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The Woodland String Band from Philadelphia performing at the St Patrick's Day Parade in Macroom. Pic. Peter Scanlan

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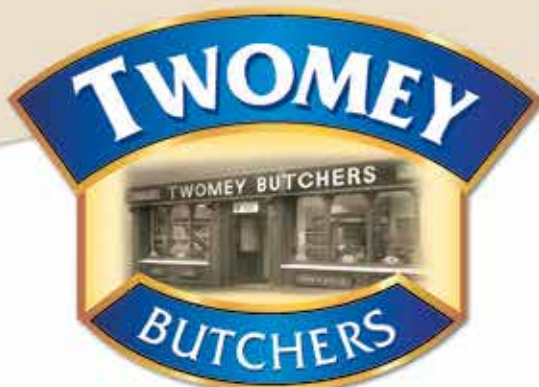
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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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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St Patricks Day Parade 2025

On Monday March 17th last Macroom once again hosted a vibrant and very successful St. Patrick's Day Parade, drawing locals, national visitors, and our 106 American friends once again visiting from Philadelphia to the town.

Another bumper crowd lined the Streets and Square area to celebrate our rich Irish heritage and culture, as hundreds maybe even thousands made their way to see the annual display of colourful floats and characters as they made their way through the streets of Macroom. All lead by our Grand Marshall Mary Loomis from the Woodland String Band who were celebrating their 100th Anniversary and their 25 years of coming to Macroom. She was accompanied by the 2025 Flower of Macroom Lara O'Sullivan.

As the people lined the route before the parade which started at 3.30pm they were entertained by Aghinagh Comhaltas and live music in the square by Tim Joe &

Ann O'Riordan. Over 30 colourful floats took part, with local dance troupes, community groups, clubs and local businesses that all came along and supported the parade. The Cullen and Ballingear Pipe Bands also took part in the multi-cultural community event. The Woodland String Band again added a special splash of colour and razmataz making a truly festive occasion for people of all ages.

As always our tireless volunteers from the Tidy Towns, along with our Macroom Business Association members came out together early in the morning to set the town up for the parade, and again in the evening to take everything down. They along with our new volunteers, those who answered the call out for help ensured the whole event was very welcoming, ran very smoothly from start to finish, and deemed a resounding success. The sense of pride was evident in the smiles of all involved who really embraced the

spirit of the day.

Plenty entertainment was available in the restaurants and bars after the parade and many stayed on to enjoy the music, and a few light and not-so-light beverages as well all to mark the special day.

The Chairperson Rory Buckley and the Macroom St. Patrick's Day Committee would like thank everyone that took part, our volunteers and sponsors, and those who posted the many photos and videos of the 2025 parade all adding to the success of the day.

Winners for 2025:

Best group: O'Sullivan School of Dancing

Best Commercial: Eventvideography.ie with their Netflix Formula 1.

Overall Best Float: Ballinagree Vintage

Best Shop Window: The Webb Boutique

Highly Commended Shop Window: Room 22 at Mc Egan College.

FREE DEMENTIA AWARENESS WORKSHOPS

Raising awareness of dementia is a key focus for the Friends of ASI Macroom. So far, the group has organised six training workshops, equipping over 70 individuals from local businesses, sports clubs, and community groups with essential knowledge. Their dedication and enthusiasm have fostered a remarkable commitment to building a supportive, empathetic, and inclusive community for people living with dementia—an effort that is both inspiring and impactful.

The organisations that participated in the 2024 workshops included AIB, Mary's Toymaster, Bank of Ireland, O'Flynn Medical, Kilmurray Active Retirement, Macroom Bridge Club, Connections, Macroom Library, Macroom Citizen's Information Centre, Ptsb, Macroom Golf Club, Macroom E Enterprise Centre, McCarthy Insurance, Ionad Lae Baile Bhuirne, OM2 Auctioneers, Macroom Motors, and Sinn Fein.

These organisations proudly display the 'Friends of ASI Dementia Inclusive Community' sticker—a symbol of support, inclusion, and understanding for people living with dementia. Keep an eye out for these stickers and recognise the businesses and groups committed to creating a more inclusive community.



Team members of O'Flynn Medical, Macroom participating in the recent Friends of ASI Macroom Dementia Awareness Workshop.

The next free dementia awareness workshops will take place on Thursday, 27th March 2025.

The key topics include:

- Understanding Dementia
- Understanding Communications
- Setting Up A Dementia Inclusive Community

There are four workshops to participate: 9:30am - 11am | 12:30pm - 2pm | 4:30pm - 6pm | 7pm - 8:30pm. The venue is the Macroom E-Enterprise Centre, Business

Park, Macroom, P12 FV30.

Secure your spot in a dementia awareness workshop today! Gain valuable insights into how you or your organisation can contribute to building a Dementia Inclusive Community in Macroom. Contact Laura Curtin, The Alzheimer Society of Ireland's Community Engagement Officer on 087 3736496 or email laura.curtin@alzheimer.ie.

In this Edition

Ed 06 - 20th March 2025

A. Macroom Updates - pgs 4, 6, 8, 10, 12, 14, 16, 18
B. Lee Valley Updates - pgs 20, 22, 24, 26, 28, 30, 34
C. Sports - pages 47 - 52
D. Appointments - page 55

E. Classifieds - page 59
F. Trades & Services pages 60 - 61



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Killarney Rd., Macroom. Visit our website at www.auldtriangle.ie or call us on 026 41940.

St Gobnait's Shrine Committee

Car / Tractor / Bike Run / Walk






**Sunday
April 6th 2025**

Everybody Welcome

- Trucks & Cyclists (25k Route),
- Walkers (8k route, suitable for families and buggies)
- Kiddie Tractor Run (700m @ 3pm on Sli Bhriain)

NB: €25 entry fee will not apply to Walkers or Kiddie Tractors, but all donations are welcome

The Abbey Hotel, Ballyvourney, Co. Cork.

Registration from 09:30 / Leaving at 12 Noon

Lunch Available, music afterwards in the bar, everybody welcome

All proceeds go towards the upkeep & maintenance of St Gobnait's Shrine & Cemeteries

Further details contact 087 2579302 or 087 2021511

Flower of Macroom 2025

The Flower of Macroom event for 2025 was a resounding success and a wonderful night's entertainment was had by everyone that attended. Originally the brainchild of Anne Dunne, and members of the Lee Valley Enterprise Board in 2015, this was the 10th Anniversary where local businesses and groups are asked to nominate contestants and again this year five answered the call. The Castle Hotel, Enchanted Flowers, Anne Maries Beauty Salon, Foroige and O'Leary's Super Valu. Five beautiful, talented and amusing girls appeared on stage at the Castle Hotel on Friday the 8th March last and were interviewed by the very capable Brendan O'Brien who compared the evening. They were namely Andi Paster, Keira Healy

O'Brien, Caitriona Moynihan, Kate Brennan and Lara O'Sullivan. They all told of their current occupations and studies, their hobbies, and their future plans. Some of the girls performed a party piece, which ranged from singing to dancing to poetry and talent was there aplenty. The audience were very impressed with the standard of each interview, and they fully understood the judges difficult role in her selection process. The previous Flower of Macroom Aoife Coleman was there to hand over her tiara. Aoife was interviewed and gave her thoughts and best memories of her reign, she strongly recommend everyone to consider entering because she was delighted with the opportunity to be

our ambassador for her term. The winner was eventually chosen by the adjudicators' assessment, Annette Dilworth was most efficient in the role of judge and delivered a thoughtful, entertaining, and appreciative assessment of each entrant before declaring the popular winner Lara O'Sullivan who was representing O'Leary's Super Valu Macroom. Lara gave a most entertaining performance accompanying herself on guitar with a selection from Bruce Springsteen. Her first duty as Flower of Macroom was to lead Macroom's St. Patrick's Day Parade 2025 with the Grand Marshall Mary Loomis from the Woodland String Band. Watch out for Lara as she reigns for the next term as Flower of Macroom.

Cic, Craic agus Gaire go Leor

Looking for a fun way to stay active, meet new people, and play Gaelic football? Our Over-27s Gaelic Mother & Others Football Group is the perfect place!

Whether you're a complete beginner or have played before, this social club is all about fitness, fun, and friendship—no pressure, just great craic. We train weekly with a mix of skills, games, and laughter, supporting each other on and off the pitch. It's a fantastic way to keep fit while being part of a welcoming community. Come along, give it a go, and enjoy the game at your own pace! New members always welcome! Starting Thursdays, 27th March, Ballyvourney.



FABULOUS FUNDRAISER FOR MACROOM CRITICAL RESPONDERS



Members of CFR Macroom train fortnightly to ensure their skills are of the highest calibre. If you're ever unfortunate enough to need their expertise and prompt emergency medical care, you'll be glad to have supported them with their fund raising



On Saturday 8th of March Charles Murphy, Dylan O'Driscoll and Liam O'Flynn held a fundraiser in aid of CRITICAL cfr Macroom. They took on the gruelling challenge of running 300km around Clondrohid Running

Track in 12 hours, that's 100km/400 laps each. They invited people to join them on the day to run a few laps with them for encouragement, and people turned up in their droves, friends, family, club mates, colleagues etc were coming and going all day long, taking to the track, which was invaluable help to the lads, keeping them moving and motivated. Charles, Dylan and

Liam extended thanks to Denny and the committee of Clondrohid Astro for the use of the track and the clubhouse. All day long they had full support from Critical cfr - macroom, Donie was there from start to finish, 2 of their emergency vehicles were on site, and numerous members were there for support on the track and from the sideline, and the guard of honour at the end was a lovely touch. They also thank the many groups and clubs that joined them at various stages throughout the day, Kilmichael Rovers Football Club u12 squad, West Muskerry Athletic Club, Rylane Amateur Boxing Club, Macroom Social Run, Cormac Wall who travelled from Tralee to participate and provide much needed physio, Aindrias Moynihan TD, James O Driscoll of JOD'Photography, and the many friends, family and

colleagues who turned up on the day to help out, take part and support them. Over 150 people turned up on the day and over 1000km was run by everyone. A very special thanks must go out to the 4 lads who, at short notice, stepped up to cover Liam's 100km. Unfortunately Liam couldn't participate due to illness and the medical advice was against him taking on such a huge challenge. Liam did spend the whole day on the track, and did sneak in quite a few laps and provided plenty of trackside entertainment!! The online iDonate fundraising page currently stands at €4462, and is still open for donations. <https://www.idonate.ie/fundraiser/CharlesMurphy2>



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**Open Day
June 12th**

Join us on June 12th from 3pm to 7pm for our **Open Day Extravaganza!**

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Exciting News Alert!

Muskerry Vet Practice in Macroom is thrilled to announce the grand opening of its state-of-the-art small animal vet practice! Nestled within the renowned Muskerry Vet Practice known for its exceptional large animal care, our new facility boasts top-notch amenities dedicated to the well-being of your beloved pets with a full time vet and nurse in the clinic.

MEET OUR TEAM

Backed by a team of skilled veterinarians, compassionate vet nurses, and dedicated administrative staff members, we are committed to delivering professional and personalized care to meet your furry friends' needs.

ABOUT GLASSLYN VETS

As part of the esteemed Glasslyn Vets family, with successful clinics in Bandon, Kinsale, and Dunmanway, Muskerry Vet Practice brings years of expertise and a reputation for excellence in animal healthcare services.

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Don't miss out on this fantastic opportunity to experience the finest in small animal care!

Follow us on Instagram for updates, or feel free to drop by anytime for a consultation. Your pet's health and happiness are our top priorities at Muskerry Vet Practice – where compassionate care meets professional excellence!



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DE LA SALLE College Macroom



De La Salle, Fourth-year students had a fantastic experience visiting Apple. They gained valuable insight into how a global company operates and organises itself

6th Year Talk: Insights into Apprenticeships at Erneside Engineering

On Wednesday 12th March, De La Salle College was pleased to host Billy O'Connor, Darren Fuery, and past pupil James Aynsley from Erneside Engineering. They delivered an engaging and informative presentation to our 6th year students, offering valuable insights into the diverse range of apprenticeships available and the roles essential for supporting business operations. We extend our gratitude to the team for sharing their expertise and inspiring our students.

Apple Visit

Our fourth-year students had a fantastic experience visiting Apple today, gaining valuable insight into how a global company operates and organises itself. Seeing the scale and innovation first-hand was very educational for them.

National Junior Cert Pi Maths Quiz

Sixteen of our third-year students participated in the National Junior Cert Pi Maths Quiz, hosted at Edmund Rice College in Carrigaline. It was a fantastic experience for our students, who demonstrated impressive skills and resilience against strong competition. Notably, one of our teams achieved an impressive 5th place out of 50 teams, showcasing their mathematical prowess and teamwork. We are incredibly proud of their achievements and look forward to future competitions.

Iomaíocht i Náisiúnaigh Trastíre na Scoileanna

Bhí daltaí De La Salle, Finn Yore, Liam Neville agus Darragh Manning san iomaíocht i Náisiúnaigh Trastíre na Scoileanna ar an 8 Márta. Rás iomaíoch 5 chiliméadar a bhí ann. Bhí na 3 lúthchleasaí san iomaíocht sa rás idir-mheánach agus léirigh siad go léir taispeántais iontacha ar cheart dóibh a bheith an-bhródúil astu. Chríochnaigh Finn Yore an rás sa 14ú háit le ham 17.58. Chríochnaigh Liam Neville an rás sa 68ú háit le 20.04 agus chríochnaigh Darragh Manning sa 69ú háit le 20.07. Rinne siad ar fad an-iarracht agus léirigh siad an leibhéal ard tallainne agus cumais spóirt sa scoil.

De La Salle students, Finn Yore, Liam Neville and Darragh Manning competed in The Schools Cross Country Nationals on the 8th of March. It was a

competitive 5 kilometre race. All 3 athletes competed in the intermediate level race and all produced great performances which they should be very proud of. Finn Yore finished the race in 14th with a time of 17.58. Liam Neville finished the race in 68th with a time of 20.04 and Darragh Manning finished in 69th with a time of 20.07. They all put in a great effort and represented the high level of sporting talent and ability in the school.

Big Busk For Focus Ireland

On Friday 7th of March our Music group, led by Ms. Geraldine O'Shea and Mr. Robert Doherty as well as our amazing musician Ziggy took part in the Today FM big busk for homelessness in association with Focus Ireland. They all had an early start, heading out to play their part at 11a.m with Ziggy rocking it outside Supervalu and the music band bringing some life to the place outside Lidl with songs such as the Saw Doctors, le cupla ceoil as gaeilge freisin!! Everybody had a great time and the locals really enjoyed their music. Overall between the busking and online donations there was an astonishing figure in excess of €1,000 given to a good cause.

Ar an Aoine, an 7 Márta, ghlac ár ngrúpa Ceoil, faoi stiúir Ms.O'Shea agus Mr. Doherty chomh maith lenár gceoltóir iontach Ziggy, páirt i mbus mór Today FM don easpa dídine i gcomhar le Focus Ireland. Bhí tús luath acu ar fad, ag dul amach chun a bpáirt a dhéanamh ag 11a.m le Ziggy á luascadh taobh amuigh de Supervalu agus an banna ceoil ag bualadh saol éigin go dtí an áit taobh amuigh de Lidl le hamhráin ar nós na dochtúirí chonaic le cupla ceoil as Gaeilge freisin!! Bhí am iontach ag gach duine agus bhain muintir na háite antaitneamh as a gcuid ceoil. Tríd is tríd, idir na síntiúis busála agus ar líne, tugadh os cionn figiúr iontach €1,000 do chúis mhaith.

De La Salle Macroom vs Millstreet Community School U16

De La Salle u16 Hurlers hosted Millstreet Community College on Wednesday the 5th of March. De La Salle started off strong in the opening 5 minutes scoring points through Ruadhan Doherty and Brendan O'Leary. In The first 15 minutes of the match De La Salle conceded 1:1 in quick succession but responded superbly with a point from Michaél Twohig and a

great goal from Ruadhan Doherty. Then De La Salle increased the lead through points from Jack Prendville and Tommy McCarthy and a superb goal by Michaél Twohig into the back of the net. Dan McCarthy scored a point and Tommy McCarthy scored another 1:1 leaving the half time scores De La Salle 3:7 to Millstreet Community School 1:1. De La Salle kept on pushing trying to increase the lead but with a lack of concentration De La Salle let the pressure come and Millstreet scored 1:2 quickly. De La Salle regained concentration and replied with a great free scored by Dylan O'Shea and another point from Michaél Twohig. Oisín McNulty scored a great point after to keep De La Salle ahead. Millstreet ended up scoring a goal but was instantly cancelled out by a goal from Dan McCarthy. Full time De La Salle 4:10 Millstreet 3:4. Well done Lads De La Salle Maigh Chromtha vs Pobalscoil Shráid an Mhuilinn U16

D'óstáil Iománaíche De La Salle u16 Coláiste Pobail Shráid an Mhuilinn Ar an gCéadaoin, 5 Márta. Thosaigh De La Salle go láidir sa chéad 5 nóiméad ag scóráil pointí trí Ruadhan Doherty agus Brendan O'Leary. Sa chéad 15 nóiméad den chluiche, ghéill De La Salle 1:1 go tapa ach d'fhreagair sé go hiontach le pointe ó Michaél Twohig agus cúl iontach ó Ruadhan Doherty. Ansin mhéadaigh De La Salle an lámh in uachtar trí phointí ó Jack Prendville agus Tommy McCarthy agus cúl den scoth ó Michaél Twohig isteach i gcúl na heangaí. Scóráil Dan McCarthy pointe agus scóráil Tommy McCarthy 1:1 eile ag fágáil na scóranna leath ama De La Salle 3:7 do Phobalscoil Shráid an Mhuilinn 1:1.

Choinnigh De La Salle air ag brú ag iarraidh an luaidhe a mhéadú ach le heaspa tiúchana Lig De La Salle don bhrú teacht agus scóráil Millstreet 1:2 go tapa. D'aimsigh De La Salle an tiúchan arís agus d'fhreagair sé le saor iontach a scóráil Dylan O'Shea agus pointe eile ó Michaél Twohig. Scóráil Oisín McNulty pointe iontach tar éis dó De La Salle a choinneáil chun tosaigh. D'aimsigh Millstreet cúl ach chuir cúl ó Dan McCarthy ar ceal ar an toirt. Lánaimseartha De La Salle 4:10 Sráid an Mhuilinn 3:4. Maith sibh Leads



De La Salle Third year students at the National Junior Cert Pi Maths Quiz at Edmund Rice College Carrigaline




De La Salle, Third Year students had the fantastic opportunity to attend a brilliant production of "Pucked" at the Briery Gap.

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Féile Náisiúnta Drámaíochta 2025



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BRIERY GAP

LIVE FOLK MUSIC
Paul Spring
 FRI 2nd MAY 2025 | 7.30PM



For booking and accessibility enquiries please contact the Briery Gap Box Office: 0831436884

MCEGAN COLLEGE



St. Joseph pupils who celebrated their STEAM week with a visit to McEgan for Engineering and Science Workshops.



Parents Tammy Wilmot and Brigid O'Sullivan with Helena Creedon HSCL who attended the talk about Breast Cancer Ireland and Breast Health as part of Wellbeing Week in McEgan College.

Congratulations to class 2024 on super Leaving Certificate & LCA results

On Friday 28th February Cork ETB held its annual Awards Ceremony in the beautiful setting of City Hall. Thirteen students from the LC class of 2024 received awards on the night.

Congratulations to the families, teachers, and the school community who have supported these students throughout their second level school journey. Recipients of the awards included Nora Kate O'Leary for Student of the Year 2024, Special Commendation to Matt Murphy receiving 554 points and Dylan Sheehan 567 points in their leaving and to Sadhbh McCarthy – awarded the Riobárd Ó Buachalla Medal for achieving an incredible 601 points!

Nine Leaving Cert Applied students were also awarded on the night. Congratulations to James Deasy, Ben O'Mahony, Cormac Slattery, Shaun Barnes, Josh O'Riordan and Ella O'Dea who all received a Special Commendation Certificates. Finally, to Lucy O'Callaghan, Emily Barrett and Abby McCarthy who received the Tomás Ó Conaill Medal due to their outstanding results. Well, done to all recipients on their achievements. This is a testament to your hard work and dedication. Wishing you all the best for the future!

Friendly Football: Our First- and Second-Year boys and girls had a brilliant day out recently, taking on Le Chéile Secondary School in Ballincollig for some exciting practice matches. A huge thank you to Le Chéile for the great competition and sporting spirit! It was an enjoyable and valuable experience for all involved. #SchoolSports #TeamSpirit #ExtracurricularActivities

U19 Football: Hard luck to our U19 Gaelic football team, who narrowly lost the final to Coláiste Dabhéid. A tough battle right to the end, but despite the result, it has been a fantastic season. Well-done to all the players and coaches for their dedication and hard work throughout the year!

STEAM: St Josephs celebrated their STEAM week by attending two workshops in McEgan College. They participated in an engineering workshop led by Mr. Ryan that supported their understanding of the solar system and created a moving model of the Sun, Earth, and Moon. They then studied springs in science and Hooks law with Ms. Riordan where they used their newfound knowledge to build a bungee jump for their Peppa pig characters. Students from TY Jack Fitzgerald, Promise Uzor, Tara Twomey and Niall O'Brien supported the girls

through the activities. It was an enjoyable morning by all who attended.

Winner Best Short Film at 1st Cuts Festival: Transition Year students from McEgan College have made their mark on the local arts scene by winning first place for Best Short Film at the First Cut Film Festival in Youghal. Competing against schools from across Cork, the students triumphed with their original short film, *Vickie, Vickie, Vickie*. Created in October, the film was entirely student-led, with the young filmmakers taking on the roles of writers, directors, and actors. Their hard work and creativity paid off, securing them the top prize and showcasing their impressive storytelling abilities. Beyond the excitement of the competition, the students gained invaluable experience in filmmaking—skills that could serve them well should they choose to pursue a future in the arts. Their achievement is a testament to their dedication, teamwork, and talent, and it highlights the thriving creative potential in McEgan.

TY News: Two Transition Year teams from McEgan College proudly represented their school at the Foróige NTFE Enterprise Regional Finals, held at Cork University Business School on Tuesday, March 11th. Horseshoe Revival, a team of five young entrepreneurs, showcased their bespoke handcrafted seasonal decorative items made from repurposed horseshoes. Their project impressed the judges with its creativity, commitment to sustainability, and focus on the circular economy.

The second team, Pick-It, introduced an innovative solution for guitar players – a necklace that ensures they'll never be without a pick again. The team of four, all passionate about music, developed this unique idea to solve a common problem for musicians. They proudly told the judges they are "changing the music scene one pick at a time!" Later this month, eight Enterprise teams from McEgan College will compete in the County Finals, run by Enterprise Ireland in MTU.

A special thanks to Laura (Foróige) and Gráinne (LEO) for their invaluable support to the class.

Wellbeing Week: Wellbeing Week has been such a great success. Students undertook a variety of activities led by our creative and innovative teachers. Some of the activities included: Renaissance Mindfulness, gratitude journaling, pancake making, crochet for mindfulness, Wellbeing Bake Sales, Wellbeing workshops, learning Finnish from our Erasmus counterparts, Wellbeing dream catchers, nature walks, envelopes of kindness,

and much more. As part of Wellbeing Week at the school we were fortunate to have Juliette O'Connell visit us and provide a talk about Breast Cancer Ireland and Breast Health. Juliette spoke to students, staff & parents on the importance of regularly self-checking and how it's never the wrong option to ask your GP if something is feeling not quite right. Wellbeing is a permanent fixture in our school, with Wellbeing Week highlighting how important it is to look after our own mental health, and improve the way we look after ourselves and others.

Erasmus Visiting Teachers from Finland: Thank You to Our Finnish Friends: A Memorable Erasmus Visit. We were delighted to host our Finnish friends, Saara and Anna-Maria, from Vuosaari Upper Secondary School in Helsinki, for a week as part of our Erasmus exchange program. During their time here, they had the opportunity to job-shadow, collaborate with our teaching staff, explore the local area, and immerse themselves in the vibrant Irish culture. Their visit not only provided a chance for cultural exchange but also allowed us to learn from each other and share valuable ideas and experiences. Throughout the week, Saara and Anna-Maria were involved in a variety of activities, including classroom observations, discussions with our teachers, and visits to local attractions. This allowed them to gain insight into how our educational system works while also showcasing the unique aspects of Irish culture. Their time here was filled with great conversations, creative collaborations, and a deeper understanding of the diverse approaches to teaching and learning in both our countries.

In addition, we were also pleased to welcome three teachers from Germany for a day, who were visiting as part of a project at CBC, Cork. Their brief stay added another layer of cultural exchange to an already exciting week.

The visit has been a truly enriching experience for everyone involved, and we are eager to continue strengthening our relationship with Vuosaari Upper Secondary School. In April, we look forward to welcoming a team of six teachers from McEgan, who will be visiting Finland as part of this ongoing partnership. We're excited about the future of this collaboration and the opportunities it will bring to further enhance our teaching practices and foster greater cultural exchange. Kiitos ja nähdään pian! (Thank you and see you soon!)

Staff of MacEgan College held a Steps of Remembrance walk at Lunchtime on Thursday 13th March to mark the 1st Anniversary of the sad passing of our dear Colleague Susan Dineen RIP.



Parents Tammy Wilmot and Brigid O'Sullivan with Helena Creedon HSCL who attended the talk about Breast Cancer Ireland and Breast Health as part of Wellbeing Week in McEgan College.

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MACROOM PLOUGHING RESULTS



The Committee of Macroom Ploughing were delighted to hold their annual Ploughing Match on Sunday March 16 on the Dennehy Family Coolineagh Aghabullogue. Due to inclement weather, the event had been cancelled 3 times.

The day dawned bright and sunny and remained so. The event went ahead, with less than usual competitors, but a great crowd of enthusiastic supporters. A big thank you to the Dennehy Family, and to all who helped to run the event so successfully. Thanks to all the club's sponsors and to all those who contribute generously at the gate. Thanks to

Aghabullogue hall committee for use of hall and to the caterers. Great to see local competitors taking part. God speed the Plough

Results as follows:

- SENIOR: Kieran Coakley John A. O'Donovan
- INTERMEDIATE: Jackie O'Driscoll
- U 28: Joint First Noel Nyhan, James Jennings
- 2 FURROW REVERSIBLE SENIOR: Liam O'Driscoll, Ger Coakley, Tommy McCarthy
- 3 FURROW REVERSIBLE: Patrick Buckley, Willie Lyons
- 3 FURROW CONVENTIONAL: Kieran O'Driscoll, Matthew Coakley

OPEN HYDRAULIC VINTAGE: Mossie Fleming, Gerard Collins, John O'Neill, Sean McCarthy

SINGLE FURROW: Gordon Jennings

HORSE: J J Delaney, Moss Trant

LOCAL 3 FURROW BEGINNER: Jerry O'Riordan

LOCAL 3 FURROW STANDARD: Paul Downey, Gerard Kelleher, James Downey, Dan F. O'Riordan

LOCAL 3 FURROW REVERSIBLE BEGINNER: Daniel Lyons, Kane O'Connor

LOCAL 3 FURROW REVERSIBLE: Vincent McCarthy, Tim Buckley

LOCAL 3 FURROW REVERSIBLE: Vincent McCarthy, Tim Buckley

LOCAL 3 FURROW REVERSIBLE: Vincent McCarthy, Tim Buckley

LOCAL 3 FURROW REVERSIBLE: Vincent McCarthy, Tim Buckley

Pictures : Peter Scanlan



Killian and Chantel Lynch, Rochelle and Rhys Lynch (children on the horse) J.J. and Aileen Delaney, middle front Clodagh Walsh.



Barry, Connor and Dara McElligott enjoying the Macroom Ploughing Championship held in Aghabullogue.



Denis O'Rourke, Tom O'Sullivan and Gerard O'Sullivan



Richard Hinchion Treasurer, Rose O'Riordan Secretary and John Kelleher President, keeping a watchful eye on proceedings at the Macroom Ploughing Championship held in Aghabullogue.



The Buckley Clan enjoying their day at the Macroom Ploughing Championship held in Aghabullogue.



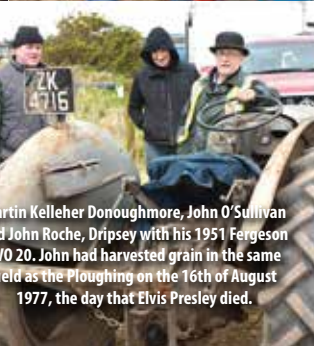
Keeping his eyes fixed on the job, champion Ploughman J.J. Delaney ploughing his way at the Macroom Ploughing Championship held in Aghabullogue.



D. J. Donnelly, Jack Donnelly (European Ploughing Champion) and Kieran Coakley at the Macroom Ploughing Championship held in Aghabullogue.



Mossey Trant, Kerry, ploughing at the Macroom Ploughing Championship held in Aghabullogue.



Martin Kelleher Donoughmore, John O'Sullivan and John Roche, Dripsey with his 1951 Ferguson TVO 20. John had harvested grain in the same field as the Ploughing on the 16th of August 1977, the day that Elvis Presley died.



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Bhí bua ag Sarah Ní Loingsigh, Aobha Ní Mhuimhneacháin agus Niamh Ní Laocha ag Clár na gComhlachtaí

CEARDLANN AR INTLEACHT SHAORGA

Ar an gCéadaoin 12ú Márta d'fhreastail roinnt múinteoirí ón scoil ar cheardlann a thug an tOllamh Jim O'Mahony ar Intleacht Shaorga. Bhí sé seo ar siúl i gColáiste Mac Aogáin mar chuid den sparánacht FÉILTE a bronnadh orthu. Ceardlann iontach a bhí ann inar foghlaimíodh faoin leas gur féidir a bhaint as suíomhanna éagsúla chun acmhainní oideachasúla a dhearadh go héifeachtach. Rachaidh sé seo chun tairbhe na múinteoireachta agus na foghlama arson. Táimid fíorbhuíoch de Choláiste Mac Aogáin as é seo a eagrú.

TRÁTH NA CGEST – LOURDES

le hÉtáin Ní Aodha

An Aoine seo caite bhí oíche tráth na gceist ar siúl i dTigh Uí Mhurchú eagraithe ag Donagh Ó Mainnín agus Étaín Ní Aodha ar mhaithe lena dturas go Lourdes. Ba mhaith leo buíochas a ghabháil le gach éinne a thug airgead dóibh agus a chabhraigh leis an oíche seo. Bhí sé thar a bheith rathúil. Tá siad ag tnúth le bheith ag obair go deonach i Lourdes ag deireadh mhí na Bealtaine. Bhailigh siad €1005 ar an oíche! Go raibh míle maith agaibh arís!

TRÁTH NA GCEIST PÍ

Chun Lá Idirnáisiúnta a cheiliúradh, d'eagraigh Cumann Oidí Matamaitice na hÉireann Tráth na gCeist do dhaltaí tríú bliana. Bhí Coláiste Ghobnatan mar scoil óstaigh don tráth na gceist. Ghlac cúig fhoireann déag ó chúig scoil páirt ann. Bhí an bua ag foireann ó Ardscoil Uí Urmoltaigh - beir bua sa chraobh! Na daltaí ó Choláiste Ghobnatan a ghlac páirte ná Medb Ní Chionnfhalaidh, Seán Ó Tuama, Naomi Ní Scanaill, Traolach Ó Riordáin, Siobhán Ní Bhriain, Shay Ó hÉalaithe, Sadhbh Ní Bhuachalla, Eoin Ó Céilleachair, Ronán Ó Drisceoil, Cian Ó Loingsigh, Clodagh Ní Mhulláin agus Kyle Ó hÉalaithe-Briain. Is í Iníon Ní Riordáin a d'eagraigh an ócáid, míle mbuíochas léi. Bhí Beverly Swann, Chloe Ní Riordáin agus Emma Duerr ag cabhrú le linn an tráth na gceist. Chabhraigh daltaí 1A, bliain 3 agus Seán leis an ionad a eagrú. Míle buíochas leis an Ionad Cultúrtha as an spás a úsáid agus leis na múinteoirí óna scoileanna eile a chabhraigh ar an lá.

COMÓRTAS REAHAÍOCHT TRASTÍRE

Bhí slua ollmhór ag Craobh Trastíre Scoileanna na hÉireann le déanaí. Bhí Eibhlín Ní Bhriain, atá sa chéad bhliain, san iomaíocht ar son Choláiste Ghobnatan i rás mionúir na gcailíní. Bhí 2000m le rith ar chúrsa casta. Bhí an rás an-thapaigh é le 98 cailín san iomaíocht. Thug Eibhlín taispeántas láidir agus chríochnaigh sí an rás laistigh de 8 nóiméad 20 soicind – maith thú a Eibhlín!

PEIL NA GCAILÍNÍ

le Caoimhe Ní Thuama agus Claire Ní Aodha

Ar an 7ú Márta d'imir na cailíní sinis i gComórtas Phláta an Chúige in aghaidh Eas Géitine. Cluiche antapa a bhí ann agus d'oibrigh na cailíní go sármaith lena chéile! Bhí bua maith acu. Rachaidh na cailíní ar aghaidh go dtí Cluiche Leathcheannais na Mumhan anois.

Ar an 3ú Márta bhí bua iontach ag na cailíní sóisir in aghaidh Scoil Chuimsitheach an Tóchair. Cluiche deacair a bhí ann ach léirigh na cailíní carachtar iontach agus tháinig siad ar ais chun an bua a fháil.

Ar an 11ú Márta d'imir na cailíní sóisir in aghaidh Phobal Scoil Carraig Uí Leighin i gCluiche Leathcheannais na Mumhan. D'imir na cailíní go han-mhaith agus bhí bua iontach againn. Míle buíochas le hIníon Ní Bhuachalla agus Iníon Ní Shúilleabháin as ucht an traenáil a thugann siad dúinn.

AN BIG BUSK

Ghlac daltaí na scoile páirt sa "Big Busk" bainteach le Today FM ar an Aoine 7ú Márta. Bhí ceolchoirm álainn eagraithe ag Iníon Ní Chruadhlaíoch agus Máistir Ó hÁireachtáin san Ionad Cultúrtha. Na ceoltóirí a ghlac páirt ná Abbie Ní Scannláin (consairtín), Muireann Ní Shuibhne (consairtín), Ide Ní Chárthaigh (consairtín), Mebh Ní Chionnfhalaidh (pianó), Sadhbh Ní Bhuachalla (pianó & veidhlín) Eoin Ó Céilleachair (pianó & bosca ceoil), Máistir Ó hÁireachtáin (giotár & bainseó) agus Iníon Ní Chruadhlaíoch (pianó & guth). Tá níos mó ná €200 bailithe le haghaidh Focus Ireland.

CLÁR NA GCOMHLAÍOCHTA

D'fhreastail Muintir na hIdirbhliana ar chomórtas Clár na gComhlachtaí na Mumhan an tseachtain seo caite.

Bhí na fiontraithe óga as scoileanna Ghaeltacht na Mumhan bailithe in Ostán Ghobnatan. Tá Meascán Seastán ag dul ar aghaidh chuig Craobh na hÉireann i mí Aibreáin. Comhghairdeachas leo!

FOCLÓIR

- deonach – voluntarily
- Pí – Pi
- Ardscoil Uí Urmoltaigh – Hamilton High School
- Eas Géitine – Ashkeaton
- fiontraithe – entrepreneurs

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Caoimhe Ní Thuama ag glacadh an Pláta an Chúige ar son an fhoireann sinsearach



Eibhlín Ní Bhriain a bhí in iomaíocht ag an gCraobh Trastíre Scoileanna na hÉireann le déanaí.

AIB Coffee Morning

We at AIB Macroom, are having a Tea & Coffee morning next Friday 21st March from 10am to 2pm, in the AIB Macroom branch, to support our local Judo Athlete, macrompian Matthew McGuire, and to the rest of the Judo Assist Team Ireland and to wish him good luck going to the International Judo Championship in Switzerland next May.

ALL WELCOME



MACROOM FLOWER & GARDEN CLUB

Macroom Flower & Garden Club hosted a Gardening Talk at Coolcower House on Thursday March 6th. Guest Speaker was Klaus Laitenberger Author and Garden Writer from Co. Mayo. Members and Gardening enthusiasts gathered to sit back and enjoy a slide presentation for the first half, followed by illustrated lecture. Pens and notebooks were at the ready taking notes as Klaus engaged with the audience. Klaus explained the advantages of planting Comfrey in your garden. Practical advice was given on Composting, to ground preparation for sowing potatoes e.g Irish Lazy

Bed method to the importance of misting plants in your Polytunnel in warm weather. Carrot seed sown directly into the ground is best result and use a netting to prevent pests. We look forward to inviting Klaus back again in the near future. Our next Club meeting is on Thursday 10th of April with Mary Keogh (AOIFA) Limerick entitled "Easter Delights". New members and Visitors welcome. There will Club Competitions and Sales table. Members Annual outing June Deposit is necessary to secure seat on bus. Please contact 087-9821708 for further details.

Fibromyalgia - The Invisible Illness

Fibromyalgia creates a devastating condition characterised by widespread pain accompanied by sleep, mood, and memory issues. Women suffer the majority of these cases.

Most people affected by fibromyalgia jump from doctor to doctor looking for solutions to the pain and suffering.

The majority of these patients receive drugs designed to only treat the symptoms.

Research from a 2014 medical journal* found a direct link between the severity of fibromyalgia and the health and function of the spine.

The study proposed to evaluate the effects of one session

of a spinal adjustment on autonomic nervous system function and pain in a group of fibromyalgia sufferers.

The chiropractic adjustment effectively improved pain, sleep quality, depression, mood, and other fibromyalgia-related symptoms.

One treatment per week for twenty-three consecutive weeks decreased pain and positively influenced components relating to chronic illness and functional health capacity.

This particular study shows the positive influence of a spinal adjustment on patients suffering from a condition that has no cure.

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autonomic nervous system intimately connect in a powerful union able to produce optimal health better than any drugs or surgery.

Chiropractors do not treat or cure specific conditions. By removing interference to the brain and nervous system along with improving movement of the spine, the adjustment allows the body to heal itself.

"While Fibromyalgia patients suffer physical pain, perhaps their greatest pain is not being heard."

Dr Benjamin Martin
of Optimal Chiropractic



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*Rehabilitation, Research and Practice Published online 2014 May 29 "Effects of Posteroanterior Thoracic Mobilization on Heart Rate Variability and Pain in Women with Fibromyalgia" Michel Silva Reis, João Luiz Quagliotti Durigan, Ross Arena, Bruno Rafael Orsini Rossi, Renata Gonçalves Mendes, and Audrey Borghi-Silva

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ST MARY'S NEWS



Szonja Mora, Clodagh Murray and Cara O'Brien, captain, from our Junior B Football team who beat Mercy College Roscommon in the All Ireland Football Semi Final.

Pride Day

We celebrated Pride Day in St Mary's Friday February 28th. Each year group wore different colours from the Pride Flag and we had a funky sock competition. Amy Lee, 3rd year, won best dressed and Caoimhe Ní Thuama, 5th year, won the funky sock competition. We also had ShoutOut, a registered charity committed to improving life for LGBTQ+ people by sharing personal stories and running educational programmes, come in and deliver inclusion workshops for 2nd and 5th years. Thank you to Ms Maher for organising this day.

Junior Football All Ireland Semi Final

Our Junior B Footballers were successful in their All Ireland semi final vs Mercy College Roscommon recently and now progress onto the All Ireland Final. The match was a hard fought battle and in tough conditions too. Well done to this exceptional team and their management on a great win. The All Ireland Final will be played March 20th in Kildare. Best of luck girls and coaches!

Lourdes Fun Run

Every year, two 5th year students volunteer to travel to Lourdes with the Cloyne Diocesan Pilgrimage. They are selected to serve as youth helpers, dedicating a week in early June to assisting the sick, disabled, and elderly, as well as providing support wherever needed. We held a 5km walk to help fundraise for the girls trip. A heartfelt thank you to all the classes in the school, and the Sports Complex Macroom, for their generosity in contributing to this worthy cause and supporting the girls fundraising efforts. This year, the honour of representing St Mary's in Lourdes goes to Ella White and Maureen O'Brien. We wish them a meaningful



Ms Murnane, Ms Donovan and Ms O' Donovan enjoying the 5km Love your Life Lourdes Fundraiser.



3rd years Melaine, Sophia and Saoirse enjoying the 5km walk for our Lourdes fundraiser.

and rewarding experience. Thank you to the Lourdes Committee, Ms O'Donovan and Ms Murphy.

Athletics

The St Mary's athletes competed in the All Ireland Cross Country Championships which were held in Galway last Saturday, March 8th. All of our athletes performed superbly on the day. Our Senior team placed 5th overall! They were the 2nd Munster team on the day and they improved their Munster placing by 1 position. A great achievement for this very promising team. The team consisted of - Saoirse Twomey, Rebecca O'Neill, Emily Cronin & Fern Mullane. Katie Murray, 2nd year, competed in the Junior girls race. She had a great individual performance in this very keenly contested race. Thank you to all the parents and West Muskerry coaches who travelled with the athletes to the event.

RIAM Spotlight Award

Congratulations to our Transition Year student, Ellen Murray, who was awarded a RIAM Spotlight award by the Royal Irish Academy of Music at an award ceremony in Ennis Co. Clare recently. Ellen is also a member of the First Cut Youth Advisory Council where she was recently able to judge films to be awarded the YAC Choice Award. She also played the Genie in the Starmakers Speech and Drama production of Aladdin recently. Well done Ellen on all of your achievements!

TY ACTIVITIES:

Work Experience Diary

"For my work experience, I, Pia El Asmar, had the opportunity to spend a week at Life Pharmacy in Macroom and what a week it was! Walking in on the first day, I wasn't sure what to expect - I mean, I'm not exactly qualified to do much in a pharmacy -



Ellen Murray, recipient of a Spotlight Award from the Royal Irish Academy of Music

but the pharmacists there, welcomed me with open arms and made me feel right at home. Alongside my friend, Leanora O'Connor, I got stuck into all sorts of tasks. We stocked and cleaned shelves, swept the floors, organised the attic, checked expiry dates, sorted invoices and even helped with blister packing by popping pills into their designated slots. I also got experience working at the till and shredded more paper than I ever thought possible! It was a busy, hands-on experience and I learned so many valuable skills - like attention to detail, customer service and how much work goes on behind the scenes in a pharmacy. A huge thank you to Life Pharmacy in Macroom for having us. It was an amazing experience and I had an absolute blast!" Report by Pia El Asmar, TY

Promo Team

STEM Stars Research Poster

Congratulations to Shauna O'Sullivan, Clodagh Murray and Katie Purcell for reaching the finals of the STEM Stars 2025 Research Poster Competition with their project 'An investigation into the impact of hospital overcrowding on patients and healthcare providers'. BD STEM Stars aims to inspire and encourage students in the areas of Science, Technology, Engineering and Maths. People who pioneer and create in these areas are capable of incredible advances in the world of health. BD supports programs that foster future talent, and as such feel passionate about community-based initiatives like STEM Stars. This competition is open to all secondary schools within the Munster region. Well done girls and the very best of luck!



Shauna, Clodagh and Katie are through to the STEM Stars Poster Competition final which will be held in Limerick at the end of the month.



2nd years wearing green as part of our Pride Day celebrations recently

HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie

Thanks to Everyone

for helping to make it a fantastic
St. Patrick's Day Parade!



Cork County Council
Comhairle Contae Chorcaí

Muay Thai

MACROOM TEAM

Nicol Sliwa from Muay Thai Macroom Fighters won a bronze medal at the Northern Ireland open championships in Larne, organized by the WKA. She competed in the -55 kg weight category. It was her first fight. The competition was at a high level. There were about 300 competitors from England, Scotland, Wales, Northern Ireland and Ireland.



MACROOM GIRL GUIDES

St Patrick's Day Parade 2025

Members of Macroom Girl Guides had an amazing time representing IGG locally in the St Patrick's Day Parade, showcasing birthday cards and banners to commemorate 45 years of Guiding in Macroom which will be celebrated in October later this year! Established in 1980 by Deirdre Henley, Macroom Girl Guides caters for girls from 5-30 years old. Keep an eye out for more information on the history of Macroom Girl Guides throughout future editions and also details about various events for current and past members to celebrate this milestone in our history.

Indian Culture Night - By Saoirse Dunne

On the 7th of March, the Ardilaun Guides had the privilege of learning about the diverse Indian culture. An Indian woman named Joyescame in and taught us all about life in India. India is currently the country with the largest population in the world, with a population of 1.4 billion! The main language is Hindu, but there are many, many other languages in the country. Joyes explained that in India, your whole family would live in the same house. That means you would be living with your grandparents, uncles, aunts, the whole lot! We also learned that yoga originates from India. It is a calming form of exercise and it is very important to the Indian people.



Ardilaun Guides enjoying Indian Culture Night

The food mostly revolves around curry dishes, but other dishes include: biriyani, tandoori, and more! Lastly, we learned about what people in India wear. As Joyes was speaking about the saris, our leaders brought out a box full of stunning, colourful saris! We were all allowed to try one on after Joyes gave us a quick demonstration on how to put one on properly. Saris are beautiful, light pieces of traditional Indian

clothing that appear like flowing robes. After everyone had their sari on, we took a group picture. It was a fun and informative meeting, so thank you to Joyes for coming and teaching us all about India! For further information on joining our Ladybird, Brownie, Guide or Senior Branch units please contact macroomguides@gmail.com



This is the first year that Macroom will be represented at the Presentation of Awards for the Southwest and Mid-West Region as Gold Medal Winners. It takes place on March 24th in the Talbot Hotel Ballinacollig. John Lyons and Geraldine Galvin recently spoke to the LCVF Class in St Mary's Secondary School. The PowerPoint covered the following topics: 1) Who we are, 2) What Tidy Towns is all about, 3) What we do, 4) Tidy Towns Competition, 5) What can you do. Went through the Judging Criteria, Biodiversity Focus, Sustainability and Anti-Litter Competition to name but a few. Students had their own questions and were very attentive and engaging on the topics discussed. Shelia Murphy and Liam Walsh did a Litter Pick with students from St Josephs Green Flag Committee around school grounds and finished up in the Playground. Mollie O Riordan from Super Valu provided Easter Eggs to the children which was a surprise for them and much appreciated, thank you. Richard Manning did a cleanup along the Millstreet Road. The roadsides on approach to the new roundabout were strewn with large amounts of very visible rubbish. Several bags were filled by him, on



Martin Coughlan and John Lyons at Macroom Tidy Towns National Tree Week Event in Coleman's Park

his own and great credit is due to Richard to have done this ahead of St. Patrick's weekend with so many visitors coming to town. Community Recognition Fund are providing €100,000 for the Refurbishment of a Picnic Area in Coolcower and for the creation of a footpath to Coolcower House following a joint application between Tidy Towns and Co. Co. The grant is aimed at giving local community groups and local authorities the opportunity to improve areas in their locality. The refurbishment work on Coolcower's Picnic area has been needed for quite a while and we look forward to the upgrade. On March 13th, Climate Ambassador John Lyons organised a Macroom Tree Week planting Event. The event was widely advertised, inviting members of the public to help with the planting of Oak trees and a grove of Scots Pine in Colman's Park, an area that is



Students from St Joseph's National School after a litter pick receiving Easter Eggs from Mollie O Riordan

been transitioned to focus on Amenity/Biodiversity. Over 100 trees have been planted this year to date, hawthorn, beech, spindle, downy birch, silver birch, cherry and this completes our bare-rooted tree planting programme for this year. The wildflower plot in the centre of this area is being extended and a large quantity of native wildflower seeds are being planted here also. Tidy Towns works very closely with the Men's Shed, and Men's Shed members help the Tidy Towns in many ways. There is always a welcome for new members that might like to join their activities. Whether you are interested in meeting up on a regular basis for a chat or have a look at what they do why not come along and see. They are open Tuesday, Wednesday and Friday from 2-4pm at their base in Masseytown. So why not call in and see for yourself.



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- **22nd March** Musical Bingo Night at the Tavern, Clondrohid. First call at 8:30pm sharp, so come early and get your table.
- **22nd March** The Muslim community would like to invite you to share Ramadhan IFTAR Dinner Party, Macroom GAA Hall @6:30pm. RSVP Nadia 0830607198
- **23rd March** Kilmurry Parents Association invite

you to a Coffee Morning, in aid of new tablets for our school, after 10am mass in Kilmurry Independence Museum

- **26th March** Rylane Ladies Club Gardening Talk with Julie Roche @7:30pm Admission €10 (includes refreshments & raffle)
- **29th March** Daffodil Day Cake Sale & Raffle in aid of the Irish Cancer Society in Tigh Uí Laoghaire, Bealnamorrive from 11am to 6pm.
- **4th April** Rylane NS Parents Association present Irish Music Night, Rylane National School Hall, 8pm €5 entry
- **12th April** The Mindful Makers invite you to The Knitted Bible Project and Sale of Work from 11:00am to 4:00pm at the Church of the Resurrection, Blarney

• **15-17th April** Lee Valley Rowing Club Easter Rowing Camp Boys & Girls aged 12-14 Lee Valley Rowing Club Farran. To book: Contact Martin on 0876750952 or email secretary@leevalleyrowingclub.ie

• **19th April** Rylane Community Park Association invite you to a Brunch Event 10am to 12:30pm in Rylane School Hall

• **19th April** Rylane Community Park Association are also having an Easter Egg Hunt (more details to follow)

• **21st April** Cloughdub Camogie Club invite U6's to return to training. All welcome. Players must be registered on www.foireann.ie

COACHFORD UPDATES

Coachford Players to perform another hilarious comedy in April

Coachford Players present 'Wake in the West' by Michael J. Ginnelly from April 12th to April 15th This is a riotous comedy set in an Irish coastal village.

When Tom

Healy passes away, his last wish—to be cremated and have his ashes scattered at sea—sends his family and neighbours into a whirlwind of chaos. As they struggle to honour his request, the wake takes unexpected and hilariously absurd turns, involving misplaced dentures, flying insults, martial bickering and some truly unconventional problem-solving. Packed with quick wit and unforgettable characters, this play is a heartwarming and side-splitting celebration of an Irish wake featuring dodgy neighbours, a conservative priest, a returned yank and a rekindled romance. "This is one of the funniest plays we've ever done and we are so looking forward to performing it in April. We are once again taking to the stage of the GAA HALL in Coachford for a four night run and we are encouraging everyone to come

along to see this hilarious comedy," said Gráinne Donovan, Chairperson, Coachford Players.

Coachford Community Council Elections.

The people of Coachford, Co Cork population showed their faith in democracy on Sunday March 9th at their Aghabullogue Coachford Rylane Community Council election at the Community House, Coachford.

Ten candidates stood for seven positions, and an impressive 250 voters turned out to cast their ballot - from 10.30am to 1pm a queue of people waited their turn to use the polling booths.

It was extraordinary to see the appreciation people have in their Community Council members, and their desire that the best representation of local issues is made by the Council to higher levels.

Invigilators on the occasion were well known Rylane representatives Nigel Dennehy and Muintir na Tire representative Diarmuid Cronin. The new Coachford representatives on the Community Council are: Ronan Cooney, Dr. Simon Harrison, Jack Long, Tom Long, John Mc Caffrey, Brendan Barry Murphy, John O'Shaughnessy.

Major Road Closure Cork County Council are closing one of the main roads into Coachford for 17 days from March 19th to April 4th to facilitate major drainage and other road improvement works. This closure will cause major traffic disruption to people coming into and through the village from the Mallow road direction. Traffic will be asked to divert on the R619 at Creans Cross near Donoughmore. Local traffic will be forced to use minor roads in the area but these are not suitable for heavy vehicles as the roads are narrow and cannot sustain a lot of traffic. Soccer club into Munster Semi-Final. Coachford AFC Premier Junior side are into the Munster Junior Cup Semi-final having defeated Clare side, Bridge Utd in the quarter final. The team will now play Waterford side, Villa Utd in the Semi-Final on Saturday, April 5th in Waterford.

Beavers (6-8 year olds) and Cubs (9-11 year olds) meet on Tuesday evenings at Crookstown Hall. Our Scouts (12-15 year olds) meet on Thursday evenings. If you're interested in getting involved, please contact us on 31corklissardawaitinglist@gmail.com.

Bealnamorrive (Coachford) Daffodil Day Organisers

We wish to thank everyone who helped in any way to make our 2024 Daffodil Day, on our loth Birthday, such a success. The total raised was €5,035.

A cheque was presented to Society representative, Nicola McMahon, at Tigh Uí Laoghaire. Nicola explained how this money would help with Trish Cancer Society's Night Nursing service.

Trish Cancer Society Night Nursing Service: Comfort, Care, and Compassion in Your Home

In life's most challenging moments, the presence of a caring professional can make all the difference. The Trish Cancer Society's Night Nursing Service is here to provide expert nursing care, practical support, and much-needed reassurance—ensuring that no family faces the end-of-life journey alone.

Our Night Nurses are dedicated to delivering the highest standard of care, ensuring your loved one remains comfortable, dignified, and at peace throughout the night. They will stay with your relative or friend unless you request otherwise.

Night Nurses are available during two shifts:

6 PM - 11 PM (twilight care) and 11 PM - 7 AM (overnight support)

Every Night Nurse is An Bord Altranais registered, reference-checked, and Garda vetted, ensuring families receive professional, compassionate, and trustworthy care. To provide the best service, they require a comfortable chair, adequate lighting, and access to bathroom facilities

Bringing Comfort Home: The Impact of Night Nursing

For many families, the ability to stay at home during a

loved one's final days is deeply meaningful. The Night Nursing Service ensures that patients receive the best possible care in a familiar and loving environment, allowing them to spend precious moments with family, free from the stress of hospital settings.

In 2023, Night Nurses provided:

6,000 nights of care for families across Ireland

765 nights caring for 268 patients in County Cork

This service is more than just medical care—it's a gift of peace, dignity, and comfort in life's most difficult moments.

How the Service is Funded

The Irish Cancer Society receives only 5% of its funding from the government. This means 95% of the funding required to run this service comes from the generosity of public donations. Each contribution helps bring

comfort and care to families who need it most.

A Message from a Night Nurse

"We provide a home nursing service called Night Nursing. Night Nurses offer night-time care for patients and their families in their own home. They can provide extra support to you and your loved one during what can be a difficult and anxious time." Mary, an Irish Cancer Society Night Nurse

How You Can Help

The Trish Cancer Society is committed to ensuring that no family goes through this journey alone. Every donation makes an impact, helping more families across Ireland access this essential service.

For more information on the Night Nursing Service, to access support, or to make a donation, visit www.cancer.ie.



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CANOVEE NS

March has been a fantastic month at Canovee National School, filled with achievements, celebrations, and exciting activities for all our students. Here's a look at some of the highlights:

Scór na bPáistí Success

A huge congratulations to all the children who participated in Scór na bPáistí. Their performances were outstanding, receiving wonderful feedback and even bringing home some silverware! Well done to everyone involved—you did our school proud!

Primary Game Representation

Special congratulations to Adam, who was selected to represent his club, school, and family in the Primary Game at halftime during the Cork vs. Limerick match. This is a fantastic achievement, and we are all so proud of him.

Climbing Competition

Well done to Oisín, Archie, Rory, and Ben, who showcased their incredible climbing skills at Awesome Walls, scaling heights of up to 10 metres! Their determination and teamwork were truly impressive.

Feis Maitiú Dramatic Duo

Eimear and Lucia performed wonderfully in the Dramatic Duo competition at Feis Maitiú. Their hard work and talent shone through, making it a memorable experience for all involved.

Pancake Tuesday & World Book Day

We enjoyed making and treating ourselves to delicious pancakes on Pancake Tuesday. Shortly after, on March 7th, we celebrated World Book Day by dressing up as our favorite book characters—an event that brought creativity and joy to the entire school.

Seachtain na Gaeilge Celebrations

The spirit of Irish culture was alive in Canovee as we embraced Seachtain na Gaeilge! We dressed in green on March 14th and wrapped up the celebrations with a Tráth na gCeist and a whole-school Céilí, creating wonderful memories together.

Farm Visits to Coolnasoon

March was a busy month for school outings! Junior Infants, along with 3rd and 4th Class, enjoyed separate visits to Coolnasoon Farm, where they

learned fascinating facts about farming and farm safety. A massive thank you to the Murphy family for their warm welcome and dedication to educating our students during such a busy time of year.

Green-Fingered Efforts

3rd and 4th Class have been busy in the school garden, and their hard work is paying off as they get to enjoy the beautiful sight of their blooming daffodils. Well done to all the budding gardeners!

Sacrament of Reconciliation

On Thursday, March 13th, the boys and girls in 2nd Class received the Sacrament of Reconciliation in Canovee Church, joining their peers from Kilmurry NS. We were delighted to have our new parish priest, Fr. Kieron O'Driscoll, alongside Fr. Pontianus, to guide them in this special moment.

What a fantastic month it has been at Canovee National School! Well done to all the children, teachers, and families who continue to make our school such a vibrant and special place.



Canovee NS Scór participants



Canovee NS school boys Ben, Archie, Rory and Oisín who represented their school recently in an indoor climbing competition in Awesome walls. Comhghairdeas buachaillí



Canovee Green Fingred Students



Canovee School on a visit to Coolnasoon Farm



Canovee & Kilmurry NS children celebrate their First Reconciliation with Fr Pontianus and Fr Kieron



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Kilmurry Active Retirement

Just imagine

Imagine that no more children will be born. That consequently human beings will be extinct perhaps before 2150. Those that are alive now would be the last that would ever be.

How would you think this would affect those of us who are current seniors. Would it really affect how we would live out the remainder of our lives?

Our children, our grandchildren, all our relatives and friends, everyone that we know will live out their life spans. All we would have lost is that which does not actually exist at all. Can we lose the non-existent. Would we have lost anything at all?

I do not know, but I can guess. I can imagine, that most of you are thinking -what a stupid question. Most will have an instinctual gut reaction, that not only would we have lost something, we would have lost a lot. Some would think we would have lost nearly everything.

We would have lost our sense of who and what we are, lost meaning, lost purpose, and lost hope. We would have lost faith in the future. But we would adapt. Some of us would break away from any commitment to others. Society would mean nothing but unacceptable restrictions and restraints. Others would try to generate new meaning, to face these last days with some dignity and with courage - to not give in to the inclination to utter despair.

Luckily, this is only a thought experiment, it is not our reality.

Our reality is that ninety seven percent of climate scientists are in agreement that global temperature is increasing at a rate that, if it continues to do so, it will have catastrophic effects. It could also risk a further spiral of unknowable effects. In a worst-case scenario for us it could potentially lead to most inhabited areas of the Earth's surface becoming unsuitable for human (or mammal) life.

There are though, the remaining three percent of our climate scientists who don't agree. Unlike the first group, these are not asking us to do anything - we do not need to be concerned, we can continue just as we have been. Some take consolation from those three percent, and it is indeed the case too that not all of them are working for vested interests.

Europe seems to be preparing for the worst these days and not just in defense. The Paris Agreement aimed to keep global warming well below 2°C, but France has just announced an adaptation plan to prepare for a 4°C hotter world by 2100.

It will be difficult for our younger generations and the generations to come, to adapt to a world of mighty heat waves, food shortages, and collapsing ecosystems that 4°C hotter would bring. And it won't be easy for them to pay for it either since some actuaries anticipate that climate change will shrink global GDP by 50% by 2070. On the other hand, many in many parts of the world have trusted the validity of the warning from the vast majority of our climate scientists and are taking action and taking it now. Renewable energy is now more than fifty percent of energy usage across many parts of Europe. This has come about rapidly. There are lots of grounds for hope and confidence. We do know that the major historical contributor to greenhouse gases has withdrawn from the Paris Agreement. But what we deemed as necessary for us to do does not become unnecessary because others change their minds. To the contrary, it has become more important. We cannot control the world or the actions of others. All we can do is address our own actions, meaning in this case our own carbon footprint.

Kilmurry Active Retirement Association had a meeting on the 11th March. Among the decisions made that evening was to embark on a project to educate ourselves on what are the realistic and cost-effective options and opportunities, that we, those of us in our

latter years of life, have to reduce or offset our carbon footprints. We hope to welcome fellow learners and those we can learn from to Kilmurry, Crookstown and elsewhere. Wouldn't it be great if we could learn together. Wouldn't it be even better if some of us in this beautiful Lee Valley could work together too in putting what we may learn into practice. If you are interested in learning, teaching or working with us, we would love to hear from you.

In other news we are back in full swing with our activities. We have a new social committee that are arranging and organising our activities for us. As I write this all the talk is about the mystery coffee crawl next Wednesday 19th. We have Keep fit both in Kilmurry and Crookstown on Monday evenings, Buff bones in Crookstown on Tuesdays at 1.30, aqua aerobics courtesy of the Castle Hotel on Wednesdays at 10am. Mary and Trish are the attractions again at 2pm on Wednesday 26th in Kilmurry, and also on the 26th Yvonne will be restarting Zumba at 18.15pm in Crookstown, and all are welcome to join us. Haven't they a great line-up of events for us, and more in the works. Thank you, Theresa, Frances and Louise.

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

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



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NUAIGHT UIBH LAOIRE

Hall Meeting

A public meeting, facilitated by the local development group, Croi na Laoi (CnL), was held in the Hall recently to explain the negotiations that have occurred between the community delegates who wished to buy the building and representatives from the Diocese of Cork and Ross, who own the building. The chairman, Tim Maher, explained that all contact was made through the Diocesan solicitor. A lease of the hall was mooted, but since the owners do not give leases anymore, the purchase of the building was raised and this line was followed successfully and a price agreed. Back a few years ago, CnL had agreed that it would go so far in acquiring the hall, if possible, for the community, but that then a whole new Hall committee would be created comprised of reps of community groups eg clubs, schools, social groups etc, who would continue from there. A very positive discussion followed from this and, closing the meeting, the chairman suggested that those who attended would think for some time on the matters aired and return at the next meeting where a decision on the future of the hall would be decided. This is a golden opportunity, never before offered to our community and it cannot be stressed strongly enough how important it is right now for everyone in the community to be informed, to show their interest and support and get involved.

Darkness into Light

Ui bh Laoire GAA grounds is the venue again this year, where the volunteers will gather to begin their 5K sponsored walk in support of Pieta House. The date is not far off now: Saturday May 10th. Registration is available now on line. Those who "walk the walk" are helping Pieta house in the fight against suicide and helps in the provision of advice and counselling for those who may require it. Every year a large crowd, of all ages, support the early morning walk in Inchigeela,

from the GAA grounds, along the Macroom road by the river Lee to the Grotto at Rossmore, then back again covering 5Km or 3 miles on level ground at whatever pace you wish to go.

Scotch Game

The parish Active Retirement Association (ARA) introduced a new game to a gathering of its members 9n the hall in Inchigeela, and by all accounts it was a great success. It's called Scooch! The game resembles golf because, with a long thin stick, you push and slide 4 small disks, in turn, from one end of a floor, to a target at the other end and the nearest to the target gets the points. But the real test and fun is that you are encouraged to push the opponent's disk out of the way with your disk. There was a queue to try it out and there was some very intensive competitive play at the trial run, but no red card was issued! Speaking of cards, the card school, lead by Gussie O Riordan has been a great success, with a number of his students able to hold their place at the "BIG" card game tables in Inchigeela and Ballingearry and elsewhere. Many members of a the ARA joined in the St Patrick's Day parade under their own newly designed banner, while dressed in our national colours. Well done all and go "raibh maith agat mór" to Mary Rose who had done so much preparation before-hand.

Flying Enterprise

The announcement of the sale of the Flying Enterprise restaurant, pub and event centre in Cork has a special interest for us in Inchigeela because the owner hails from Gort na hOchtaí townland, in our parish. For half a century we have followed Finbarr O Shea with his wife, Dolly and family, going from success to success with hard work and determination, building a business to be proud of. Finbarr has not forgotten his routes and has generously funded many projects in our parish when called upon. Whether he opts for retirement

or a further venture, we wish him and his wife every success and happiness.

Grab a Gúna in Gougane

Don't forget the clothes for sale event in Gougane Barra on Saturday 22nd of March 11am to 4pm. These are quality pre loved clothes and all proceeds go the ARC foundation in Bantry. Please support.

Leinster Wins

Congrats to John Lynch, Páidí Ó hArgáin and Flor Ó Croinín of Buíonn Píobairí Bheal Átha who took part and won some prizes in the Leinster Piping and Drumming Competition Finals recently. Good to see the band going from strength to strength and we see that they have been recently joined by young members recently. The latest recruits joined the band on their first march through Béal Átha on Lá Fhéile Pádraig and they played very well. The band were quite busy over the St Patrick's weekend with engagements in parades in Bantry, Beal Átha, Macroom and Castleisland.

Maoiniú i mBeal Átha

Cloisim go bhfuil maoiniú faighte le haghaidh feabhas a chur ar an halla i mBeal Átha. Funding has been announced for the halla in Ballingearry, for work on the roof, the electric and the windows. The Súcán has also been fortunate in their application for funding the creation of the Museum of the Irish Language in the village.

Scealta Eile

Is féidir leat canaí agus buidéal plaisteach a chur isteach sa bhosca ag an geata ag Scoil Fhionnbarra. The school will benefit from your donations of empty plastic bottles and drink cans. Deirig go hiontach leis an ceoldrama, Gobnait, ins an Opera House i gCorcaigh. Huge stage, huge audience, huge success Well done all. Paráid Lá 'le Pádraig was enjoyed by a large crowd and there was a lovely mix of all ages and some hilarious performances and sketches played out on the street.



Pupils from Inchigeela National School who celebrated World Book Day Recently.



Ui bh Laoire Parish Active Retired set off on St Patrick's Day Parade

DROMLEIGH NS

Dromleigh N.S. students had a wonderful day on March 6th celebrating World Book Day. Pupils had the opportunity to dress up as their favourite character or author to acknowledge their love of reading.

Senior pupils travelled to Lakewood, Ballincollig on March 7th to participate in the FAI 5-a-side soccer competition. Many thanks to Macroom Garda

Community bus for providing our transport on the day. Thanks also to all the members of our school community that donated to our fundraiser for West Cork Rapid Response.

Save the Date! Our Parents Association will host their annual Easter Coffee Morning, Bake Sale and Raffle on Friday, April 11th from 10am to 12:30pm. All proceeds

go towards the development of our sensory garden. P12DY26 call us on 026-46212

Keep up to date with all of our activities by visiting us on www.dromleighns.ie



Celebrating World Book Day in style in Dromleigh N.S. recently.



Dromleigh N.S. students with some of the volunteers from West Cork Rapid Response.

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BRESSIE SAIRSE POTTIE AND MARY REYNOLDS & MORE!



CLONDROHID NEWS

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

MUSICAL BINGO: A great night of singing and winning is promised in this musical bingo night at the

Tavern on this Saturday night March 22, with 1st call at 8.30pm sharp. Come early to secure your table!!!

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 March 24 They would love to see you there.

ENTERTAINMENT IN CARRIGANIMA: After an action packed weekend with parades and dancing, Carriganima continues this Saturday night March 22 with the one and only T R Dallas

SCORAIOCHT STORY TELLING ETC IN LAINE BAR

BALLINAGREE: The next session is Wednesday night March 26. Everyone welcome, great night assured.

GAA NEWS: Congrats to Club V. President Tim McCarthy who received a Lifetime Service Award at the Referee and Umpire Awards at Super Value Pairc Uí Chaoimh recently. Well done.

LOTTO: Results for march 12 Jackpot €3,000, €70 Tommy O'Sullivan Clondrohid Nat school

€20 Michael Buckley Inchlinane, Sheila Walsh Carriganima, John & S Buckley Inchlinane, Michael Buckley Inchlinane

NUAHT Ó SCOIL NAOMH ÍÓSAF

Beannachtaí na Féile Pádraig daoibh go léir! We hope you had a lovely bank holiday weekend around Macroom!

We were just about able to finish our pancakes on Pancake Tuesday before we had to get back to all the business of fun for Engineers week, World Book Day and Seachtain na Gaeilge!

A huge thank you to all of our parent engineers & scientists who took the time out of their busy schedules to come and visit every classroom to share their knowledge, expertise and particularly their passion for their area of engineering - Leanne Barrett, Brendan Meagher, Alice O'Riordan, Lynda Hurley, Jeremy Kelleher, Aisling Buckley Long, Olive Murphy, Jamie Twomey, Pat Mehigan, Conor Lynch & Denis Paul Bradley. The children were fascinated not only by all the different engineering types there are, but all the creativity that goes into making new equipment, technology and medicines that make our lives easier, our world safer and a cleaner place to live. We explored the areas of biomedical, civil,

electrical, environmental and structural engineering. Míle buíochas to Ms. Kelleher and Ms. O' Sullivan for organising.

World Book Day on 6th March was a huge hit as always! Pupils in every class got very inventive with their outfits and book characters, collaborating with each other and sharing their enjoyment of particular genres and authors. Pupils were able to make book recommendations to others, read with other classes, read books online in many languages, Seachtain na Gaeilge gave everyone plenty opportunity to use their cúpla focal as well as enjoying Biongó, Tráth na gCeist, learning Amhrán na bhFiann and Ireland's Call, PE as Gaeilge, Céilí Mór in the hall and dressing up in our 40 shades of green for Lá Glas!. Go raibh maith agat Mr. Cotter for organising!

1st class are thoroughly enjoying their football sessions with Dylan Twomey each week. He is bringing out the best in everyone, ensuring lots of fun and development of skills.

MACROOM HISTORY

Dan Cronin's talk on 'GAA and other local History Memorabilia'

By Con Kelleher.

Dan Cronin (postman) has a wonderful collection of programmes, mostly GAA, and other items that are not only a record of that activity but tell much of Macroom's past social life. He shared some of his many pieces to an audience of about thirty-five Group on Tuesday, 11 March 2025 in the Castle Hotel. The evening was organised by Macroom History Group and kindly sponsored by Macroom GAA Club. Gerry (Cooper) Kelleher, as M.C., knitted together the occasion neatly and deftly.

At the beginning, Dan explained that his family was very good at keeping things, 'collecting' and not 'hoarding', of course. He began collecting in the early 1980s and has scrapbooks dating from that time. He mentioned the late Thomas Creedon's exploits and his tragic early demise as boosting his interest. Thomas, along with Colman Corrigan and 'Shan' Moloney, featured in some of his slides. Liam Walsh gave Dan many items and this was a considerable filip to and spur for the collection. Others donated generously as time passed.

The power-point presentation began with photos of the Post Office staff of the 1950s/'60. John, Dan's father, featured in these. Naming those photographed varied from being easy to impossible. Another of John's interests was Canovee GAA Club, and he was secretary/treasurer for a period. It was fascinating to see committee meeting reports, bills and receipt from that time. Notably, at one point, Canovee was in dispute with Cloughduv and formed a hurling club; it arranged a match against Macroom. The schism was short-lived and Canovee concentrated on football.

Club and inter-county programmes are a rich source for Dan. He showed many All-Ireland programmes and these were sourced locally and from farther afield. For example he had some examples of signed programmes, notably of the Kerry-Offaly final



John O'Mahony (Macroom GAA Club) presenting Dan Cronin with a memento of his talk, 11 March. '25. (C.Kelleher).



Left to right, Sinn Féin (SF) official, Lara O'Sullivan (SF) AND Senator Nicole Ryan (SF). (C.Kelleher).

saw Offaly deny Kerry its 5-in-a-row. Others were gained at auctions or in exchanges. Dan noted that there were about 100 'serious' collectors of GAA memorabilia country-wide, with many having special areas of interest. Sadly, Cork does not have its own GAA museum.

Photos of the great Macroom teams of the past were prominent and ranged from the 1909-13 era (winners of four senior counties and the Croke Cup) to 1926 (Denny Coughlan was captain), to the 1930s (Denis 'Muttie' O'Brien and Con 'Knockie' Cronin were the skippers), to the Mick Goold- (1959) and the Hugo Casey-led (1962) victorious sides. Intermediate, junior, U-21, minor and other Macroom underage successful team programmes and photos featured.

Non-sports items included programmes and photos from pantomimes, concerts, Gilbert and Sullivan operettas and the Macroom Mountain Dew Festival. It also had items on Macroom Agriculture Show which was a big event in its day. Advertisements in the various local programmes were interesting and his trip down memory lane was nostalgic and

moving. Relatives of some of the stars referenced enjoyed the mentions of the heroic exploits of their forebears. Dan's collection also has golf, Pitch & Putt, Fianna Fáil and Liverpool F.C. pieces as well as many sports books, especially Cork Club histories. Pride of place is taken by Barry O'Brien's 'Macroom GAA Club History 1886-1987'.

Dan's depth of knowledge is even more impressive than his collection: he delivered his talk with passion, grace and skill and in a very erudite way. At the end, one person commented that 'he saw his life being unwound before his eyes'.

John O'Mahony (Mac. GAA) presented Dan with a memento of the talk. It was a pleasure to listen. Dan deserves our gratitude for assembling and sharing his brilliant collection.

Next History Meeting: Macroom Schools History Exhibition, Castle Hotel, 7-9.30, 8 April 2025.



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JM ENERGY SAVINGS

JM ENERGY SAVINGS: A JOURNEY OF GROWTH AND INNOVATION

Since its founding in 2008, JM Energy Savings has evolved from a small energy management business to a leading provider of solar PV and infrared heating solutions across Munster. John Moynihan, the company's founder, initially focused on helping residential customers, farms, and businesses secure the best electricity prices. However, as electricity costs continued to rise, John recognised the need for a long-term solution that would empower customers to generate and manage their own energy efficiently.

Over the past several years, JM Energy Savings has expanded its services to include state-of-the-art solar PV installations. By harnessing the power of the sun, customers can significantly reduce their reliance on the grid while cutting their electricity bills. To further enhance the benefits of solar energy, JM Energy Savings also introduced infrared heating panels. These innovative heaters allow homeowners and businesses to use the electricity generated by their solar panels to efficiently warm their spaces, creating a fully optimised and cost-effective energy system.

The company's growth has been accompanied by a strong and dedicated team. John's wife, Lillian, has taken on the role of warehouse manager, ensuring smooth logistics and supply chain operations. Meanwhile, Rachel his daughter oversees solar project management, streamlining installations and ensuring top-tier customer service. The office team continues to grow to support customers with expert guidance on solar PV, infrared heating, and energy management solutions.



The Team: From Left to right: John, Lucy, Lillian, Lilly, Rachel, John and Emma.

JM Energy Savings remains committed to its original mission: helping customers get the best energy rates on the market. The company advises clients on optimising their solar and battery systems to maximise savings—charging at off-peak times and using stored energy when rates are highest. This strategic approach ensures that customers not only invest in renewable energy but also manage it effectively for long-term benefits.

The success of JM Energy Savings is reflected in its stellar reputation, with over 120 five-star reviews on Trustpilot. Satisfied customers frequently praise the company's professionalism, expertise, and dedication to delivering high-quality solar and heating solutions. Here are just a few quotes from past clients:

"Highly recommended. JM Energy Savings installed our solar panels with maximum efficiency, minimum fuss. Excellent service in every respect from John, Rachel and their team." – A Kelly

"From the start John & Rachel made the decision to choose JM Energy Savings easy. They gave very clear and honest advice. The installation was very quick, and we are very happy with it." – C Glynn

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Ted Cook visit to Kilbarry school for Tree Week 2025



St Josephs: Engineers Week with Conor Lynch in Senior Infants. Thanks to MTU & their engineering department



Football with Dylan at St Josephs



St Josephs: World Book Day!



St Josephs: World Book Day!



St Josephs: Infants enjoying Biongo during Secaintain na Gaeilge!



St Josephs: World Book Day!



St Josephs: World Book Day!



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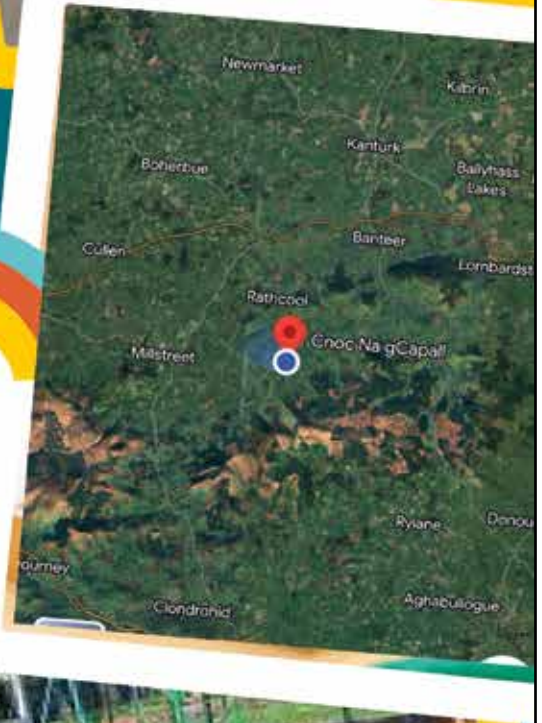
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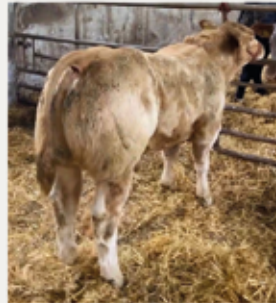
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Dé hAoine/ Friday 21/03

- **7.30pm Tigh Uí Mhurchú (seomra): Comórtas amhránaíochta do Chorn Sheáin Uí Shíocháin.** Céad duais €200. Duaiseanna d'amhráin i mBéarla agus i nGaoluinn. Duais speisialta do mhic léinn tríú leibhéal. *Singing competition for adults. One traditional song in Irish or English. Entries €5.* lachtainnaofa@comhaltas.net
- **8.30pm Tigh Uí Mhurchú (seomra): Oíche amhránaíochta & aithriseoireachta mhacarónach.** *Macaronic (bilingual) singing and recitation night. All welcome to participate.*
- **9pm An Chrois: Seisiún Ceoil**

Dé Sathairn/ Saturday 22/03

- **11am Siúlóid 7km ag díriú ar stair na timpeallachta:** Le Gearóid Ó hÉalaithe. Saor in aisce. *Guided walk - history of natural environment and traces of human interaction. Start: Seán Ó Síocháin statue.*
- **11am-6pm Ionad Pobail: Lá na nÓg** - Ceardlann rince seite; Ceardlann ceoil agus amhránaíochta; Ceardlann rince ar an sean-nós; Mionchéilí & Scoraíocht na nÓg Aois 8+ Cláraigh roimh ré: lachtainnaofa@comhaltas.net
- **3pm Tigh Uí Mhurchú: Seisiún Ceoil**
- **9.30pm Ionad Pobail: Céilí Rince Seite** le Andrew O'Connell & Hughie Kennedy. Roinnt seiteanna á nglaoch as Gaoluinn le Christy Mac Gearailt. Tae san áireamh €10.
- **9.30pm Tigh Uí Mhurchú: Seisiún Ceoil**

Dé Domhnaigh/ Sunday 23/03

- **11am Aifreann i nGaoluinn le Cór Chill na Martra:** Beo ar Raidió na Gaeltachta
- **12.00 Mórshiúl Lá 'le Lachtaín:** *St Lachtaín's Day community parade.*
- **1pm Ionad Pobail: Teacht le chéile an phobail.** Ceol, rince, amhránaíocht.
- **2.30-4pm Ionad Pobail: Seisiún na nÓg**
- **3pm Siúlóid na Carraige Aifrinn:** *5km walk. Start: Seán Ó Síocháin statue.*
- **3pm An Chrois: Seisiún Ceoil**

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Mhúscraí



St Patrick's Day celebrations in Canovee NS



St Patrick's Day celebrations in Canovee NS



St Patrick's Day celebrations in Canovee NS



St Patrick's Day celebrations in Canovee NS



Macroom Girl Guides at the St. Patricks Day Parade



The Presentation of proceeds of Bealnamorrive Daffodil Day 2024.



Macroom Girl Guides at the St. Patricks Day Parade



St Patrick's Day celebrations in Canovee NS



St Patrick's Day celebrations in Canovee NS



Macroom Girl Guides at the St. Patricks Day Parade

NAOMH FIONNBARRA LGFA CLUB - MEDAL PRESENTATION

On Friday February 28th, we hosted our Medal Presentation in Ned's Shed, Inchigeela, celebrating a fantastic year of achievements. From our U8 right up to our Junior team, a wide array of well earned medals were presented on the night.

We were honoured to welcome Cork LGFA and North Melbourne AFLW star Erika O' Shea, who presented medals to our outstanding underage girls. Congratulations to the U8 - U10 who received medals for participation and attendance during the year. A huge congratulations to the U13 girls who received U13C League medals and the U14 girls who were presented with U14 B County Championship medals from Erika!!!

A highlight of the evening was the presentation of The Billy Twomey Memorial Club Person of the Year 2024, which was presented to Irwin Cummins. Irwin played a key role in both our Underage and Junior County victories last year. He is a dedicated club member who brings positivity and devotion to every aspect of the club.

We were also privileged to have former Cork Ladies Footballer Brid Stack join us to present the junior ladies with their county medals. Following her recent Laochra Gael episode on TG4, Brid shared invaluable advice with our players and supporters, inspiring the next generation.

Finally, a huge congratulations to Molly Ring on winning Player of the County Final and to Sadhbh Herlihy on being named Junior Player of the Year. Both players displayed incredible dedication and commitment throughout the season, making these well-deserved awards for both girls.

A huge thank you to Erika and Brid for taking the time to celebrate with us, and to Ned's Shed for hosting



Brid Stack pictured with the 2024 Junior County Champions

such a memorable night. Also a massive thanks to our committee members for their work behind the scenes and for decorating the venue.

Fundraising

Naomh Fionnbarra Club are running their annual Lotto for 10 weeks again this year which will commence on the 5th of April - 7th of June 2025. Super prizes to be won (1st - €500, 2nd - €200, 3rd - €100 & last place €50) Tickets are currently on sale and can be bought from shops/pubs in Ballingearry, Inchigeela and Toonsbridge or from a player/committee member. More information can be found on our social media.

Joining our club

Anyone interested in joining our great club at underage level, juniors or for G4M&O's please contact Richard Lucey on 085/1004489.

Social Media

You can find more updates about our club on our social media channels.

Facebook: Naomh Fionnbarra Ladies Football

Instagram: naomh_fionnbarra-igfa

Twitter: NaomhFionn_LGFA



Molly Ring receiving Player of the County Final 2024 and Sadhbh Herlihy receiving Junior Player of the Year



Erika O' Shea pictured with Naomh Fionnbarra Underage players



Irwin Cummins pictured with his daughters Abby, Lauryn and Eve

MACROOM GAA NEWS

GAA – ALLIANZ NATIONAL LEAGUES 2025

Allianz Football League Div 2 – Round 6

Cork 1 – 23 Louth 0 – 18

Cork footballers had a decisive win over Louth in their second last Allianz National League encounter at SuperValu Páirc Uí Chaoimh, led from start to finish, and secured the two invaluable league points as they battle to avoid relegation to Div 3 and gain a place in the All Ireland Sam Maguire series. Cork were more purposeful in their all round play and the forwards landed some fine scores to reward good approach work. The Mid Cork trio on duty, Neil Lordan at corner back, Colm O'Callaghan at midfield and Chris Óg Jones at full forward all played well for Cork.

Cork started well assisted by the wind, and showed they were targeting two-pointers from the start. Brian O'Driscoll had an early two-pointer and Chris Óg Jones and Rory Maguire added white flags for a four-point head start. Louth replied through Sam Mulroy's two-point free. O'Driscoll had his second two-pointer from play before Louth response. Cork would score nine of the final 10 points from there to the break. Mark Cronin punished a Louth breach of the 4v3 structure with a two-point free and the corner-forward would later add another when an opponent didn't hand the ball back after a foul – new rules observance important here. Cronin kicked another point and was then denied a goal by a fine save but play was called back for him to tap over the advanced mark. Hurley's free made it a six-point streak and 0-15 to 0-4 at half-time and Cork looked in control.

Louth's Mulroy showed his capabilities in the second half with some fine scores but Cork were never going to let this game slip away from them and kept the scoreboard ticking over, and went into a 15-point lead. Colm O'Callaghan scored a point and then slammed in a smashing goal in the 43rd minute after combining with Ian Maguire in a forceful run down the centre. Louth stayed in the game with a run of fine scores from outside the arc and had the gap between the teams down to eight points but Cork stayed in control.

This win has Cork in a position where a win over Cavan would guarantee their Div 2 survival but Cavan have now put themselves in a position where they could yet get promotion so the game in Cavan will be a real test for Cork. Cork play Munster championship against Limerick in a few weeks time (Sat, April 5th at 6pm) so need to maintain their improved form. The winners of that quarter final play Kerry in the semi final on Sat April 19th in Cork if Cork qualify.

Scorers for Cork: M Cronin 0-8 (2 2pt f, 0-2 f), B O'Driscoll 0-4 (2 2pt), C O'Callaghan 1-1, C Óg Jones 0-3, R Maguire, C O'Mahony 0-2 each, I Maguire, B Hurley (f), M Taylor,

in 0-1 each.

Cork: Micheál Aodh Martin (Nemo Rangers); Neil Lordan (Ballinora); Daniel O'Mahony (Knocknagree), Seán Brady (Ballygarvan); Mattie Taylor (Mallow), Rory Maguire (Castlehaven), Brian O'Driscoll (Carrigaline); Ian Maguire (St Finbarrs), Colm O'Callaghan (Éire Óg); Paul Walsh (Kanturk), Eoghan McSweeney (Knocknagree), Seán McDonnell (Mallow); Mark Cronin (Nemo Rangers), Brian Hurley (Castlehaven), Chris Óg Jones (Iveleary). Subs: Seán Walsh (Mitchelstown) for O'Callaghan (1-5, temp), Rory Deane (Bantry Blues) for McDonnell (43), Cathal O'Mahony (Mitchelstown)(0-02) for Hurley (53), Conor Cahalane (Castlehaven) for McSweeney (58), S Walsh for I Maguire (65, inj), Hugh O'Connor (Newmarket) for Cronin (65). Patrick Doyle (Knocknagree), Brian Murphy (Nemo Rangers), Darragh Cashman (Millstreet), Jacob O'Driscoll (Valley Rovers), Luke Murphy (Cullen).

Allianz National Football League Div 2

All teams have 6 games played, 1 still to play. Cork must play Cavan away, Louth v Meath, Monaghan v Down, Westmeath v Roscommon

Monaghan 10 points Roscommon 8 pts

Meath 8pts Cavan 8pts Cork 6pts

Down 4pts Louth 4pts Westmeath 0pts - relegated

Allianz National Hurling League Div 1A

Clare 0-23 Cork 6-20

Cork hurlers under Pat Ryan hadn't beaten Clare in five previous league and championship bouts but they certainly ended that run at Zimmer Biomet Páirc Chiosóg in Ennis when they demolished the challenge of the home side who were reigning league champions and who now will be relegated for next season.

Cork travel to Ennis again for the opening round of the Munster championship on Easter Sunday and appeared determined to lay down a marker for that forthcoming encounter. In a hard hitting game, the Rebels met fire with fire and gave as good as they got. Their tally of six goals may not be repeated but they did show that they will not be pushed around by the spirited Banner on their home turf.

Brian Hayes (2), Declan Dalton (2), Shane Barrett (and a Clare og) got the goals for Cork at regular intervals and Clare were well beaten long before the finish. They are the All Ireland Champions however and won't surrender their crown easily.

The first Cork goal stemmed through a penetrative run and finish from Barrett in only the eighth minute, Brian Hayes set up Declan Dalton to fire the second six minutes later while Hayes would bat the third past goalkeeper Eibhear Quilligan in the 26th minute to keep the home side at arm's length.

Aidan McCarthy's frees ensured that Clare matched the visitors on points but it was 3-9 to 0-9 at the break.

An encouraging start with the introduction of an aggressive Peter Duggan soon turned sour for the Banner on the resumption as a buoyant Cork couldn't believe their luck as they picked off three further goals through Hayes (2) and Dalton inside 13 minutes of the restart at 6-13 to 0-14. A straight red card for substitute Duggan at the turn of the final quarter only added to Clare's misery as it ended any lingering hope of a late rally and the tie rather petered out from there.

Scorers for Cork: Declan Dalton 2-6 (2f), Shane Barrett 1-4; Brian Hayes 2-1; Ethan Twomey, Patrick Horgan (3f) 0-3 each; Brion Saunderson 1-0 (1-0f); Brian Roche 0-2; Sean O'Donoghue 0-1

Cork: Brion Saunderson; Niall O'Leary, Eoin Downey, Seán O'Donoghue (Inniscarra); Tommy O'Connell, Robert Downey, Cormac O'Brien; Tim O'Mahony, Ethan Twomey; Shane Barrett (Blarney), Darragh Fitzgibbon, Brian Roche; Declan Dalton, Patrick Horgan, Brian Hayes. Subs: Luke Meade for Barrett (22-23, BS), Micheál Mullins for O'Connell (HT), Damien Cahalane for E. Downey (47), Patrick Collins for Saunderson (52-56, BS), Jack Cahalane for Barrett (53), Jack O'Connor for Hayes (53), Diarmuid Healy for Roche (64)

Allianz NHL Division 1A

Cork are at home to Galway in their remaining game, a place in the final against Tipperary the reward for the winners.

Tipperary P5 8 pts Cork P5 7 pts

Kilkenny P6 6 pts Galway P5 6 pts

Limerick P5 5 pts Wexford P5 2 pts

Clare P5 2 pts

Cork - Allianz League remaining fixtures

Allianz Hurling: Division 1A – 7 teams, 6 games each

Allianz Football: Division 2 – 8 teams, 7 games each

Sat March 22nd: HL Div 1: Cork v Galway, Páirc Uí Chaoimh, 7:30pm

Sunday March 23rd: FL Div 2: Cavan v Cork, Breffni Park, 1.30pm

April 5th-6th: HL Division 1A and 1B Finals

LGFA Ladies Football

LIDL Div 2 League Table

Cork are at home to Clare, away to Donegal in their remaining games.

Cork play Clare in Baile Mhuirne on Sunday March 23rd in what should be a great occasion for the home club.

Galway P5 15 points Cork P5 12pts

Monaghan P5 9pts Tipperary P5 6pts

Donegal P5 6pts Roscommon P5 4pts

Clare P5 4pts W' meath P5 1pt

CAMOGIE - VERY IRELAND NATIONAL LEAGUE DIV 1

Cork 3-17 Kilkenny 0-13

Cork turned on the style in the second half to make it three wins from three in the Very Division 1A camogie league at SuperValu Páirc Uí Chaoimh.

Ahead by a single point at the interval, they added 2-10 following an improved all-round performance while restricting Kilkenny to four points.

It puts the Leesiders top of the table ahead of crucial games to come against Tipperary (away) and Galway (home).

Unbeaten Tipperary lie second in the table following their victory over Galway, leaving the westerners in third place.

A pair of goals from Saoirse McCarthy in the 46th and 62nd minutes and one from Orlaith Cahalane midway through the first half were the significant scores for Cork.

The visitors had three quick points inside the first two minutes but Sorcha McCartan settled Cork with a point in the seventh minute and this was quickly followed by one from Kate Wall.

Kilkenny continued to threaten and landed three points in a row to lead by 0-6 to 0-2 but on the quarter hour mark an Orlaith Cahalane goal for the Rebels narrowed the gap before the visitors went two up again. Cork's response was excellent, points from a Saoirse McCarthy long-range free and Orlaith Cahalane from play brought the sides level 1-4 to 0-7 in the 21st minute.

Wall grabbed the lead point for Cork and a McCartan free from off the field made it a two-point game. Again The Cats responded, outscored Cork two to one to trail at the break 1-7 to 0-9 with both sides having decent chances of goal.

Cork with the wind in the second half began to get on top. Substitutes Katrina Mackey and Emma Murphy helped extend their lead at the three-quarter mark, 1-13 to 0-9 and Saoirse McCarthy's goal, after good work by Laura Hayes, put the Rebels into an unassailable lead.

Kilkenny's first score of the second half did not come until the 50th minute but McCarthy cut through once again and belted in Cork's third goal to emphasise the home side's dominance overall.

Unfortunately, Cork's Izzy O'Regan who suffered a cruciate injury in Dublin a week earlier is out for the season while Libby Coppinger is also out with a broken finger.

Scorers for Cork: S McCarthy 2-1 (0-1 f), S McCartan 0-7 (0-4 frees), O Cahalane 1-2, K Wall and K Mackey 0-2 each, C Finn, A Fitzgerald and E Murphy 0-1 each.

Cork: Amy Lee; Meabh Murphy (Ballinora), Pamela Mackey, Maebh Cahalane (Capt); Hannah Looney, Laura Treacy, Laura Hayes; Aisling Thompson, M Condon; Sorcha McCarthy, Kate Wall, Ciara O'Sullivan; Orlaith Cahalane, Saoirse McCartan, Clodagh Finn. Subs: K Mackey for C O'Sullivan (38), E Murphy for M Condon (40), A Fitzgerald for K Wall (49), R Hartly for H Looney, O Mullins for O Cahalane (both 55).

2025 Camogie - Very National League Fixtures

Saturday, March 22: Tipperary v Cork.

Saturday, March 29: Cork v Galway.

Sunday, April 13: League final.

Cork County Leagues for 2025: McCarthy Insurance Group County Senior Football Leagues

Division 1 Clonakilty 4, Nemo Rngrs 4, St. Finbarr's 4, Douglas 2, Castlehaven 2, St. Michael's 2, Newcestown 2, Carrigaline 0, Cill na Martra 0, Éire Óg 0,
Round 3: Cill na Martra V Carrigaline: Douglas v Éire Óg
Éire Óg 1-11 St Finbarrs 0-18

Éire Óg started well with Brian Hurley leading the line and raced into a 0-2 to 0-0 lead after 2 mins. However, Barr's pushed on to lead by 0-5 to 0-10 at half-time. Harry O'Reilly's team talk worked wonders as Éire Óg came out a different team in the second half. Rian O'Flynn was very prominent and was unlucky with a goal chance. The Barr's resistance was broken when an initial shot by Ronan O'Toole was saved by the Barr's goalkeeper but Brian Hurley was on hand to palm the rebound to the net. The Barr's followed up with two late points to hold on for victory.

Éire Óg: C Kelly (c); M Corkery, C McGoldrick, D McCarthy; M Griffin, H Murphy, D Kirwan; R O'Toole, J Murphy; J Kelleher, R O'Flynn, D Kelly; D Casey, E O'Shea, B Hurley. Subs: A McCarthy HT, C Murphy 46.

Nemo Rangers 4-9 Cill na Martra 1-8

Cill na Martra, deprived of the services of many regulars, played Nemo Rangers mid week under lights at Trabeg, the home side were clear winners and top the Div 1 league table. Cill na Martra remain pointless after their opening two games against the two top city sides Nemo and 'Barrs, and will be hoping for better results as they face Carrigaline and Castlehaven in their upcoming encounters.

Goals for Nemo in the 18th, 19th and 23rd minutes had them leading by 3-3 to 0-4 at half time. Cill na Martra fought on and each side had two scores each over the next twenty minutes before Cill na Martra had a goal from Seáníe Ó Foirréidh on 51 to make it 3-7 to 1-6. Nemo reasserted their control with a 4th goal in the 58th minute and were clear winners at the final whistle. Seáníe Ó Foirréidh with 0-3 and Ciarán Ó Duinnín 0-1 had the points for Cill na Martra in the first half, Danny Ó Conaill 0-1, and Jason MacCarthaigh 0-3 had the second half points.

Cill na Martra: Jason MacCarthaigh: Micheál Ó Cathasaigh, Tadhg Ó Corcora, Finén Ó Faoláin: Danny Ó Conaill, Sean Ó Foirréidh, Cianie Ó Foirréidh: Gearóid Ó Goillí, Seán Ó Céilleachair: Eoin Ó Conaill, Micheál Ó Deasúna, Antóin Ó Loinsigh: Maidhchí Ó Duinnín, Ciarán Ó Duinnín, Shane Ó Duinnín. Ionaid: Adam Ó Duinnín, Donagh Ó Buachalkla, Jack Ó Loinsigh.

Div 2 Carbery Rgrs 4, Dohenys 4, Knocknagree 4, Ballincollig 3, Valley Rvs 2, Kanturk 2, Béal Átha'n Ghaorthaidh 1, Castletownere 0, Fermoy 0, O'D Rossa 0, Dohenys 1 - 17 Béal Átha'n Ghaorthaidh 1 - 10
In a well fought league tie at Dunmanway, the Dohenys came out on top by seven points having led at half time by 0-6 to 0-4.

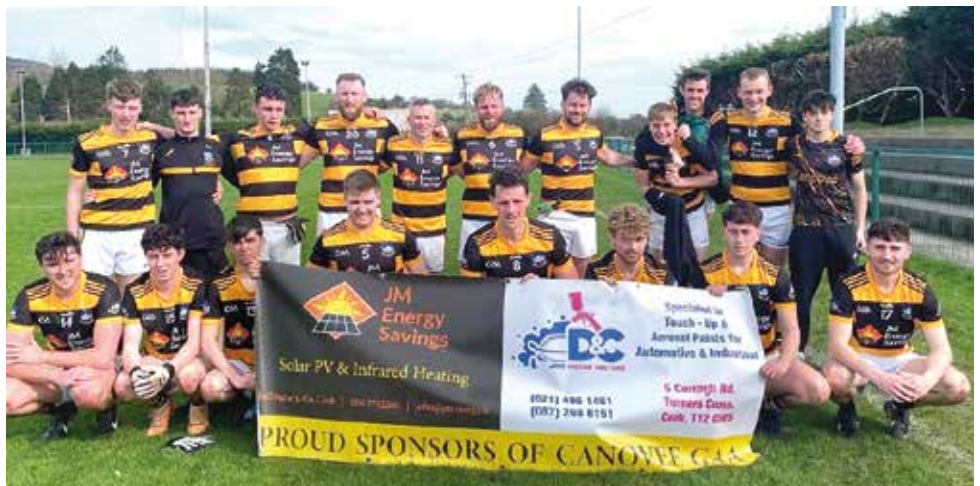
Béal Átha'n Ghaorthaidh: Darren Ó Coill: Peatsáí Ó Tuanma, Barra Ó hArgáin, Ciarán Ó Nuadain: Cian Ó Duinnín, Eanna Ó Duinnín, Matt Ó Rianáin: Dara Ó Briain, Seamus Ó Tuama: Dara Ó Ceallacháin, Seán Ó Muineacháin, Gavin Ó Laoire: Donagh Seartan, Ben Seartan, Diarmuid Mac Tomais.

Béal Átha Scorers: Diarmuid MacTomais 1-4 (0-2f), Ben Seartan 0-3 (0-2f), Donagh Seartan 0-3.

Castletownbere 0 - 10 Ballincollig 2 - 8

Ballincollig secured two more points when they defeated Castletownbere by 2-8 to 0-10 in Castletown. Goals from JP O'Neill and Peter O'Neill and a couple of late points from Cian Dorgan were major factors in the win.

Div 3 Bishopstown 4, Kilshannig 3, Uibh Laoire 3, Naomh Abán 2, Rockchapel 2, Clyda Rovers 2, Mallow 2, Newmarket 0, Aghada 0, Kiskeam 0. (Clyda v Kiskeam



Canovee 6-13 Iwealey 0-9. Evan Dodd Hatrick, Gavin Coleman 2 and Shane Riordan with the goals.

postponed)

Rockchapel 1-13 Naomh Abán 1-14

Naomh Abán, who had lost their opening round game to Uibh Laoire bounced back with a fine one point victory over Rockchapel at the latter's venue.

They will meet Kilshannig at home on March 30th in their next league encounter.

Kilshannig 0-16 Uibh Laoire 2-10

Uibh Laoire led at half time by 2-3 to 0-7 and were denied victory at the end by a later point for the home side. Ian Jones and Cathal Vaughan got the goals for the Muskerry men.

Uibh Laoire: Joe Creedon: Barry Murphy, Daniel O'Donovan, Daniel O'Riordan: Kevin Manning Ciarán O'Riordan, Ciarán Galvin: Seán O'Riordan, Brian Cronin: Jason O'Donovan, Cathal Vaughan, Barry O'Leary: Seán O'Leary, Liam Kearney, Ian Jones. Subs: Adrian O'Dea, Brian O'Riordan, Kevin Jones, Shane Galvin.

Div 4 Buttevant 4, Bandon 4, Aghabullogue 3, Boherbue 3, Adrigole 2, Macroom 2, Nemo Rngrs 0, Bantry Blues 0, Glanmiere, St. Vincent's 0

Aghabullogue 1 - 11 Boherbue 3 - 5

Aghabullogue remain unbeaten in the league after getting a point from their second outing at home to Boherbue. Aghabullogue were well in control in the first half, boosted by a John Corkery goal, but two goals early in the second half for the visitors transformed the situation and at the end a division of the points was a fair result.

Aghabullogue travel to Adrigole for their next game.

Aghabullogue scorers: John Corkery 1-4, Evan O'Sullivan 0-2, Mathew Bradley 0-2, David Thompson 0-2, Cialan O'Sullivan 0-1.

Aghabullogue: Ian O'Sullivan: James Foley, Conor Smith, Daniel O'Leary: Oisín O'Connell, Tom Long, Shane Tarrant: Dhani Merrick, Brian Dineen: Odhran O'Connell, John Corkery, Cialan O'Sullivan: Mathew Bradley, Evan O'Sullivan, Luke Casey. Sub: David Thompson.

St Vincents 1 - 10 Macroom 0 - 19

Macroom travelled to Cork for their second league game and got a deserved win over St Vincents to get off the foot of the table. Macroom were much improved from their opening game and will face Bandon at home on March 30th in their next encounter.

Macroom Scorers: Alan Quinn 0-9, Eolan O'Leary 0-3, Sean Kiely 0-3, Cillian Donovan, Dylan Twomey, Mark Hunt, Pa Lucey 0-1 each.

Macroom: Caleb Dinneen: Jack O'Riordan, Rory Buckley, Ryan Sabas: Cormac Burke, Mark Corrigan, Mark Condon: Cillian Donovan, Tony Dineen: Seán Kiely, Alan Quinn, Eolan O'Leary: Michael Cronin, Dylan Twomey, Mark Hut. Subs: Patrick Lucey, Shane Meaney, Bobby Murphy.

Div 5 Kilmurry 4, Gabriel Rgs 4, Kinsale 2, Ballinora 2, Glenville 2, Ilen Rovers 2, Mitchelstown 2, Ballydesmond 0, Millstreet, Glanworth 0

Ballydesmond 1 - 10 Kilmurry 3 - 16

This was another notable victory for Kilmurry who now are on top of the Div 5 league table. They are at home to Glanworth on March 29th in their next outing.

Kilmurry scorers: Joe McGinn 1-4, Lawrence Aisling 1-2, Liam Wall 1-1, Ruadhán Ó Coráin 0-5, Denis 0-2, John O'Mullane and Rory Duggan 0-1 each.#

Kilmurry: Jason McDonnell: Owen Keane, Conor Kelleher, Brian Hinchion: Tomás Collins, William Ronan, Alexander Aisling: James O'Mullane, Liam Wall: Rory Duggan, Ruadhán Ó Coráin, Lawrence Aisling: Denis O'Mullane, John O'Mullane, Joe McGinn. Sub: Ryan Leahy

Ballinora 1 - 10 Glenville 1 - 7

A welcome win for Ballinora who play away to Ilen Rovers next on March 30th.

Div 6 Canovee 4, Aghinagh 4, Kildorrery 4, Cobh 4, St. Nick's 2, Cullen 2, Dromtarriffe 0, Mayfield 0, Na Piarasaigh 0, St. Michael's 0

Dromtarriffe 2-15 Aghinagh 6-14

Aghinagh collected their second brace of points from this Division Six league encounter played in ideal conditions in Dromtarriffe. The first half was a most entertaining affair with both sides dominating at different stages but goals from Luke Ring and Liam Twohig ensured Aghinagh led 2-8 to 1-9 at the interval. Aghinagh upped the pace considerably in the second half and Dromtarriffe were not able to respond. With Dylan O'Riordan and Declan Ambrose solid in defence and Matthew McCarthy and Thomas Morgans lording it at midfield there was plenty good ball coming the way of the Aghinagh forwards. They made good use of it scoring 4 more goals compliments of Seán Kelleher, Con Buckley(2) and William Coakley to run out convincing winners.

Next Game: Aghinagh v Na Piarasaigh March 30th

Aghinagh team: Paul O'Sullivan, Olan Cummins, John Lynch, Dylan O'Riordan; Jack Kearney, Luke O'Leary, Declan Ambrose; Matthew McCarthy, Thomas Morgans; Micheál Horgan, Con Buckley (2-6), Seán Kelleher (1-0); Luke Ring (1-1), Liam Twohig (1-5), Donal Corkery (0-1). Subs used: William Coakley (1-1), Seán O'Riordan, Euan Coughlan, David Kelleher, Diarmuid Crowley.

Canovee 2-15 St Michaels 0-4

Canovee conceded home advantage to play their second league game at Na Piarasaigh complex in Farranree and had no bother in disposing of the challenge of the St Michaels side. A goal from Jack Kelleher had Canovee 1-3 to 0-1 in front after eleven minutes and a second goal, this one from Paul Healy in the 26th minute gave Canovee a 2-5 to 0-3 advantage and they were clearly the better side. Leading by 2-8 to 0-3 at half time, Jack Kelleher with 0-5, Mark Healy 0-2 and Odhran O'Driscoll 0-1, the winners remained in control all through the second half with points from

Jack Kelleher, Conor Dodd, Jason Riordan, Conor O'Neill, Eoin Moynihan and Cillian Newman adding to the goals tally.

Next Game: Cobh v Canovee, March 30th.

Canovee; Aaron Forde: Cian Cronin, Eoin McNabola, Eoghan Lehane: Conor Dodd, Ryan Delaney, Evan Cunningham: Odhran O'Driscoll, Brian McNabola: Conor O'Neill, Jason Riordan, Mark Healy: James Moynihan, Jack Kelleher, Paul Healy.

Div 7 Ballygarvan 4, Liscarroll/Churchtown Gaels 4, Kilmacabea 3, Argideen Rgrs 2, Inniscarra 2, Castlemagner 2, St. James' 1, Urhan 0, Nemo Rangers 0, Ballyhooley 0

Kilmacabea 0-15 Inniscarra 0-11

Inniscarra were away to Kilmacabea for a Saturday afternoon encounter and the home side had a slight edge all through. Kilmac led at halftime by 0-8 ton 0-5 and held their advantage to the finish. Next up is Nemo Rangers 3rd team on March 30th at Balklyanley.

Red FM County Senior Hurling Leagues

Division 1

St. Finbarr's 2, Charleville 2, Douglas 2, Fr. O'Neill's 2, Carrigaline 1, Carrigtwohill 1, Glen Rovers 0, Kanturk 0, Sarsfields 0, Blackrock 0

Div 2 Éire Óg 2, Killeagh 2, Midleton 2, Ballincollig 1, Na Piarasigh 1, Ballymartle 0, Fermoy 0, Newtownshandrum 0, Erin's Own, Valley Rvrs

Ballincollig 2-16 Na Piarasigh 3-13

A sideline cut earned Na Piarasigh a 3-13 to 2-16 draw away to Ballincollig in a cracking RedFM Hurling League Division 2 tie. James Dwyer looked to have earned The Village victory before the late, late equaliser.

It was 0-11 to Na Piarasigh's 1-8 at half-time, Shane O'Sullivan accounting for three of the Ballincollig points. Na Piarasigh started the second half brightly, and went four points clear before Cian O'Driscoll raised two green flags for Collig. Points from Stephen Wills, O'Sullivan and Cian Dorgan gave Ballincollig a 2-14 to 2-10 advantage but Piarasigh fought back and rescued a point.

Ballymartle 1-15 Éire Óg 1-16

Éire Óg played against the strong wind in the first half and were unlucky to concede a goal from a point attempt that came off the post. The Éire Óg back line was superbly led by Diarmuid Dineen while Mark Kelleher and Conor Mc Goldrick battled hard throughout. The industrious Jerome Kelleher had a goal bound effort saved off the line by a Ballymartle defender. Half time Ballymartle 1-11 to Éire Óg 0-8. With the wind behind them, Éire Óg slowly reduced the deficit in the second half. Brian Hurley and Matt Brady were very prominent but on the stroke of full time it was substitute Chulainn Malone who saved the day when his effort from 50 yards found its way to the back of the net.

Scorers for Éire Óg: E O'Shea 0-7 (4f, 1 65), C Malone 1-0, D Casey 0-3, O O'Shea 0-2, B Hurley, R Toole, C Goldrick 0-1 each

Éire Óg: E O'Shea; D Dineen, M Kelleher, D McCarthy; J Galvin, C McGoldrick, M Brady; B Hurley, R O' Toole; D Kirwin, E O'Shea, K Hallissey; D Casey, J Kelleher, O O'Shea. Subs: C Malone (HT), D Coakley (45) E Kelleher (50)

Div 3 Ballinhassig 2, Blarney 2, Lisgould 2, Mallow 2, Newcestown 2, Russell Rvs, Bride Rovers, Castleyons, Courcey Rvs, Blackrock

Blarney 2-17 Bride Rovers 0-12

Blarney got their league season off to a good start at home with a deserved win over the Caherlag side. Blarney led by 0-6 to 0-2 after the first quarter and their first goal on 23 and another on the stroke of half time helped them to be in a commanding position at the break, leading by 2-12 to 0-7. Bride Rovers had cut a point off the lead by the three quarter stage but Blarney were in control and had eleven points to spare once again at the final whistle.

Blarney will meet Bride Rovers in their opening championship group game in Cork on August 3rd and that will be a tighter contest?

Div 4 Bandon 2, Bishopstown 2, Cloughdub 2, Kilworth

2, St Catherine's 1, Tracton 1, Watergrasshill, Youghal, Inniscarra, Kildorrery

Inniscarra 0-21 Cloughdub 3-14

This was a noteworthy away win for Cloughdub over their higher grade opponents. Goals for Cloughdub in the 7th, 11th and 17th minutes, courtesy of two from Brian McNabola and another from Dylan Shanahan, 3-5 to 0-8 at this stage, had the Cloughdub men leading by four points 3-7 to 0-12 at half time as Inniscarra were slightly dazed by the concession of the three goals.

Proud Inniscarra battled back to be level 0-18 to 3-9 by the 41st minute, but Cloughdub were up for the contest and inched back to lead by a point, 3-13 to 0-21 with ten minutes to go and in a closely contested finish added another point to emerge delighted winners.

Div 5 Aghabullogue 2, Dungourney 2, Kilbrittain 2, Ballygarvan 1, Ballyhea 1, Castlemartyr 1, Erins Own 0, Mayfield 0, Midleton 0, Milford 1

Erin's Own 2-12 Aghabullogue 4-18

This was a good win for Aghabullogue away to Erins Own intermediates at Caherlag. Aghabullogue were always the better side, led by 2-12 to 1-5 at the break and never lost control in the second half.

Aghabullogue team and scorers: Ian BarryMurphy: Seán O'Sullivan, Aidan BarryMurphy, Daniel O'Leary: Killian BarryMurphy, Cillian Timmons, Tom Long: Cianie Furey, Odhran O'Connell (0-3): Brian Dineen (0-2), John Corkery (2-2), Oisín O'Connell: Mathew Bradley (1-3), James Foley (1-4), John Buckley (0-2). Subs: Shane Tarrant (0-2), Shane Birmingham, Barry Kendellan, TJ Buckley, Jimmy O'Connor, David Hartnett, David Dineen, Ciarán Thompson.

Div 6 Aghada 0, Argideen Rgs 0, Ballinacathry 1, Ballygiblin 2, Cloyne 2, Glen Rovers 2, Kinsale 1, Sarsfields 0, Na Piarasigh 0, Barryroe 2

Div 7 Nemo Rangers 2, Killavullen 2, Passage 2, Douglas 2, Ballinora 1, D Ó Mathúna's 1, Meelin 0, Kilshannig 0, St. Finbarr's 0, Killeagh 0,

D Ó Mathuna's 1-17 Ballinora 2-14

Coming Up in Cork in March/April

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

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 Páirc na nGael

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)

Muskerry Gaa

Macroom Motors Mid Cork U21 Football Championship Finals

U21 A Football

Final: Ballincollig v Éire Óg

U21 B Football

Final: Donoughmore v Inniscarra

U21 C Football

Final: Blarney 1-8 Iveleary/Dripsey 0-10

Muskerry EPH Controls Junior Football League

Div 1

Grenagh 4, Donoughmore 4, Éire Óg 2, Kilmichael 2, Ballincollig 2, Béal Átha'n Ghaorthaidh 0, Clondrohid 0, Aghabullogue 0

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

Cumnor Construction Div One Junior Hurling League

Grenagh 2, Éire Óg 2, Donoughmore 2, Inniscarra 2, Ballincollig 0, Dripsey 0, Kilmichael 0, Blarney 0

2025 Muskerry Division GAA Championship Draws 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

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

MACROOM GAA

Macroom got their Premier 2 league campaign off to the perfect start with a win away to Clonakilty. It was a tight game with both sides playing some great football. As you would expect early in the season, there was also plenty to work on. Players to catch the eye on the day were Cathal Neville, Eoghan Healy, Robert Fitzgerald, Regan Wong, Jack O Shea and Jack Leavy up front.

Full time score: Macroom 1-14

Clonakilty 1-10

Scorers:

Odhran Creed 1-2 (1f), Jack Leavy 0-6, Ruairi O Shea 0-3 (F), David Neville 0-1, Billy Murphy 0-1, Cian O Sullivan 0-1 (f)

Macroom team:

Noe Kollar, Donagh Murray, Ray Griffin, Robert Fitzgerald, Shane McCarthy, Cathal Neville, Regan Wong, Jack O Shea, Eoghan Healy, Ruadhan McKenna, Ruairi O Shea, Billy Murphy, David Neville, Jack Leavy and Odhran Creed.

Subs; Gearoid Quinn, Dylan Lucey, Thomas Hopkins, Alex Brophy, Coran Burns, Tadhg Dunne, Simon Condon, Jayden O'Sullivan, Cian O'Sullivan & Billy Coleman

U16 C3 Macroom 4-09 Éire Og 1-08

U14 C3 team narrowly defeated by Courcey rovers in a very sporting game. C3 league.

Macroom u12s after a challenge game in TCP this morning vs Ballinora. Great effort by the lads on a heavy pitch



Image right: Macroom GAA Medal presentation and Division 4 league



Our senior athletics team placed 5th in Ireland: Saoirse, Emily, Fern and Rebecca



Congratulations to members of Crookstown Karate Club and the Kanazawa Cup in Dublin. We are counting down the weeks to the European Championships in Crete at the end of April.



MU19 Gaelic football team, who narrowly lost the final to Coláiste Dabhéid.



image right: Naomh Aban



Ten Years Ago - Tom Creedon Cup Final 2015

The Tom Creedon Cup, the opening competition of the season for all Premier and Intermediate grade football teams, was once again sponsored by FitzGerald's Bookshop, Macroom, organised by Macroom GAA and run under the auspices of Cork County Board GAA. The 2015 competition was very efficiently run over a four week period and intermediate grade side Cill na Martra won the competition for the very first time defeating Premier Intermediate side Kiskeam in the final.

Cill na Martra 0 - 11 Kiskeam 0 - 8

Cill na Martra won the Tom Creedon Cup competition for the very first time at a sunny Macroom on Sunday last (Feb 2015) and served due notice on all teams in the Intermediate football championship that they are going to be a force to be reckoned with when that competition begins in a couple of months time. Cill na Martra were fully deserving of this latest victory and have a strong panel composed of some very solid experienced players and a multitude of skilful young footballers who are maturing well. Their enthusiasm and self belief allowed them to overcome a disappointing first half performance to sweep Kiskeam off the park in the latter stages.

Conditions at Macroom could not have been better with warm glorious sunshine and a pitch in excellent condition. The first half was however for both teams eminently forgettable but for Kiskeam ultimately disastrous. The Duhallow men led by 0-3 to 0-2 at the break but could have had two goals to their credit at this stage, Cill na Martra goalkeeper Antoin Ó Conaill twice denying them with brilliant saves. In a half where scores were at a premium, Kiskeam with

points from Diarmuid Fitzgerald and Sean O'Sullivan, led by 0-2 to nil when awarded a penalty in the 20th minute. Gene Casey's spot kick was well struck but O'Conaill got a foot to the ball and deflected it out for a fruitless '45'. Minutes later Casey was put through but again his fine effort was saved by the Cill na Martra man and after Seán O'Sullivan pointed a Kiskeam free in the 25th minute, Cill na Martra found the range at last and finished the half with two points, from Kevin Hoare and Danny Ó Conaill, to be only the minimum in arrears at this stage. They were fortunate to be so close as their finish had been very poor (seven wides) and Kiskeam did have slightly the better of the exchanges for most of the half.

Cill na Martra made two effective substitutions at the break and were the dominant team in the second period. Cathal Mac Suibhne and Michael Desmond got on top at midfield with strong support from half backs Alan and Graham Vaughan and Gearóid Golden and the attack at last found the target, with Dan Ó Duinnín very effective at right corner forward. Donal Óg Ó Laoire levelled the scores with a 34th minute point, Kiskeam replied with a point from Tom O'Sullivan to go back in front. Richard Hoare levelled again for Cill na Martra in the 42nd minute and two minutes later Dan Ó Duinnín put the Mid Cork side in front for the first time, a score set up by Shane Ó Duinnín. Kevin Hoare then pointed an awkward free from the left corner and the winners introduced two seasoned substitutes in the persons of Martin Connors and Noel O'Leary to consolidate their position for the final stages. Sean O'Sullivan did get a fine point for in the 50th minute but there was no denying Cill

na Martra who now had the scent of victory in their nostrils. Kevin Hoare pointed a free after a foul on Mike Desmond and Dan Ó Duinnín made it 0-8 to 0-5 with a superb point in the 53rd minute. Kiskeam, who were without three of their selected fifteen, did battle on bravely and Billy Dennehy had a point in the 57th minute but back came Cill na Martra and points from Dan Ó Duinnín and Martin Connors put them four points clear. Mike Herlihy pointed for Kiskeam but there was an instant reply from Daire MacLochlainn for the winners and a late point from Mike Herlihy could not affect the outcome.

Scorers: Cill na Martra: C Ó hUaidhir (0-2 frees) and D Ó Duinnín 0-3 each, D Ó Conaill, D Óg Ó Laoire, R Ó hUaidhir, M Ó Concur and D MacLochlainn 0-1 each
Kiskeam: S O'Sullivan 0-3 (0-1 free), M Herlihy 0-2, D Fitzgerald, T O'Sullivan and B Dennehy 0-1 each.

Cill na Martra: Antóin Ó Conaill: Marc Ó Goillidhe, Colm Ó Laoire, Antóin Ó Cuana: Alan Ó Mocháin, Graham Ó Mocháin, Danny Ó Conaill: Micheál Ó Deasúna, Cathal MacSuibhne: Risteárd Ó hUaidhir, Donal Óg Ó Laoire, Daire MacLochlainn: Caoimhín Ó hUaidhir, Caoimhín Ó Súilleabháin, Dan Ó Duinnín. Fir Ionaid: Gearóid Ó Goillidhe for D Ó Conaill and Shane Ó Duinnín for C Ó Súilleabháin (both half time), Martín Ó Concubhair for R ÓhUaidhir (48) and Nollaig Ó Laoire for C MacSuibhne (49).

The Tom Creedon Cup was presented to Cill na Martra captain, Graham Ó Mocháin by Donal Uas. Mac Suibhne, Cork County Board GAA Executive, in the presence of Mrs. Marion Creedon Hegarty and Mrs Catherine Vaughan and other members of the Creedon family.



Cork College of FET Macroom Centre, at the Meet the Clubs day, organised by the Macroom and District Lions Club. Pic. James O'Sullivan



Crookstown Vintage committee; Front row L to R: Bernard Crowley (Chairperson), Elmarie Corcoran (Secretary), Mary Kenneally (Treasurer) Back row L to R: Dan Clifford, Tony McCarthy, Darragh Leahy, Oliver Lucy, Tom Shorten, Charlie Burke, Tom Kennelly, Billy Morrissey



Macroom Pioneer Total Abstinence Association at the Meet the Clubs day, organised by the Macroom and District Lions Club. Pic. James O'Sullivan



Paul Downey who came 1st in the Local 3 Furrow Standard Macroom Ploughing Assoc



Jerry Creedon who came 1st in the 3Furrow Beginners Macroom Ploughing Assoc

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St. Patrick's Day Parade in Ballinagree



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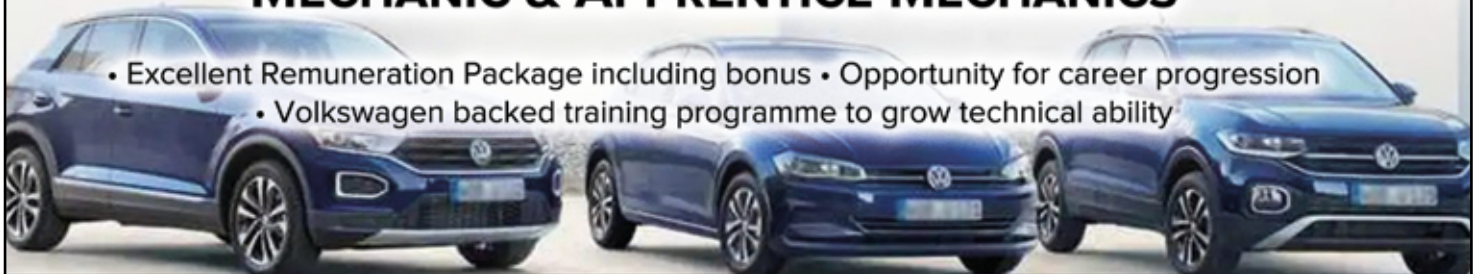
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Kilbarry NS chess players at the Féile Fichille chess tournament in the Maritime Hotel in Bantry recently.



Trish Lynam Principal & Hugh Coughlan Deputy Principal with teachers Saara and Anna-Maria, from Vuosaari Upper Secondary School in Helsinki, who visited McEgan for a week recently.



Students from TY mini company Pick-it who's product is a very handy guitar pick necklace. Good luck to all the mini company teams who compete in the Cork County Finals at the end of the month.



Participants from Dromleigh N.S. at the recent FAI 5-a-side soccer competition in Lakewood recently.



P.J. Curtin's 80th Birthday. P.J. is a founder member & also Life President Kilmichael Pitch and Putt.



World book day in senior infants at Canovee School



National Tree week Ted Cook in the Gearagh with Ted Cook. Pic. Sarah Kate Photography



St Patrick's Day celebrations in Canovee NS



Pupils from juniors, seniors, 1st and 2nd classes at Dromleigh National School in Kilmichael presenting a cheque for €550 to Betty Hennessy, Kate Crowley and Liam Slattery for West Cork Rapid Response. The school held a no uniform day to fundraise for this very worthy charity.

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Think Globally, Act locally

MUSIC VIDEO LAUNCH & PRESENTATION FROM LOCAL SONGWRITER & ECOLOGIST



Well attended talk in Macroom Library



Fire Devastation

Laura McCarthy

Supported by MDEG (Macroom District Environmental Group)

Hi! Chris Barrett here!

On 15th February, I was very happy to join Laura McCarthy in Macroom Library for a short presentation of her latest release and be part of the following discussion on the landscape and nature in crisis.

There was a varied feel to the afternoon and I was very happy to hear her also sing, and play guitar, accompanied by Tom Jordan on the clarinet.

The centrepiece of the video was a place called "Glasin na Marbh", which translates as little stream of the dead and can be found in Killarney National Park. Here Laura presented us with haunting photographs of the landscape in crisis following the fire shortly after the worst of the major pandemic.

Trees were burned and the poem "Ghost of the Woods" reflected this destruction fittingly.

An interactive discussion of Landscape and Nature in crisis followed with "Glasin na Marbh", being used as an example.

We were reminded of the Silence of Extinction with 60% of birds now in decline. From 2008 the butterfly population has halved and a third of bees are threatened with extinction. Since the 1980s there has been a 98% decline in curlew numbers. We have only about 100 breeding pairs of Hen Harriers left. They have declined by a third since 2015. Laura reminded the audience that the Hen Harrier is an apex predator and its demise, as a hunter, reflects the failure of other species to survive.

Sadly the Hen Harrier is not the only upland species to be in trouble or to have disappeared.

The Killarney fern, the Marsh Fritillary, the Red Grouse, White tailed eagle, Golden eagle and Ring Ouzel or

mountain blackbird are all being pushed towards extinction, while the Capercaillie and the Mountain Ringlet butterfly, the wolf and lynx are now extinct.

Going back to the walk shown on the video "In the ghost of the Woods", historic cutaway peat can be seen recovering from Fire, along with dying hollies... a 'Barrenscape in the Making', where rhododendrons are able to take over. The attempts of native oak to sprout is thwarted by non-native sika deer. The rhododendron is poisonous and left ungrazed. Tussock grass is able to thrive after fire and exclude other heathland species. The environment therefore supports fewer pollinators.

If we consider how our landscape has changed since famine times, we can see clues to pre-famine settlement such as 'lazy beds'. As the past is key to the present, archeologists study such features as Lazy Beds which are so much part of our culture.

"Only lazy beds rising and falling like the tide of tenants."

Lazy beds are not agricultural. They reflect the desperation of people pushed into the uplands by the pressure of population etc. Somehow people survived there. Was the land more fertile then?

Glaisin na Marbh appears in the Glena Pre-Famine Applotment Books (1823 -1837) and records rent paid for tax purposes, listing the people who lived in the area.

Rent was paid communally by people in these settlements and the land quality was described as middling -coarse - bad.

Laura continued our discussion by considering whether Landscape perception is a barrier to nature restoration. People see a landscape, and focus on different features both in the present and in the future.

We have control over our own area but not the bigger landscape. Poor focus, understanding e.g the John

Hynde postcards showing beautiful rhododendrons change our perception of what could and should be.

"...our tolerance for environmental degradation increases and our expectations are lowered."

In looking at what we can do to support nature in crisis, it is important that we understand that beauty doesn't have to be the same as morally good. e.g. a Rhododendron walking festival does not highlight and encourage what is best for nature. Some people have had so little exposure to native woodland that they settle for using promoted conifer trails whilst sadly being unaware of the wonders of native woodland, although here eroded trails may be an issue for the inexperienced.

There is also the recreational aspect of conifer plantations where conifers are planted as a result of short term economic decisions. We are part of the environment we know and we need to shift our base line to respect rewilding over convenience. We do not as a country comprehend the difference between Forestry (conifers planted for profit) and a Forest growing in harmony with the nature around it. A forestry model such as that promoted by Coelte does not encourage native woodland. For real forest we need to look at and protect the Killarney National Park. I am really grateful to Laura McCarthy for sharing her knowledge as an ecologist and her musical skill with us. I found I was made more aware of nature in crisis, and I really look forward to hearing more of her music in the future.

If you would like to contribute a similar article, please contact me, chriseealley@gmail.com

NITRATES REDUCTIONS SHOWS FARMERS' EFFORTS ARE STARTING TO PAY OFF - MEP KELLEHER

- STOP THE DEMONISATION OF IRISH DAIRY FARMERS -

"Perhaps the demonisation of Ireland's dairy farmers can now stop," asks Fianna Fáil MEP Billy Kelleher following the publication of a report showing nitrogen levels in Irish rivers are at their lowest in eight years. Kelleher was responding to a new EPA report showing a significant reduction in nitrogen levels in Irish rivers. "Anti-farmers have used rising nitrogen levels in Irish waters to try and beat up Irish agriculture, and, in particular, the dairy sector. This needs to stop.

"Over the last decade, the dairy community in Ireland have done everything that has been asked of them in terms of mitigating the effects of dairy farming on the Irish environment.

"We now have clear evidence that their work has made a positive impact. It is clear that we can reduce nitrogen levels without cutting the legs from under our thriving dairy sector.

"We are now on the right track. The Irish Government

can go with confidence to the European Commission and seek the maintenance of the derogation.

"Of course more work needs to be done, but we know that what we have been doing is working. Let's keep going," concluded Kelleher.



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One Man

*He walked the tightrope of history, a man of the in-between,
his voice steady in the storm, his hands outstretched
to both sides of a divide*

*that ran deep as a fault line, wide as a wound.
One man, the peacemaker, the bridge-builder,
the man who dared to talk when others shouted,
who dared to listen when others turned away.*

*He knew the cost of conflict, the toll it takes on the heart,
the scars it leaves on the land.*

*He saw the faces of the lost,
the broken, the forgotten, and he knew that peace
was not a gift, but a choice, not a dream,
but a duty, not a destination, but a journey.*

*And so he walked, not with a sword, but with words,
not with a shield, but with a vision,
a vision of a land where
the bloodshed would end,
where the walls would come down,
where the children would play
without fear, without borders,
without the weight of the past
on their small shoulders.*

*He talked to the enemy,
not because he trusted them,
but because he trusted the power of dialogue,
the possibility of change,
the hope that lies in the human heart.
He faced the critics, the doubters, the haters,
with a courage that was quiet but unyielding,
a faith that was tested but unbroken,
a belief that peace was possible,
even when the world said it was not.*

*And in the end,
his words became a bridge,
his vision became a reality,
his hope became a truth.
The guns fell silent,
the walls came down,
the children played in the streets,
and the land began to heal.*

*But the work is not done,
the journey not over,
the peace not complete.
For peace is not a moment,
but a movement, not a victory, but a vow,
not a gift, but a responsibility.
And so we must carry on, in his name, in his spirit,
with his courage, his vision, his hope.*

*For one man, showed us the way,
not with grand gestures, but with small, steady steps,
not with loud proclamations, but with quiet conversations,
not with the promise of glory, but with the power of love.*

*And in his example,
we find not just inspiration, but a call to action,
a reminder that peace is possible,
if we have the courage to seek it,
the faith to believe in it,
the will to work for it.*

*So let us honor one man's legacy,
not with words, but with deeds,
not with monuments, but with movement,
not with memory, but with action.*

*For in the end,
the greatest tribute we can pay
is to continue the work he began,
to build the peace he dreamed of,
to be the bridge he walked on,
and to carry his light
into the dark places of the world.*

One destiny, One land, One people, One man.

Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

A time for embracing ...

A reading we often hear at funerals is from Ecclesiastes in the Old Testament
You probably know it...

"There is a time for everything under heaven ...

A time for embracing others, a time to refrain from embracing."

(Ecclesiastes 3:1,5)

I imagine this part of the reading refers to boundaries and social situations.
There is a time for embracing at joyful occasions and reunions with people we
know, but we don't embrace strangers, and there are some people who are
"allergic" to embracing!

But embracing refers also to taking on new challenges, changes and ways of
behaving.

As we commemorate Lent maybe we can think of it as a season to embrace in
a new way those things that serve us and others well.

Let's therefore try to "embrace Lent" and a new way of living.

Another alphabet of suggestions follows I'm afraid !

Embrace ...
Attitudes that serve you
Breathing exercises!
Courage to change
Duty
Effort
Forgetful of self
Gratitude
Hope
Inspiration
Joy
Kindness
Love
Minding your health
Neighborliness
Opportunities to grow
Prayer and punctuality
Quiet moments
Rest, reflection, responding more than reacting
Silence
Time apart from gadgets
Understanding others
Virtues - fortitude, justice, temperance, prudence
Writing in a journal
X - your cross
Yearning for God
Zeal to do good

God bless. Fr Seán

Email: parish07191@gmail.com | Phone: 085 878 3823





A Word of Victory

"Is anyone thirsty – come and drink, even if you have no money! Come, take your choice of wine or milk – it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen to me, and you will eat what is good, you will enjoy the finest food" (Isaiah 55:1-2 NLT).

Welcome back dear student, I hope you enjoyed a fabulous St. Patrick's Day. It's common to see folks enjoying green ice cream or green beer to celebrate – the latter may cause some to be worse for wear. The Word of God has much to say about food and drink, yet some of it seems contradictory, so let's delve a bit deeper. "Wine produces mockers; alcohol leads to brawls. Those led astray by drink cannot be wise" (Proverbs 20:1). How interesting – another translation says ... 'wine IS a mocker and strong drink a brawler', meaning there is a spirit attached to alcohol. And that demon brings its attributes to the one dependent upon drink. It's not called the demon drink for nothing! This is not a word of condemnation friend, generally people binge drink for a reason. There's nothing wrong with a social drink, but it's so easy to fall into addiction, and foolish to ignore that much can lead to broken relationships and even abuse.

"It is not for kings, O Lemuel, to guzzle wine. Rulers should not crave alcohol. For if they drink, they may forget the law and not give justice to the oppressed. Alcohol is for the dying, and wine for those in bitter distress. Let them drink to forget their poverty and remember their troubles no more" (Proverbs 31:4-7). Here, the mother of King Lemuel was giving her son wisdom, so that he would lead with integrity and success. There is a culture amongst some that the more you can drink, the bigger the person you are. But God's Word is clear in this advice: craving alcohol is a trap that leads to problems... 1) forgetting God's ways and entering into sin, allowing bondage take hold, causing that one to do things they would have never done had they not been drinking. 2) Alcohol can open the door to a spirit of death – not just physical sickness, but failure – immorality, broken relationships, lost dreams, and poverty.

The Word explains that people drink for a reason - to numb pain and torment from past trauma, or problems currently endured. These wounds aren't solved by drink: it just makes one forget - for a while. This is not how God planned for His people to live, as it brings curse, hopelessness, and isolation - the opposite of the Freedom and Life Jesus gives (Galatians 5:1). Often lovely people begin depending on drink to heal pain, but the cure ends up worse than the original problem and leads further into a dark world of homelessness, drugs, prostitution, loneliness, and brokenness. So why does God offer wine in the lead Scripture? There are two types of wine listed in the Word. The spirit the world offers may taste good and give temporary relief, but the wine the Holy Spirit gives brings JOY that lasts (Ephesians 5:18-19; Romans 14:17). Jesus said 'I Am the Vine you are the branches' (John 15:1-16). John saw a day of judgement and famine coming, with God protecting those part-taking of His oil and wine (Revelation 6:6; Malachi 3:18-4:2). In Scripture, Oil refers to the Holy Spirit – His Presence fuels God's fire upon us, radiating with the Power of His Love for His children (Psalm 34:5; Matthew 25:3). God's wine is an end product: the fruit of real relationship with the Lord Jesus, Who leads us by His Spirit into True Peace.

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30TH ANNIVERSARY & 22ND ANNIVERSARY



In loving memory of our father and mother

JOHN LEAHY

Who passed away on
29th March 1995



MARY LEAHY

Who passed away on
26th February 2001

Codrum, Macroom, Co. Cork

Togetherness

Death is nothing at all. I have only slipped away into the next room. I am I and you are you. Whatever we were to each other, that we are still. Call me by my old familiar name. Speak to me as you used. Laugh as we always laughed at the little jokes we enjoyed together. Play, smile, think of me, pray for me. Let my name be ever the household word it always was. Let it be spoken without effort. Life means all that is ever meant. It is the same as it ever was. There is absolute unbroken continuity. Why should I be out of mind because I am out of sight? I am waiting for you for an interval somewhere very near, just around the corner. All is well. Nothing is past; nothing is lost. One brief moment and all will be as it was before – only better, infinitely happier and forever – we will all be one together with Christ.



Sadly missed by Peter, Anna, Eileen, John, Rita, Denis, Gabriel, Christina
Family and friends

3RD ANNIVERSARY



In loving memory of

EILEEN MURPHY

Derria, Inchigeela.
Who sadly passed away on
27th March 2022

*Another day goes by without you
Another day to reminisce
About all the times we shared together
And everything I miss.
Flowers by your graveside
Photos in a frame
I still feel you all around me
But nothing feels the same.
If I could see you for a minute
I know what I would do
I'd freeze that moment in a heartbeat
So I could stay with you.
I know someday we'll be together
In a place not far away
And my heart will not be broken
Like it is today.*



Fondly remembered and deeply missed
by your adoring family Joe, Brian, John, Mary,
Barry, son-in-law Sean and grandchildren
Sophie, Conor and Rian.

Anniversary mass will be held on Sunday
30th March at 11.30am in St Finbarrs Church,
Inchigeela.

REMEMBERING YOU MAM ON MOTHER'S DAY



In loving memory of

MARY O'REGAN

Codrum, Macroom

*"The day that God called your name
It broke my heart in two
But Heaven needed an Angel
And the one he picked was you.*

*I just wish he could have waited
and let you stay with me
But you have left memories in my heart
And that's where they'll always be.*

*I just wish I could rewind the clock
Or make it turn real slow
I could have hugged you one more time
Before you had to go.*

*No matter how much time will pass
I'll miss you everyday
Keep shining bright in Heaven
So you can light my way."*



Missing and thinking of you today
Michael, Gobnait and Owen

xxx

3RD ANNIVERSARY



In loving memory of

CHRISTINE O'REGAN

Codrum, Macroom, Co. Cork and Donadea, Co. Kildare who died on the 25th March 2022

Words and times we can no longer share But in my heart you are always there.



Dearly loved and sadly missed by Tom. XXX

19TH ANNIVERSARY



In loving memory of

PEGGY LEHANE

Lisbee, Kilnamartyra, Macroom, Co. Cork. who died on 23rd March 2006. Aged 79 years. Rest In Peace.

Fold her O Jesus in Thine arms, And let her henceforth be A messenger of love between Our human hearts and Thee.



Always remembered by your loving family.

2ND ANNIVERSARY



In loving memory

FLOR O'DRISCOLL
Lacknahacknee Macroom Co Cork. Who Died on the 22nd March 2023

Somewhere beyond the sunset, Where loved ones never die. You sleep in a beautiful garden, Beneath a golden sky. Though Heaven and earth divide us, We are never far apart, For you are always in my thoughts, And forever in my heart.



Loved and missed by your mother Ann, late father Jeremiah, and sisters Noreen, Tricia, Annette, Cathy and Pam and his Aunt Mary. Missed and Loved by Brother in laws Dan Lynch, Alan Hourihan, Ridwan Ameerbeg, Alan O Driscoll. And missed by all his nephew and niece's Conchuir, Siobhan, Aine, Blaitthin, Finn, Gearoid, Chloe, Zayn, Ilan, Harry, Jack, Ryan and Isla.

Anniversary Mass on in Ballinagree Church 23rd of March 11am.

7TH ANNIVERSARY



In loving memory of

MARTIN BURKE

Stamford, Connecticut formerly Rahoona, Ballymakeera. 30th March 2018

A Smile for all, a heart of gold. The very best this world could hold. Never selfish, always kind, These are the memories You've left behind.



Sadly missed by his loving family, Liam, Siobhán Jack and Joanne. Anniversary Mass on Sunday 23rd March at 11.30am in Ballyvourney Church.

2ND ANNIVERSARY



In loving memory of

JOHNNY MCCARTHY

Farnanes who died on the 17th of March 2023.

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



Lovingly remember by Dympna, Denis, Kevin, Tadhg and Families.

3RD ANNIVERSARY



In loving memory of

CHRISTINE O'REGAN

Codrum, Macroom, Co. Cork and Donadea, Co. Kildare who died on the 25th March 2022

Those we love remain with us For love itself lives on And cherished memories never fade Because a loved one's gone.

Those we love can never be More than a thought apart For as long as there is memory They'll live on in the heart"



Always remembered by Michael, Gobnait and Owen. XXX

13TH ANNIVERSARY



Cherished Memories of

CONNIE CREEDON

Knocksaharn, Kilnamartyra Macroom Who died on the 25th of March 2012 Rest in Peace

You were a father so very rare, Content with your farm and always there On earth you toiled, In Heaven you rest God bless you Dad You were one of the best. You were always there When we needed you, No task too great or small. With loving heart and willing hands, For us you did it all.



Lovingly remembered by all the family.

8TH ANNIVERSARY



In loving memory of

ANN SPILLANE

Ballyvourney, who died on the 24th of March 2017.

Beloved Mam and Nana Deep in our hearts your memory is kept. To love to cherish and never forget.



Dearly loved and sadly missed by her loving family and 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. **SB**

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**

13TH ANNIVERSARY



In loving memory of

MICHAEL O'HERLIHY

**Milleen, Kilbarry, Macroom
Who died on 21st March 2012**

*A silent thought, a secret tear
Always a wish that you were still here
Life goes on, we know that's true
But it's not the same since we lost you.*



Always remembered by his loving wife
Mary - recently deceased, son Denis,
daughter in law Breda,
& grandchildren Aimee & Michéal

9TH ANNIVERSARY



In loving memory of

GREG LONG

Rylane

Who died on the 30th March 2016

*Oh! how time does fly
Your missed every single day
My sweet and loving boy
Our darling bud of May.
Today we will have a good cry
As your name we will say
But as we look up to the sky
We'll smile as to God we pray.*



Always loving, Always loved
Trisha, Mark & Aisling.

Anniversary Mass 23rd March
in Rylane at 11am

3RD ANNIVERSARY & 34TH ANNIVERSARY



In loving memory of

MAUREEN CUNNINGHAM

**Who died
29th March 2022**

JOE CUNNINGHAM

**Who died
17th April 2022**

GERARD CUNNINGHAM

**who died
17th March 1991**

Sleaveen Rd, Macroom and St Colman's Park.

*Time and years slip quickly by, but love and memories never die,
In our hearts you will always stay, loved and remembered every day.*



Never forgotten.

Sadly missed by
Fiona, Noel, Priscilla, and all the extended family.

2ND ANNIVERSARY



In loving memory of

NANCY TWOMEY

**Currahy, Ballingearry,
Who died on the 24th of March 2023**

*Those we love don't go away,
They walk beside us every day.*



Always remembered by Mary, Seán,
Pat, Finbarr and all the family.

7TH ANNIVERSARY



In loving memory of

MICHAEL MCSWEENEY

**Barretts Place, Macroom
Who died on the 28th March, 2018**

*Your life was one of thoughtful deeds
A helping hand to others needs
Sincere and true in heart and mind
Wonderful memories you left behind.*



Sadly missed by his loving wife Mary.

Anniversary Mass on Friday 28th March
in St. Colmans Church Macroom at 10am

6TH ANNIVERSARY



In loving memory of

MARY KELLEHER

**Avalon, Macroom, Co.Cork
Who died 22nd March 2019**

*Eternal rest grant unto her, O Lord
And Let perpetual light shine upon her.
And may her soul and all the souls of the
Faithful departed rest in peace.*



Lovingly Remembered
by all her family

15TH ANNIVERSARY



In loving memory of

**MAUREEN RING
(NÉE LOONEY)**

**Rathonoane, Carrigadrohid
who died on 28th March, 2010**

*Those we hold most dear
never truly leave us,
The live on in the kindness they showed,
the comfort they shared
And the love they brought into our lives.*



Lovingly remembered by the extended
Ring and Looney families.

THE MIRACLE PRAYER



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

THE MIRACLE PRAYER



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

6TH ANNIVERSARY



In loving memory of

MARY MCCARTHY

**Bellmount Place, Crookstown
Who passed away on the 30th
March 2019**

*Your home was such a warm
and inviting place
But now there is a sense of loneliness
Your favourite cup your comfy chair
The chats on end when you were here
Spring is in the air we have the flowers
you planted there
We will forever hold you close and dear.*



To us you were the best and miss you
more and more each year.
Sadly missed by your loving family
and friends

18TH ANNIVERSARY



In loving memory of

CON MOYNIHAN

**Coachford, Co. Cork,
who died on 28th March 2007**

Ar Dheis Dé go raibh a h-anam dheilis.

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



Always remembered by his loving family,
Seamus & Mairéad

3RD ANNIVERSARY



In loving memory of

NOREEN MURPHY

**Kielnarovanagh, Toames
Died 25 March 2022**

On Noreen's third anniversary we think of
her kind heart, her generous spirit and her
joyous laugh.
We are forever grateful for her time with
us and the memories that her friends have
shared since her passing.



Always remembered by
her loving family

8TH ANNIVERSARY



In loving memory of

MICHAEL LEAHY

**Droumreague, Kilnamartyra,
who died on the 30th of March 2017.**

*Eight years have passed
since that sad day,
you closed your eyes and slipped away.
We keep ourselves busy
with the things we do
but everytime we pause
we still think of you.*



Sadly missed by your loving wife Ann,
John and family

3RD ANNIVERSARY



In loving memory of

TEDDY O'BRIEN

**Srelane, Ovens
Who died on 28th March 2022**

Dad

*A loving nature, a heart of gold,
The very best this world could hold
Never selfish always kind,
These are the memories you left behind.*



Loving remembered and sadly missed by
Lisa, Kevin, Shannon, Colleen & Charlie.

2ND ANNIVERSARY



In loving memory of

JOHN O'CONNELL

**Aghabullogue
Who died on the 20th March, 2023**

Sacred Heart of Jesus, Pray for him.

*We cannot bring the old days back,
When we were all together.
The family chain is broken now,
But memories last forever.*



Fondly remembered and missed by his
sister, Marie, brother-in-law, Michael and
their extended families.

3RD ANNIVERSARY



In loving memory of

MAURA DINEEN

**Aharas, Ballygeary
Who died on March 26 th 2022.**



Always remembered by her husband Dan,
Sons Seán, Micheal and daughter Noreen,
Sisters Nora and Sheila, Daughters in law,
her grandchildren, great grandchildren,
relatives and friends.

Anniversary mass in Ballygeary Church
on Sunday April 20 th at 10:00am.

4TH ANNIVERSARY



Treasured memories of

MICHAEL HALLIE BARRY

**Raleigh South, Macroom
Who died on the 17th March, 2021**

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



**Sadly missed
Mom, Liam, Sinead, sister in law
Fran, brother in law Shane and
families**

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. **HC**

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2ND ANNIVERSARY



In loving memory of

FLOR O'DRISCOLL

**Killberihert/Lacknahacknee
Who Died on the 22nd March 2023**

REMEMBER ME

*Don't remember me with sadness
Don't remember me with Tears
Remember all the laughter we shared
throughout the years.
Now I am contented,
That my life was worthwhile
knowing that I pass along the way
I made someone smile.
When you are walking down the street
and you got me on your mind
I am walking in your footsteps
only half a step behind
so please don't be unhappy just because
I'm out of sight, remember I am with you
morning noon and night.
Though you are gone, your laughter echoes our
hearts, bringing us endless smiles.*



Fondly remembered and deeply missed by his loving family; his wife Caroline, Father in-law Kevin, Mother in-law Judy, Brother in-laws and Sister in-law and a large circle of family and friends xx

2ND ANNIVERSARY



In loving memory of

FLOR O'DRISCOLL

**Lacknahacknee, Macroom
Who Died on the 22nd March 2023**

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



Always remembered and loved and truly missed, Cathy, Alan, Harry, Jack, Ryan and Isla. Mass on the 23th of March in Ballingree church at 11am.

7TH ANNIVERSARY



In loving memory of

NORA WALSH

**Kielnarovanagh, Toames.
Died 21st March 2018**

*Don't remember me with sadness,
Don't remember me with tears,
Remember all the laughter,
We've shared throughout the years.
Now I am contented
That my life it was worthwhile,
Knowing as I passed along the way
I made somebody smile.
When you are walking down the street
And you've got me on your mind,
I'm walking in your footsteps
Only half a step behind.
So please don't be unhappy
Just because I'm out of sight,
Remember that I'm with you
Each morning, noon and night.*



Always loved never forgotten, your daughter Noreen, sons Jimmy, Pat and Stephen, sons In law, daughters in law and your 17 grandchildren.

"Never Goodbye, Always Good Luck"

10TH ANNIVERSARY



In loving memory of

DERMOT LEHANE

**Deshure and Anneville Macroom
Who died on 14th March 2015**

*Of all the special gifts in life
However great or small
To have you as my Uncle
Was the greatest gift of all.*



Sadly missed by your loving family
Ellenor, Con and Con Donal

2ND ANNIVERSARY



In loving memory of

CONNIE O'CALLAGHAN

**Boston and Coolavokig
Who died on the 21st March 2023**

*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.*



From Michael, Mark, Margaret and their families.

Anniversary Mass in Kilnamartyra Church on Sunday 23rd March at 11am

ANNIVERSARIES



In loving memory of

DENIS & MARIAN MCCARTHY

**Carrignadoura Ballingearry.
Whose anniversary occurs at this time.**



Air dheis dé go raibh síad

3RD ANNIVERSARY



In loving memory of

TED O'BRIEN

**Srelane, Ovens
Who died on 28th March 2022**

*We miss your smile, your joking way
We miss the things you used to say.
A smile for all, a heart of gold
One of the best this world could hold.*



We miss you every day Dad.

Loved and forever missed by Sammy, Stephen, Conor, Molly and Danny

3RD ANNIVERSARY



Treasured Memories of

TED (TEDDY) O'BRIEN

**Srelane, Ovens
Who died on 28th March 2022**

*We know someday we'll be together
in a place not far away
and our hearts will not be broken
like it is today.*



Always remembered and sadly missed by your loving wife Anne.

Ted (Teddy's) Anniversary mass will be held on Sunday 30th March at 11:30am in John the Baptist Church Ovens.

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