no way Ciara was leaving that pitch without the title. The next two points came from Player of the Match Lily O'Shea, who was so solid on the day & her

work rate was outstanding.

Macroom had so much possession in the first half compliments of Lisa O'Donnan's puck outs, which were landing deep into the half forward line. However we failed to convert all our possession to scores & we made hard work of it. Huge credit to Shauna Keane, only a second year student, who brought off some crucial saves at critical times in the game & Lily Desmond was a power house at centre back. Sarah Kelleher secured a great goal just before half time & Ava McSweeney also pointed to allow us to into half time level @ 1-4 a piece.

At half time our Leaving Cert girls, Ciara Kelleher, Lily O'Shea, Grace Kelleher & Annie O'Brien stepped up to egg our girls on & ensure we didn't leave that pitch without the title. Ava McSweeney opened the second half account with a point, followed by 4 frees from player of the match Lily O'Shea. The following subs were introduced Cliona O'Brien, Rebecca O'Neill, Grace Nash & Holly O'Callaghan. Over 5 minutes extra time was played in a very tense finish.

The final whistle was blown to scenes of jubilation on what will go down in the history books of St. Mary's Macroom.



St Mary's cavalcade, supporters, team and mentors (C. Kelleher).



St Mary's Macroom All Ireland Champions with their managers Liam Slattery, Caroline McSweeney and Deirdre Lehane



St Mary's cavalcade, supporters, team and mentors (C. Kelleher).



St Mary's cavalcade, supporters, team and mentors (C. Kelleher).



Player of the match Lily O'Shea and Captain Grace Kelleher



ST MARYS MACROOM - All Ireland Senior D Camogie Champions



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## GAA – ALLIANZ NATIONAL LEAGUES 2025

### Allianz Football League Div 2 – Round 3

#### Cork 3 – 18 Westmeath 3 - 17

Iveleary's Chris Óg Jones was the star of the Cork victory over Westmeath in the Allianz National Football League R3 game at Páirc Uí Chaoimh. Chris Óg had 3-4 to his credit as Cork kept their Division 2 promotion hopes alive, (or pushed relegation thoughts further away), with a one-point victory over Westmeath, the third defeat in a row for the Midland side who are just up from Div 3. The goals were crucial for Cork and two of them were real gems and in truth every time Chris Óg got the ball there was a buzz of excitement in the stands. Cork though had problems elsewhere and the concession of 3-17 to a team of Westmeath's standing has to be a worry.

Cork ranked fewer flags than Westmeath in the first half but thanks to a trio of two-pointers, they led by a point at half-time.

Brian O'Driscoll landed an early double as they raced into a 0-04 to nil lead. It should have been more only for Paul Walsh to blaze a one-on-one goal chance wide. Westmeath punished that miss in the ninth minute when a Whittaker shot just evaded a diving Patrick Doyle's finger tips and crawled over the line.

Cork got their goal in the 14th minute after Seán Walsh won an opposition kick-out with McDonnell squaring for Jones to slide in for the finish and the Rebels jumped into a six-point lead with back-to-back two-pointers from Mallow's McDonnell and Eoghan McSweeney for a 1-10 to 1-6 lead.

They wouldn't score again for the remaining eight minutes of the half as Westmeath reeled off the final five points, and only a superb Doyle double save from Cooney and Whittaker kept Cork ahead by the minimum at the break, 1-10 to 1-9.

Cork stretched three ahead with points from Jones and Colm O'Callaghan but Westmeath would soon establish their first lead, 2-12 to 1-12 with a goal, a two pointer and a point. Jones' second goal, after

being fed by Matty Taylor, moved Cork back ahead by the minimum with 18 minutes to play but back came Westmeath with another two-pointer. Jones levelled for Cork at 2-14 apiece before a fourth two-pointer had the Lake County back in front. The Rebels responded with the next three from McDonnell, O'Driscoll, and Cathail O'Mahony but another equaliser followed for Westmeath. It was clear that the visitors were not going to roll over and Cork supporters were clearly worried but a magic moment saved the day for the home side with three minutes remaining.

After a Colm O'Callaghan point, Tommy Walsh supplied Jones for his hat-trick goal. The Iveleary man got possession to the right of the square, came across the defender and blasted the golden goal to the net. Cork were four points clear now but still nearly messed up, conceding a third goal, but were saved by the hooter! Scorers for Cork: C Jones 3-4; B O'Driscoll 0-4, (1 tp); S McDonnell 0-3, (1 tp); E McSweeney 0-2 (1 tp), M Cronin 0-2 (0-1 f), C O'Callaghan 0-2, C O'Mahony 0-1.

Cork: Patrick Doyle, Knocknagree: Maurice Shanley, Clonakilty Daniel O' Mahony, Knocknagree, Neil Lordan, Ballinora: 17. Tommy Walsh, Kanturk, Rory Maguire, Castlehaven Mattie Taylor, Mallow: Seán Walsh, Mitchelstown Colm O' Callaghan, Eire Óg: Eoghan McSweeney, Knocknagree, Paul Walsh, Kanturk Brian O'Driscoll, Carrigaline: Mark Cronin, Nemo Rangers Chris Óg Jones, Uíbh Laoire Seán McDonnell, Mallow. Subs: 20. Seán Brady, Ballygarvan for Shanley 32, Ruairí Deane, Bantry Blues for P Walsh 41, Ian Maguire, St Finbarr's for S Walsh 43, Brian Hurley, Castlehaven for E McSweeney 46, Cathail O Mahony, Mitchelstown for McDonnell 60

"We are delighted with the result," Cork manager John Cleary said after the game. The objective was to get two points. There were times early on when it looked like we could have a bit of a stroll. We did dig ourselves into a bit of a hole in the second half. We got back level and went ahead and hung on.

"We came back from Down and we thought we

deserved something out of it. Today, we probably rode our luck a little bit, but this division swings and roundabouts. "Last year, we lost the first three and dug ourselves into a big hole. Thanks be to God, we've won two of our first three. But we realise that the tougher games this year, as opposed to last year, are coming down the home stretch," John Cleary noted, in a sensible and realistic interview. It was important that we won today."

### Allianz National Football League Div 2

All teams have 3 games played, 4 still to play. Cork must play Monaghan away, Roscommon at home, Louth at home, Cavan away.

Roscommon 6points

Monaghan 4pts

Meath 4pts

Cork 4pts

Louth 2pts

Down 2pts

Cavan 2pts

Westmeath 0pts

### Allianz National Hurling League Div 1A

Cork travel to play Tipperary on Saturday Feb 22nd in Thurles, 7.30pm throw in and are at home to Kilkenny the following Saturday March 1st at 5pm in a triple bill, preceded by Cork Ladies LGFA v Roscommon and followed by Cork v Roscommon NFL at 7pm.

In the Cork panel for the remainder of the league, Mark Coleman, Shane Barrett and Pádraig Power, all of Blarney, were named along with Seán O'Donoghue of Inniscarra, last year's Cork captain. Pádraig Power has since suffered an injury which will make him unavailable for the remainder of the 2025 season - a bad blow to the young player himself and to Cork hurlers.

### Lidl LGFA National League Division 2

#### Tipperary 0-9 Cork 3-12

Cork maintained their promotion push from Lidl LGFA National League Division 2 by defeating Tipperary at Fethard Town Park in Round 3, their second win in three outings.

Tipperary were the better team for much of the opening half when backed by a strong wind, but trailed 2-2 to 0-7 at the interval when two goals in two minutes, late in the half from Orlaith Roche and Laura O'Mahony, turned the game in Cork's favour.

Cork were much improved in the second period and

held their opponents to two points. Emma Cleary scored a superb third goal to wrap up a 3-12 to 0-9 triumph.

Cork manager Joe Carroll was pleased. "I suppose we set our (initial) target that we would win the first three games but winning two out of three is very good. We would be very, very pleased with our second half performance here today against Tipperary but there was a very strong breeze too. "Tipp did trouble us, they are well able to play football!"

Scorers for Cork: L O'Mahony (1-4), K Quirke 0-3 (2f), O Roche, E Cleary (1-0 each), H Looney, M O'Callaghan, A

O'Mahony, K Smith, K O'Driscoll (0-1 each).

Cork: S Murphy; M Duggan, D Kiniry, S Callanan; Erika O'Shea (Macroom), S Leahy (captain), R Ní Chorca (N Abán); M O'Callaghan, A O'Mahony; L O'Mahony, H Looney, Amy McDonagh (N Abán); Emma Cleary (Éire Óg), O Roche, K Quirke. Subs: S Cronin for D Kiniry, K O'Driscoll for O Roche (both ht), S Kelly for S Callanan (46), A Corcoran for A McDonagh (55), K Horgan for R Corkery (55), A Ryan for E O'Shea (58), K Smith for E Cleary (58).

## CORK - ALLIANZ LEAGUE FIXTURES, 2025

Allianz Hurling: Division 1A – 7 teams

Allianz Football: Division 2 – 8 teams

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

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

## CORK COUNTY LEAGUES FOR 2025:

### McCarthy Insurance Group County Senior Football Leagues – comm w/e Mar 2nd

**Division 1** Carrigaline, Castlehaven, Cill Na Martra, Clonakilty, Douglas, Éire Óg, Nemo Rngrs, St. Finbarr's, St. Michael's, Newcestown

-Sunday March 2nd 11.30am: Cill na Martra v St Finbarrs: Clonakilty v Éire Óg

**Div 2** Ballincollig, Béal Átha'n Ghaorthaidh, C'townbere, Carbery Rgrs, Dohenys, Fermoy, Kanturk,

Knocknagree, O'D Rossa, Valley Rvs  
-Sun March 2nd 1.30pm: Ballincollig v Béal Átha'n Ghaorthaidh

**Div 3** Aghada, Bishopstown, Clyda Rovers, Kilshannig, Kiskeam, Mallow, Newmarket, Rockchapel, Naomh Abán, Uíbh Laoire

-Sun March 2nd at 11.30am: Uíbh Laoire v Naomh Abán

**Div 4** Adrigole, Aghabullogue, Bandon, Bantry Blues,

Boherbue, Buttevant, Glanmire, Macroom, Nemo Rngrs, St. Vincent's

-Thursday Feb 27th at 7.30pm: Macroom v Aghabullogue

**Div 5** Ballinora, B'desmond, Gabriel Rgs, Glanworth, Glenville, Ilen Rovers, Kilmurry, Kinsale, Millstreet, Mitchelstown

-Sun Mar 2nd at 11.30m: Ballinora v Kinsale: Kilmurry v Mitchelstown

**Div 6** Aghinagh, Canovee, Cobh, Cullen, Dromtarriffe, Kildorrery, Mayfield, Na Piarasaigh, St. Michael's, St. Nick's

-Sun Mar 2nd 11.30am: Aghinagh v Mayfield: Na Piarasaigh v Canovee

**Div 7** Argideen Rgrs, Castlemagner, St. James', Urhan, Nemo Rangers, Inniscarra, Ballygarvan, Ballyhooly, Kilmacabea, LC Gaels

-Sun Mar 2nd at 11.30am: Inniscarra v Argideen Rangers

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.

### Red FM County Senior Hurling Leagues – Comm w/e March 8th/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, Middleton, N'townshandrum, Na Piarasaigh, Valley Rvrs

- Sat March 8th: Ballincollig v Na Piarasaigh at 2pm: Ballymartle v Éire Óg at 11.30am

**Div 3** Ballinhassig, Blackrock, Blarney, Bride Rovers, Castlelyons, Courcy Rvs, Lisgoold, Mallow, Newcestown, Russell Rvs

- March 9th at 11.00am: Blarney v Bride Rovers

**Div 4** Bandon, Bishopstown, Cloughduv, Inniscarra, Kildorrery, Kilworth, St Catherine's, Tracton, Watergrasshill, Youghal

- Sunday Mar 9th at 11.30am: Inniscarra v Cloughduv

**Div 5** Aghabullogue, Ballygarvan, Ballyhea, Castlemartyr, Dungourney, Erins Own, Kilbrittain, Mayfield, Middleton, Milford

- Sun Mar 9th at 11.30am: Erin's Own v Aghabullogue

**Div 6** Aghada, Argideen Rgs, B'nascarthly, 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 Mathúna's

Sun Mar 9th at 11.30am: D Ó Mathuna's v Ballinora

### Coming Up in Cork February/March/April

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 Breffini 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

### 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)

## CORK COUNTY CHAMPIONSHIPS 2025 – COLLEGES/DIVISIONS SECTION

### Co-op SuperStores Premier SHC (Divisions/Colleges):

Round 1 – A) Duhallow v Muskerry, B) Avonduh v Carbery;

Round 2 – Winner A v Loser B, Winner B v Loser A;

Semi-finals – Imokilly v Unseeded first-placed team, UCC v Unseeded second-placed team.

### McCarthy Insurance Group Premier SFC (Divisions/Colleges):

Round 1 – A) Avonduh v Carbery, B) Beara v Duhallow;

Round 2 – Winner A v Loser B, Winner B v Loser A;

Semi-finals – Muskerry v Unseeded first-placed team, UCC v Unseeded second-placed team.

### Co-op SuperStores Confined JBHC:

Group 1 – O'Donovan Rossa, Lough Rovers, Bantry Blues;

Group 2 – Uibh Laoire, Ballyphehane, Crosshaven;

Group 3 – Gabriel Rangers, Rathpeacon, Castletownroche.

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### McCarthy Insurance Group JBFC:

Group 1 – St Catherine's, Glengarriff, Araglen, Shanballymore;

Group 2 – Clann na nGael, Brian Dillons, Ballinacurra, Muintir Bháire;

Group 3 – Ballyphehane, Garnish, Belgooly.

### Muskerry Gaa

### Macroom Motors Mid Cork U21 Football Championship

#### U21 A Football

Quarter Final - Éire Óg 1-15 Ballinora 0-13 aet

Semi Final – Kilmurry 0-15 Éire Óg 2-11

Ballincollig 3-20 (29) Naomh Abán 2-19 (25)

Final: Ballincollig v Éire Óg

### Éire Óg 1-15 Ballinora 0-13 (AET)

Ballinora, Macroom Motors U21 A Mid Cork champions for the first time ever in 2024, were

knocked out of the current year's campaign at the

first hurdle, losing to home side Éire Óg in the quarter final, but only after extra time and after a fine contest.

Éire Óg, playing against the wind, scored an early goal, Éoin O'Shea's attempt for a point dropping short and David Casey swooping to slam the loose ball to the net. The winners were led by five points at the break and were still four points behind after 56 minutes, but finished strongly and then dominated in extra time.

Ballinora, with Kevin Werner and Robert Quirke both scoring twice in the first quarter added another four points without a response in the second quarter, Mark O'Brien, Quirke and Werner the scorers and they led by 0-8 to 1-0 at half-time.

Éire Óg despite having wind advantage were still finding scoring difficult early in the second half and Werner again had pointed for Ballinora before Éire Óg got their first point after 40 minutes, Darragh Clifford on target. A Seán Hurley free and a point from Murphy made it 0-9 to 1-3. Points were exchanged and when



Johnny Galvin landed an Éire Óg point on 51, only two points separated the teams. A two-pointer from Robert Quirke had Ballinora four points clear, 0-12 to 1-5, but a two-pointer from a Darragh Clifford free brought Éire Óg back into strong contention and points from a Hurley free and Galvin effort levelled the scores and forced extra time.

Ballinora had wind advantage in the first period of extra time, but it was Éire Óg who were dominant and they led 1-12 to 0-12 at half time, Murphy (free), Hurley and Clifford the scorers. Goalkeeper Brendan Lenihan pointed a 45, points were exchanged before Hurley finished the scoring to leave Éire Óg comfortable now.

Scorers: Éire Óg: D Clifford (0-2f), S Hurley (0-2 fs) 0-4 each, D Casey 1-1, S Murphy 0-3 (0-2 f), J Galvin 0-2, B Lenihan 0-1 (45).

Ballinora: R Quirke 0-7 (0-2f), K Werner 0-5 (0-2 f), M O'Brien 0-1.

Éire Óg: Brendan Lenihan; C Eagles, S O'Callaghan, Cillian Murphy; J McCarthy, Colm Clifford (capt), M Sheehan; Darragh Clifford, K Beechinor; C Quigley, Seán Murphy, Eoin O'Shea; Seán Hurley, David Casey, J Galvin. Subs: E Hyde and M O'Connor, both ht, D Dineen 44, C Malone 54.

Ballinora: Mark O'Riordan; Seán Twohig, Adam Laverty, Jamie Byrne; Seán Lyons, Nathan Davis (capt), Cian Wolfe; Jack Trench, Mark O'Brien; Ciarán O'Donoghue, Robert Quirke, Danny Dineen; Jack Hegarty, Kevin Werner, Peter Mayer. Subs: Stephen Forde 60, E Mitchell 61, Tadhg Mahon 76

Referee: John Ryan (Macrooom).

### Éire Óg: 2-11 (17) (2-0-11) Kilmurphy 0-15 (0-2-11)

Éire Óg will meet neighbours Ballincollig in the final of the Macrooom Motors Mid Cork U21 A football championship on Sunday next. They trailed home side Kilmurphy, Muskerry and Cork county B champions last season, for much of this semi final in difficult conditions but their championship aspirations remain intact after they were rescued by a late goal from Johnny Galvin which put them into the lead in the 58th minute.

Kilmurphy led by 0-4 to 0-1 after the opening ten minutes, Ryan Leahy and Dinny O'Mullane on target but Éire Óg were level by the 20th minute at 0-4 each, Seán Murphy, Galvin and Seán Hurley on target. Another point from a Ryan Leahy free on 24, followed by a two-pointer from Rory Duggan and one from Joe O'Mullane, were followed by another two-pointer, this one from Seán O'Leary which had Kilmurphy leading by 0-10 to 0-4 at the interval.

Éire Óg had wind advantage on the resumption and in the third quarter the Owens outfit got the odd point advantage in the seven scored to leave the score at the three quarter mark at 0-13 to 0-8 in favour of the home side. Éire Óg at last got the break they needed in the 47th minute when team captain Colm Clifford parted to Seán Hurley who finished well to the Kilmurphy net and cut the gap to two points, 0-13 to 1-8. Kilmurphy responded with points from Seán O'Leary and Alexander Aisling to lead by 0-15 to 1-9 in the 54th minute but an Éire Óg point was then followed by a goal from Johnny Galvin on 58 and the Owens men led for the first time in the game. A point from a Seán Murphy gave them further cause for joy before the final whistle.

Scorers: Éire Óg: S Hurley 1-4 (0-3 f), S Murphy 0-5 (0-4 f), J Galvin 1-1, K Beechinor 0-1. Kilmurphy: D O'Mullane 0-4 (0-3 f), S O'Leary (1-2pt), R Duggan (1-2pt), R Leahy (0-3 f) 0-3 each, J O'Mullane, J Kelleher 0-1 each.

Éire Óg: Brendan Lenihan; C Eagles, S O'Callaghan, C Murphy; M Sheehan, C Clifford (capt), J McCarthy; D

Dineen, D Clifford; C Quigley, D Casey, M O'Connor; S Murphy, J Galvin, S Hurley. Subs: Kevin Beechinor h-t, C Malone and Ethan Hyde, both 43, E Horgan 51, E O'Shea 54.

Kilmurphy: Cian Desmond; Max O'Leary, Jack Devine, Daniel Keane; Dylan Shanahan, Alexander Aisling, Seán O'Leary; Conor Kelleher, Rory Duggan; Alan Desmond, Joe O'Mullane, Sam Dineen; Jessie Kelleher, Denis O'Mullane, Ryan Leahy. Sub: Conor Muller 50

Referee: R Whelan (Gleann na Laoi).

### Ballincollig 3-20 (29) Naomh Abán 2-19 (25)

Ballincollig led by 2-10 to 0-7 eight minutes into the second half but a N Abán goal ignited their challenge and with Ed Ó Mir in marvellous form and kicking the three two-pointers in a row, the Gaeltacht men had drawn level by the end of sixty minute when the score was 2-15 to N Abán's 1-18. Ballincollig got the scores in the first half of extra time to seal their passage to the final after a high standard marvellous game of football.

N Abán: Eoghan Ó Luasa; Jack MacCarthaigh, Tadhg Ó Ceallaigh, Jack Ó Murchú; Lúc Ó Liatháin, Sam Tynsley, Jeremiah Mac Suibhne; Jack Ó Donnchú, MacDara Ó Conaola; Éanna Ó Laoghaire, Donagh Ó Loinsuigh, Dan Ó Luanaigh; Ed Ó Mir, Adrian Ó Ceallaigh, Frankie Ó Riordáin. Fir Ionaid: Liam Ó Murchú, Fionán Ó Briain, Breandán Ó Ceallacháin, Dan Ó Luanaigh for Éanna Ó Laoghaire.

### U21 B Football

#### Quarter Finals:

1 - Macrooom 0-15 Inniscarra 2-9 aet 'Scarra win 4-2 on penalties

2 - Canovee 2-14 Kilmichael 1-20

3 - Grenagh 1-18 Ballincollig 2-5

4 - Donoughmore 0-16 Aghabullogue 0-13

#### Semi Finals: Inniscarra 1-13 Kilmichael 0-11

Grenagh 0-10 Donoughmore 4-19

Final: Donoughmore v Inniscarra

### Inniscarra 2-9 Macrooom 0 - 15 aet

Macrooom U21s are out of the Mid Cork U21 B Football championship after losing to Inniscarra at the Castle Grounds in the opening round, the game being tied at full time and after extra time before being decided on penalties.

Macrooom were on top in the first half and deservedly led by 0-7 to 0-3 at half time. They extended their lead to 0-9 to 0-3 before conceding two goals at the three quarter stage and were slightly fortunate to hang in until full time, 0-12 to 2-6. Macrooom again took up the running in extra time and were leading by two points in the final ten minute half only to get caught by the new rules with only two forwards up in the opponents half twice, giving

Inniscarra two 14 m frees which brought them level, 0-15 to 2-9. The penalty shootout was won by 'Scarra 4-2 after Macrooom had led by 2-1 after two rounds each. The Macrooom line out was: Noe Kollar, Donagh Murray, Cormac Burke, Ray Griffin, Bobbie Murphy, Ryan Sabas, Sam Leavy, Mark Condon, Liam Holland, Eoghan Healy, Mark Hunt, Cian O'Sullivan, Colin Kelleher, Odhran Creed, Robert Lucey. Subs used: Ruari O'Shea, Jack Leavy. Scorers: Colin Kelleher 0-6 (0-3f), Sam Leavy 0-4, Cian O'Sullivan 0-2, Mark Hunt 0-2m, Liam Holland 0-1

### Canovee 2-14 Kilmichael 1-21

Canovee led by 1-9 to 0-6 at half and had increased their led to 2-10 to 0-7 by the 35th minute. Three Kilmichael points followed by goal from Michael Downey in the 40th minute had the score at 2-10

to 1-10, a three point gap. Points were exchanged, before two Kilmichael points reduced the gap to the minimum, 2-11 to 1-13. Points were exchanged again before an equaliser for Kilmichael in the 52nd minute from Brian Horgan.. Kilmichael raised a lead of two points twice, each time Canovee reduced the gap to a single point, 1-18 to 2-14 in the 59th minute. Three points in a row for Kilmichael saw the visitors safely through to the semi final.

Kilmichael scorers: Michael Downey 1-0, Tom Browne 0-7, Brian Horgan 0-7 (including 2 two-pointers), Cian McCarthy 0-3, Ciarán Foley 0-2, Seán Hennigan and Danny Horgan 0-1 each.

Canovee: Aaron Forde; Sean McCarthy, Shane Hughes, Cillian Blake; Callum O'Callaghan, Ryan Delaney, Eoghan McCarthy; Evan Cunningham, Cathal O'Driscoll; Gavin Coleman, Adam Dodd, Jamie O'Neill; Daire McMahon, Pádraig O'Driscoll, Rory Lehane.

### Inniscarra 1-13 Kilmichael 0 - 11

Inniscarra are through to the final of the U21 B championship and a meeting with neighbours Donoughmore after a good win over Kilmichael at Ballyanley. A goal from Cameron Lynch helped Inniscarra to an interval lead of 1-7 to 0-6 and even though playing against the wind in the second half, the home side were in control. Kilmichael suffered a severe loss when Brian Horgan, doubtful going into the game with an injury, had to retire in the 5th minute after scoring an early point.

Dan O'Connor scored 0-10 for 'Scarra, 2 two-pointers amongst his tally.

Tom Browne had 0-8 for Kilmichael with a point each from Brian Horgan, Seán Hennigan and Jack Browne. Inniscarra: Ben Maher: Conor O'Sullivan, David Keane, William O'Connell: David Enright, Cormac Dineen, Conor Sheehan; Niall Buckley, Cameron Lynch: Liam Buckley, Jack O'Mahony, Donal Dineen: Daniel O'Connor, Brian Lowney, Tadhg Lyons. Subs: Cathal Lyons, Darragh O'Brien, Liam Leisk

### Grenagh 0-10 Donoughmore 4-19

After a fine opening quarter, Grenagh faded as Donoughmore upped the tempo and the winners were clearly the better side on the day. A physically strong and mature Inniscarra side may provide a stiffer challenge in the final.

Donoughmore: Stephen McSweeney; Frankie Honohan, Sean Brioderick, Rory Mclaughlin; Liam O'Sullivan, Kevin O'Connell, Sean O'Hanlon, Cian Buckley, Rory Honohan; David O'Connell, Scott Barrett, Billy O'Sullivan; Dvid McDonnell, Gavin O'Sullivan, Daniel Holland. Subs Darragh Lawton, DJ Foley, Daniel Honohan, Paddy Murphy, Eoin McNamara.

### U21 C Football

#### Quarter Finals:

1 - Aghinagh 1-10 Cill na Martra 1-7

2 - Ivelaery/Dripsey 7-12 Donoughmore 2 1-7

3 - Blarney 3-9 Clondrohid 0-13

4 - Macrooom 2 0-10 Béal Átha'n Ghaorthaidh 0-7

#### Semi Finals: Aghinagh 2-4 Ivelaery/Dripsey 5-14

Blarney 5-12 Macrooom 2 0-13

Final: Ivelaery/Dripsey v Blarney

### Aghinagh 1-10 Cill na Martra 1-7

Aghinagh enjoyed a three point win over Cill na Martra in Rusheen in an entertaining U21 championship quarter final encounter. A huge crowd attended to see a competitive game under the new rules and both sides benefited to varying degrees from the rule changes. Spectators saw a number of

2 pointers and quite a few incidences where the ball was moved forward 50 yards. Aghinagh were far sharper early on and led 1-8 to nil after 20 minutes, Luke Ring scoring the goal and Seán Cummins popping over our first 2 pointer. The next 20 were dominated by Cill na Martra, scoring 1-7 to narrow the deficit to just one point, the goal coming from Mattie Ó Loingsigh. However Aghinagh rallied and finished the stronger scoring two unanswered points to progress to the semi final.

Aghinagh: Conor Lucey; Dylan O'Riordan, Cormac O'Riordan; Cathal Rea, Tom Buckley, Gavin Leahy; Thomas Morgans, James O'Connor; Oisín MacSuibhne, Darragh McCarthy, Darragh O'Shea; Seán Cummins, Luke Ring. Subs used: John Kelleher and Rowan Kelleher.

Cill n Martra: Elijah Mac Roibeáird; Luke Ó Leighin, Fionn Ó Raghallaigh; Gerh Ó Loingsigh, Cillian MacSuibhne, Donagh Ó Mannín; Jason MacCarthaigh, Donagh Ó Buachalla; Connor Ó Cróinín; Jack Ó Loingsigh, Mattie Ó Loingsigh; Dara Ó Súilleabháin, Stiofáin Ó Súilleabháin. Ionaidai: Colm Mac Suibhne, Liam Ó Tuama agus Kyle Ó Croinín.

### Semi Final: Iveleary/Dripsey 5-14 Aghinagh 2-4

This was a very one sided U21 football semi-final played at the Dripsey venue. Right from the start Iveleary/Dripsey meant business and a succession of

scores mainly from Sam Pickering and Tim Sweeney left them in a commanding position at halftime leading by 3-4 to 1-1, Aghinagh's goal coming from a Dara McCarthy free. The second half saw more of the same with the combination outfit scoring regularly while Aghinagh found it difficult to make progress with Rowan Kelleher's goal the main highlight for them.

Aghinagh: Conor Lucey; Dylan O'Riordan, Cormac O'Riordan; John Kelleher, Tom Buckley, Gavin Leahy; Thomas Morgans, James O'Connor; Oisín MacSuibhne, Darragh McCarthy, Darragh O'Shea; Seán Cummins, Luke Ring. Subs used: Cathal Rea, Tom Buckley and Rowan Kelleher.

### Macroom 0 - 10 Beal Átha'n Ghaorthaidh 0 - 7

For the first time ever, Macroom fielded a second team in the Mid Cork U21 C FC and came away with a fine win on a 0-10 to 0-7 scoreline. Macroom: Gearóid Quinn, Robert Fitzgerald, Cathal Neville, Regan Wong, James Slattery, Shane McCarthy, Jamie Murphy, Jack O'Shea, David Neville, Ruadhán McKenna, Cian Noonan, Billy Murphy, Coran Burns. Subs used: Alex Brophy, Simon Condon, Darragh O'Donovan  
Scorers: Billy Murphy 0-7 (frees), Jack O'Shea 0-2, Jamie Murphy 0-1.

### Blarney 5 - 12 Macroom2 0 - 13

Blarney were too strong for the Macroom 2nd team in the C semi final at Macroom. Blarney got early goals and were stronger and older than their opponents who did battle bravely to the finish. Macroom scorers: Billy Murophy 0-8 (0-3f), Regan Wong 0-2 (the first two pointer for Macroom), Billy Coleman 0-1, Jamie Murphy 0-1, Darragh O'Donovan 0-1.

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

### Muskerry EPH Controls Junior Football League Div 1 begins on March 1st 2025

Div 1  
Aghabullogue, Grenagh, Donoughmore, Clondrohid, Éire Óg, Kilmichael, Ballincollig, Béal Átha'n Ghaorthaidh  
Div 2 East: Ballincollig2, Inniscarra, Blarney, Ballinora, Donoughmore, Dripsey, Gleann na Laoi  
Div 2 West: Cill na Martra, Naomh Abán, Iveleary, Canovee, Kilmurry, Aghinagh, Macroom  
Div 3 East: Ballincollig, Lough Rovers, Éire Óg, Inniscarra, Kilmurry, Grenagh  
Div 3 West: Canovee, Clondrohid, Kilmichael, Macroom, Naomh Abán, Béal Átha'n Ghaorthaidh

## 2025 MUSKERRY DIVISION GAA CHAMPIONSHIP DRAWS

The draws for the Mid Cork GAA championships were made at Coachford with a major change in the format of the Junior A Hurling Championship being a major talking point. This championship will have ten teams contesting for the title and will be played in two groups (three in 2024) with each team playing four group games, leading to the top two teams in each group playing off in the championship semi final stage. The Junior A football championship will again have three groups of four teams at the early stage.

### Ross Oil Junior A Football Championship

Group 1: A Donoughmore, B Ballincollig, C Blarney, D Dripsey

Group 2: Aghinagh, Grenagh, Clondrohid, Kilmichael  
Group 3: Éire Óg, Beal Átha'n Ghaorthaidh, Ballinora, Kilmichael

Two teams from each group to progress to play-off stages, top two to semi final stage and the other four to quarter final stage.

Sequence: Rd 1: A v B, C v D Rd 2: A v D, AB v C: Rd 3: A v C, B v D

### Ballincollig Credit Union Junior B Football Championship

13 teams, open draw and a plate competition for Rd 1 losers

Round 1:

A Ballincollig - a bye  
B Macroom v Donoughmore  
C Cill na Martra v Naomh Abán  
D Uibh Laoire v Gleann na Laoi  
E Aghinagh v Éire Óg  
F Canovee v Inniscarra  
G Grenagh Aghabullogue  
Note: New draw for Rd two onwards

### Junior C Football Championship

9 teams - straight knock out. No plate competition

Round 1:

A Clondrohid - a bye  
B Naomh Abán v Inniscarra  
C Béal Átha'n Ghaorthaidh v Kilmichael  
D Ballincollig v Canovee  
E Macroom v Kilmurry  
Note: New draw for Rd 2 onwards

### MJK Oils Junior A Hurling Championship

10 teams, 2 groups, top two in each to semi final stage. Group 1:

A Ballincollig, B Inniscarra C Donoughmore D Blarney E Aghabullogue

Group 2: A Ballinora B Grenagh C Dripsey D Éire Óg E Kilmichael

Rd 1: D v E, B v C - A a bye

Rd 2: E v C, D v A - B a bye

Rd 3: B v D, A v E - C a bye

Rd 4: C v A, E v B - D a bye

Rd 5: A v B, C v D - E a bye

Oriel House Hotel Junior B Hurling Championship

11 teams, 3 groups - top two in each group to knock out stage, a Plate competition for five non qualifying teams.

Group 1: A Ballincollig B Grenagh C Donoughmore D Éire Óg

Group 2: A Blarney B Cloughduv C Gleann na Laoi D Uibh Laoire

Group 3: A Inniscarra B Ballinora C Laochra Óg D a bye

Rd 1: A v B, C v D Rd 2: A v D, B v C Rd 3: A v C, B v D

## MACROOM GAA

The castle grounds was the venue on Sunday 9th Feb for what was an historic day for Macroom GAA. Macroom fielded two u21 teams that competed in the b grade and the c grade. First up was the u21 team who faced Inniscarra. 11.30am was the Throw In time with Luke Knight ref. The new rules were in play so both sides and the ref getting used to it. Credit to Luke and his team of officials for doing a great job. Macroom got up and running early on with some soaring runs from wing back Sam leavy. Some early scores followed from patient build ups and some great turnovers in a dominant defence. Donagh Murray, Sam leavy and Ray Griffin all going well ably assisted by bobby Murphy, Ryan Sabas and Cormac burke. Inniscarra slowly started to get into the game after a few bad wides on their part. Colin Kelleher, who was dangerous in the corner firing over a few points, plus a few from Sam leavy putting Macroom in the driving seat at this stage. Liam Holland added another score



Macroom U21C Semi Final

before Scarra hit back with a goal against the run of play. Going into the second half macroom held the upper edge through out but didn't make it count on

the score board. With Macroom up 2 points with time nearly up, the new rule of 3 on 3 inside caught out Macroom, giving up easy frees to tie up the contest

. Extra was played and nothing could separate these sides. The dreaded penalty shootout was ultimately how this match was decided, with Inniscarra coming out the winners. Hugh Credit to both sets of players who served up 70 plus minutes of entertaining football . Best wishes to Inniscarra who progress to the Semi Final.

Final score Macroom 0-15 Inniscarra 2-9 scorers, Colin Kelleher 0.6 (3 frees), Sam Leavy 0.4, Cian O'Sullivan 0.2, Mark Hunt 0.2, Liam Holland 0.1

Team Noe Kollar, Donagh Murray, Cormac Burke, Ray Griffin, Bobbie Murphy, Ryan Sabas, Sam Leavy, Mark Condon, Liam Holland, Eoghan Healy, Mark Hunt, Cian O'Sullivan, Colin Kelleher, Ordhan Creed , Robert Lucey subs used, Ruari O'Shea, Jack Leavy.

The second game went off slightly behind time due to the high drama of the penalty shoot out. Ballingearry were the visitors for the U21 C championship tussle .This game was handled by brian harte and his team of officials. Macroom were always facing an uphill battle due to injuries and the subs used earlier. To their credit

Macroom showed no signs of underdog tag and really took the game to Béal Átha'n Ghaorthaid. Lead, by the excellent captain James Slattery and the impressive high fielding of Jack O'Shea Macroom took control of the game. Robert Fitzgerald and Cathal Neville had to be on their toes to cope with the lively inside forwards but we're excellent throughout . Up front Billy Murphy was a constant threat, the hard working Jamie Murphy also added to the Macroom cause. Macroom winning out on the historic day on a scoreline of 0.10 to 0.7. Scores Billy Murphy 0.7 (frees), Jack O'Shea 0.2, Jamie Murphy 0.1. Team Gearoid Quinn, Robert Fitzgerald, Cathal Neville, Regan Wong, James Slattery, Shane McCarthy, Jamie Murphy, Jack O'Shea, David Neville, Ruadhan McKenna, Cian Noonan, Billy Murphy, Coran Burns. Subs used Alex Brophy, Simon Condon, Darragh Donovan.

Macroom and Blarney met on Sunday 16th in the Castle grounds in the Mid Cork U21 C championship semi final. Macroom fresh from their victory last Sunday were short a few starters and played against

a very physically strong team with a lot of the Blarney lads on the age . The youthful Macroom side battled all game and with some terrific performances from the Robert Fitzgerald, Jamie Murphy, Regan Wong and Billy Murphy , who kicked most of the Macroom scores on the day . Blarney took control early on with a couple of early goals and really never looked back. To their credit Macroom battled away all game and never threw in the towel but Blarney ran winners on a score line of Blarney 5.12 Macroom 0.13 pts .

Scorers: Billy Murphy 0.8 (3 fs), Regan Wong 0.2pt, Billy Coleman 0.1 , Jamie Murphy 0.1 Darragh Donovan 0.1 Special Mention To Regan Wong who became the first Macroom man to kick a 2pt score from outside arc in championship for a Macroom player.

Despite the defeat , these young players can take encouragement from the U21 championship with 38 players seeing championship over the two weekends . A first for Macroom GAA

## MACROOM SOCCER

Macroom U14 girls played away to Mungret Regional in Limerick in the National trophy, last 32 with Lauren O'Sullivan captaining the side. Macroom showed no sign of nerves and were playing good passing football from the start. Aleksandra Stepien scored a great goal into the bottom left corner on 10 minutes, giving the goalkeeper no chance. Lauren O'Sullivan had a goal ruled out on 15 minutes for offside. Aleksandra scored a second on 23 minutes almost a carbon copy of the first goal. It stayed 2-0 until the half. Mungret came out strong in the second half and had Macroom pinned down in their own half for around 20 minutes. But the Macroom defence stood strong, Abby Kelleher, Aoife O'Regan, Annie McElroy and Laura Murphy were unbeatable, despite all the pressure Chloe Hubbard didn't have to save one direct shot. Rachel Neville and Ella Nic Siubhne were tenacious in mid field fighting for every ball.

After weathering the storm Macroom started to exert more pressure on Mungret again with brilliant runs and crosses from Keelin Kelleher on the right wing and Connie O'Keefe on the left wing which were narrowly missed by Millie Mac Sullivan. Lauren O'Sullivan had 2 shots inches wide of the post. The game was finally put to bed when Millie Mac Sullivan tucked the ball away

into the bottom right corner after a lovely through ball from Lauren, making it 3-0 on 65 minutes. 2 minutes later Aoife O'Regan broke from defence and carried the ball all the way to the box before passing to Lauren for a repeat pass and goal by Millie. It ended 4-0 to Macroom and Macroom advance to the last 16 of the National Trophy.

Thanks to Mungret for the amazing We look forward now to the next round of last 16 which will be a home game.

Our U15s welcomed Corinthians to Murrayfield Saturday afternoon for what was a very close game between the two sides. Captained by Keelin Lynch, Macroom started strong with plenty of possession. Corinthians were unlucky not to score in the first half with Lorna Hodman thwarting every attempt. Our defenders Chloe Guider, Keelin Lynch, Aoife O'Regan and Shannon Cotter were fantastic throughout the game making things difficult for the visitors. Approaching half time, a through ball from Lauren O'Sullivan found Isabelle Lehane who coolly slotted it passed the keeper. The second half saw every ball being contested with both sides battling hard on a heavy pitch. Some great play from our midfielders set up Aleksandra Stepien to see Macroom 2-0 up.

Corinthians caught us immediately off the break to make things 2-1. Hannah Sweeney worked tirelessly as did Mai Fitzgerald and Rosie Hallahan in midfield. The home team's efforts were justly rewarded when Áine O'Riordan found the back of the net. Celebrations were short lived as Corinthians slotted a beauty passed our keeper to make it 3-2. The remaining minutes saw many attempts by both sides before the final whistle blew.

Our U11 girls were in mighty form at a recent away game against Carrigaline today. Great team spirit and skill on show. These girls are improving with every game. Well done also to our U10 girls in their match vs Mallow Utd. The girls played superbly and are really developing as players, really understanding the positions on the pitch, very comfortable moving the ball around the pitch and really looking after the younger kids throughout the game. Great to see the progress they're making over the past few matches.

For anyone with a daughter at home who loves to kick a ball, please contact our secretary Fiona Phelan on 0857791372 for membership details. Our senior ladies' season will be commencing shortly and anyone eager to join can contact the above number also.



Macroom U10 girls at a game vs Mallow



Macroom U14 girls who have advanced to last 16 in National Trophy



Macroom U15 girls at a recent home win against Corinthians



Macroom U11 girls who travelled to Millstreet



Macroom Golf Club celebrating 100 years at the Meet The Clubs Day, organised by the Macroom and District Lions Club. Pic. James O'Sullivan



West Muskerry Athletic Club at the Meet the Club day, organised by the Macroom and District Lions Club. Pic. James O'Sullivan



Coachford NS 3rd Class Boys had a great day at Indoor Football Blitz



Many thanks to Tim Holland and Ross Oil for their continued support of Cloughduv Camogie



Well done to the boys and girls from Tirelton NS who participated in FAI Primary 5s. The boys played in Bantry on Tuesday, 4th February and the girls participated in Ballincollig on Friday, 7th February.



Kilbarrry NS 5-a-side soccer team at the FAI Primary 5s 2025 in Bantry recently.



Saoirse Twomey, senior girls cross country champion!



McEgan 1st yr Boys basketball team following their recent win over Bishopstown.



McEgan Senior Boys Soccer team who have qualified for south Munster semi-final after a thrilling penalty shoot out win against Terence McSweeney College.

**ALLIANZ SCIATH NA SCOL INDOOR CAMOGIE CHAMPIONSHIP**



Amy Carty, captain Farran NS receiving the Allianz Sciath na Scol Indoor Camogie Championship trophy from Liam Walsh following their win over Ballynoe at Na Piarasigh.



Dripsey NS team who were runners up to Ballynoe at the Allianz Sciath na Scol Indoor Hurling Shield finals at Na Piarasigh. Picture: Mike English



Amy Carty, Farran NS captain, celebrating the school's win at the Allianz Sciath na Scol Indoor Camogie Championship finals at Na Piarasigh. Picture: Mike English



Cup of joy for Farran NS at the Allianz Sciath na Scol Indoor Camogie finals. Picture: Mike English



Well done to the boys and girls from Tirelton NS who participated in FAI Primary 5s. The boys played in Bantry on Tuesday, 4th February and the girls participated in Ballincollig on Friday, 7th February.



Rusheen N.S. girls teams that took part in the FAI Primary 5s Competition in Lakewood recently



ST MARYS MACROOM - Liam Slattery, Deirdre Lehane and Caroline McSweeney



St Mary's supports Mr Vaughan, Ms Kerrigan, Ms M Kelleher and Ms Caulfield celebrating with Ms Lehane after the final whistle



Iveleary/Dripsey



Aghinagh u21



Naomh Aban U21



Canovee U21's who played Kilmichael recently in their first championship game of the season



Fé 21 "A" Cluiche Leath Cheannais Craobh Comórtas Muscraí, Naomh Abán a d'imir i gcoinne Baile an Chollaigh. Níor éirig le Naomh Abán ar an lá.



Eamon Mac Suibhne agus Teddy Bradley of Bol Chumann na Gaeltachta at the under age presentation of trophies. pic le Nóra Uí Luasa



Macroom U21C Team



Cill Na Martra

## MACROOM HISTORY GROUP NEWS



Macroom GC'S 2025 Drive in Geraldine Galvin, Lady Pres., Margaret Keating, L. Captain, Gary Morris, M.'s Captain, Charlie Magee Juvenile Captain and Paddy O'Leary, Men's Pres. (C. Kelleher).



Margaret Buckley, speaker, Margaret Keating, L. Capt. and Men's capt. Gary Morris. (Tim Keating).



Brendan O'Brien, Catherine Coughlan, Pat Coughlan, Con Kelleher and Pat Sheehy staffing Macroom History stand at Macroom Clubs' Day, 1 Feb. 2025. (Tim Keating).



Mary Creed, Máire Leahy and Mary Purcell at Macroom GC's Centenary Talk. (Tim Keating).



Jim Morris and Con Kelleher, speakers at Macroom GC's Centenary Talk. (Tim Keating).

By Con Kelleher, 15 Feb. 2025.

Macroom Clubs' Day, 1 February 2025. We had a stand at the annual 'Meet the Clubs' Day'. In a room full of stands representing the many sports, social and other organisation our 'pitch' was noticeable and visited. Brendan O'Brien, Catherine Coughlan, Pat Sheehy and Con constructed the display and attended the stall. Featuring were posters of past MHG talks, Macroom history books and items of the past. These included an old shop [ledger, Macroom ICA's minute books, an 1911 All-Ireland football medal, a War of Independence medal and an old cooking pot. It was particularly pleasing to see young people coming to view the display and ask very searching questions. We thank Paul Lynch for supplying the back-board and to all who helped. The effort was well worth it. History Talk, 11 February, 2025. The subject was 'Macroom Golf Club 1925-2025'. In co-operation with the club, the talk was held in the Castle Hotel, with an attendance of about 115, a record for us. A lovely

display of trophies, old equipment, old photos and newspaper clipping enhanced the occasion. The golf club promoted the event well and golfers young and old, current and past present; they were a wonderful audience, created a great atmosphere and made a very generous contribution to the collection. The club grew from the ashes of the War of Independence and the Civil War. Since 1925 it has survived the test of time and has provided much pleasure on sporting, social and economic levels to people from the area. Its journey was bumpy at times but all obstacles were surmounted. A course was created and maintained in the tough times of 1920s-1960s. Golf was played by few then, but with increased prosperity, better access to education etc., more people played golf. This infusion invigorated the club: a new clubhouse was built in 1973, the course extended in 1993/4 and a new clubhouse in 1997. Despite the further difficulties of the 1980s recession, the 2008 economic crash and the Covid epidemic, the

course is currently thriving in all sectors. Its history was outlined by Jim Morris, Margaret Buckley (ex Kilnagurteen) who spoke on the Ladies/Women's contribution and Con Kelleher and their inputs were well received.

Brendan O'Brien was an excellent MC, Mick Walsh, Pat Sheehy and John Vaughan recorded the event, and Catherine Coughlan and Alan O'Rourke skilfully organised the hall, door and raffle. Current captains Margaret Keating and Gary Morris were the golf representatives and it was a pleasure and honour to work with them. The hotel had the venue in sparkling order, especially thanks to Rena O'Rourke, and the reception staff was pleasant, efficient and helpful at all times. Tim Keating and Catherine Hennigan took photos. A cup of tea and a biscuit rounded off a lovely evening.

*MHG wishes Macroom Golf Club a successful and enjoyable 2025.*

*Macroom Golf Club and Macroom History Group Abú.*



St Mary's cavalcade, supporters, team and mentors (C. Kelleher).



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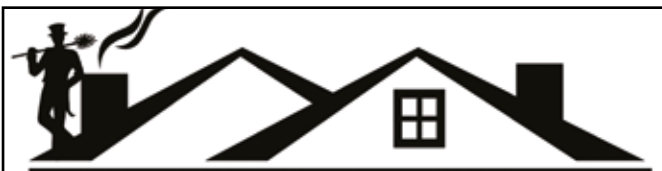
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## *Just a thought .....*

Ath. Seán Mac Cárthaigh,  
Baile Bhuirne / Cúil Aodha

### The joy of friendship

Friendship is one of life's precious gifts.  
 Popular Songs in our culture mention friendship  
*"You just call out my name  
 And you know where ever I am  
 I will be there  
 Yes I will, You've got a friend"* (James Taylor)  
 Or more recently the theme of the sitcom 'Friends' sings out loud  
*"I'll be there for you!"*  
 Or for the children in us we may be familiar with the song  
*"You've got a friend in me!"* (Toy Story movies)  
 This is nothing new. The Greeks and Romans praised the benefits  
 of having at least one friend  
 In the early centuries of civilization, The philosopher Cicero declared -  
*"We need friendship all the time, just as much as we need the proverbial prime  
 necessities of life, fire, and water."* (1st century BC)  
 Or Seneca, in the 1st century AD  
*"No good thing is pleasant to possess, without friends to share it."*  
 In the Gospel as Jesus was leaving his followers to go to His passion he told  
 his nearest and dearest disciples: *"I no longer call you servants, but friends."*  
 I have often wondered about the mystery of friendship - how friendship is  
 forged and not forced, how two people "click" as it were, and how others  
 don't. St Teresa of Avila the Spanish mystic described prayer as "friendship  
 with Christ" I've often wondered if looking at the quality of my friendships is a  
 good way of looking at my current relationship with God and  
 indeed what God may want of me. I think friendship consists of the following  
 Bear with me but I tend to alphabetize things !

**An A to Z of friendship**

- Advice, Accompaniment and Assistance*
- Beloved*
- Closeness, Compassion, Consolation, Comfort*
- Discernment together, Direction, Dialogue and Depth*
- Empathy, Enrichment, Exchange of ideas, Embrace, Expression*
- Freedom to be ourselves*
- Gratitude, Growth, Guidance, Gift of self*
- Help, Honesty, Humility, happiness, Healing*
- Insight, Improvement, Ideas, Intimacy*
- Joy, Journeying*
- Kindness*
- Love, not lust, Learning, Listening*
- Making time, Meaning*
- Nearness even though distance separates us*
- Openness*
- Perception, Purpose, Present to each other*
- Quiet moments, Quality time*
- Reassurance, Renewal, Rest, Rejoicing*
- Realistic*
- Serenity, Sincerity, Sharing*
- Trust, Togetherness*
- Understanding*
- Valuing one another, Validating, Vulnerable*
- Wisdom, Wound-sharing*
- X-factor - we get each other*
- Yearning to meet again.*
- Zero waffle*

If you're blessed like me you have found a friend for life.

One last quotation I like -  
*"A friend is the one person who walks in when everyone else walks out."*

*God bless. Fr Seán*

Email: parisho7191@gmail.com | Phone: 085 878 3823



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Contact: **087 - 6237163**

## THE SOD OF TURF KEPT US WARM MANY THE COLD WINTERS NIGHT OUR TRADITION AND HERITAGE.

It has always been a tradition here in the Lee – Valley and the Muskerry Gaeltacht going to the bog to cut turf in plenty of time for winter. Turf was an economic fuel for people with an open fire place or stove in the house.

Generally, when the weather gets very cold, like recently you can only heat one room in the house at the time with the open fire the turf fire brings great memories to me of my parents and grandparents sitting by a blazing turf fire telling stories and playing Irish music. Sometimes the fire was so hot I had to stand back from it. The garden shed was always full of good black turf ready for the winter. I often heard my parents say when the weather got very cold like we had recently they had a saying that the frost was so severe that it was splitting the stones and the stars were dancing in the sky.

Everything has changed now but not always for the better, the parents and grandparents have passed away now so we are on our own now like many more families. The parents and grandparents were very good to me and did their very best for me

and gave me great advice. When I talk of change you cannot get the Bord Na Mona peat briquettes anymore. When I put some turf here in the fire I think of my parents and grandparents again talking about the frost being so severe that it was splitting the stones. To keep an open fire going today timber is the cheaper alternative we cut down an ash tree recently its great for burning and the timber is fine and hot. With the very cold weather its very important for older people to keep warm indoors and to wrap up well when going out and be careful walking especially with ice on the footpaths a fall could result in broken bones, with Gods help the cold windy weather will end, and we will have summertime to look forward to again.

*“Níl aon tintéan mar do thintéan féin “  
“There is no heart like your own hearth”*

Mary O Callaghan – Hallissey  
Raleigh  
Macroom.



OUR TRADITION AND HERITAGE

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of

**EILEEN KELLEHER**

Rylane, Co. Cork

who died on February 24th 2024.

As we lovingly remember our beloved Eileen on this her first anniversary her husband Michael, her sisters, brothers and all of the extended O Sullivan and Kelleher families would like to take this opportunity to most sincerely thank all of those who have been so kind and supportive to all of us since the sudden and untimely passing of our beloved Eileen. To all of our extended family, amazing neighbours and friends no words can express our gratitude to you all. To all those who travelled from near and far to be with us at the rosary, removal, requiem mass & funeral we are truly grateful. To all of you who sent Mass cards, letters of sympathy, comforting messages of condolence both online and by telephone and to all those who sent floral tributes we sincerely thank you all. A huge thank you to all those who brought food and refreshments to the house over the days and nights.

To Eileens "second family" the management and staff of Macroom Tool Hire and Sales, your kindness and support will never be forgotten. Eileen always held you all in such high esteem and you all held a very special place in her heart.

Thank you to the staff of Sullane Family Practice Macroom, The Ambulance Service and the staff of Cork University Hospital. A very special word of thanks to the members of Donoughmore Community First Responders who attended to Eileen, your kindness and compassion will always be remembered.

To Michaels work colleagues and the management of An Post Ballincollig a huge thank you for your help and support.

A special word of thanks to Fr Peadar Murphy for celebrating Eileens life in such a beautiful Mass and for recitation of the rosary and prayers both in the house and in the church. To Sarah Dineen who sang so beautifully at Eileens funeral mass, thank you so much for enriching the occasion in such a comforting and dignified way. Thank you to those who facilitated the live stream of Eileens requiem mass to those who could not be with us on the day.

To Rylane Church Altar Society thank you all. A special word of thanks to all those who helped with traffic management. A very special thank you to Martin, Billy and all the staff of Fitzgerald Funeral Directors Macroom for your, kindness, compassion & professionalism at such a difficult time.

Thanks also to Pat, Margaret and the staff of Pat Barry's Bar Donoughmore for providing the food and refreshments following the funeral.

As it would be impossible to individually thank everyone who helped and supported us during such a heartbreaking and difficult time please accept this acknowledgement as a token of our heartfelt appreciation.

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

May Eileens gentle soul now Rest in Eternal Peace.



Eileens first anniversary Mass will be celebrated in St. Olans Church Rylane on Sunday February 23rd @ 11.30am.

**FIRST ANNIVERSARY**



Remembering with love today and every day our cherished daughter-in-law

**EILEEN KELLEHER**

Rylane, Co. Cork

whose 1st anniversary occurs on Feb 24th 2025.

*It was a sudden parting, too bitter to forget.*

*Those who loved you dearly are the ones who can't forget.*

*We often sit & think of you & think of how you died,*

*To think you could not say goodbye before you closed your eyes.*

*The blow was hard, the shock severe,*

*To part with one we loved so dear.*

*Our loss is great, we'll not complain, but trust in God we'll meet again.*

*Your life was one of kindly deeds, a helping hand in others needs.*



Always remembered & forever loved.

Your mother in law Pauline and father in law Danny.

**FIRST ANNIVERSARY**



In loving memory of my wife & soul mate

**EILEEN KELLEHER**

Rylane, Co. Cork

whose 1st anniversary occurs on Feb 24th 2025.

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

*No longer in my life to share, But in my heart you're always there.*



Sadly missed day and night. Forever loved and never forgotten. Your loving husband Michael.

**FIRST ANNIVERSARY**



In loving memory of

**EILEEN KELLEHER**

Rylane, Co. Cork

whose 1st anniversary occurs on Feb 24th 2025.

*Beautiful memories today & always of EILEEN.*

*A beautiful life came to an end. You died as you lived, everyone's friend.*



Sadly missed & lovingly remembered every day by her sisters in law Caroline and Trish, their husbands James & John and their families.

**13TH ANNIVERSARY**



In loving memory of

**KATE KELLEHER (NEE MCCARTHY)**

Clandrohid, Macroom Who died on February 28th 2012

*They say there is a reason, they say that time will heal. But neither time or reason, will change the way we feel. For no one knows the heartache that lies behind our smiles.*

*No one knows how many times we have broken down and cried. We want to tell you something so there won't be any doubt. You're so wonderful to think of but so hard to be without.*



Always remembered by your son Gene, daughters Marie & Breda, Brother, sister, grandchildren, relatives, neighbours & friends.

**THE MIRACLE PRAYER**



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



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. **ED**

**11TH & 6TH ANNIVERSARY**



In loving memory of our dear Mam and Dad whose Anniversaries occur around this time

**MARY O'REGAN**

Who died on 18th February, 2014.

**DANIEL O'REGAN**

Who died on 1st March 2019

**Codrum, Macroom**

**In Memory of Mam and Dad**

*"Another day goes by without ye  
Another day to reminisce  
About all the times we shared together  
And everything we miss.*

*Flowers by your graveside  
Photos in a frame  
We still feel you all around us  
But nothing feels the same*

*If we could see ye for a minute  
We know what we would do  
We'd freeze that moment in a heartbeat  
So we could stay with you.*

*We know someday we'll be together  
In a place not far away  
And our hearts will not be broken  
Like it is today".*



Lovingly remembered by Michael, Gobnait and Owen.

xxx

**FIRST ANNIVERSARY**



Cherished memories today  
& every day of

**EILEEN KELLEHER**

Rylane, Co. Cork

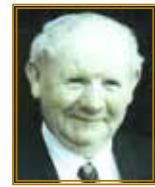
whose 1st anniversary occurs  
on Feb 24th 2025.

*Today's the anniversary  
of the day that we lost you.  
And for a time it felt as though  
our lives had ended too.  
But loss has taught us many things,  
and now we face each day with hope  
and happy memories,  
that help us on our way.  
And though we're full of sadness,  
that you're no longer here,  
Your influence still guides us,  
and we still feel you near.  
What we shared will never die,  
It lives within our hearts.  
Bringing us strength and comfort,  
While we are apart.  
Too dearly loved to be forgotten.*



Lovingly remembered today and every day by your sisters, brothers, sisters in law, brother in law, niece, nephews, grand niece and grand nephews.

**10TH & 18TH ANNIVERSARY**



In loving memory of

**DENIS & NELLIE BUCKLEY**

Coolierher, Ballymakeera,  
Macroom, Co. Cork

Denis died on 25th Feb 2015

Nellie died on 1st Feb 2007

*Deep in my heart  
Your memory is kept  
To Love, to Cherish,  
And never forget.*



Always remembered by  
Dan Buckley.

**4TH ANNIVERSARY**



In loving memory of

**SADIE O'CALLAGHAN**

who died on 2nd March 2021.

*Our hearts are full of memories  
with pride we speak your name.  
Though life goes on without you  
it will never be the same.  
We miss your smile, your joking ways  
We miss things you used to say  
And when old times we do recall  
it's then we miss you most of all.*



Forever in our hearts.  
Eileen & Family

Anniversary mass in Berrings church  
Sunday 2nd March @10:15am

**10TH ANNIVERSARY**



In loving memory of

**JOAN KELLY**

Gneeves, Kilmichael, Macroom  
Who died on 24th February 2015

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

*Sacred Heart of Jesus pray for her.*



Always remembered by  
your loving family.

**NOVENA TO THE SACRED HEART**



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

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

Must promise publication of prayer.  
MTC

**30TH ANNIVERSARY**



In loving memory of

**TOM WALSH**

Mullinroe, Clondrohid, Macroom  
His 30th anniversary occurs on the  
11th February, 2025

*To us you were someone special,  
Someone set apart,  
Your memory will live forever,  
Engraved within our hearts  
We miss you every day Dad  
And Nora and Noreen are by your side.*



Deeply loved, sadly missed and always remembered by his children Mary, Paddy, Catherine, Sean, Eileen, Margaret, Martina, Thomas, Rosemary, Paul and his grandchildren and great grandchildren.

**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. MOD

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of  
**PAT CASEY**  
Hanover Hall, Macroom.  
Who left us on March 1st 2024.

We lovingly remember our cherished Dad, Pat, on this his 1st anniversary. He is so deeply loved and desperately missed by Cilla, Jacinta, Jerry, Edwin, Aoife, Miriam, Stephen and Ivan, together with their spouses/partners and his grandchildren. Also by his brothers, sisters, brothers-in-law, sisters-in-law, their families and his good friend, Liz. We would like to extend our heartfelt gratitude to our relatives, neighbours, colleagues and friends who supported us during those very difficult days in early March 2024.

Thank you to all who sent mass cards, condolence cards, letters of sympathy, posted on rip.ie and all who attended his removal, funeral and burial.

A special word of thanks to the wonderful nurses and staff of Cahereen Care Centre for the great care and attention Dad received while a resident there. Thank you to Dr. John O'Riordan and all at Sullane Family Practice for their GP services.

We would like to thank Fr. Joe O'Mahony for such a meaningful funeral mass and to Canon Donal Roberts, Monsignor James O'Donnell, Fr. James McSweeney and Fr. Micheal Kelleher all of whom gave us such spiritual support.

Thanks to Martin and Billy Fitzgerald and their staff for their sensitive and professional handling of all the arrangements. You made such a difficult and heartbreaking time easier for us to navigate.

Thank you also to The Castle Hotel for a beautiful meal following his burial.

As it would be simply impossible to thank everyone individually – there were so many who made us feel supported and cared for – please accept this acknowledgement as an expression of our deepest gratitude. The Holy Sacrifice of the mass will be offered for your intentions.

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



First anniversary mass on Saturday March 1st in St. Colman's Church, Macroom at 7.30pm.

May he rest in peace.

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of  
**JERRY O'RIORDAN**  
DESHURE, TARELTON, MACROOM.  
WHO DIED ON 3RD MARCH 2024

As we lovingly remember Jerry, a dear husband, father, brother and grandfather, whose love of life, family and friends we remember today and everyday.

We his family 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 far and near to be with us at the removal and funeral mass, and to those who sent Mass Cards, comforting messages of condolences online and floral tributes. Thank you also to all our wonderful neighbours, friends and work colleagues for your kindness and ongoing support.

Our heartfelt thanks to all the staff at CUH Cork, especially Prof. Derek Power, Prof. Orla Crosbie, the ambulance crews from Bantry and Macroom. The exceptional care you gave to Jerry will never be forgotten. Thanks to Fr. Pat O'Donovan, Fr. O'Mahony and Fr. O'Connor who participated in Jerry's removal, mass, and services at the crematorium.

Thanks to Michael Bradley, Norma Galvin for the music at the church. Special thanks to sacristan Kathleen Buckley, and the traffic stewards and to all of those who participated in the services.

Special thanks to Billy Fitzgerald and all the staff at Fitzgerald's funeral home, and the staff at the Island Crematorium for your professionalism and support.

As it is impossible to thank everyone individually please accept this acknowledgment as a token of our great appreciation. The holy sacrifice of the mass has been offered for your intentions.

*We loved you for your whole life  
and we will remember you  
for the rest of ours.*



Sadly missed, and always remembered by your loving family brothers, sisters and friends.

**9TH ANNIVERSARY**



In loving memory of a beloved husband cherished Dad and devoted Grandad.

**MICHAEL P. O'SULLIVAN**  
Ballyvoige, Kilnamartyra  
whose 9th anniversary on the 18th February

*Your presence we miss your  
memory we treasure  
Loving you always  
forgetting you never.*



Lovingly remembered by his wife Mary, sons, daughters, sons-in-law daughters-in-law and grandchildren

**15TH ANNIVERSARY**



In loving memory of  
**NORMA O'CALLAGHAN**  
O'Connor Park, Masseytown,  
Macroom  
Who died 21st February 2010

*As each day dawns,  
we think of you;  
As each night falls,  
we pray for you.  
And throughout our lives,  
no matter where;  
In our hearts  
you are always there.*



Always remembered by her husband Dan, sons John & Paul, daughters Emer & Niamh, sons in law, daughters in law and grandchildren.

**15TH ANNIVERSARY**



In loving memory of

**MARY MURRAY**

62 St. Colmans Park, Macroom  
Who died on March 3rd 2010

*My mother seems so far away from me  
On that beautiful white shore  
across the sea.*

*Yet I remember love's soft glow  
upon her face  
And the feel of her touch  
and tender embrace.*

*When I am weary from  
the burdens I've borne,  
And the path is unclear  
and I feel so forlorn,  
I remember her loving support  
was always near  
And her advice made the path  
ahead seem clear.*

*When I feel there is no one  
who seems to care,  
Or when the heartache  
seems too hard to bear,  
I remember how she always  
stood by my side  
And would tenderly wipe away  
the tears I cried.*

*When there are moments  
of great joy and pride  
And I wish my Mother  
was standing at my side,  
I remember she saw more than  
I thought I could be,  
And know I owe my triumphs  
to her belief in me.*

*When I reminisce about the things  
she used to say  
And I miss her and think  
she is so far away,  
I remember what she gave lives on  
through me,  
And one day I'll see her on the shore  
across the sea.*



Always remembered by her loving children, Sinéad, Geraldine, Concubhar, Tomás and Siobhán.

**Ed 04 TONY STONE** Handcut inscriptions, Restoration, Marble Granite, Stone, Slate, Plaques, Books, Boulders cut in situ, Kerbing, Chippings etc.  
**Contact: 087 -3528439**



**5th ANNIVERSARY**



In loving memory of

**CHRISSIE SPILLANE**

Upper Carraigadrohid, Macroom who died 25th February 2020

*When God was making mothers,  
He must have made a fuss.  
He spent alot of time on one,  
And gave that one to us.  
Of all the gifts in life,  
However big or small to have,  
You as our mother  
was the greatest gift of all.*



Too deeply loved to be forgotten.

Your Daughters Margaret & Joan,  
Son in law John &  
Grandsons David & Mark.

**4th ANNIVERSARY**



In loving memory of

**NORA QUINLAN**

Cork Street, Macroom and formerly of Clondrohid who died on the 15th February 2021.

*Deep are the memories,  
Precious they stay,  
No passing of time can take them away.  
St. Anthony pray for us.*



Fondly remembered by family and friends

**30TH ANNIVERSARY**



In loving memory of

**TIM COOPER KELLEHER**

Masseytown, Macroom died on 12th February 1995

*A smile for all, a heart of gold,  
One of the best this world could hold,  
Never selfish, always kind,  
A beautiful memory left behind.*



Forever in our thoughts and always remembered by you loving family, Johny, Cathy, Mike, Gerry, Breeda, Linda and Tim

**4th ANNIVERSARY**



In loving memory of

**KATHLEEN (KITTY) CURTIN**

Macroom. (formerly of Carriganima and Aghabullogue)

Who died on February 21st 2021

*Do not stand at my grave and weep  
I am not there. I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not stand at my grave and cry;  
I am not there. I did not die.*



Kathleen is remembered on the 4th anniversary of her passing, by her loving family.

**6TH ANNIVERSARY**



In loving memory of

**CATHERINE WHITE**

Ballyverane, Macroom Died 26th February 2019

*You are missed each and every day  
For you were someone special  
who meant more than words can say.  
Those we love can never be more  
than a thought away  
For as long as there's a memory  
They live in our hearts to stay.*



Always Remembered by her sisters Mary, Elizabeth & Sheila

**10TH ANNIVERSARY**



In loving Memory of

**ELIZABETH (LIZA) KELLEHER**

Aharas, Ballingearry, Co. Cork who died on 26th February 2015

*No longer in our lives to share,  
But in our hearts you're always there,  
Will those who think of Elizabeth today,  
A little prayer to Jesus say.*

Sacred Heart of Jesus pray for her.



Sadly missed by your loving husband Diarmuid and her family.

**17TH ANNIVERSARY**



In loving memory of

**CHRISTIE (SCOTCH) HEALY**

Dear husband, father, grandfather 5 Belmont Pl, Crookstown who died on February 21st 2008 (aged 60)

*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  
Gods garden must be beautiful  
He only takes the best.*

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



Forever in our thoughts and prayers his wife Noreen, daughters Christine and Caroline, son-in-law Derek and grandchildren.

**5TH ANNIVERSARY**



In loving memory of

**MATTHEW (MATT) TWOMEY**

Shanacloon west, ballymakeera, who died on 23rd of February 2020

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



Lovingly remembered by Catherine, Katie, Jack, David and Der.

**NOVENA TO ST. MARTIN**



Compassionate St. Martin you were always a generous and dedicated worker. Not one day of your life found you idle. Help me now in these difficult times to find suitable employment. I have no wish to be without work. By your prayers I wish to be given a situation where I can use to the full all the gifts God has given me. Intercede for me that I will obtain guidance in seeking out possible opportunities. When I am employed obtain for me the graces to be faithful and diligent for the glory of God for my own good and that of all the people we serve. Ask God to give me health of mind and body and generosity in meeting the needs of others. I ask this through Christ our Lord Amen ED

**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. **MORC**



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## INTERVIEW WITH PATRICK HORGAN

John Moynihan, owner of JM Energy Savings, recently met with **Cork Senior Hurler Patrick Horgan**, who took advantage of the 12-year warranty on our Solax inverters and batteries.

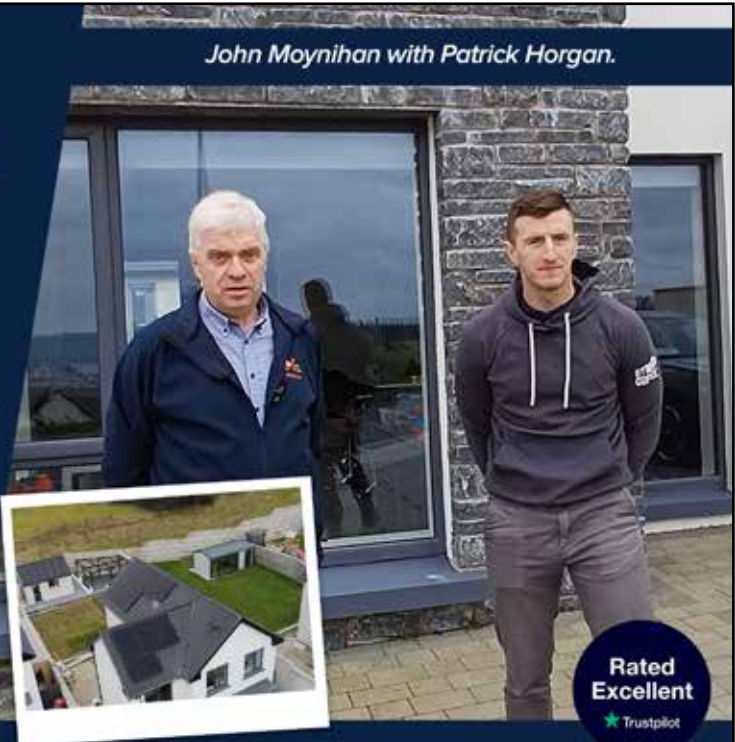
Patrick chose a local Cork company and was delighted by the seamless and efficient installation process. Now, his home is powered by solar energy – reducing costs and helping the environment.

*"I couldn't believe how efficient they were, I thought it was going to be a drawn out thing, getting up on the roof is not easy you know... but they were in and out, only a day and a half, they were brilliant"*  
 – Patrick Horgan

## REFERRAL BONUS

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John Moynihan with Patrick Horgan.



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