



FREE

LEE VALLEY Outlook

To Advertise call Des: 087 3600223 E: des@outlookmags.com News: leevalleyoutlook@macroom.ie



Martina Moynihan and Donoughmore Active Retirement Singers, with their grandchildren after a great night of Music and song in aid of The First Responders and Marymount Hospice. Pic. Peter Scanlan

Samsung Unlocked Phones

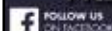
Samsung A05S 128GB €158.95
Samsung A06 64GB €158.95
Samsung A16 128GB €199.95
Samsung A34 128GB €209.95
Samsung A35 128GB €359.95
Samsung A55 128GB €399.95
Samsung A56 128GB €479.95
Samsung A56 256GB €499.95



Brand New
24 Month Warranty

DO CONNECTIONS

Fitz-Gerald Street, Macroom 026 23986
The Square, Bantry 027 50104



Castle Hotel Leisure Club

SHORT TERM SUMMER MEMBERSHIPS

	3 Month	2 Month
Adult	€200	€140
Over 65	€140	€100
Child	€80	€60

Offer valid to 30/06/25 - Normal membership T&C's apply

Call us today: 026 43088

Main St. Macroom, Co. Cork | www.castlehotel.ie



MACROOM SLIDING WARDROBES LTD

• SLIDING • HINGED DOOR • WALK-IN WARDROBES

Call Martin Lynch: 087 7932841

Kevin Healy: 087 6180159

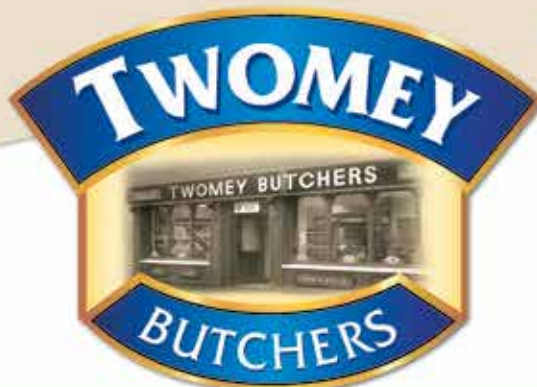


Instagram



Find us on Facebook

Ireland's First Guaranteed
Irish Butcher
Since 1998



Supporting Local Agriculture
Supporting The Local
Economy



Great selection of meats
available for your BBQ

Including Kebabs, Sausages,
Burgers, Chicken, Chops,
Steaks and a large variety of
Grillsticks.



**SPECIAL
OFFERS**



5 x 110gms Hand Boned
Irish Chicken Fillet Portions

For Only €6.30 €11.45/kg

**OUR LOCAL MEAT
SUPPLIERS THIS
WEEK ARE**

WEST CORK WAGYU BEEF
Daryl Good, Aherla, Co Cork

OUR LOCAL WAGYU BEEF

in partnership with our Local Wagyu Beef Producers

The Healthiest Tastiest
Burger you can eat.

6oz Wagyu Beef Burger
€3.00 each



And delicious on the BBQ

LOCAL FARMERS BEEF

William Lynch, Dripsey

SHANDANGAN LAMB

Local Lambs from Macroom Mart

FREE RANGE PIGS

Senan & Cathal Noonan, Togher, Dunmanway, Co. Cork.

FREE RANGE CHICKENS

East Ferry Farm, East Ferry, Midleton, Co. Cork.

Railway View, Macroom, Co. Cork
Tel. 026 42436

Wolfe Tone Sq, Bantry, Co. Cork
Tel. 027 55519

Macroom Environmental Park,
Bowl Road
Tel. 026 - 42280

Email. mtwomeybutchers@hotmail.com | Web. mtwomeybutchers.ie





Deasys Pharmacy Group

Ballymakeera
026 45421

Macroom
026 41048

Coachford
021 7434710

www.facebook.com/deasyspharmacy



CLARINS



Sunscreen protection at Deasys

Eucerin



New Stock instore



BIODERMA

LABORATOIRE DERMATOLOGIQUE



Call in to us for our walk in vaccination Clinic

Deasy's Pharmacy Group - providing the best of healthcare to our local communities

Get in Touch...

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

leevalleyoutlook@macroom.ie

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

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

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

As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne

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

Please note Des has a new number

087 3600223



MACROOM BRANCH OF IRISH GUIDE DOGS FUNDRAISER

As part of National Guide Dog Day, we the
Macroom branch of the Irish Guide Dogs for the
blind will have collection points at SuperValu and
Dunnes Stores Macroom on Saturday May 24th
from 9am to 2pm.

We will have our Guide Dog Day walk on Sunday 25th
May at Macroom GAA hall in the Castle Grounds at 11
am so get your walking shoes on and join us and make
sure and bring your doggies as well, it was a great
success last year, let's make it even a bigger and better
success this year, Thank you all for your most generous
support always, it is much appreciated.



In this Edition

Ed 10 - 15th May 2025

A. Macroom Updates - pgs 4, 6, 8, 10, 12, 14, 16
B. Lee Valley Updates - pgs 18, 20, 22, 24, 26, 28, 30, 32
C. Appointments - page 44 - 45
D. Sports - pages 46 - 53

E. Trades & Services pages 54 - 55
F. Classifieds - page 57

BRIERY GAP



REIC FILÍOCHT Ó BHÉAL | Irish Poetry & Storytelling Night | REIC
FRI 16th MAY 2025 | 7.30PM

LIMITED AVAILABILITY



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



IFI@BRIERYGAP | FAMILY SERIES | FLOW
SUN 18th MAY 2025 | 3PM



LIMITED EDITION RESCREENING | IFI@BRIERYGAP | CONCLAVE
MON 19th MAY 2025 | 8PM

FREE CULTURAL LIVE MUSIC EVENT



CORK COUNTY COUNCIL & BRIERYGAP | AFRICA DAY CELEBRATIONS | KIRUU
TUES 20th MAY 2025 | 8PM



LIMITED EDITION SCREENING | IFI@BRIERYGAP | SINS OF IRELAND
WED 21st MAY 2025 | 8PM



LOCAL VOCALS FUNDRAISER | IN AID OF THE FRIENDS OF THE
ALZHEIMER'S SOCIETY | THURS 22nd MAY 2025 | 8PM



LIVE COUNTRY MUSIC | FREEMAN'S COUNTRY CARVERY
FRI 23rd MAY 2025 | 8PM



LIVE MUSIC | SCULLION | SAT 31st MAY 2025 | 8PM



COMEDY | ANNE GILDEA FURTHER ADVENTURES IN WOMANING
SAT 7th JUNE 2025 | 8PM



LIVE MUSIC | JAKE CARTER & BAND | WITH SPECIAL GUEST AIMEE TWOMEY
SUN 29th AUG 2025 | 7.30PM



COMEDY | CHRIS KENT OFFLINE 2025 TOUR
FRI 8th AUG 2025 | 8PM

BRIERY GAP BOX OFFICE HOURS & VENUE INFORMATION: THE BRIERY GAP BAR/SHOP IS OPEN 30 MINS BEFORE SHOW START TIME | BOX OFFICE HOURS | MONDAY (OPEN 1 HOUR BEFORE CINEMA SCREENING)
TUESDAY 10AM - 2PM | WEDNESDAY 10AM - 2PM | THURSDAY 10AM - 2PM | FRIDAY 10AM - 2PM | SAT & SUN OPEN 1 HOUR BEFORE AN EVENT (SHOW NIGHTS ONLY)
BRIERY GAP CONTACT DETAILS: CALL US ON 0831436884 | EMAIL THE BOX OFFICE TEAM: BOXOFFICE@BRIERYGAP.IE | OUR ADDRESS | MAIN ST, SLEVEEN EAST, MACROOM, CO. CORK, P12 KR25

MACROOM GIRL GUIDES

Ardilaun Guides win IGG's Tímeall an Domhain International Challenge

Tímeall an Domhain is a challenge run by IGG's International Committee every other year for the Guide age group. Patrols of Guides research and learn more about international Guiding, the foods, crafts, cultures and traditions of many other countries and the opportunities that are available to them to visit one of the five World Centres as they progress through the movement. There is a compulsory challenge and Guides must also complete their choice of six tasks out of a list of ten.

All members of Ardilaun Guides took part in the initial round and two Patrols went forward to the South West Regional Finals. The compulsory challenge was Global Traveller. Guides learned how to apply for a passport, phrases in Hindi and Norwegian, to make Goan coconut biscuits and Nigerian Chicken and Rice, list necessary medications and vaccinations required for certain countries. In addition, Guides had to find out how to apply for national contingents with IGG, make a World flag from recycled materials, games and crafts from Romania, New Zealand, Mexico and India, learn and sing the Guide World Song.

Both Patrols came first and second at the Regional Finals and headed to the Guide National Training Centre in Dublin for the National Finals during the Easter holidays. The final challenge was to plan a trip to one of the Guiding World Centres, including travel arrangements, visas if required, budget, programme for the trip and how the cultures and traditions of their chosen centre would impact on all of this.

The judges were extremely impressed with both Ardilaun Patrols. In their feedback they congratulated them on their teamwork and understanding of



Ardilaun Brownies on a walk to the Fairy Garden

what's involved in planning their trips and they loved how the Guides connected their ideas back to the World Association of Girl Guides and Girl Scouts and what it stands for. Both patrol's presentations were fantastic- confident, clear and really engaging and the margin of their scores were very slight.

Ardilaun Guide Unit is very proud of our Guides who put so much work and enthusiasm into the challenge at all times. Well done to the winners and the runners-up

MacEgan SB

Rangers took part in Well Being Week 2025 by hosting a healthy eating picnic in Caum on the 9th of May.

This year's theme was Connection, Sharing and Community. At the picnic, Senior Branch members discussed the importance of mental health, healthy eating, exercise and uplifting one another. Girls took part in yoga & meditation to complete Guiding choice challenges. Many aspects present in Well Being Week are covered in Irish Girl Guide badges from Ladybirds to Senior Branch such as Healthy Mind, Active Body and Healthy Friendship. Completing these badges teaches girls of the significance to a healthy lifestyle. For further information on joining our Ladybird, Brownie, Guide or Senior Branch units, please contact macroomguides@gmail.com



Tímeall an Domhain winners 2025



Ardilaun Guides at Tímeall an Domhain

MACROOM MENS SHED

On May 1st Macroom Men's Shed went a day trip to Kinsale. The Garda Community Bus was the mode of transport for the day. They visited Charles Fort looking out over the harbour and the beautiful views of Kinsale

Town and the New Bridge and Bandon River. After that they went on to the Old Head and visited the Lusitania Memorial and viewing tower. Then on to Garretstown beach and home by Harbour View. Finally, a stop off

in Mai Fitz's, Lissarda on the way home for food. Would like to say a big thanks to the driver and the Guards for the use of the bus, much appreciated.



Macroom Men's Shed at Charles Fort



Macroom Men's Shed at Lusitania Memorial

**1 Kilometre
from the
by pass!**



AULD TRIANGLE

Bar & Restaurant



OPEN

Thursday to Sunday from 12 noon

We cater for Birthday Party, Anniversaries, Retirements or any special family gathering in our spacious Dans Bar/Nights Restaurant , serving delicious food.

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

Understanding Leg Pain & Sciatica And what You Can Do About It.



by Dr. Ben Martin
Optimal Chiropractic,
Ballincollig

Sciatica occurs when the sciatic nerve, which runs from the lower back through the buttocks and down each leg, becomes irritated or compressed.

Sciatica pain can be felt in isolated areas like the buttock, knee, or calf - or along the full nerve path to the foot and toes.

Not sure if it's sciatica?

Here are 5 common signs:

1. Pain worsens when sitting or standing, improves when lying down.
2. Sharp, burning, prickling, or searing leg pain.
3. Pins and needles or electric shock-like sensations down one leg.
4. Numbness, weakness, or difficulty moving the leg, foot, or toes.
5. Leg sometimes gives way when standing from sitting.

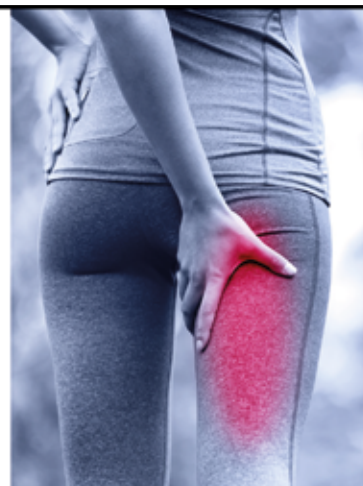
The good news? There are simple lifestyle changes you can try to help relieve symptoms:

- ✓ **Keep Moving**
Aim to walk 30 minutes a day
- ✓ **Stretching**
Scan this QR code to try our guided video for hip flexor, lumbar extension, and piriformis stretches.



- ✓ **Stay Hydrated**
Helps spinal discs stay healthy.
- ✓ **Use A Tennis Ball**
Sit or lie on a tennis ball placed under the buttock to release tension (roll gently for 1-2 mins).
- ✓ **Supportive Seating**
Sit on a firm chair with lumbar support or a rolled towel; avoid slouching.
- ✓ **Change Your Sleep Position**
Try lying on your non-painful side with a pillow between your knees, or on your back with a pillow under your knees.
- ✓ **Check Your Back Pockets**
Remove anything before sitting to avoid hip imbalance

Getting to the Root Cause
If you've tried these home strategies and the pain keeps returning, it could be a sign there's an underlying issue that needs attention. At Optimal Chiropractic, we focus on identifying and correcting the root cause of your discomfort-



so your body can heal properly and you can get lasting relief. Don't just manage the symptoms, let's fix the source.

Don't miss the special offer on the back page of this issue!



STATION RD., BALLINCOLLIG
t. 021 487 8465

MCEGAN COLLEGE

Tragic loss of one of our students: It has been a very sad week for McEgan College as we learn of the tragic death of one of our 1st year Students Lauren O'Brien. Lauren was a beautiful girl, inside and out, bubbly, fun loving, kind and caring. Lauren's vivacious spirit and the ever-present twinkle in her eye will be fondly remembered forever by all at McEgan College. Lauren represented the school playing both basketball and Gaelic football. She will be missed dearly by her classmates, friends and teachers and our entire school

community. We extend our deepest sympathy to her loving family, her parents Therese and Timmy, her brother Josh who is a 2nd year student at our school, sister Shannon, and all those who loved Lauren and had the privilege of knowing her. Psychologists from the National Educational Psychological Service (NEPS) were in attendance to support and advise teachers in their efforts to assist our students at this time.

May Lauren's beautiful soul rest in peace.



McEgan International Students Enjoy Day in Killarney: International students from McEgan College enjoyed a wonderful day exploring the beauty of Killarney last week. Accompanied by International Student Officer Mr. O'Connor, the group visited some of the area's most iconic sites. The adventure began at Torc Waterfall, where students were amazed by the stunning views and the peaceful surroundings. They continued their journey through history with a visit to Muckross Abbey, taking time to admire its ancient architecture and learn about its fascinating past. Ross Castle was next on the itinerary, with students getting a glimpse into Ireland's medieval heritage while enjoying the scenic lakeside setting. The group also explored the historic copper mines, discovering the importance of mining in Killarney's history. The day was a fantastic opportunity for students to experience Irish culture and nature, and to create lasting memories with their classmates. Everyone returned to McEgan College tired but delighted after a memorable day.

Sport: Transition Year students took part in their final part of the LGFA (Ladies Gaelic Football Association) Program on April 30th. The students put their skills that they learned in the previous stage to use by coaching St Joseph's 4th class girls. Following some coaching a blitz took place in Tom Creedon Park. The TY students

displayed basic training in the areas of coaching, refereeing, and event management. Students will now be qualified to officiate at Go Games Level in LGFA, the first step in the LGFA refereeing pathway.

Macroom Mart: As part of Community involvement, a group of 11 Transition Year students were delighted to assist Cork Marts in preparing letters for their upcoming AGM. The group spent the day packing letters and gaining insight into the vital role that Macroom Mart plays in the local community. A special thank you to Denis O'Donoghue and John McSweeney, who generously looked after the students with refreshments and warm hospitality throughout the day. Macroom Mart remains a cornerstone of employment and economic prosperity in the area. It was great to support Macroom Mart as one of our students, Tara Twomey, works here every Saturday.

Erasmus: A teacher delegation from our school recently took part in an Erasmus+ job shadowing teacher mobility project in Finland, focusing on digital learning and innovation in secondary education. The group visited Vuosaari Upper Secondary School in Helsinki where they spent three days working closely with the teachers, observing classes, and experiencing daily school life. Erasmus+ is a European Union programme funded by the European Commission that

supports education, training, youth, and sport through international exchange and professional development opportunities. The delegation included Principal Ms. Lynam, Deputy Principal Mr. Coughlan, Mr. Sheehan, Mr. O'Connor, Ms. Riordan, and Ms. Shannon. During their time in Finland, they observed classroom practices, explored digital teaching tools, and engaged with Finnish educators to gain insight into how technology is effectively integrated into daily teaching and learning. The project offered valuable professional development and highlighted key differences and similarities between the two educational systems. It also opened the door to continued collaboration, with Finnish teachers having already visited McEgan in March. In even more exciting news, the school has just been awarded a new Erasmus+ grant for the 2025–2026 academic year. This next project will see six more teachers travel to Malta to focus on wellbeing and mental health literacy in schools — a growing priority across Europe and beyond. These initiatives reflect the school's strong commitment to innovation, staff development, and international partnership, with a focus on improving both digital skills and student wellbeing.



McEgan College welcomes a number of European students each year. It has been a very positive experience for our school community. Recently Mr. O'Connor brought this year's group to Killarney National Park. They are pictured here at Ross Castle.



St. Joseph's Girls NS 4th Year Pupils who were coached by the newly qualified junior Coaches from TY. The TY students followed the LGFA Coaching programme and recently received their certs.



On Friday May 2nd there was a brilliant internal Gaelic Football for our First and Second Year students. Well done to the winning team and to Rama Kamaseke and Fiona O'Sullivan, our Players of the Tournament. Thanks to Mr. Twohig, Mr. Browne, Mr. Dennehy, and Fachtina O'Connor (GDA) for organising a great event!



Students Filip Pilarski TY, Scott Forde TY, Promise Uzor TY, Conor Lynch TY, & Diarmuid O'Driscoll who recently completed the Safe Pass Course at McEgan College. The students hope that having the safe pass will assist them in finding summer work. Thanks to Ms Manning Guidance Counsellor for organising this.



Enhance Your Natural Beauty with Expert Facial Aesthetics

Discover subtle, radiant results at Macroom Dental Practice, Middle Square with our safe, dentist-provided treatments:

- **Anti-Wrinkle Injections** – Smooth fine lines for a youthful glow.
- **Dermal Fillers** – Restore volume and enhance facial contours.
- **Skin Boosters** – Deep hydration for a radiant complexion.
- **Botulinum toxin for Jaw Clenching & Grinding** – Relieve discomfort and protect your teeth.



Rediscover confidence with natural-looking enhancements.

To book an appointment:

Visit our website:
<https://macroom.aesthetidocs.app>
 or www.macroomdental.ie
 Send us an email:
facialaesthetics@macroomdental.ie
 Or scan the QR code



Exclusive New Client Offers

- ✓ **Free Consultation**
- Personalized expert advice.
- ✓ **10% OFF YOUR FIRST AESTHETIC TREATMENT**
- A special welcome discount.
- ✓ **Complimentary follow up**
- on all treatments.

Our Team:

Tim Buckley-BDS, Denis o Donovan-BDS
 Michael Hayes-BDS, Marie Nunan-BDS
 Niamh Walsh-BDS, Fionnuala Cleary-BDS
 Swathy Mary John-BDS,
 Michelle Cotter-HYGIENIST

Other cosmetic treatments available include, Composite Bonding, Tooth Whitening and Crowns Bridges, Veneers as well as all routine Dental treatments.

Enquire at reception re PRSI and medical card entitlements. Tel 026 41052

COMPOSITE BONDING has become increasingly popular in cosmetic dentistry for its ability to enhance the appearance of teeth quickly and effectively. This procedure involves applying a tooth-colored composite resin to the surface of the teeth to correct various imperfections. Whether you're dealing with chipped, stained, or misaligned teeth, composite bonding can provide remarkable transformations.



TEETH WHITENING is a simple and affordable way to restore your teeth to their natural colour to give you that glossy healthy smile you're proud of. Say goodbye to stubborn stains from coffee, alcohol and tobacco



Macroom Dental Practice,
Middle Square, Macroom.



026 41052



www.macroomdental.ie

INDEPENDENCE MUSEUM KILMURRY

Legendary Lighthouse Keeper to Share Stories of the Southwest Coast at Independence Museum Kilmurry

The Independence Museum Kilmurry is proud to host a special evening talk, "The Lighthouses of Southwest Ireland," with renowned retired Lighthouse Keeper Gerald Butler, on Friday, June 13th at 8:00 PM in the Heritage Room at Independence Museum Kilmurry. Gerald Butler, one of Ireland's last lighthouse keepers, brings a lifetime of experience and heritage to this

captivating talk. With a family legacy stretching back generations—both his parents and grandparents served as lighthouse keepers—He offers a rare, personal insight into life on the edge of Ireland's rugged coast.

Having joined the Commissioners of Irish Lights in 1969, Gerald served 21 years across some of the country's most iconic and remote lighthouses, including Fastnet Rock, Bull Rock, Mizen Head, Skellig Michael, and many more. His firsthand stories from the

sea are brought vividly to life in his book, *The Light Keeper*.

This event offers a unique opportunity for the general public to hear the stories behind the beacons that have long guarded Ireland's coastline.

Admission: Free for members of the museum; €5 for non-members.

Venue: The Heritage Room, Independence Museum Kilmurry

Date & Time: Friday, June 13th at 8:00 PM

McEgan College:

5 days experiencing School in Finland



P. Lynam Principal, H. Coughlan Deputy Principal, with teachers K. Riordan, A. O'Connor, Mark Sheahan, & C. Shannon recently spent 5 days experiencing second level education in Finland.



Macroom's Tidy Towns Submission for the SuperValu National competition was submitted ahead of the May 12th deadline date. As always a very comprehensive submission was made under the following headings: 1) Community – Your Planning and Involvement, 2) Streetscape and Public Places, 3) Green Spaces and Landscaping, 4) Nature and Biodiversity in your locality, 5) Sustainability – Doing more with less, 6) Tidiness and Litter Control, 7) Residential Streets & Housing Areas, 8) Approach Roads, Streets & Lanes. Tidy Towns Judging starts in June and finishes in August. We would ask that every property owner stand and look at their premises and ensure that the area outside is weed free, litter free, clean and painted adequately. There are still premises looking dirty and it would take five minutes for the owners or the workers to improve matters significantly. That's not too big of an ask and show your support to the volunteers who look after so many other things and public areas. Our former secretary John Lyons has become a Climate Ambassador under the An Taisce Programme in 2025 and was elected to sit on Cork Co Co Strategic Policy Committee (SPC) on Environment, Climate Action and Biodiversity. All of this has led to many actions and initiatives and collaborations to date in 2025. Some of this includes working with an Ecologist on Habitat Mapping and a Biodiversity Plan for Macroom. There is also a new mini 'Nature Trail' in through Biodiversity Garden. Dozens of signs for trees shrubs were erected in recent weeks, together with some additional



signage in the Sensory garden and Fairy Garden. He is currently developing two 'Tree Trail' brochures with funding from An Pobal to highlight and promote the huge asset that exists in Masseytown and Colman's Park, which is currently being transformed to an amenity/biodiversity park.

First judging period for the Cork County Council Anti-Litter Competition has finished and Macroom is in third last place with 979 points out of a 1000. The problem areas were around Dunnes Stores, the Square Area and Chapel Hill Area. On the day of judging there was over 100 cigarette Butts found in these locations, so the next time, smokers be more mindful after finishing. A big well done to the residents in The Glenties and Gleann an Fhia for keeping their areas in pristine condition with no rubbish or Cigarette Butts

found. The second Judging period is from May 12th to May 21st and the chosen estate for the second period is Oakwood, so residents there are asked to ensure the estate is litter free. Some unknown part of the town centre or school area will also be judged each week. As part of the judging, selected stretches on Main Street, Laneways and the Town Square will be checked, with the focus been on litter, down to cigarette butts. These pieces of litter and cigarette butts will be counted, and marks will be lost accordingly.

On the 30th of April St Joseph's National School did a litter pick for Action Day. They did the school grounds, Duggan's Lane, laneway next to Super Valu, near the Playground, The Castle Grounds and between the Bridge and the Fairy Garden. They were joined by Macroom Tidy Towns Volunteers Shiela Murphy and Liam Walsh.

A big Congratulations to three of our youth Volunteers Sean Cremin, Anna Konrad and Darragh Twomey on been nominated for a West Cork Garda Youth Awards under the Group award. They will be presented with Certificates in due course. A big thanks to Laszlo Horvath in Lidl for donating flowers that were planted in the Fairy Garden.

Volunteers have been busy over the last few weeks with litter picking, Cutting green areas in Housing Estates, keeping on top of usual work, Fairy Garden Maintenance and Planting, placing new signs in different locations around town, pruning and weeding. Come and join us some Saturday Morning at 9am at our base in Masseytown, we are always open to new people joining in and helping with the work. If you have any questions, feel free to contact Lisa at 087-1434770.



Weather Master Ltd

Window & Door Company

BALLINEEN, CO CORK P47 DR04

Domestic, Commercial incl Schools, Factories, Shops etc

New Build and Replacement Work undertaken

Trusted and Experienced Installers

Palladio Composite Door Range
uPVC and Thermally Broken Aluminium Frames

ENERGY EFFICIENT WINDOWS:
Double Glazing- Triple Glazing Insulated Glass: Doors, Sunrooms & Porches, Glass Balcony Glazing Systems

For Quotation call us today on
023 8845868/023 8847416
info@weathermaster.ie | www.weathermaster.ie





Lighthouses of Southwest Ireland

A talk by Gerald Butler
Location
The Heritage Room at Independence Museum Kilmurry.

Join us on
Friday, June 13th at 8pm.



Admission Fees
Free for members, €5 for non-members.



Image copyright Irish Lighthouse Trust



MID CORK

SAFETY SPECIALISTS

FOR ALL YOUR SAFETY, TRAINING & CONSULTANCY NEEDS.

"Local, practical, professional"

For more information contact 086088488 or visit our website

WWW.MIDCORKSAFETY.IE



MACROOM DOG GROOMERS

Wash + Blowdries
Nail Clipping
Haircuts and trims

 @Macroom Dog Groomers

Text/WhatsApp 083 1881670
At rear of Macroom Pet Shop



NUACHT Ó CHOLÁISTE GHOBNATAN

COMHGHAIRDEAS

Le déanaí d'imir Cathal Ó Loingsigh leis na Rebel Wheelers i gComórtas Cáilithe do chomórtas Eorpach IWWF, a bheidh ar siúl an bhliain seo chugainn – éacht den scoth a bhí ann! Bhuaigh Cathal Ó Fógarthaigh-Lithgow Craobh na hÉireann i gcidhórnálaíocht – Tréaslaimid leis. Comhghairdeas le Peadar Ó Ceallaigh a bhí ag imirt le Foireann Fé16 Chorcaí le déanaí.

COMÓRTAS CHISPHEIL CATHAOIREACHA ROTHÁI

Ghlac daltaí páirt i gcomórtas cispheil cathaoireacha rothaí a bhí óstáilte ag Coláiste Pobail Bheanntaí. D'imir ár bhfoireann trí chluiche, i gcoinne Coláiste Pobail Bheanntaí, Coláiste Choilm agus foireann ó Ghleann Maghair. Míle buíochas le Bean Ambrós agus Rosie a thaistil leo.

COMÓRTAS AN ARDMHÉARA

Bhí ócáid stairiúil don scoil an tseachtain seo caite – ghlac buachaillí ó bhliain a cúig agus dó páirt i gComórtas Peile an Ardmhéara agus bhuaigh siad! Seo an fhoireann: Aaron Ó Laighin, Oisín MacAnnaidh, Lúca Ó Liatháin, Caoimhín Ó Céilleachair, Eoghan Ó Duinnín, Breandán Ó Ceallacháin, Ciarán MacSuibhne, Cillian MacSuibhne, Conall MacSuibhne, Jerh Ó Loingsigh, Mattie Ó Loingsigh, Donagh Ó Mainnín, Dylan Ó Tuama, Kyle Ó Cróinín, Seán Ó hEanácháin, Liam Ó hEanácháin, Lorcán Ó hAodha, Peadar Ó Ceallaigh, Thade Ó hIcídhe, Jack Ó Goillidhe, Seán Óg Ó Scanaill, Sean Óg MacSuibhne, Aaron Ó hArgáin Loingsigh agus Joshua Ó Riordáin.

TURAS DEIREADH NA BLIANA GO PÁRAS

le Danielle Ní Mhurchú

Ar an 30ú Aibreán thaistil muintir na hIdirbhliana ar turas dheireadh na bliana chuig Páras. D'eitilíomar go luath ar maidin ó aerfort Chorcaí. Nuair a shroicheamar Páras fuairéamar turas mórthimpeall cathair Pháras, chonaiceamar an Túr Eiffel, an Louvre agus Arc de Triomphe. Ansin chuamar ar thuras bád ar an Seine ina raibh deis againn an chathair a fheiscint. Bhí dinnéar againn ag deireadh an lae in aice leis an Arc de Triomphe. Ar an Déardaoin fuairéamar an metro go luath ar maidin chuig Disneyland. D'fhanamar

ann ar feadh an lae, bhí a lán spraoi againn agus bhí an aimsir go hálainn. Ar an lá deireanach chuamar ar turas timpeall Chateaux des Versailles, dheineamar siopadóireacht agus fuairéamar ár n-eitilt abhaile. Bhí turas den scoth againn! Míle buíochas le hIníon Ní Chonchúir, Máistir D. Ó Céilleachair agus Iníon Ní Shúilleabháin a thaistil linn.

TURAS GO SHANGHAI

le Niamh Ní Laocha & Aobha Ní Mhuimhneacháin
I rith Saoire na Cásca thaistealaíomar chuig Shanghai ar feadh coiscise leis an UCC Confucius Institute le 16 dalta eile agus bhaineamar an-taitneamh as. Dheineamar go leor rudaí éagsúla gach lá ar nós freastal ar ranganna Sínise, turasanna chuig Hangzhou, Suzhou, an músaem, feirm tae agus bhíomar ag féachaint ar radharcanna áille ann. Fuairéamar bád ar an abhainn Bund agus bhíomar ábalta an chathair álainn a fheiscint. Bhí deis againn bianna agus béilte traidisiúnta a bhlaiseadh chomh maith le callagrafaíocht, rince Sínise agus gearradh páipéir a dhéanamh chomh maith. Bhíomar ábalta blas iontach a fháil de chultúr na Síne ón eispéireas iontach seo agus bhaineamar taitneamh agus tairbhe iontach as!

UCC CONFUCIUS INSTITUTE

Gach bliain bíonn deis ag daltaí na hIdirbhliana i gColáiste Ghobnatan páirt a ghlacadh i ranganna Sínise. Tagann an múinteoir Sínise gach Déardaoin agus foghlaimíonn siad an teanga agus faoin cultúr sa tSín. Anuas air sin bíonn deis ag an scoil beirt a roghnú chun taistil go dtí Shanghai i rith Saoire na Cásca chun blas níos mó a fháil ar an saol sa tSín. Is eispéireas iontach í sin agus baineann na daltaí sult agus taitneamh as gach aon bhliain. Táimid dóchasach go leanfaidh an caidreamh deas idir Coláiste Ghobnatan agus Ollscoil Chorcaí ar aghaidh bliain i ndiaidh bliana.

BRONNADH NA MBONN CISPHEILE

Bhronn Máistir Ó Creimín boinn airgid ar Fhoireann Cispheile na gCailíní faoi 16 a shroich Craobh an Chontae i mbliana. Thréaslaigh sé leo as a n-éacht an chraobh a shroichint & mhol sé iad as an díograis a léirigh siad, ní hamháin ar lá na craoibhe, ach le linn na

seisiúin thraenála & cluichí ar fad freisin. Bhí cupán tae & sólaistí ag na cailíní chun an ócáid a cheiliúradh. Míle buíochas le hIníon Ní Bhriain & Iníon Ní Chonchúir, a dtraenáilaithe, as an ócáid a eagrú.

DÍOLACHÁN CISTÍ AR SON FHONDÚIREACHT SLÁINTE LEANAÍ NA HÉIREANN

D'eagraigh an Idirbhliain, faoi stiúir Iníon Ní Bhriain, díolachán cistí mar chuid den 'Great Irish Bake' chun airgead a bhailliú ar son Fhondúireacht Sláinte Leanaí na hÉireann. Bhí réimse táirgí bÁCáilte ar díol acu ar an lá. Bhailligh siad €290 ar son na carthanachta a rachaidh chun tairbhe leanaí breoite agus a dteaghligh araon. Cabhróidh an t-airgead seo le trealamh a cheannach agus taighde a dhéanamh maidir le cúram sláinte leanaí. Míle buíochas le gach duine a thacaigh leis an ócáid.

SCRÚDUITHE

Faoi láthair tá roinnt daltaí ón tríú agus ón séú bliain ag obair go dian chun ullmhú dos na scrúduithe. An tseachtain seo caite, dhein bliain a sé an scrúdú praiticiúil in Innealtóireacht. Chuir Muintir na hArdteiste isteach a dtionscadail i Stair, Tíreolaíocht agus Eolaíocht Talmhaíochta. Gabhaimid ár mbuíochas leis na múinteoirí atá ag cabhrú leo go háirithe Máistir J. Ó Céilleachair, Máistir Ó Síocháin, Máistir Ó Laoire, Iníon de Brún agus Iníon Ní Chonchúir.

FOCLÓIR

- cathaoireacha rothaí – wheelchairs
- Ardmhéara – Lord Mayor
- ranganna Sínise – Chinese classes
- sólaistí – refreshments
- Fondúireacht Sláinte Leanaí na hÉireann – Children's Health Foundation of Ireland

ÁR MEÁIN SHÓISIALTA

Leanaigí ár gcuntais le haghaidh an nuacht is déanaí!

X nó Twitter: @ColGhobnatan

Facebook: Coláiste Ghobnatan @colghobnatan

Instagram: @colaiste_ghobnatan

TikTok: @colaiste_ghobnatan



Enjoying the sunny weather at Ballyvongane NS



Turas Idirbhliana i bPáras le déanaí



Bhuaigh na buachaillí an Comórtas an Ardmhéara



Ghlac daltaí páirt i gComórtas Chispheil Cathaoireacha Rothaí i mBeanntaí



**BOOK
YOUR
TICKET**

JUNE BANK HOLIDAY WEEKEND

SUNDAY JUNE 1ST

**THE
UNDERTONES**

**SHARON SHANNON
WITH FULL BAND**

RYAN SHERIDAN

GATES OPEN 5:00PM

SATURDAY 31ST BAND TRAIL MUSIC IN ALL BARS

WWW.MACROOMMUSICFEST.IE



Cork County Council
Comhairle Contae Chorcaí



STRONGER TOGETHER



Heineken

ST MARY'S NEWS



Mr Galvin, Ellen, Zong, Katie, Cara, Éabha, Jessica, Ms O' Donoghue, Grace, Emily, Amy and Chloe in Strasbourg on their Euroscola trip to visit the European Parliament

Student Enterprise Programme National Competition

We are beyond delighted for Muireann Kerry and Sinead D'Souza who won Best Display at the National Final of the Student Enterprise Competition. Over 30,000 students entered the competition this year so to get to the final was an absolutely unbelievable achievement but to win a prize at the final today is an incredible accomplishment. Well done girls and a huge thank you to your families and to Ms O' Donoghue for all of their support. We are so, so proud of you both.

TY Hope Trip

During the Easter break, 9 of our Transition Year students travelled to India with The Hope Foundation. After six months of hard work and fundraising, each raising €2,000, the girls set off on what would be a life-changing experience. In Kolkata, they visited many of The Hope Foundation's projects, including The Hope Hospital, Residential Homes, crèches, schools, and homework clubs, witnessing first-hand the incredible impact the organisation has on the lives of children and families in Kolkata. They also had the chance to explore some of the city's cultural landmarks, such as Mother Teresa's home, the Howrah Bridge, Dakshinapan Market, and the Jain Temple. The girls embraced every opportunity with enthusiasm and compassion, gaining a deep appreciation for the importance of The Hope Foundation's work. We are extremely proud of their efforts and the way they represented our school community. Huge thank you to the HOPE Foundation and to Ms O' Keeffe for organising this and traveling with the girls.

SciFest Regional Finals

Well done to Georgia Froggatt (2nd yr) and Pia El Asmar (4th yr) who represented St Mary's at the regional final of SciFest in MTU Cork recently. The girls spent weeks preparing, researching and analysing their projects to present to the judges. The girls performed exceptionally well on the day and thoroughly enjoyed the experience. Thank you to Ms Foley and Ms O' Keeffe for all their hard work and for traveling with the girls



Winners of the Best Display Award at the National Student Enterprise Programme Finals, Muireann Kerry and Sinead D'Souza, with their teacher Ms Arlene O' Donoghue and Gráinne Carmody, Local Enterprise Office Coordinator for Cork South



During Easter, 9 of our TY students went to Kolkata in India with the Hope Foundation: Ciara, Molly, Emma, Emily, Jullia, Kayla, Aideen, Méabh and Joy

on the day.

TY Euroscola Trip to Strasbourg

A group of Transition Year students had the incredible opportunity to visit the European Parliament in Strasbourg as part of an all-expenses-paid, three-day educational trip. The standout moment of the trip was the day spent in the European Parliament itself — a rare and prestigious opportunity not many people, let alone students, ever get to experience. Inside the iconic hemicycle, the girls took on the role of MEPs, engaging in passionate debates, discussions, and voting sessions on major issues like climate change, women's rights, and international cooperation. They also had the chance to take part in a live Q&A with the Vice President of the European Parliament, Younous Omarjee, gaining insights into how decisions are made that affect millions of EU citizens. Beyond the political experience, the trip was rich with cultural highlights. The group enjoyed a scenic boat tour along the River Ill, which winds its way through Strasbourg's historic centre. From the water, the students got to admire the city's charming half-timbered houses, picturesque bridges, and the blend of French and German architectural styles that make Strasbourg so unique. This unforgettable opportunity would not have been possible without the tireless work and dedication of Ms. O'Donoghue, who organised every detail of the trip. A special thank you also goes to Mr. Galvin for accompanying the students and providing support throughout the journey. This was more than just a school trip — it was an extraordinary opportunity for growth, learning, and international connection that these students will carry with them for years to come.

Young Environmentalist Awards National Finals

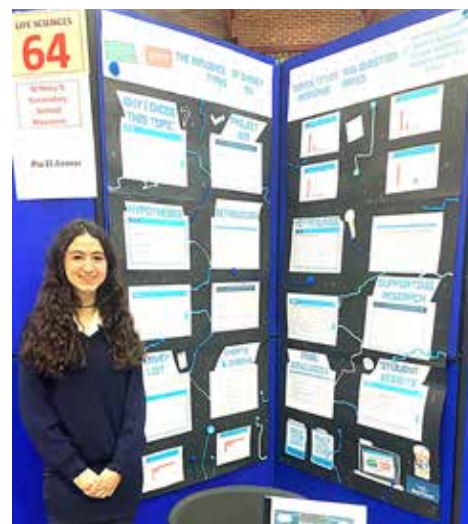
Well done to Éabha Ní Chonaola and Cara O'Brien who represented St Mary's at the National Final of the Young Environmentalist Awards at the National Convention Centre in Dublin recently with their project looking into people's attitudes towards birds of prey and hen harrier conservation. They were in the top third of the projects in the country to enter this competition. Well

done girls for highlighting biodiversity issues in your local area and speaking about them with such passion. Thank you to Ms Foley for all her help, support and guidance with the girls project.

Junior Cycle Science Quiz

Well done to our six 3rd yr students who took part in the Irish Science Teachers Association Junior Cert. Science Quiz in UCC. Our two teams performed exceptionally well with over 40 teams taking part. Team 1: Mollie O' Mahony, Réaltín Walsh and Aoife Doyle. Team 2: Laura Moore, Doireann Lucey and Katelyn Cronin. Thank you to our Science Department for all the preparation for the competition and for traveling with the girls on the night.

Follow us: Follow us on our social media platforms to keep up to date with the latest news from St Mary's Macroom. Facebook: St Mary's Secondary School, Macroom. Instagram: @st_marys_macroom. TikTok: @st_marys_macroom



Pia El Asmar took part in SciFest at MTU Cork recently with her project "The influence of survey topics, titles and question types on response rates".



3rd Year students Katelyn, Laura, Doireann, Réaltín, Mollie and Aoife who took part in the Irish Science Teacher's Association Junior Cert. Science Quiz



OLD QUARTER
CHARTERED ACCOUNTANTS
& STATUTORY AUDIT FIRM

WWW.OLDQUARTER.IE

**Our commitment to our
clients goes beyond the
ordinary.**

Our Services

- Accounting & Audit
- Taxation & Tax Planning
- Bookkeeping & Payroll
- Company Secretarial
- Business Advisory
- Liquidations

CONTACT US

mark@oldquarter.ie
joe@oldquarter.ie

021-4876868

Unit 3 Joyce House
Barrack Square
Ballincollig
Cork - P31K065





DE LA SALLE College Macroom

Past Pupil Achievements

De La Salle were delighted to welcome back our former student, Liam McSweeney, who achieved an outstanding score of 625 points in his Leaving Certificate last year. His exceptional performance earned him an entrance scholarship to UCD, where he is now studying Veterinary Medicine. True to his humble nature, Liam arrived with his award discreetly tucked under his arm. We extend our best wishes to Liam for continued success in his studies and future career as a veterinarian..

Intercounty Players

Congratulations to Seán O'Leary, Sam Kelleher Leavy, and Seán Hennigan for their selection to the Cork U20 and Minor teams respectively. Seán O'Leary was part of the U20 team that narrowly lost to Kerry in the Munster Final, marking the end of their campaign. Despite the loss, we are incredibly proud of Seán for his outstanding performance throughout the U20 Championship, proving his potential for the inter-county stage. We look forward to his future achievements.

Sam Kelleher Leavy played midfield in the first-round Championship game against Kerry, delivering an impressive performance. Unfortunately, Seán Hennigan was unable to play due to a serious knee injury, which will require several months of recovery. The Cork Minor Football team is set to play Tipperary in the Electric Ireland Munster Semi-Final at FBD Semple Stadium, Thurles on Monday, 12th May at 7 pm. At the time of writing, Sam has been named to start for Cork at midfield.

We commend the excellent commitment and dedication of these three lads. Their hard work and perseverance are truly commendable. Additionally, we acknowledge the fantastic work being done by our feeder clubs, ensuring that Mid Cork is well represented at the county level. Their efforts play a crucial role in developing talented players and fostering a strong sporting community.

Golf Success

Michael Cregan and William Burke represented our school in the All-Ireland Schools Golf competition. They earned their place by finishing in the top five at the Munster competition, a remarkable achievement given the high level of competition. William performed exceptionally well, finishing 4th with 35 points. Congratulations to both boys on their fantastic effort.

U14 Hurling

Last Tuesday, DLS Macroom faced off against Carrigtwohill Community School (CCS) in a highly anticipated semi-final match. The game began with a thrilling start as Owen O'Callaghan scored a spectacular goal from the 45-meter line, putting DLS Macroom on the scoreboard. CCS quickly countered with a goal of their own and added three unanswered points. In a dramatic two-minute span, both teams netted another goal each, with Rory O'Shea scoring for DLS Macroom. Darragh O'Shea and Rory Eklof each contributed a point, concluding the first half with CCS leading 3-7 to 2-3.

The second half saw CCS maintaining their momentum, scoring four consecutive points. Owen O'Callaghan reignited hope for DLS Macroom with

another goal, narrowing the gap to eight points. Oscar Hickey Grace and David Twomey each added a point as DLS Macroom fought to close the deficit. However, CCS delivered a decisive blow with a fourth goal, making a comeback increasingly difficult for DLS Macroom. Despite their valiant efforts, DLS Macroom ultimately fell short. The final score stood at 6-11 (29) to 4-5 (17) in favor of CCS.



Michael Cregan and William Burke competed in the All-Ireland Schools Golf competition representing De La Salle College.



De La Salle Transition year students enjoying some outdoor pursuits at Ballyhass



Former De La Salle student Liam McSweeney, who scored 625 points in his Leaving Certificate and earned a scholarship to UCD, receives congratulations from School Principal John Murphy



Margaret and Tracey Duggan, collecting a cheque for €3,400, on behalf of Eddie Duggan, who won the Lotto recently
Image left: A Beautiful Sunset



Muskerry Vets

We care for them all, great and small

Introducing

**Muskerry Vet Practice's
Small Animal CLINIC**

Your Trusted Companion Care Provider in Macroom



Muskerry Vets

Farm Shop



Muskerry vets is hosting a fun filled

OPEN DAY

12th of June 2025 3pm - 7pm

What's happening:

- 🐾 Raffle with hamper give aways
- 🐾 Complementarity coffee and cakes and much more
- 🐾 Meet and greet the team
- 🐾 Free consultations
- 🐾 Behind the scenes access to the new upgraded clinic
- 🐾 CSPA meet and greet
- 🐾 Free dog and cat lucky bags



Free and designated parking



CONTACT US:

026 41055



macroom@muskerryvets.ie



Sawmill Yard, Macroom,
Co. Cork, Ireland, P12EY80





- **May 15th** Dripsey National School Music Night Fundraiser in Dripsey NS 8pm to 10pm
- **May 18th** Ted Cooke Talk Duggan Family owners of Warencourt, Lisardagh invite me guide a Tour of the Woods & Lakes-meet 10am in Nth.Coillte Carpark on

Beamish Line (1 ml from PAL fab /DG.Wood Factory) bring a lunch, only guide dogs - no charge.

- **May 24th** Guide Dogs collection day, at Super Valu & Dunnes Stores from 9am to 2pm
- **May 25th** Guide Dog Day walk, Castle grounds @11am
- **May 26th** Kilmichael Historical Society The annual cemetery Mass organised by Kilmichael Historical Society will be held this year at Macloneigh Cemetery (beside Macloneigh Bridge). The ceremony takes place at 7.30 pm and all are welcome.

- **June 13th** Evening talk, "The Lighthouses of Southwest Ireland," with renowned retired Lighthouse Keeper Gerald Butler The Heritage Room, Independence Museum Kilmurry 8:00pm
- **June 22nd** Macroom & District Lions Club Family Fun Day 12pm to 5pm, Castle Grounds
- **June 22nd** Local Vocals Charity Concert in the Briery Gap on Thursday 22nd of May at 8pm. All proceeds to the local Friends of the Alzheimer Society. Tickets €15 each, available from the Briery Gap box office or online at Brierygap.ie.

MUINEFLIUCH NS

At Muinefliuch the last few weeks the students are thriving in the great outdoors as they embrace various learning activities outside the classroom. These include buddy reading sessions in the fresh air allowing students to connect, share stories, and develop their reading skills together. Guided reading under the trees encourages a deeper understanding of texts in a relaxed, natural environment. All classes have been busy gardening too where students cultivate plants and learn about ecosystems, teamwork, and responsibility. The good weather has helped us foster a sense of community and a love for nature.



DROMLEIGH NS

Senior students from Dromleigh N.S. were delighted to welcome facilitators from 'Ireland's Fossil Heritage Project' to the school recently. Palaeontologist, Dr Panos D. Sianis and palaeobiologist, Adrian O'Driscoll from the School of Biological, Earth and Environmental Sciences at UCC kept students engaged with STEM activities based upon their research.

Follow us on Facebook 'Dromleigh N.S Kilmichael' to keep up to date with all of our activities.

A GREAT NIGHT....

A GREAT NIGHT OF MUSIC AND SONG WAS HELD IN Donoughmore recently in aid of The First Responders and Marymount Hospice, it was a special occasion to have both generations coming together to share their talents on the night.



Dromleigh N.S. students welcomed researchers from 'Ireland's Fossil Heritage Project' to school recently.



**THE CURTAIN & BLIND SHOP
MACROOM**

026-43580



- **Family Business**
- **Free** Quotes
- **Free** Measuring
- **Free** Fitting Service

*Over 35 years in
Business*

Our Blind Options:

Roller Blinds, Venetian Blinds, Roman Blinds,
Vertical Blinds, Perfect Fit, Skye Roof Blinds,
Day/Night Blinds, Aluminium Blinds, Cassette
Blinds, Curtains



Contact us Today

Tel: 026 - 43580 | W: www.curtain-and-blind-shop-macroom.weeblysite.com

Codrum Industrial Estate, Macroom, Co. Cork P12 CF24

31ST CORK LISSARDA CUB SCOUTS

31st Cork Lissarda Cub Scouts spent two nights under canvas during the May bank holiday weekend. This was a first camp for many of our Cubs and they all loved the adventure.

We had a night hike through Millstreet Country Park, made survival wristbands, climbed Mushera, saved tadpoles - and of course we had a campfire with toasted marshmallows! Well done to everyone for a weekend full of fun and games. We're all looking forward to our next camp already.

Cubs are 9-11 year old boys and girls. We meet at Crookstown hall on Tuesday nights (when we're not exploring the outdoors!) If you're interested in joining and would like further information, please email 31corklissardawaitinglist@gmail.com



31st Cork Lissarda Cub Scouts spent two nights under canvas during the May bank holiday weekend.



Lissarda Scouts



BALLYVONGANE NS

It's been a busy few weeks here in Ballyvongane NS. Ms Purcell created an Orienteering Easter Egg Hunt that had everyone racing around the school and using their navigational skills. In Art, students made Easter themed Clay crafts and some Easter Cards—thanks to Nancy O'Donovan for sending in the lovely materials.

In Ms. Purcell's Room, our French lessons are wrapping up and it's a big merci beaucoup to Jasmine O'Donovan for teaching us so much. Meanwhile, in Mr. Sheehan's Room students have been getting hands-on with capacity, pouring and measuring and using all sorts of jugs and containers. Students have been learning all about the Airport with lots of roleplay, Lego building and vocab flying about! Múinteoir Aoife has been busy passing on practical life skills— we've enjoyed making (and sampling) flapjacks, energy balls, pizza and Rice Krispie buns. Tina has been flat out in the garden organising the planting and maintenance of all our plants. One of the highlights of the last term was getting a Road Bowling demonstration from Jay Lynch in 2nd Class. Jay competes in Road Bowling at a high level

and showed everyone the correct bowling technique. He encouraged all the students to have a go.

With the good weather, we've spent lots of time learning outside. We've been back splashing around in our river—fishing, dam-building and even walking under the bridge. The river is such a big part of Ballyvongane NS's history and, with the school approaching its 180 year anniversary, it's great to keep these traditions alive.

Our garden is coming along beautifully. The potato stalks have popped above the ground, and our sunflowers are stretching taller every day. A big thanks to Siobhán Norton who visited and led a fantastic planting session. We've now got sorrel, primrose, broad beans, corn, squash, Californian poppies, carrots and marigolds in the ground—fingers crossed the good weather continues! Siobhán also demonstrated how to make a lovely Pesto Sauce using lots of plants that are growing wild around us. We were thrilled to welcome Maria McNamara, Professor of Paleontology at UCC, who ran fascinating workshops all about metal. The students even got to use an XRF analyser which we used to test trace

metals in materials the children brought in from home—the scientific process in action.

Lastly, our Student Council has been working hard helping shape a child-friendly version of our new Bí Cineálta anti-bullying policy.

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



Easter Cards at Ballyvongane NS



Gardening with Siobhán Norton at Ballyvongane NS



Enjoying the sunny weather at Ballyvongane NS



Changing lives for the better

Are you, or is a friend or family member, struggling to hear against background noise? Here at Walker Hearing Clinics our expert audiologists are here to help with any hearing health queries you may have.

The Walker Hearing Clinics aim is to offer our patients the best of both worlds – excellent clinical care alongside the very latest in hearing aid technology.

Our clinics at Cork University Hospital and at the Weir Clinic in Bandon offer diagnostic hearing tests and the full range of hearing aids, followed up with the very best in personalised bespoke aftercare.

We are very excited to provide patients with the latest in innovative technology, released in September 2024, Phonak Infinio Sphere has its very own artificial intelligence chip. This chip is programmed to block out background noise in any environment, separating the noise the user wants to hear from the noise they do not want to hear. Whether you're in a noisy restaurant or at a get-together with friends, you can rest assured that you won't miss a word.

We will programme your hearing aid to support your specific hearing needs, and offer follow-up appointments at no extra cost.

It's our aftercare package that truly sets us apart.

Our services include:

- Hearing aid supply and fitting
- Diagnostic hearing tests
- Children's hearing tests
- Ear wax removal
- Hearing protection
- Tinnitus management

Next generation hearing care

Cork City (CUH)
Suite 2.6, Consultants Private Clinic, Cork
University Hospital, Wilton, Cork, Ireland

The Weir Clinic, Bandon
1st Floor, Bandon Primary Care Centre,
Market St, Bandon, Co. Cork, P72 WD58

Fermoy Primary Care Centre
Mill Road, Fermoy,
Co. Cork, P61 R292

Call us: (021) 234 1239 | Email: info@walkerhearingclinic.ie

RATH AG FLEADH CHEOIL CHORCAÍ DO CCÉ CRAOBH LACHTAÍN NAOFA

Bhí torthaí iontacha do bhaill CCÉ Craobh Lachtaín Naofa, Cill na Martra, ag Fleadh Cheoil Chorcaí i mBaile an Chollaigh le déanaí.

Members of Cill na Martra Comhaltas branch enjoyed great success at the recent Cork Fleadh Cheoil in Ballincollig.

Torthaí: Bosca Ceoil (Faoi 12): 2nd Darragh Ó Duinnín; Bosca Ceoil (15-18): 3rd Eoin Ó Céilleachair.

Feadóg Mhór (15-18): 1st Finín Ó Conaill. Feadóg (O18): 1st Ellen De Búrca.

Pianó (Faoi 12): 2nd Mairéad Ní Cheallacháin; Pianó (O18): rec Aodhagán Ó Riordáin.

Foinn Mhalla, Feadóg (Faoi 12): 2nd Mairéad Ní Cheallacháin; Foinn Mhalla, Feadóg (O18): 2nd Ellen de Búrca.

Ceol Beirte (Faoi 12): 3rd Seán Ó Duinnín, Darragh Ó Duinnín.

Finín Ó Conaill 2nd Grúpaí Ceoil (15-18) le Ceoltóirí Chronáin.

Amhránaíocht ar an Sean Nós (Mná) (Faoi 12): 2nd Michaela Ní Riordáin, rec Caoimhe Ní Cheallaigh; Amhránaíocht ar an Sean Nós (Mná) (12-15): 1st Isobel Ní Drisceoil, rec Aoife Ní Uidhir; Amhránaíocht

ar an Sean Nós (Mná) (O18): 1st Ellen de Búrca, rec Eimear Ní Shuibhne.

Amhránaíocht ar an Sean Nós (Fir) (Faoi 12): 1st Matthew Ó Tuama, 2nd Danny Ó Loingsigh; Amhránaíocht ar an Sean Nós (Fir) (15-18): 1st Finín Ó Conaill, 2nd Seán Ó Súilleabháin.

Amhráin Bhéarla (Fir) (Faoi 12): 3rd rec Matthew Ó Tuama; Amhráin Bhéarla (Fir) (15-18): 1st Finín Ó Conaill; Amhráin Bhéarla (Fir) (O18): 3rd rec Michael Ó Tuama.

Feadail (Faoi 12): 1st Mairéad Ní Cheallacháin.

Amhráin Nuacheaptha, Gaeilge: 1st Seán Ó Muimhneacháin, 'Sa Bhaile i nGaeltacht Mhúscraí'; Amhráin Nuacheaptha, Béarla: 2nd Seán Ó Muimhneacháin, 'In Praise of the Fleadh'.

Qualifiers - Comhrá Gaeilge (Faoi 9): Éadaoin Ní Cheallaigh; (9-11): Caoimhe Ní Cheallaigh, Isabelle Ní Riordáin; (11-13): Mairéad Ní Cheallacháin, Michaela Ní Riordáin; (13-15): Aisling Ní Cheallacháin; (15-18): Finín Ó Conaill.

Storytelling (12-15): 2nd Aisling Ní Cheallacháin; Storytelling (O18): 2nd Seán Ó Muimhneacháin.

Scéalaíocht (12-15): 2nd Aisling Ní Cheallacháin;

Scéalaíocht (O18): 1st Seán Ó Muimhneacháin.

Amhránaíocht Traidisiúnta le Féin-Tionlacan ar an gCruit (O18): 1st Ellen de Búrca.

Consaírtín / Concertina (Faoi 12) Prelim 2: Grace Ní Uidhir.

Rince ar an sean-nós (15-18): 1st Finín Ó Conaill.



Seán agus Darragh Ó Duinnín, 3rd ceol beirte faoi 12 ag Fleadh Cheoil Chorcaí, le Darragh 2nd Bosca ceoil.



Ellen de Búrca, 1st feadóg stáin, 1st Amhránaíocht Traidisiúnta le Féin-Tionlacan ar an gCruit, 1st amhránaíocht ar an sean nós, 2nd feadóg stáin foinn mhalla thar 18



Finín Ó Conaill, 1st feadóg mhór, (15-18) ag Fleadh Cheoil Chorcaí, 1st amhránaíocht ar an sean-nós, 2nd amhránaíocht Bhéarla, 1st Comhrá Gaeilge, 2nd grúpa ceoil (le Ceoltóirí Chronáin



Isabelle Ní Riordáin, cáilithe Comhrá Gaeilge 9-11, agus Michaela Ní Riordáin, 2nd amhránaíocht faoi 12 agus cáilithe, Comhrá Gaeilge 11-13, ag Fleadh Cheoil Chorcaí



Matthew Ó Tuama, céad áit amhránaíocht Gaeilge agus tríú áit, amhránaíocht Bhéarla faoi 12 ag Fleadh Cheoil Chorcaí



Banna Céilí Lachtaín Naofa faoi 12 a ghlac páirt i bhFleadh Cheoil Chorcaí don chéad uair riamh.



Isobel Ní Drisceoil, céad áit, agus Aoife Ní Uidhir 3ú áit, amhránaíocht mná 12-15, ag Fleadh Cheoil Chorcaí.



Mairéad Ní Cheallacháin 1st feadail faoi 12, 2nd pianó, 2nd feadóg stáin foinn mhalla, agus cáilithe i gcomórta Comhrá Gaeilge 11-13. Aisling Ní Cheallacháin, 2nd scéalaíocht, 2nd stor

Protect your Skin this Summer

Using sunscreen

Put sunscreen on any skin that you do not cover with clothes.

- 20 minutes before going outdoors
- every 2 hours after
- after swimming, towel drying
- more often than 2 hours if you are sweating
- Sunscreen does not give you 100% protection - use it as well as covering your skin with clothes and seeking shade.
- Slap on a wide-brimmed hat to protect your face, ears and neck.

• Seek shade especially if outdoors between 11am and 3pm from April to September when UV from the sun is strongest. Always use a sunshade on a child's buggy. Keep babies and children out of direct sunlight.

• The UV index tells you how strong the sun's UV rays are each day. You need to protect your skin when the UV index is 3 or above. In Ireland, the UV index is usually 3 or above from April to September, even when it is cloudy. UV is usually strongest between 11am and 3pm.

More advice available on www.hse.ie



MAKE HOME UPGRADES HAPPEN WITH MACROOM CU

From
kitchens to
garden rooms
we're here to help you
build your dream.

Macroom Credit Union Home Improvement Loans are ideal for:

- ▶ Kitchen and bathroom remodels
 - ▶ Garden or patio makeovers
 - ▶ Extensions and conversions
 - ▶ Energy upgrades
- (Green Loan available separately)

macroom
credit union  a friendly face

Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Macroom Credit Union is regulated by the Central Bank of Ireland.

With us, you'll get A PERSONAL SERVICE

Flexible repayment options

Quick application turnaround

Personal service from our local lending team

GET YOUR PROJECT OFF THE GROUND

Call (026) 41689

email loans@macroomcu.ie

visit www.macroomcu.ie

Pop into our Macroom or
Coachford branch to chat in person.

ST. JOSEPHS NS

It's starting to feel like Summer a little sooner than expected in St. Joseph's with the fine weather and opportunities to go outside for some extra fun.

In the run up to the Easter holidays 3rd and 5th classes were all drama in preparation for their Easter shows. Pupils and parents alike were impressed by the budding actors on stage. Thanks to Martina Ring for co-ordinating the performances. This was followed by the excitement about who would win all the hampers in our Easter raffle including 2 Lego sets sponsored by DCE Computers.

4th and 5th classes were warmly welcomed to McEgan College by Ms. Blavin from the French department and also from the Engineering department for some exciting workshops. The pupils were totally engaged in learning some French phrases and working with TY students who led a fun engineering project. 4th class have since made a return trip for some fun football matches, led again by Transition Year students. Thanks to Mr. Dennehy for and Ms. O' Riordan for co-ordinating.

All our classes had fantastic fun hunting for eggs in the Fairy Garden before the Easter holidays. We were straight back downtown after the break when all classes took part in a litter picking expedition: younger classes focusing on school grounds while older classes ventured to the Castle Demesne. This was part of our Green Schools Action Day in association with the local Tidy Towns. Thanks to Mr. O' Mahony and the Green Schools committee for liaising with the community and for organising. Thanks also to Sheila Murphy for accompanying us. It was a perfect day for it as the sun was blazing!

Our 5th class were recently warmly welcomed by the residents and staff of Care Choice nursing home where they were invited to entertain residents with a selection of songs and musical renditions. Thanks to Anna, Méabh and Bríd for the solo pieces on violin, cello and banjo. T

2nd class have been busy preparing for their First Holy Communion. We wish them and their families an enjoyable and memorable day. Thanks to Mrs. O' Mahony and Ms. Ivory for their involvement in the preparations.

Ms. Dinneen's Book club with 2nd and 3rd class has got off to a brilliant start. The girls are really enjoying meeting at lunchtime once a week to read the novel 'On Planet Fruitcake' together. Thanks to Ms. Dinneen for organising this! After school football training for 4th and 5th classes has kicked off as the weather has improved. Let's hope the sun stays shining for the next few weeks.



Green Schools Action Day with the Tidy Towns



Green Schools Action Day with the Tidy Towns



5th class working with McEgan College



Easter raffle hamper winners!



Easter egg hunt in the fairy garden!

Senior Infant children from St. Joseph's school in Macroom pictured with the West Cork Rapid Response emergency jeep when it visited the school last week.



matt m^Urphy's PHARMACY

Main St., Macroom Tel: (026) 41000

**PASSPORT
&
ID PHOTOS
PRINTING
INSTORE**



FUJIFILM

PHOTO
DEVELOPING



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





Kingdom Installation
Energy Retrofitting Consultants
Project Management Specialists

Are you tired of high ENERGY BILLS?

Upgrade your home with SEAI grant funding!
Attic Insulation - Wall Insulation

Kingdom Installation will reclaim the grant directly from SEAI on your behalf, making the entire process seamless and stress-free. Most homes can be upgraded for as little as €200.



INDIVIDUAL ENERGY UPGRADES

Not in a position to afford multiple measures all at once or don't need to do a lot of upgrades?
You can still avail of the individual upgrade grants!

Grants offered are provided by the Government of Ireland through the Sustainable Energy Authority of Ireland (SEAI).
For more information, Call us today

066-7135991
Or Email: enquiries@kingdominstallation.ie

seai SUSTAINABLE ENERGY AUTHORITY OF IRELAND

www.kingdominstallation.ie



SUNSHINE

PAINTING & DECORATING

Specialising in Exterior Painting

"We repair all cracks and damaged plaster before painting as standard practice"

**Also Power Washing
Roof Painting
Landscaping and Fencing**





Contact Robert: 086 - 0664295



THE Abbey HOTEL
★★★

ÓSTÁN GHOBNATAN, BALLYVOURNEY.



*Now taking bookings for
Communions & Parties*

Take away Menu available including sandwiches, scones & Fingerfood

Opening hours:
Mon - Thurs - 3.00pm - 8.30pm
Fri - Sun 12.30pm - 9.00 pm

Tel: 026 - 45324
Email: reception@abbeyhotelballyvourney.com
www.theabbeyhotel.ie

JENNINGS MCGREGOR

**VINYL FLOORING
VERSATILE - DURABLE - STYLISH**






**Lissarda Co.Cork
P12FT53
021 7335777**

McSweeney Bros.

Est. 1971

CONTRACTS TARMACADAM READYMIX QUARRIES



McSweeney Bros Quarries

can now deliver to
your doorstep:

One tonne bags and
small loads of

- Sand
- Gravel
- Aggregates
- Decorative Stone

Orders can be placed
via our website

www.mcsweeneybros.ie

or by calling

023 8855000

Sinn Féin

ADVICE CLINIC

MORNING WALK IN CLINIC WITH NICOLE

Monday & Friday 10am-12pm

CONSTITUENCY OFFICE

**16 West End,
Millstreet, Co. Cork**

OFFICE OPENING HOURS

Monday to Friday

WALK IN

10am-12pm &

BY APPOINTMENT ONLY

2pm-5pm

PHONE ☎ **01 6184456**
FOR AN APPOINTMENT

**Senator
NICOLE RYAN**

✉ Nicole.Ryan@oireachtas.ie



O'CONNELL CARPENTRY

Ballyvourney. Tel: 087 7614866

Leaky Flat Roof???



We have the solution that works!

Fibreglass - Call us Today!



Other Services:

CARPENTRY

- Roofing • First Fix • Second Fix • Stairs
- Flooring • Dry Lining/Slabbing
- Attic Conversions & Renovations

Kilmurry Active Retirement

A choice of news, this week. Our first climate expert talks, the privilege of hosting the Lee valley cluster meeting in Kilmurry, our meeting with Darragh O'Brien T.D. Minister for Climate, Environment and Energy and our presentation at the National Climate Stakeholder Forum 2025, and our upcoming 10th Anniversary celebration. Who said you only read bad news nowadays?

On the 29th of April we had our first two experts in Kilmurry speaking to us. We thought it best to start by exploring whether there are collaboration opportunities with those who care for most of our land. First up was Anthony Dineen, Climate and Sustainability Advisor, Teagasc, and he was followed by Michael Greaney representing the Forest Owners Co-operative society. Wow! Do we have a lot to learn. Nonetheless some of our members asked lots of questions too and educated us more as did the seven or eight very interesting non-members who accepted our open invitation and came along to join us. Thank you all, and particularly our two most knowledgeable speakers. It is great to learn of so much going on, and it is a spur on for us too. Will we be able to collaborate? We will see as we all learn more.

It was indeed a privilege to host our six adjoining Active Retirement Associations in Kilmurry on the 1st of May. OK, maybe we had a wee bit of pull, with Kathleen O'Shea, the Assistant Development Officer for the Munster region in our midst. Though maybe not, she is truly a fair and impartial woman. A cluster meeting allows us all to both learn from and to help each other, and that we did. It is inspiring to hear all the innovation around the Lee Valley. We availed of the opportunity to share details of our climate grant and to ask whether any other association would be interested in partnering with us should we be applying for a follow on larger one.

On the 2nd of May I attended the Macroom Alzheimer's Tea- Day organised by Aindrias Moynihan TD, a cause close to my heart due to past family experience and perhaps potentially future too. I took the opportunity to have a word with him. So, between the gigs and the reels as they say, four of our members met with Minister Darragh O'Brien at the National Climate Stakeholder Forum 2025, held on the 9th of May in Cork. He was most facilitative and interested in our project and we look forward to meeting him again.

It so happened that we were invited to make a presentation at the conference, an unlikely honour for us, who have much yet to learn.

This is the shortened gist of what we said:

We received €2500 from the climate activities fund. Our application for funding outlined the need. It is hardly surprising that most older people live in older houses. Most have picked off the low hanging fruit, the attic insulation, double glazing, and draughtproofing. Extensive refits may make sense



Tim O'Driscoll, Chairman Kilmurry Active Retirement Association, Anthony Dineen, Climate and Sustainability Advisor, Teagasc, and Michael Greaney, Forest Owners Co-operative society.



Minister was Aidan Barry, Climate project manager, Kathleen O'Shea, Assistant Development Officer, Southern Region, Active Retirement Ireland, Minister Darragh O'Brien T.D., Gobnait Lucey Kilmurry ARA, and Tim O'Driscoll, Chairman Kilmurry Active Retirement Association,

for our younger members but are just not financially prudent for many given our anticipated remaining lifespan. Nationally about one sixth of our age cohort are in poverty, about one third have little money, another third has some – and did not come by it easily, and so are careful about parting with it, and the rest one could say are relatively wealthy. Yet we all worry how we can make provision for potentially many years of health care needs. For instance, my aunt spent twelve years in a nursing home, my mother ten. If my wife and I needed that, it would cost about 1.5m. A majority will hopefully qualify for the fair deal scheme, yet many may not. But almost all want to live out their lives in their homes and would wish to have the wherewithal to do so themselves or with assistance without burdening either family or State. But don't we all know the future does not always unfold in accordance with our wishes. Making provision for contingencies is a financial priority for us.

Yet many of us are concerned about global warming and its impact on our descendants. We know that as things stand, we will be the first generation 'that knew but did not do'. We want to change that destiny. So, we want to educate ourselves. We want to find our way to contribute that makes sense for us. We want to learn not just about personal, but also community options and wider networking opportunities with a view to seeing what we can do together – outside our homes.

Our generation are perhaps too inclined to seek to cushion our children. Given the current circumstances it would perhaps now be better for us to do so, by paying greater attention to the more hostile environment and social circumstances that they and their children will have to face. Surely it would be more rational for us to spend money to reduce global warming now when it is more effective than to save for our children to spend our money when it will be less effective. We may not be thanked for the money we leave, but we may be cursed for the environment we left behind us.

We have our upcoming 10th Anniversary celebration on the 16th of May. It is amazing how fast time flies when we are enjoying ourselves. When I was young there was a saying that 'time flies because so many people try to kill it'. How the times have changed. Or maybe it is just because I have joined an active retirement association. All was thanks to a few brave women, and I believe fewer brave men. Thankfully, we have many of those young ones, still young, with us to serve as the excuse for a good wild party. Sure, isn't it our job to keep it going, and going with good food and music it will be. It takes place at the Lee Valley Golf and Country Club next Friday evening.

Our activities are running as normal up to the summer break, Bowls on Monday mornings 10.15am (thank you Coachford ARA), and 'Fit for the future' in Crookstown at 5.30pm, and in Kilmurry at 7pm, on Monday evenings. On Tuesdays 2-4pm in Kilmurry 'Dance to Music' and after the tea break, Pilates on the floor. Aqua Aerobics courtesy of the Castle Hotel is on Wednesdays at 10am, and Arts and Crafts is on Wednesdays in Kilmurry 2-4pm, and Zumba is on Wednesdays at 18.15pm in Crookstown. You are still welcome to join the Zumba class; there are four lessons remaining. On Fridays 2-4pm Rose McCarthy will be leading another class of 'Dance to music' and Pilates (chair/standing) in Kilmurry 2-4pm.

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. If you are interested in joining us, or any of the several active retirement associations in the Lee valley, or setting up a new one, we can give you the information you need.

Contact Aidan at 0894057676 or aidanpbarry@outlook.com.





Sustainable Warmth Ltd.



Attic Insulation
Sprayfoam Insulation
Cavity Wall Insulation
External Wall Insulation



**Call Us
Today
To Book Your
Free
Quotation**

**Q: Who can
apply for SEAI
Grants?**

**A: All Homeowners
who have had an
electricity meter
installed on the
premises before 2011**

**Q: Why do I
need Vents in
the windows?**

**A: Most Insulation
methods lead to a higher
degree of airtightness, so
ventilation is required to
ensure air quality is
maintained in the home.**

**Q: Is Sprayfoam
Safe to install in
my House?**

**A: Yes, Sprayfoam is
perfectly safe.
Currently Opencell
Sprayfoam is the only
product that carries an
NSAI Certificate for use
in attics in Ireland.**

**Q: Will cavity
wall insulation
fall out if i change
windows?**

**A: Cavities are pumped with
Bonded Bead.
This means that the bead is
mixed with glue as it is
pumped, ensuring that it
stays in place during any
building alterations.**

T: 066-9702113

M: 085-8494107

E: kevin.sustainablewarmth@gmail.com

**Sustainable Warmth Ltd. is a Registered Contractor under
the SEAI Better Energy Homes Scheme.**

Gowlane House,
Gowlane,
Glenbeigh,
Co. Kerry
V93 R8Y2



In Association With:



**VAT Registration: IE 4011610DH
Company Registration: 722674xx**

CLONDROHID NEWS

CLONDROHID COMMUNITY HALL: The next session of dancing will be this Friday night May 16 from 9pm to 11.30 ish with Eddy Lee. Admission €10. Tea and biscuits included.. Please support if you can

SCORAIOCHT IN COMMUNITY HALL: This will take place on Friday night May 23, great night of entertainment ,music, singing, dancing, recitation etc. etc. A night to enjoy, commencing at 8pm. This annual event is being organised by Clondrohid Parish Active Retired, everyone welcome including members and non members. It is run in conjunction with the Bealtine Festival Discover Duhallow A day of the Region. There is no Entry Charge, but there will be Donation Buckets in Hall, proceeds to Droichidin ASD Classrooms Clondrohid Nat School (Autism Awareness) and Clondrohid Active Retired. Refreshments will be served free of charge. Your support will be greatly appreciated.

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 May 26 They would love to see you there.

CLONDROHID PARISH ACTIVE RETIRED: This Group very busy at moment, day trips, holidays, exercise classes, yoga, card playing etc. They had a brill day



Clondrohid Parish Active Retired on a Summer day out to Kenmare, stopped off at the Top of Coom on the return journey for a beautiful meal

out in Kenmare recently, visiting Molly Gallivans Cottage, where they were well entertained with stories and fun. They dined at The Top of Coom on the way home, a beautiful dinner was served up to all. Thanks to Eileen and helpful staff for seeing after everyone so well.

A holiday in Wexford is next on agenda, and a day trip to Kerry in July. A little break for hard working committee in August, and back again in the Autumn with a full programme.

DARKNESS INTO LIGHT: Thanks to all who

participated in this walk last Sat morning. A special Thank you to Clondrohid Community Creche and Healy's Spar.

LOUGH DERG 4DAY PILGRIMAGE 2025: Leaving Cork on Friday June 6 at 9am. Returning Monday June 9. Booking and Info, phone Paddy at 0214502572

CAMP CREIDEAMH CATHOLIC FAITH CAMP FOR TEENAGERS: Sunday June 8 to Saturday June 14 at Knockadoon (East cork) Boys and Girls post primary school age. Booking and enquiries to Fr. Roche on 0869972539 or www.campcreideamh.ie

Ballinagree Vintage

Cheque presentation to the Samaritans - On Friday, May 2nd a cheque presentation took place at the Laine Bar in Ballinagree where a total of €4400.00 was handed over to the Samaritans.

The funds were raised from the proceeds of a cheval run held in the village on March 16th. The idea for the event was initiated by John MacSweeney and his friends, who wanted to raise funds for the Samaritans – an organisation that does trojan work across the country, supporting people in times of crisis.

Members of the Samaritans attended the presentation and spoke movingly to those present about the essential services they provide.

John MacSweeney expressed his heartfelt thanks to everyone who helped make the day a great success, from the organisers to the participants and supporters. The funds raised will go towards the Samaritans ongoing efforts to offer a listening ear to those in need.



Cheque presentation of €4400 by Ballinagree Cheval to the Samaritans which took place in the Laine Bar

Tea Day for Alzheimer's Society



Andrias Moynihan TD and Cllr Gobnait Moynihan hosted their annual fundraiser Tea Day for Alzheimer's Society on Friday, 2nd May at Macroom GAA Hall.

DISPLAY CLEARANCE ON SOFAS



**Toledo 3RR +
R + R €1699**



**Perth 3 Seater
Recliner €799**



**Dudley 2 Seater
Fixed Sofa €499**



SHERBORNE
...the Home of Relaxation

Highest Quality EU Made
Chairs and Sofas

€675

€599



Salisbury WingBack Orthopedic Chair

Shildon Fireside Comfort Chair



**Melbourne
Corner Sofa
€1899**

Reclining - Free Delivery - Last One Available

house of McGregor.ie

021-7335680

Lissarda, Co. Cork

OPEN 7 DAYS

THINK GLOBALLY, ACT LOCALLY

An Update on DOMINIC'S DREAM for CURRAGHBEG NURSERY

Hi! Chris Barrett here again.

Today I am bringing you thoughts from Dominic Cullinane whose vision is to create a completely unique environment for you and your family to enjoy, catering for both children and adults alike.

In creating the gardens and grounds and all the extra features this nursery is doing things differently. By using all types of visual features in an artistic manner, for example a retaining wall made of bottles, a climbing frame made of reinforced steel and a huge curved seating area plastered and mosaiced in 'Gaudi style', this nursery is like no other nursery. The aim is to involve dozens of artists in creating different types of exciting installations throughout.

The centrepiece will be the 180 m long Wisteria tunnel which will be spectacular when in flower. The best time to appreciate this will be from May to June but there will be plenty to see there all year.

So now I am going to let Dominic walk you through the main gate, on the journey you will take.

You enter the Nursery, and on your left is the Green Room which has been created to host parties and events. It was built by Joe Mahoney and Noel Dennehy in 2018 and the decor was finished by the interior designer Ella Gazda.

Just before the Green room is our Beach Bar, with its big open space which hosts our weddings, parties and large groups. There you can also enjoy a coffee with cake with friends or on your own and settle down with a good book from our library. All our tables have access to boardgames if you have time to linger.

Our cakes are baked by Sandra, in house, and are delicious. Apple, cinnamon and walnut, carrot cake, orange and almond are just a few of her specialties. We also offer a large range of coffees, teas, soft drinks and cordials.

Check out our Library and Design studio next to the Beach Bar. We offer Garden Design and Landscape services as part of our business, as well as a range of classes covering different skills such as furniture making, food growing, fermenting and foraging with more to be added in the coming months.

Hop from the Library to the Games room where you can play table tennis or Pool in a large covered area, which doubles up as our Potting Shed. Here it is no



trouble for us to plant up bespoke hanging baskets, window boxes and tubs for you.

Directly across from the Games room, Brendan O' Halloran's furniture is on display. All our furniture is made locally, from swing seats to picnic tables to Adirondack chairs. Brendan also teaches our onsite furniture making course. If you would like to take part in one of our 6 week courses, let us know. They run throughout the year.

Go up the ramp to the polytunnel and turn right. This will take you to the cantilevered deck. From here youngsters often descend down the hole in the tree which leads them into the willow tunnel. This takes you down to the LauraLynn hopscotch, coloured light blue and pink, the LauraLynn colours.

The wisteria tunnel takes you to the Hobbit house and the lake with the waterfall which is being developed. Up by the field and around will take you to the amphitheatre which will be used for performances in the summer.

Our picnic for LauraLynn is held on the 3rd weekend of June each year to help raise funds for an amazing charity. Each year we add new acts to provide an amazing day out. Last year we built Ireland's longest picnic table. Two choirs sang, two folk bands played as did a piper and a Boggle circus skills workshop performed for the children.

From the Amphitheatre, walk to the upper reservoir and water garden, where we are currently building a patio area complete with hot tub.

Then on to the Nursery area, where you can buy hundreds of varieties of trees, shrubs, herbaceous

perennials, grasses, alpine, seasonal bulbs and bedding plants.

We look forward to seeing you at Ireland's most unique Nursery.

Most importantly, we are looking for people who want to join us artistically, to create features here, or support us in any way possible. If you have an idea, we would love to hear from you and see if we can make it happen.

To date we have hosted a wedding, book launches and readings, birthday parties, christenings, baby showers and music events.

We are currently open for bookings for this coming year and next year.

Our latest venture is with Chloe Dempsey (@fermentforagegrow), who will be launching workshops in foraging, fermenting and growing, starting this spring. Chloe has had previous experience working in Common Knowledge and Ballymaloe Cookery School.

N.B. At the centre of the Wisteria tunnel, we are in the process of setting up a production garden to grow fruit, flowers and vegetables to give people an opportunity to see this type of garden at first hand.

The produce from the garden will be used by our cafe, for Chloe's classes and surplus will be available for sale.

Our intention is to set up a herb garden, both medicinal and culinary, a vegetable garden, a bean garden, strawberry bed, raspberry and blackcurrant cages, a vineyard and an orchard with apples, pears, plums, greengages, cherries, kiwis and passionfruit. Dominic would like to say huge thanks to Neil Kelliher of Ardrivale, whose painting of the Orial house raised over £1,000 to help us with the construction of the Wisteria tunnel. Thankyou Neil, your generosity is hugely appreciated.

I am always interested to follow up on the latest news from Curraghbeg Nursery. There is always something new for me to discover. I am very grateful to Dominic for sharing this developing project with us and feel we are very fortunate to be able to see it grow.

If you or anyone you know would like to contact Dominic you can find him 085 7820736 email:info@dcdgardendesigns.ie / www.dcdgardendesigns.ie

NUAIGHT UIBH LAOIRE

Litter challenge

The results of the first round are out and it appears that, although Inchigeela did well yet one per cent was deducted from our score, because the adjudicator found "a red plastic top" on the day of inspection. In Béal Athan Ghaorthaidh, likewise the village's marks were reduced to 99.7% when the inspector found some litter on the street. But all is not lost because round 2 and 3 are still to go and stricter care and attention could still win the day!

First Holy Communion.

Congratulations and well done to the girls and boys who received their First Holy Communion and Congrats to their parents and guardians and the teachers who prepared them for their big day.

Bikes of the Past

The gathering of bikers in Inchigeela last weekend is almost as good an indicator as the arrival of the

swallows that the summer is definitely here. Each year the large group of riders enjoy a weekend of touring around our lakes and mountain roads. And, later in the summer, biking groups from all over the globe congregate in Inchigeela on their Irish tour. Speaking of summer indicators, the cuckoo is singing its heart out in the groves of the South Lake Road and all along Graigue, Tirnaspidioige and Currihy. Sign of a good summer we hope.

Active Retired

The parish active retired group held a very successful dance in Inchigeela hall recently. Well done to all involved. They held a coffee morning for the benefit of Alzheimers Ireland and accumulated €1500. Well done indeed to all involved. The next event is an outing to Future Forests garden centre in Kealkill for a morning of instruction on gardening followed by tea and treats in the beautiful cafe on the site.

Cattle Breeding

Big congrats go to the Creed family on receiving the prestigious award for their work in the production of the highest quality weanlings for export. Father and son team, Micheal and Mick Creed have proven that by hard work and a knowledge and belief in what you are doing pays off. There is a tradition of quality cattle breeding in the family that goes back a long way in Inchigeela and Ballyneary. It's in the blood it seems!

Sunday Dancing

Next dance is on Sunday 25th of May to the music of Marian Kirby and Pat O Driscoll. Only €10 and refreshments served.

Bowling

Comhghairdeas do Éanna a bhuaigh an scór i mBeal atha le deanaí.

IRISH & EUROPEAN

23 South Mall, Cork. Tel (021) 4277606 www.irishandeuropean.ie

- Auctioneers
- Estate Agents
- Valuers
- Chartered Surveyors

WESTLAKE, FERGUS EAST, DRIPSEY, CO. CORK. P12FP90

Viewing comes highly recommended



- Irish & European are delighted to present this rare opportunity to acquire a 5-bed detached lakeside family home on c.15 acres.
- Comprising of c.194 Sq. m (c. 2,088 Sq. Ft) of spacious living accommodation within the main residence as well as additional storage space in the form of stables to its rear garden.
- This beautiful residence boasts a stunning elevated mature landscaped site with panoramic countryside views of Inniscarra Lake & the Lee Valley area.
- Enjoying a private location, the property benefits from private lake frontage. Westlake is a unique property that has the benefit of undisturbed south facing views of Inniscarra lake.
- Viewing of this magnificent property comes highly recommended and is strictly by prior appointment only with the sole selling agents.

BER: D1, BER No.118403682

Solicitor: Patricia Mallon, Eoin C. Daly Mallon LLP, 13 Sheares Street, Fenn's Quay, Cork

KILBARRY, LISSARDA, CO. CORK. P14RX61

Viewing comes highly recommended



- Stunning 4-bed detached residence with incorporated granny flat & detached garage on c.0.71 acre.
- Comprising c.262 Sq. M (2,820 Sq. Ft) of living accommodation within the main residence as well as additional garage space.
- Boasts a stunning elevated mature landscaped site with well-defined boundaries & panoramic countryside views of the surrounding countryside.
- Constructed c.2010, the property presents a unique opportunity to acquire such an impressive property in a rural setting.
- 30 mins drive from Cork City and 15 minutes from Macroom & Ballincollig town.

BER: C1, BER No. 118318302

Solicitor: Sean Cahill, C.W. Ashe & Co. Solicitors, Macroom, Co. Cork.

"LINDEN LEE", MAGOOLA, DRIPSEY, CO. CORK. P12 Y681

Inviting final offers



- 2-bed detached bungalow, c.80 Sq. M (861 Sq. Ft) of living accommodation within the main residence as well as additional garage space.
- Stunning elevated mature landscaped site with panoramic countryside views of Inniscarra Lake & the Lee Valley area.
- The property presents a unique opportunity to acquire such an impressive property in a quiet cul-de-sac setting overlooking Inniscarra Lake.
- 20 mins' drive from Cork City, 10 mins from Ballincollig, Inniscarra Community centre with its 45 acres of recreational space, Muskerry Golf Club, The National Rowing Centre and Inniscarra Lake & Walkway are all easily accessible.

BER: G, BER No.117437590

Solicitor: Michael Purcell, Purcell Solicitors, Macroom, Co. Cork.

MODEL VILLAGE, DRIPSEY, CO. CORK. P12X97

SALE AGREED



- 3-bed detached bungalow with private gardens to the market, comprising of c.86 Sq. M (925 Sq. Ft) of living accommodation within the main residence as well as additional external storage space. This detached bungalow boasts a stunning landscaped site with a dual vehicle tarmac entrance providing ample private parking.
- Constructed in 1978, the property presents a unique opportunity to acquire such an impressive property in a mature residential setting in a rural area.
- 25 mins drive from Cork City and 15 minutes from Ballincollig, Coachford village, Dripsey National School, The National Rowing Centre and Inniscarra Lake & Walkway are all easily accessible.

BER: C3, BER No.117526079

Solicitor: Niamh O'Leary, Colin Burke & Co. Solicitors, Washington Street, Cork.

WANTED

Having recently sold residential, development land and agricultural properties in the Ballyvorney, Ovens, Inniscarra, Dripsey & Coachford areas we urgently require properties to satisfy the demand of disappointed underbidders.

Please contact Robert O'Keeffe in confidence at **021 4277606**.

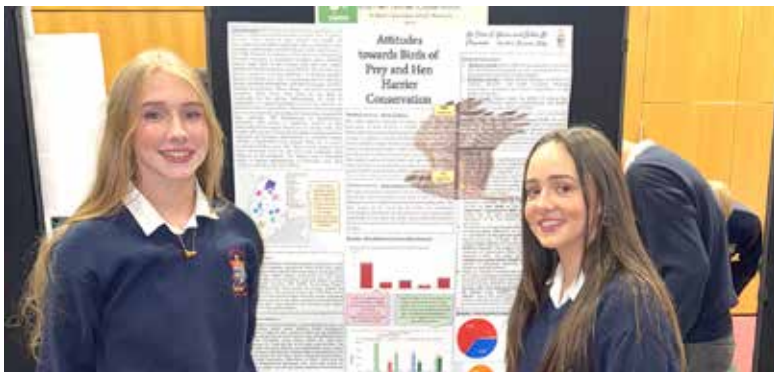


Ballinagree

Darkness into light

A heartfelt thank you to everyone who joined us for Ballinagree village's very first Darkness into light walk in support of Pieta House on Sat May 10th.

Thanks to the incredible generosity and community spirit, we raised a total of €2,500 for this vital cause. The village looked truly magical, beautifully lit with candles and lanterns and the atmosphere was filled with music, song, and solidarity as we walked together into the dawn. This event was more than just fundraising. It was a powerful expression of hope, support, and unity for those affected by suicide and self-harm. We are proud to have stood together, and we are deeply grateful to everyone who contributed, participated, or supported in any way. Let this be the first of many walks together.



Éabha and Cara taking part in the National Final of the Young Environmentalist Awards with ECO UNESCO at the National Convention Centre in Dublin



Marion Murphy who recently completed her 50th parkrun

NOEL KELLEHER TREE CARE WOODCHIPPING



Transform branches, tree limbs, and garden waste into usable mulch with our top-grade woodchipping service.

Whether you're clearing after a storm, trimming trees, or managing a full site cleanup – we've got the tools and experience to get the job done right!

- Powerful, high-capacity woodchipper
- Fast turnaround times
- Safe, insured, and professional crew
- Residential, commercial & rural properties
- Mulch can be removed or left for your use

Perfect for:

Tree removal | Garden cleanups |
Property maintenance | Land clearing



087 236 4898



noelkellehertreecare.ie



noelkelleher@outlook.com



@noelkellehertreecare



CONTACT US FOR A FREE QUOTE



Annual Mass

St. Gobnait's Shrine,
Ballyvourney

Sunday 8th June 2025
@3pm

CELEBRATING JUBILEE YEAR

Aifreann Bliantúil

Scrín Ghobnatan,
Baile Mhúirne



ROSS OIL

COMPANY



“Your Local Oil Company”



***For keenest prices on kerosene and heating oil
in your local area***

Farnanes, Co. Cork

Contact Lisa, Caoimhe or Conor in the

Office: 021 7335010 • Tim Holland: 086 2356735

Concubhar Murray: 086 8213668

www.yourlocaloilcompany.ie

Reduce the risk of electrical accidents



BOOK YOUR
PAT TEST TODAY



Husqvarna



AUTOMOWER[®]
SPECIALIST DEALER



€2,900⁰⁰

NEW



See our range of TIMCO essential products that trade professionals rely on every day - IN STORE NOW

MACROOM Tool Hire & Sales

CODRUM – MACROOM - CO. CORK - P12CF24

Tel. 026 42133 / 43955 INFO@MACROOMTOOLHIRE.IE

WWW.MACROOMTOOLHIRE.IE



DIY - PLANT & TOOL HIRE – CONSTRUCTION - P.A.T. TESTING – FARMING - GARDEN TOOLS - WORK WEAR

Back to BLACK

Newmarket, Co Cork. Tel: 029 22765

Professional Cleaning company based in Newmarket, Co. Cork.
We are a Specialist Contract Cleaning company that caters for the Commercial and Domestic market. We specialise in removing Moss, Stains from Tarmac, Brick Paving, Concrete, Power washing, Roof restoration. We restore the surface back to its original colour. No job too big or too small.

- Property Management
- Grounds Maintenance
- Cleaning of buildings (private & commercial)
- Rotary Cleaning / Powerwashing / Pedestrian Cleaning
- Roof Cleaning / Painting
- Brick Paving / Patios
- Tarmac Restoration / Repair / Sealing
- Covid 19 Disinfecting
- Algae Removal
- Traffic Management
- Hoist available for Work at Heights
- On-Site Contract Cleaning

• DRAIN JETTING • C.C.T.V. PIPE INSPECTIONS



Before



After



Before



After

Contact GER on 087 2860837 or land line 029 22765
www.backtoblackmossremoval.com

O'Brien Water Services

For All Your Water Needs..



WATER TREATMENT & PUMPING SOLUTIONS

throughout Cork & Kerry

- ✓ Water Pumps
- ✓ Water Filtration
- ✓ Well Drilling
- ✓ Rain Water Harvesting
- ✓ Water Treatment Services



Tel: 086 246 6726
026 - 62233

email: obrienwaterservices@gmail.com
www.obrienwaterservices.com



SHOP NOW OPEN

with beds, leads, toys, treats, flea and worm products

Tel: 026 41091



SERVICES

- ✓ Operations
- ✓ Microchipping
- ✓ Pet Passports
- ✓ Hospitalisation Facilities
- ✓ 24 hour emergency service
- ✓ Pregnancy scanning
- ✓ Vaccinations

FACILITIES

- ✓ Digital X-ray
- ✓ In-House Blood Machine
- ✓ Easy Car Access
- ✓ Dietary Advice

Stockists of
Royal Canin
& Calibra



Small animals are seen by appointment only.
Large animal contact: 026 20088

Coolcower Veterinary Clinic, Macroom, Co. Cork
Tel: 026 41091 | Email: coolcowervet@gmail.com
Web: coolcowervet.ie

Clinic Hours: Monday to Friday: 9.00 - 10.15 & 14.00 - 18.00
Saturday: 09.30 - 13.00



M. & J. KELLEHER LTD.

CLONDROHID, MACROOM, CO. CORK
Tel: (026) 41236

MJK oils



24 HR Diesel:

- Road Diesel
- Tractor Diesel
- AdBlue

- Heating Oils
- Road Diesel
- Tractor Diesel
- Lubricants
- Storage Tanks



www.mjkoils.com

AJM SECURITY LTD

PROTECT YOUR FAMILY HOME - BUSINESS - FARM

ACCESS YOUR CCTV FROM ANYWHERE



VIEW YOUR CCTV AND CALVING CAMERAS ON YOUR SMART PHONE

ARE YOU HAVING PROBLEMS WITH YOUR SATELLITE OR SAOR VIEW SIGNAL? IF SO, GIVE ME A CALL...

SAORVIEW **sky**

CCTV & CALVING CAMERA-INSTALLATION/REPAIR

JOHN A MURPHY: 085 2330800
E: ajmccctv@outlook.com



THE ALZHEIMER SOCIETY OF IRELAND

COME AND JOIN THE ALZHEIMER SOCIETY OF IRELAND'S DEMENTIA DAY CLUB AT COMHLACHT TITHE SÓISIALTA AGUS FORBAIRT AN TSULÁIN TEORANTA IONAD LAE, BAILE MHÚIRNE, MAIGH CHROMTHA, CO CHORCAÍ EIRCODE: P12 WK02 EVERY TUESDAY FROM 10AM-3PM

• A wide range of enjoyable activities will take place including Bingo, Music, Art Therapy, Arts and Crafts and Light Exercises.



For more information please contact:
Jerry Foley, Nurse Manager, Bessboro Day Centre, Co. Cork
085 -8565795 or 021 4972504
E-mail: jeremiah.foley@alzheimier.ie



O'RIORDANS BAR COACHFORD

Tel : 021-7334078

Join us in celebrating
20 Years of

Snottfest

June Bank Holiday Weekend

Friday May 31st
Derek Burke Band (from 9.30pm)

Saturday June 1st
Country2Country (from 9.30pm)

Sunday June 2nd
After Shock (from 6pm)
Kieran & Jim (from 8pm)

Try out our **Rodeo Bull Competition** in our newly extended beer garden

DELICIOUS HOMEMADE FOOD SERVED 7 DAYS A WEEK FROM 9AM

ALL AVAILABLE FOR TAKE-AWAY
Call: 021 7334078 to order!

Follow us on Facebook

Confirmation Ceremonies in the Lee Valley area



First Holy Communion pupils from Ballinagree N.S. pictured with their teacher Mrs Fionnuala O' Sullivan, teachers Mrs Shane Lehane, Mrs Paula Browne and Celebrant Fr. Joe O' Mahony.



Children from Scoil Naomh Mhuire, Farran, who received their First Holy Communion on Saturday May 10th with Parish Priest Fr John McCarthy



Rusheen N.S. pupils who received their First Holy Communion recently



Children from Clondrohid NS, who received their First Holy Communion on Saturday May 10th . Pic. Peter Scanlan



Children from Canovee NS, who received their First Holy Communion on Saturday May 10th with Parish Priest Fr Kieron O'Driscoll and teacher Jean O'Driscoll. Pic. Peter Scanlan



Children from Kilmurry NS, who received their First Holy Communion on Saturday May 10th with Parish Priest Fr Kieron O'Driscoll and teacher Maria Lucey. Pic. Peter Scanlan



St Mary's students at the History Exhibition, 2025. (C.Kelleher).



Ms Gemma Hurley with McEgan students at the History Exhibition, 2025. (C.Kelleher).



McCarthy Insurance Group

www.mig.ie

Supporting Local Communities For Over 70 Years



Business
Insurance



Home
Insurance



Motor
Insurance



Health
Insurance



Life
Insurance



Farm
Insurance

Established in 1952, McCarthy Insurance Group is one of Ireland's largest independent insurance brokers. McCarthy Insurance Group acquired Corrigan Insurances in 2022, bringing its total number of branches to 16 across Ireland. For over 70 years, McCarthy Insurance Group has been providing support, advice and the best value to its customers.

39 MAIN STREET, MACROOM



macroom@mig.ie



(026) 41244

Charles McCarthy Insurances Ltd t/a McCarthy Insurance Group, McCarthy Financial Services is regulated by the Central Bank of Ireland.



Sales & Letting
Valuations
Commercial
Residential
Agricultural
Public Auction
Private Treaty

www.ccmproperty.com

Easily accessible: 30 minutes to Jack Lynch Tunnel - 30 minutes from Killarney



CORK MARTS
Macroom

Sheep Sale - Wed 21st May at 12noon.

All stock to be penned for 11am

Multi-Breed Breeding Bull Sales

20th May at 7pm sharp.

All stock to be penned for 6:30 pm. Stock to be pre-entered. Entries now being taken.

Dairy Clearance Sale on the 20th of May at 12 pm sharp.

Weekly Factory Assembly: ring office for details

General Cattle Sale Every Sat

10:30am Cows - Ring 3

11am Calves - Ring 2

11:30am Bullocks, Weanlings & Heifers - Ring 1

Exporters & Farmer customers in attendance every week.

Online Sale available on MartEye App

**WE ARE NOW TAKING ENQUIRIES
FOR THE 2025 SEASON**

**STRONG DEMAND FOR LAND FOR SALE OR LETTING FOR OUR
EXTENSIVE & GROWING CUSTOMER BASE.**

PARCELS OF LAND TO LET IN ALL AREAS MORE REQUIRED.

For Sale by Private Treaty:

C. 5.5 Acres Agricultural Land with Expired Planning Permission. Coachford Area.

For Sale by Private Treaty:

C. 50 Acre Land in one block. Top quality land with roadside access. Enniskeane Area.

For Sale by Private Treaty:

C. 39 Acre Farm with Derelict Farmhouse. Possibility of sale in one or more lots.

For Sale by Private Treaty:

C. 343 Acres Residential Farmholding. Inchigeela Area.

To discuss your property needs in confidence, contact CCM Property
Macroom Mart Office 026 41121
Jerh O'Sullivan M.I.P.A.V. 086 8329321



Macroom Run 300km for Macroom Community First Responder Group



Michael Parsons, Chairperson of Kilkenny, Carlow and District FRS and Mr. Muskerry Eoin Kelleher. Eoin is a member of Terelton Macra Club in the Muskerry region



Macroom branch of the Irish Guide Dogs



Cllr. Joe Carroll, speaking at the, Emigration Conference held at the Independence Museum Kilmurry. Pic. Peter Scanlan



Colm Cronin chatting with Cllr. Joe Carroll, Co. Mayor, at the Emigration Conference held at the Independence Museum Kilmurry. Pic Peter Scanlan



William Casey, Chairperson of the West Cork History Societies Association speaking at the, Emigration Conference held at the Independence Museum Kilmurry. Pic. Peter Scanlan



Connie Sheehan compere of the Donoughmore Active Retirement Singers Variety Show. Pic. Peter Scanlan



Eileen Forde with her hilarious jokes and stories which made everyone laugh



Jimmy Healy and Sean Kelleher on the accordion performing at the Donoughmore Active Retirement Singers Variety Show.. Pic. Peter Scanlan



John Collins and Councillor Michael Looney performing at the Donoughmore Active Retirement Singers Variety Show. Pic. Peter Scanlan



**LOW COST
FINANCE**

**3 YEAR FREE
SERVICE PLAN**

**5 YEARS
WARRANTY**

**COMPLIMENTARY
HOME CHARGER**

PEUGEOT HYBRID AND ELECTRIC RANGE

T & C's Apply.

REENS RATHMORE - KERRY T: 064 775 8150

SALES: MIKE O'SHEA 087 3290071 | AIDAN McGRATH 086 6084463 | TIM REEN 087 2590143

www.reensrathmore.ie

Want to take the hassle out of disposing of your household waste and Recycling?



Collecting Waste and Recycling at your door



We're serious about recycling!

www.kwd.ie
0818 373737

*Where available



Proud facilitators of the

**KWD
County
Clean-Up**

WE ARE HIRING!

JOIN OUR TEAM

Receptionist /Office Coordinator

We are seeking a dynamic, highly organised and proactive Receptionist / Office Coordinator to join our team to ensure the smooth and efficient operation of our office.

Applications must be submitted by 23 May 2025

Send your CV
jobs@cygnum.ie

CYGNUM[®]

Building Offsite

Introduction to Mindfulness

4 week in-person course at Stephen's
Wood Osteopathic and Wellness Clinic

June Course

Tuesday Evenings
7:30 to 9:00 pm
3rd June, 10th June, 17th June and 24th June.

Cost*

€160 for the course
(including all course resources)
*Concessions available, please ask.

For more information about this course:
email: calmwithjudy@gmail.com
Phone : 087 6304742
website: www.calmwithjudy.com

Judy O Grady Registered with MTAI
Mindfulness Teachers Association of Ireland.

M. & J. KELLEHER OILS

CLONDROHID, MACROOM, CO. CORK

TRUCK DRIVER WANTED

FOR MULTI DROP
DELIVERIES.

FULL TIME POSITION.

REQUIREMENTS:

FULL CLEAN LICENCE

FULL HAZ CHEM TRAINING PROVIDED

UP TO DATE CPC AND TACHO CARD

GOOD COMMUNICATION SKILLS

FORWARD CV TO:

payroll@mjkoils.com or T: 026 41236



Macrooom Music Fest

STAFF WANTED

For Bar Work within the Concert Area for Macrooom Music Festival.

**STARTING AT 4.30PM TO 11.30PM
ON THE 1ST JUNE 2025**

- Experience Necessary
- Competitive Hourly Rate

Please email application to:
macrooommusicfeststaff@gmail.com



DONAL McCARTHY
COACH HIRE

SCHOOL & TOUR BUS DRIVERS WANTED

- Applicants must hold a full clean D license & be CPC compliant.

PERSON WANTED

to wash & clean Busses

- 2 / 3 evenings a week
- Flexible hours

Contact Donie **086-8683148**
or Shane **086-8564557**
McCarthy Coaches, Ballyvourney, Co Cork.



MCP GROUP

YOUR PALLET, PACKAGING & WAREHOUSING PARTNER

WE'RE HIRING

OPEN POSITIONS

- ✓ GENERAL OPERATIVES
- ✓ GOODS INWARDS

Exciting news! We're hiring and looking for honest, flexible and reliable individuals to join our growing team at our Clondrohid site, Macrooom. Day and shift work on offer. Competitive rates available.

Send your CV to
mariatreacy18@gmail.com
before 28th May 2025.

APPLY NOW



Visit our website
WWW.MCPGROUP.IE

MUNSTER GAA CHAMPIONSHIPS 2025

Senior Hurling

Clare 3-21 Cork 2-24
 Tipperary 2-23 Limerick 2-23
 Waterford 2-23 Clare 0-21
 Cork 4-27 Tipperary 0-24
 Waterford 0-22 Limerick 0-28
 Clare 2-21 Tipperary 4-18

May 18th: Limerick 3 v Cork 3, Tipp 3 v Waterford 2
 May 25th: Cork v Waterford; Limerick v Clare 1
 Saturday June 7th: Munster Hurling Final 6pm

Senior Football

sMunster Football Final: Kerry 4-20 Clare 0-21

2025 All-Ireland SFC Groups

Group 1: Donegal, Mayo, Tyrone, Cavan
 Group 2: Kerry, Meath, Roscommon, CORK
 Group 3: Louth, Clare, Monaghan, Down
 Group 4: Galway, Armagh, Dublin, Derry

Fixtures: Cork v Meath, Sat May 24th 2025 in Navan;
 Cork v Kerry, Saturday May 31st in Cork; Roscommon v
 Cork, Sat June 14th, neutral venue.

ONEILLS.com Munster U20 Hurling Championship:

Final: Tipperary v Clare
 Cork 3-21 Waterford 0-18

A one-sided second-half at Páirc Uí Chaoimh, allied to a much closer affair at the Gaelic Grounds, delivered Cork a home semi-final, against Clare, in the Munster U20 hurling championship.

Going into this final pair of round-robin fixtures, Cork enjoyed the worst score difference of the three teams - Clare and Limerick the other two - tied on three points and in contention for semi-final involvement. Victory over winless Waterford would progress Noel Furlong's charges to the semi-final and their victory margin was sufficient to give them a home semi final.

Cork v Waterford was flat throughout and Cork ran in an unanswered 2-3 between the 38th and 47th minute to turn a four point interval lead into an uncatchable 12-point advantage.

Neither side would have been at all pleased with their opening half effort. Cork registered seven wides and were overall careless with possession. Cork were the sharper in front of goal, even if their build-up play was more complicated than it needed to be.

Scorers for Cork: Barry Walsh (2-4, 0-4 frees, 1-0 pen); F O'Brien, A O'Sullivan (0-3 each); J Murphy (Dromina, 1-0); R Deasy, B O'Flynn, R O'Sullivan (0-2 each); D O'Connell (free), Ben Walsh (sc), J Murphy (Mallow), J Wigginton Barrett, O Fitzgerald (0-1 each).

Cork: D O'Connell (Dromina); D Cashman (Bride Rovers); J O'Brien (Fermoy); D O'Leary (Ballincollig); E Guinane (Valley Rovers); D Murnane (Carrigtwohill); T Wilk (Cobh); Ben Walsh (Killeagh); P O'Shea (Erin's Own); J Murphy (Mallow); Barry Walsh (Killeagh); R Deasy (Ballymartle); B O'Flynn (Sarsfields); R O'Sullivan (Na Piarasigh); F O'Brien (Erin's Own). Subs: A O'Sullivan (Ballinhassig) for R O'Sullivan (HT, inj); J Murphy (Dromina) for Murnane (36); J Wigginton Barrett (St Finbarr's) for O'Shea (41); M O'Brien (Douglas) for F O'Brien (54); O Fitzgerald (St Catherine's) for O'Flynn (57).

U20 HC Semi final at Cork

Cork 0-20 Clare 2-15

A very late goal sent Clare into an oneills.com Munster U20 hurling final against Tipperary and left Cork to ponder on missed opportunities in a fine game which they looked well capable of winning for much of the hour. A damning statistic is that Cork struck just one wide in the first 52 minutes, but their last six shots all

fell wide.

Cork moved 0-8 to 0-3 ahead. Barry Walsh accounted for a couple of placed balls alongside a standout score from Barry O'Flynn and Ben Walsh's strike from distance. Clare finally found the net in the 23rd minute with a wonderful full-forward line combination. Jack O'Neill soon levelled at 0-11 to 1-8. Cork's best goal chance yet saw O'Sullivan flick over the keeper but onto the crossbar. Clare went 0-13 to 1-8 ahead Cork kicked on again but were not able to unlock the Banner defence time and again. Entering the home stretch Barry Walsh's ninth placed ball pushed them four ahead but they wouldn't score again. Hegarty's seventh free (a dodgy ref decision for throwing a pass) and Doherty's first halved the deficit before Stritch tapped in a goal with 59 minutes on the clock. Cork missed two subsequent frees from long distance and were very disappointed at losing this one.

Scorers for Cork: Barry Walsh 0-9 (6f, 3 65); Barry O'Flynn, Adam O'Sullivan 0-3 each; Daniel O'Connell (f), Ben Walsh, Finn O'Brien, John Murphy, Oisín Fitzgerald 0-1 each.

Cork: Daniel O'Connell; Denis Cashman, James O'Brien, David O'Leary (Ballincollig); Ben Walsh, Eoin Guinane, Timmy Wilk; Peter O'Shea, Oisín Fitzgerald; John Murphy, Adam O'Sullivan, Ryan Deasy; Barry O'Flynn, Barry Walsh, Finn O'Brien. Subs: John Wigginton Barrett for O'Shea (43), Johnnie Murphy for O'Sullivan (52), Dylan McCarthy for Fitzgerald (56), Mark O'Brien for Deasy (60+2).

Electric Ireland Munster Minor Hurling:

Final: Cork v Waterford at Thurles, Friday, May 16th 2025

Cork 2-17 Tipperary 1-12

Cork, who are seeking their first title since their 2021 final victory over the Déise, maintained their 100% record with an eight-point win over already-eliminated Tipperary.

Waterford made it back to the Electric Ireland Munster Minor Hurling final for the first time since 2021 with a six-point victory over Clare at Cappoquin Logistics Fraher Field.

Cork won the dead-rubber contest at Páirc Uí Rinn with a 2-17 to 1-12 success against Tipp.

Craig O'Sullivan accounted for six points of an early Cork barrage. The Na Piarasigh sharp-shooter would end with 10, six from play. It got even better in the 20th minute when Colm Garde's sideline cut was batted to the net by Sam Ring. They led 1-9 to 0-5 and maintained that advantage to the break, ahead by 1-12 to 0-8.

Tipp were back in the contest when Tommy O'Meara swept the sliotar to the net in the 32nd minute. Cork kicked on in the final quarter as Seán Coughlan pressed the keeper to kick the ball home. Meanwhile, a Tipp corner-back was sent off for a second yellow as they ended with 14.

Scorers - Cork: Craig O'Sullivan 0-10 (4 frees), Sam Ring, Seán Coughlan 1-1 each, Eoghan O'Shea 0-3, Ruairc Donovan, Cormac Deane 0-1 each.

Cork: Tom C Walsh, Aghada: Darragh Heavin, Russell Rovers, Tom O'Flynn, Sarsfields, Cian Lawton, Middleton: Michael T Brosnan, Glen Rovers, Bobby Carroll, Dromina, Captain, Colm Garde, Lisgoold: Tom A Walsh, Carrigtwohill, Jack Counihan, Watergrasshill: Ruairc Donovan, Fermoy, Cormac Deane, Killeagh, Craig O'Sullivan, Na Piarasigh: Seán Coughlan, Passage, Eoghan O'Shea, Ballinhassig, Sam Ring, Carrigtwohill. Subs: Cathal Galvin, Sarsfields, Ryan Dineen, Erin's Own, Evan Connolly, Dungourney, Callum Coffey, Na Piarasigh, Michael Quill, Blackrock, Charlie Hanratty, Carrigaline, Darragh Winters, Courcy Rovers, Senan

Carroll, Middleton, Eoghan Hogan, Éire Óg

Munster U20 Football

Cork 1-10 Kerry 2-15

Kerry won their fourth successive Dalata Hotel Group Munster U20 Football Championship title with an eight-point win over Cork 2-15 to 1-10 at Supervalu Páirc Uí Chaoimh. It was 'game over' at half-time with the scoreboard reading 1-8 to 0-3 and for Cork, it goes down as another loss in a fixture they have not tasted success in at minor, U20, or senior levels since May 2023.

The Kingdom started with a point inside 60 seconds, Darragh Clifford responded for the home side and for a brief period it looked like it was going to be a close encounter. Cork missed chances and Kerry then started scoring to go in front at 0-4 to 0-1. Cork retaliated with an Edward Myers '45', though it was immediately cancelled out by Kerry point.

Kerry after that hit 1-3, the goal after forcing the Cork back-line into dropping the ball by the square in the 29th minute. It was 1-8 to 0-3 at the break.

The Kingdom restarted by rattling off 1-2, Cork responded with an Aaron O'Sullivan two-point free, but Kerry's class shone through as they reeled off four points without reply.

It was 2-14 to 0-5 with just 53 minutes played, Cork finished with a flourish as Kerry ran in subs galore and with Colm Clifford punching the ball in and O'Sullivan curling over a brace of two-point frees the gap was down to seven points at 2-14 to 1-10 before Kerry finished off with a point.

It was a bad night for Cork football, the difference in class and physique alarming.

Cork: Billy Curtin; Niall O'Shea, Colin Molloy, Colm Clifford (Éire Óg) (1-0), Matthew Woods, Gearóid Daly, Seán O'Leary (Kilmurry), Darragh Clifford (Éire Óg) (0-1), Colm Gillespie (Aghabullogue), Edward Myers (Naomh Abán), Dara Sheedy (0-1), Aaron O'Sullivan (Aghabullogue) (0-5, 1 45, 2 2pt from frees), Bryan Hayes (0-1, 1f), Danny Miskella (Ballincollig), Dylan O'Neill.

Subs: Dylan Harrington for Myers (HT); Ben O'Connell (Ballincollig) for Woods (37), Micheál Maguire for O'Neill (44), Darragh Gough (0-2, 1 2pt from free) for Hayes (46).

All Ireland semi final: Tyrone 2-14 Kerry 0-14

Munster Minor Football

Cork 2-8 Kerry 2-18

Victory for Kerry at Páirc Uí Rinn, an 11th consecutive Kerry victory over Cork at all grades, but both teams advance to the semi final stage, Cork to play Tipperary away and with no guarantee of success there as Tipperary have emerged from a winning group stage. Yet it was not a totally depressing display by Cork and the Rebels were level at half time and deservedly so but they were put to the sword in the second half by a much stronger Kerry outfit.

The hosts had five wides and eight score attempts taken by the end of the opening quarter, only Donagh Flynn's third minute goal a reward. They at least were probing and creating. Cork's middle third, in particular Sam Kelleher Leavy, was feasting on the Kerry restart. All Kerry had to show for a second fiddle opening 17 minutes was a Gearóid White free in the fifth minute.

Two scores in the opening 17 minutes gave way to 11 scores across the remainder of the half. Cork domination of the Kerry kick-out gave way to brief Kerry ownership of the Cork restart. A pair of white flags from Ben Corkery Delaney (free) and Paddy Murphy doubled Cork's advantage, 1-2 to 0-1, approaching the 20th minute. But in just over two minutes, Kerry had wiped out the four-point deficit and hit the front

for the first time. It began with a two-pointer, White, Nick Lacey, and John Curtin raised three white flags in succession, 0-6 to 1-2. Cork eventually got a hand on their own kickout and from there fashioned three scores without reply. Corkery Delaney, Joe Miskella and Paddy Murphy the scorers. It was to prove the last time they'd lead.

It was level at 1-6 to 0-9, at the break but Kerry converted a pair of 45s and three-in-a-row from frees before the a first goal to follow. A further goal attempt touched the crossbar on the way over for an unanswered 1-6 to carry Kerry 1-15 to 1-6 ahead and again 'game over'.

Kerry did not register a first wide until the 61st minute. Cork, by contrast, had nine successful shots out of 27. Scorers for Cork: T Whooley (1-1); D Flynn (1-0); B Corkery Delaney (0-3, tp, 0-1 free); P Murphy (0-2); C McCarthy, J Miskella (0-1 each).

Cork: R Twohig (Kilmeen); B Coffey (Clonakilty), A Keane (Kinsale), M Kiernan (Carrigaline); J O'Leary (Ballinascarthy), C McCarthy (St Colum's), Brian Cronin (Ballincollig); Sam Kelleher Leavy (Macroom), R Hayes (Carbery Rangers); Seán O'Sullivan (Aghabullogue),

D Flynn (Ibane Gaels), N O'Callaghan (Castlehaven); Paddy Murphy (Donoughmore), B Corkery Delaney (Carrigaline), E Aherne (Boherbue).

Subs: Joe Miskella (Ballincollig) for O'Sullivan (25); E Ger O'Sullivan (Clyda Rovers) for Aherne, T Whooley (Clonakilty) for Murphy (both 39); E Looney (Lyre) for Kelleher Leavy (48); J Hanrahan (Mitchelstown) for O'Leary (55).

Next Up: Semi Final: Tipp v Cork May 12th at Thurles
CORK: R Twohig (Kilmeen); B Coffey (Clonakilty), A Keane (Kinsale), M Kiernan (Carrigaline); J O'Leary (Ballinascarthy), C McCarthy (St Colum's), B Cronin (Ballincollig); S Kelleher Leavy (Macroom), R Hayes (Carbery Rangers); T Whooley (Clonakilty), D Flynn (Ibane Gaels), N O'Callaghan (Castlehaven); P Murphy (Donoughmore), B Corkery Delaney (Carrigaline), E Maguire (Castlehaven).

SUBS: D O'Riordan (Mallow), J Hanrahan (Mitchelstown), J Miskella (Ballincollig), S O'Sullivan (Aghabullogue), D O'Donoghue (Douglas), EG O'Sullivan (Clyda Rovers), E Looney (Lyre), D McCarthy (Castlehaven), S Long (Newestown).

Minor Semi Final: Tipp v Cork Monday, May 12th at Thurles

Tipperary 0-20 Cork 2-17

A late goal, scored in the 9th minute of the second half of extra time by Joe Miskella of Ballincollig, gave Cork victory over Tipperary and a second chance of taking the Munster crown off Kerry. Kerry host Cork in the Munster final on Friday May 23rd at Tralee.

Cork: R Twohig (Kilmeen); B Coffey (Clonakilty), A Keane (Kinsale), M Kiernan (Carrigaline); J O'Leary (Ballinascarthy), C McCarthy (St Colum's), B Cronin (Ballincollig); Sam Kelleher Leavy (Macroom), R Hayes (Carbery Rangers); T Whooley (Clonakilty), D Flynn (Ibane Gaels), N O'Callaghan (Castlehaven); Paddy Murphy (Donoughmore), B Corkery Delaney (Carrigaline), E Maguire (Castlehaven).

Subs: D O'Riordan (Mallow), J Hanrahan (Mitchelstown), Joe Miskella (Ballincollig), Seán O'Sullivan (Aghabullogue), D O'Donoghue (Douglas), EG O'Sullivan (Clyda Rovers), E Looney (Lyre), D McCarthy (Castlehaven), S Long (Newestown).

LGFA LADIES FOOTBALL - MUNSTER SENIOR LGFA CHAMPIONSHIP

Cork 3-13 Tipperary 0-11

Cork proved much too strong for Tipperary in the TG4 Munster Senior Football Championship clash at Fethard, with an eleven points winning margin reflecting the gulf between the sides.

Goals proved vital for the visitors, with Katie Quirke getting two, the second from the penalty spot and Laura O'Mahony getting the score of the game, with a beautifully angled shot to the top corner of the net past Lauren Fitzpatrick.

Despite an encouraging start, the home side never threatened the Cork goal. There was an over-reliance on Aisling Moloney from frees, but Sarah English put in a brilliant second half with three points from play. Tipperary started brightly and were 0-4 to 0-2 up after ten minutes, with their scores from Caoimhe Condon, an Aisling Maloney free, Anna Rose Kennedy and Ava Fennessy, to Cork replies from a Katie Quirke free and Aine O'Sullivan.

Cork then came back with a flurry of scores, hitting 1-5 without reply. Quirke, a huge presence in their attack, finished a great move with a superb goal, and O'Sullivan followed up with a point in the next move. As Cork took control of the contest, Quirke added three further points, one from a free, and O'Mahony also finding the target. Moloney from a free had Tipperary's first point in fifteen minutes to leave Cork 1-7 to 0-5 ahead at the interval.

Kirsty Crotty Ryan had the first point of the second half for Tipperary, after a Moloney shot for goal from a free was blocked and cleared. But in the 33rd minute a Cork turnover in midfield proved costly for Tipp, with Quirke breaking through the centre and setting up O'Mahony for a sublime goal.

Tipperary never recovered from that blow and could never reduce the Cork lead to less than five points. Three points from Sarah English helped to keep them in the game, with Moloney adding two further points from frees, but Cork points from Quirke, O'Sullivan, O'Mahony, as well as subs Anna Ryan and Hannah Looney, kept the visitors out of touch.

The victory was sealed when Quirke converted a penalty in the 60th minute. Both teams had players yellowed-carded in the last ten minutes, Erika O'Shea for Cork and Maria Curley for Tipp, with Cork ending the game with thirteen players when Dara Kiniry had to go off injured after all their subs were used.

Scorers – Cork: K Quirke 2-6 (3f, 1 pen), L O'Mahony 1-2, A O'Sullivan 0-3, H Looney, A Ryan 0-1 each.

Cork: S Murphy; D Kiniry, S Kelly, M Duggan; Erika O'Shea (Macroom), S Cronin, Rosie Corkery (N Abán); M O'Callaghan, A Healy; A O'Mahony, L O'Mahony, Emma Cleary (Éire Óg); A O'Sullivan, E Coppinger, K Quirke. Subs: A Ryan for A O'Mahony (ht), H Looney for O'Callaghan (42), L Hallihan for Coppinger (50), K Horgan for Cleary (54), Sadbh McGoldrick (Éire Óg) for O'Sullivan (58).

Munster semi final:

Waterford 3-12 Cork 1-9

Waterford are through to the TG4 Munster Senior Football Championship final after an impressive win over Cork at Dungarvan GAA.

Two goals in two minutes early in the second half were the key scores as the home side reached the decider for the first time since 2019, a victory they thoroughly deserved on the day.

They took the lead in the second minute and had added a second before Katie Quirke got Cork's first score, after 13 minutes, from a free, but Kellyann Hogan replied at the other end.

Two more from Quirke, both frees, saw the sides level after 20 minutes, a position Cork would have been happy with at that point. Waterford went back on front, with another Quirke free levelling it again. A point from Libby Coppinger put Cork in front for the first time, before Fennell's second had them level again.

A great run from Aoife Healy put Cork back in front with three minutes to half time, but a late free had the sides level at the break, 0-6 each.

Waterford got back in front, before Emma Cleary had the sides level again. It looked like the game was swinging in Cork's favour when Quirke set up Healy for Cork's goal, to make it 1-7 to 0-7, but Waterford broke straight down the pitch with Lauren McGregor getting their first goal. Two minutes later they had their second, and added a point, to make it 2-8 to 1-7 and Waterford were on their way to the final. With 53 minutes gone Waterford got their third goal, and they were now well in control.

Cleary pointed for Cork but two late scores secured the win for Waterford as they now face Kerry in the final on May 25 at Mallow.

Scorers for Cork: A Healy 1-1, K Quirke 0-4 (4f), E Cleary 0-2, L Coppinger, L Hallihan 0-1.

Cork: S Murphy; D Kiniry, S Kelly, M Duggan; Erika O'Shea (Macroom), S Cronin, Rosie Corkery (Naomh Abán); M O'Callaghan, A Healy; K Horgan, L O'Mahony, Emma Cleary (Éire Óg); A O'Sullivan, L Coppinger, K Quirke. Subs: A Ryan for K Horgan (ht), L Hallihan for L Coppinger (40), H Looney for R Corkery (41), A Ring for L O'Mahony (48), Sadbh McGoldrick (Éire Óg) for M O'Callaghan (54).

Camogie

Munster Senior Camogie Championship final

Cork v Waterford

Glen Dimplex 2025 Senior All Ireland XChampionship

GROUP 1

Round 1: Saturday, May 24th

Cork V Limerick

Clare V Wexford

Tipperary A Bye

Round 2: Saturday, May 31st

Tipperary V Cork, Limerick V Wexford, Clare A Bye

Round 3: Saturday, June 7th

Wexford V Tipperary, Clare V Limerick, Cork A Bye

Round 4: Saturday, June 21st

Limerick V Tipperary, Cork V Clare, Wexford A Bye

Round 5: Saturday, June 28th

Wexford V Cork, Tipperary V Clare, Limerick A Bye

GROUP 2

Round 1: Saturday, May 24th

Derry V Kilkenny

Galway V Dublin

Waterford A Bye

Round 2: Saturday, May 31st, Round 3: Sat, June 7th,

Round 4: Sat, June 21st, Round 5: Sat June 28th

Quarter Final: Saturday, July 5th – Croke Park

Relegation Final: Saturday, July 5th

Quarter Final: Sunday, July 6th – Croke Park

Semi Finals: Saturday, 26th July – UPMC Nowlan Park

Final: Sunday, August 10th – Croke Park

Final Replay: August 16th/17th

Cork GAA County Championship Draws 2025

The championships commence on week end of July 25th-27th 2025

Premier Senior Hurling

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

Group 3: Blackrock, Kanturk, Douglas, St Finbarr's

Senior A Hurling

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

Premier Intermediate Hurling

Group 1: Carrigaline, Cloyne, Éire Óg, Ballymartle
Group 2: Ballincollig, Ballinhassig, Castlemartyr, Kilworth
Group 3: Mallow, Dungourney, Lisgoold, Valley Rovers

Intermediate A Hurling

Group 1: Middleton, Mayfield, Bandon, Russell Rovers
Group 2: Aghabullogue, Blackrock, Sarsfields, Youghal
Group 3: Ballygiblin, Erin's Own, Aghada, Kildorrery

Premier Junior Hurling

Group 1: Glen Rovers, St Catherine's, Meelin, St Finbarr's
Group 2: Cloughduv, Nemo Rangers, Barryroe, Kilbrittain
Group 3: Ballygarvan, Milford, Tracton, Argideen Rangers

Premier Senior Football

Group 1: Castlehaven, Mallow, Newcestown, Valley Rovers
Group 2: St Finbarr's, Clonakilty, Carbery Rangers, Carrigaline
Group 3: Nemo Rangers, Ballincollig, Douglas, St Michael's

Senior A Football

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

Ghaorthaidh, O'Donovan Rossa

Premier Intermediate Football

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

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

Intermediate A Football

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

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

Premier Junior Football

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

Group 3: Buttevant, Glenville, Inniscarra, Millstreet

Co-op Superstores County Junior B Hurling Championship

Crosshaven 1-19 Laochra Óg 1-7
Uibh Laoire 1-14 Ballyphehane 2-10

May 17th: Laochra Óg v Uibh Laoire:
Laochra v Ballyphehane on May 31st:
Uibh Laoire v Crosshaven on May 31st.

Cork County Leagues for 2025:

McCarthy Insurance Group County Football Leagues – After Round Six of Nine

Division 1

Clonakilty 12, St. Finbarr's 10, Nemo Rangers 10, Newcestown 7, Douglas 7, Éire Óg 4, Cill Na Martra 4, Castlehaven 2, St. Michael's 2, Carrigaline 2

Douglas 3-12 (3-0-12) Cill na Martra 0-13 (0-1-11)



Sraith Peile Chorcaí- Roinn 3, Naomh Abán a bhuaigh V Aghada

Douglas maintained their recent good league form with an 8-point home win against Cill na Martra. The city side had the better of the first quarter and led by 0-5 to 0-3 after 15 minutes. Cill na Martra found their feet and scored the next 5 points - including scores from play by Jason MacCárthaigh and Ciarán Ó Duinnín - to take the lead. The Douglas response was strong and they rattled off 1-4 without reply in the last 6 minutes of the half to take control of the game and lead 1-9 to 0-8 at the break. The home team scored two more goals in the first 10 minutes of the second half to stretch their lead out to 8 points. Cill na Martra created some goal-scoring chances but a combination of good goalkeeping and wayward shooting meant that they couldn't reduce the deficit.

Cill na Martra: Dean Mac Cárthaigh: Danny Ó Conaill, Tadhg Ó Corcora, Finéin Ó Faoláin: Cianie Ó Foirréidh, Seán Ó Foirréidh 0-2, Adam Ó Duinnín: Micheál Ó Deasúna 0-4 (1 tpf, 1 45), Gearóid Ó Goillidhe: Eoin Ó Conaill, Jason Mac Cárthaigh 0-3 (0-2f), Criostóir Ó Meachair: Ciarán Ó Duinnín 0-2, Maidhcí Ó Duinnín, Shane Ó Duinnín 0-1. Subs used: Daniel Ó Duinnín 0-1, Arrán Ó hUidhir, Antaine Ó Loingsigh.

Éire Óg 2-11 (2-0-11) Carrigaline 0-19 (0-4-11)

Last year's Div 1 league winners Carrigaline registered their first points of the season with a over Éire Óg at Ovens. The winning scores came late, three two-point frees helping Carrigaline to the win after being five points down with three minutes of normal time to play. Éire Óg suffered their fourth loss in six games but contributed to a fine game of football.

The teams were level at 0-3 each when Jerome Kelleher finished to the net to give Éire Óg a 1-3 to 0-3 lead after 15 minutes. Dylan Foley added a point but Carrig came back and it was 0-7 to 1-4 after 21 minutes. Éire Óg finished the half well and led by 1-7 to 0-9 at half-time.

Carrigaline turned it around within three minutes of the second half with two points, goalkeeper Chris Kelly levelled for the home side from a 45 and Rian O'Flynn pointed to put them in the lead after 43 minutes. Ten minutes from time when Daire McCarthy set up Dylan Foley for another goal and the Ovens men looked comfortable with a 2-10 to 0-12.

Daniel Goulding gave Éire Óg a five-point lead but Carrigaline rallied with Brian Coakley converting three two-point frees.

Scorers for Éire Óg: D Foley 1-2, J Kelleher 1-0, D Clifford, R O'Flynn 0-2 each, E O'Shea, J Murphy (f), D Goulding (f), C Kelly (45), C McGoldrick 0-1 each. Éire Óg: C Kelly; J Mullins, M Brady, C Clifford; E O'Shea, H Murphy, D McCarthy; M Griffin, D Clifford; C McGoldrick, R O'Flynn, J Murphy; J Kelleher, D Foley, J Sheehan.

Subs: D Goulding 44, B Hurley and D Healy, both 50, D Kelly 52, A McCarthy 56.

Div 2 Carbery Rgrs 12, Knocknagree 10, Dohenys 8, Ballincollig 7, O'Donovan Rossa 6, Béal Átha'n

Ghaorthaidh 5, Valley Rovers 4, Castletownbere 4, Kanturk 2, Fermoy 0,

Ballincollig 1-15 Knocknagree 4-7

The score was 4-3 to 0-3 at halftime with the Duhallow men shocking the home side. A second half penalty for resurgent Ballincollig made it 4-5 to 1-13, 17-16 in favour of the visitors, and the sides were level at 4-5 to 1-14. Points were exchanged before the Duhallow men struck for a late winner after a marvellous contest. Béal Átha'n Ghaorthaidh v Valley Rovers – (June 3rd)

Div 3 Clyda Rovers 11, Uibh Laoire 9, Mallow 8, Kilshannig 7, Bishopstown 7, Newmarket 6, Naomh Abán 6, Kiskeam 5, Rockchapel 3, Aghada 0.

Mallow 2-15 Uibh Laoire 0-13

This was a fine game and a very late goal for Mallow, just after Uibh Laoire had missed a good opportunity of a goal, gave the final scoreline a somewhat misleading appearance. After a very evenly contested first half the sides were level at the break, 1-5 to 0-8. The exchanges continued to be very competitive all through the second half and with five minutes remaining only three points separated the teams before the home side pulled clear.

Cathal Vaughan, Ian Jones, Sean O'Riordan, were on target for Iveleary.

Uibh Laoire: Joe Creedon: Daniel O'Riordan, Daniel O'Donovan, Barry Murphy: Kevin Manning, Sean O'Leary, Ciarán Galvin: Brian Cronin, Timmy Roberts: Aaron O'Donovan, Cathal Vaughan, Seán O'Riordan: Jack Sweeney, Ian Jones, Sam Pickering. Subs used: Shane Galvin, Kevin Jones, Liam Kearney.

Aghada 0-15 Naomh Abán 2-15

Naomh Abán travelled to sunny Rostellan to play Aghada who were without a win to date and the visitors duly returned home with the points after a deserved win. The sides were level at 0-3 each early on, Aghada went 0-6 to 0-4 clear but two goals for Naomh Abán, in the 20th and 24th minutes, gave the Gaeltacht men the advantage and they remained in front to the finish. It was 2-7 to 0-9 at half time and a strong Aghada performance had the gap between the teams down to two points, 2-11 to 0-15 by the 53rd minute. Naomhb Abán finished strongly to emerge clear winners.

Div 4 - Round Six (of 9 rounds)

League Table: Aghabullogue 10, Buttevant 8, Adrigole 7, Bandon 7, Boherbue 6, Glanmire 6, Nemo Rngs 5, Macroom 5, Bantry Blues 4, St. Vincent's 0

Aghabullogue 0-14 Glanmire 2-6

Aghabullogue welcomed back their two Cork U20 players Colm Gillespie and Aaron O'Sullivan for the first time this year. An injury time goal from Glanmire proved to be too little, too late as the home side held out for an important win at sunny Coachford.

Aghabullogue started very well but due to faulty shooting and the concession of a late goal to Glanmire left them only 0-7 to 1-2 in front at the break. Again the home side were on top in the second half and led by six points entering the final phase when a Glanmire rally yielded 1-1 but did not alter the outcome.

Aghabullogue: John Buckley: Connors Smith, Michael Dennehy, James Foley: Paul Ring, Shane Tarrant, Breandan O'Sullivan: Colm Gillespie, Dhani Merrick: Cialan O'Sullivan, John Corkery, Aaron O'Sullivan: Luke Casey, Evan O'Sullivan, David Thompson. Subs: Mathew Bradley, Adam Murphy, Oisín O'Connell, Tom Long.

Aghabullogue 2-18 Buttevant 0-16

Aghabullogue defeated table toppers Buttevant and took over the top spot in the Div 4 league. It was an impressive performance by Aghabullogue with all six forwards and both midfielders getting on the score sheet.

Aghabullogue led by 1-11 to 0-5 at half time after being dominant and contained an early second half rally by Buttevant to run comfortable winners at the end.

Aghabullogue: J Buckley: Conor Smith, Dhani Merrick, Tom Long: Paul Ring, Shane Tarrant, Breandan O'Sullivan: Colm Gillespie, Adam Murphy: Oisín O'Connell, John Corkery, Aaron O'Sullivan: Mathew Bradley, Evan O'Sullivan, David Thompson: Subs used: Odhran O'Connell, Brain Dineen

Macroom 0-8 Glanmire 2-15

An easy win for the visitors to Tom Creedon Park on a glorious Sunday morning. Glanmire hit Macroom with two goals in the first quarter and led at halftime by 2-8 to 0-4. A listless home side never really looked like making a serious challenge and Glanmire now leap frog over Macroom in the table and Macroom will have worries about relegation after this display.

Macroom: Caleb Dinneen: Don Creedon, Rory Buckley, Michael Cronin: Jack O'Riordan, Mark Corrigan, Shane Meaney: Cillian O'Donovan, Tony Dineen: Seán Kiely, Oisín O'Sullivan, Eolan O'Leary: Mark Hunt, Dylan Twomey, Alan Quinn. Subs: Mark Condon, Brendan O'Connell, Eoin O'Mahony, Bobby Murphy, Liam Holland

Div 5 Kilmurry 12, Gabriel Rgs 10, Ilan Rovers 8, Kinsale 8, Ballinora 6, Mitchelstown 6, Millstreet 4, Glenville 2, Ballydesmond 2, Glanworth 0

Ilan Rovers 1-6 Kilmurry 0-15

Kilmurry remain top of the table and unbeaten after 6 rounds of the Div 5 County league. The opening exchanges were tight at glorious Baltimore, 0-3 to 0-2 after ten minutes but Kilmurry then upped the pace and led by 0-9 to 0-2 after twenty minutes. A goal for Ilan helped the home side remain in touch, 0-10 to 1-3 at half time. At the three quarter mark, Kilmurry were in control, 0-12 to 1-3 and stayed in command to the finish.

Scorers: Liam Wall 0-5, Ruadhán Ó Corráin 0-5, James O'Mullane, Lawrence Aisling, Ryan Leahy, Joe McGinn, J O'Mullane, 0- each.

Kilmurry: Jason McDonnell: Eoin Keane, William Ronan, Brian Hinchion; Rory Duggan, Kyle Kelleher, Alexander Aisling: John and James O'Mullane: Liam wall, Ruadhán Ó Corráin, Lawrence Aisling: Joe O'Mullane, Conor Kelleher, Joe McGinn. Subs used: Ryan Leahy, Daniel Cahalane, Fergal Wall, Aaron O'Mahony.

Div 6 Canovee 10, Cobh 10, St. Nick's 9, Aghinagh 8, Kildorrery 8, Cullen 5, Dromtariffe 4, Na Piarasigh 2, St. Michael's 2, Mayfield 2,

Aghinagh 3-11 Kildorrery 1-10

Aghinagh returned to winning ways with a deserved victory over Kildorrery in sunny Rusheen last week. Conditions were perfect and both sides contributed hugely to an entertaining game. Aghinagh had the edge in the first half and a William Coakley goal gave them a 1-8 to 1-4 halftime lead. Two second half goals from Liam Twohig, set up by Matthew McCarthy and James Ambrose respectively, continued Aghinagh's dominance and helped secure two valuable league points.

Aghinagh: Paul O'Sullivan; Olan Cummins, Dylan O'Riordan, Donagh O'Riordan; Luke O'Leary, Thomas Morgans, Eoghan McCarthy; Matthew McCarthy, Declan Ambrose (0-1); Jack Kearney (0-1), Aodh Twomey, Seán O'Riordan; William Coakley (1-0), Liam Twohig (2-8), Luke Ring (0-1). Subs: Shane Corkery, Donal Corkery, James Ambrose, Eaun Coughlan, Diarmuid Crowley.

Div 7 Argideen Rgrs 10, Liscarroll/Churchtown Gaels 10, Kilmacabea 10, Inniscarra 8, Ballygarvan 6, St. James' 5, Nemo Rangers 5, Castlemagner 3, Urhan 3, Ballyhooly 0

Inniscarra 5-11 Castlemagner 1-12

Inniscarra had a comprehensive win over Castlemagner at Ballyanley and were always on top. Mark McLoughlin: John Bush, Seán Sheehan, Jack O'Sullivan: Colin O'Leary, Jack O'Dwyer, Joe Enright David Coughlan, Pádraig Holland: Tim Murphy, Shay Dineen, Shane Buckley: Dylan O'Sullivan, Dan O'Connell, Tadhg Lyons. Scorers: Shay Dineen 3-1, Pádraig Holland and Dan O'Connell 1-2 each, Dylan O'Sullivan 0-3 Shane Buckley 0-2, Tim Murphy 0-1.

Red FM County Senior Hurling Leagues

Division 1

Fr. O'Neill's 7, Glen Rovers 6, Sarsfields 6, Douglas 6, Blackrock 6, St. Finbarr's 5, Carrigtwohill 5, Charleville 5, Carrigaline 3, Kanturk 1

Div 2 Midleton 10, Killeagh 6, Erin's Own 6, Newtownshandrum 6, Ballincollig 5, Valley Rovers 4, Ballymartle 4, Na Piarasigh 3, Éire Óg 2, Fermoy 2

Ballincollig v Fermoy

Midleton 3-28 Éire Óg 0-16

Midleton accounted for Éire Óg with minimum fuss in Midleton. The home side were boosted by the availability of Cork senior hurlers Brion Saunderson and Conor Lehane and entered the break leading 1-12 to 0-8. Éire Óg emerged with determination from the interval and three quick points from Eoin O'Shea closed the gap to four points. However this was as close as the Muskerry side got to a slick Midleton outfit. The Magpies upped the ante considerably in the closing 20 minutes to cruise to victory.

Éire Óg: E O'Shea Jr; D Kelly, M Kelleher, D Dineen; M Brady, C McGoldrick, D Coakley; D McCarthy, J Galvin; D Kirwan, E O'Shea Sr, O O'Shea; J Kelleher, B Thompson, D Healy. Sub: C Malone for Dineen (50).

Div 3 Newcestown 9, Blarney 7, Courcy Rvs 7, Bride Rovers 7, Ballinhassig 6, Lisgoold 6, Russell Rvs 4, Blackrock 2, Mallow 2, Castlelyons 0.

Div 4 Bandon 10, Inniscarra 6, Kilworth 6, St Catherine's 5, Tracton 5, Bishopstown 4, Cloughduv 4, Watergrasshill 4, Youghal 2, Kildorrery 2

Inniscarra 1-16 Tracton 0-11

Inniscarra led from start to finish and were 0-10 to 0-4 in front at half time, having had the benefit of a strong wind in the opening half. The play on the resumption

was very even but the 'Scarra backs led by Cormac Dineen and David Keane were very solid facing the wind. A goal from Pádraig Holland in the 50th minute, making it 1-14 to 0-10, more or less settled the outcome.

Div 5 Ballyhea 8, Aghabullogue 8, Dungourney 7, Kilbrittain 6, Castlemartyr 5, Milford 5, Middleton 4, Ballygarvan 3, Erin's Own 2, Mayfield 0

Aghabullogue v Mayfield

Div 6 Cloyne 10, Glen Rovers 8, Argideen Rgs 6, Aghada 6, Ballinascarthy 6, Barryroe 5, Sarsfields 4, Ballygiblin 4, Kinsale 1, Na Piarasigh 0

Div 7 Killavullen 9, D Ó Mathúna's 7, Killeagh 7, Ballinora 6, St. Finbarr's 6, Nemo Rangers 5, Passage 4, Douglas 2, Meelin 2, Kilshannig 0

Coming Up in Cork in May/June

Mon, May 12th @7pm Munster U17 F SF Munster Minor Football Semi-Final

Fri, May 16th @7pm Munster U17 H Final Munster U17 Hurling Final

May 17th - 18th All-Ireland SFC RR1 All-Ireland Senior Football Round Robin Stage 1

May 16th - 18th Confined JBHC R2 Confined Junior B Hurling Competition Round 2

Sat, May 17th @5pm Confined JBHC G2 R2 Uibh Laoire v Laochra Óg in Macroom

Sun, May 18th @4pm Munster SHC R4 Cork v Limerick in TUS Gaelic Grounds

Sun, May 18th Club H League R6 Red FM Hurling League R6

Mon, May 19th Fri, May 23rd @7.30pm Munster U17 F Final Munster Minor Football Final

May 23rd - 25th Confined JBFC R3 Confined Junior B and C Football Round 3

May 24th - 25th All-Ireland SFC Senior Football Round Robin Stage 1 - Meath v Cork

Sun, May 25th @4pm Munster SHC R5 Cork v Waterford in SuperValu Páirc Uí Chaoimh

Sun, May 25th Club F League R7 McCarthy Insurance Group Football League R7

Mon, May 26th May 30th - June 1st Confined JBHC R3 Sat, May 31st @5pm Confined JBHC G2 R3 Uibh Laoire v Crosshaven in Crosshaven

Sat, May 31st @5pm Confined JBHC G2 R3 Ballyphehane v Laochra Óg in Kilmurry

May 30th - June 1st Comórtas N/A Comórtas Peile na Gaeltachta

May 30th- All-Ireland SFC RR2 Cork v Kerry

Tues, June 3rd @8pm Thurs, June 5th @7.30pm Div/Col F (Unseeded) R1 Avondhu v Carbery in Ballincollig

Thurs, June 5th @7.30pm Div/Col F (Unseeded) R1 Beara v Duhallow in Ballygeary

June 6th - 8th JBFC QF Confined JBFC Quarter Finals June 6th - 8th JCFC QF Confined JCFC Quarter Finals

Sat, June 7th @6pm Munster SHC Final Munster Senior Hurling Final

Sun, June 8th Club F League R8 McCarthy Insurance Group Football League R8

Tues, June 10th @7.30pm Div/Col H (Unseeded) R1 Duhallow v Muskerry in Coachford

Tues, June 10th @7.30pm Div/Col H (Unseeded) R1 Avondhu v Carbery in Ballincollig

Thurs, June 12th @7.30pm Div/Col F (Unseeded) R2 Winner of A v Loser of B (Winner of A has home advantage)

Thurs, June 12th @7.30pm Div/Col F (Unseeded) R2 Winner of B v Loser of A (Winner of B has home advantage)

June 13th - 15th JBHC QF Confined JBHC Quarter Finals

June 14th - 15th All-Ireland SHC Prelim QF All-Ireland Senior Hurling Prelim Quarter Finals

June 14th - 15th All-Ireland SFC RR3 All-Ireland Senior Football Round Robin Stage 3

June 14th - 15th Tailteann Cup QF Tailteann Cup Quarter Finals
 Sun, June 15th Club H League R8 Red FM Hurling League R8
 June 20th - 22nd JBFC SF Confined JBFC JCFC Semi Finals
 June 21st - 22nd All-Ireland SHC QF All-Ireland Senior Hurling Quarter Finals
 June 21st - 22nd All-Ireland SFC Prelim QF All-Ireland Senior Football Prelim Quarter Finals
 June 21st - 22nd Tailteann Cup SF Tailteann Cup Semi-

Finals
 June 20th - 22nd County JAHL QF Muskerry v Carrigdhoun
 Sun, June 22nd Club F League R9 McCarthy Insurance Group Football League R9
 Tues, June 24th @7.30pm Div/Col H (Unseeded) R2 Winner of A v Loser of B (Winner of A has home advantage)
 Tues, June 24th @7.30pm Div/Col H (Unseeded) R2 Winner of B v Loser of A (Winner of B at home)
 Thurs, June 26th Div/Col F (Unseeded) R3 Divisions

/ Colleges Unseeded Football Cship (R3 may be required)
 June 28th - 29th All-Ireland SFC QF All-Ireland Senior Football Quarter Finals
 June 27th - 29th JBHC SF Confined JBHC Semi Finals
 June 27th - 29th County JAFL SF Muskerry v Seandun / Duhallow
 June 27th - 29th County JAFL SF Avondhu / Carrigdhoun v Imokilly / Carbery



Cill na Martra team v Douglas 11.5.25

Senior Hurling Championships:

MUNSTER

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))

Senior Football Championships:

MUNSTER

Quarter-Finals - April 5/6: Waterford v Tipperary; Limerick v Cork
 Semi-Finals - April 19/20: Cork v Kerry; Tipperary v Clare
 Final - May 4 Kerry v Clare

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)



Macroom U16 Premier 2 league team



Macroom Minor C3 league Div 4

All-Ireland Final: July 27th (Sunday) (Replay: August 9th (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 - 5 Rounds played
 Éire Óg 9, Grenagh 9, Ballincollig 9, Donoughmore 8, Clondrohid 4, Kilmichael 3, Aghabullogue 2, Béal Átha'n Ghaorthaidh 2
 Div 2 East: Donoughmore 6, Blarney 4, Dripsey 4, Ballincollig 4, Ballinora 4, Gleann na Laoi 2, Inniscarra 0
 Div 2 West: Kilmurry 8, Canovee 5, Aghinagh 4, Cill na Martra 3, Macroom 2, Naomh Abán 2, Iveleary 0
 Div 3 East: Éire Óg 8, Lough Rovers 6, Ballincollig 4, Kilmurry 2, Grenagh 0, Inniscarra 0
 Div 3 West: Kilmichael 8, Naomh Abán 6, Macroom 4, Clondrohid 4, Béal Átha'n Ghaorthaidh 2, Canovee 0

Cumnor Construction Div One Junior Hurling League- 4 played

Grenagh 10, Donoughmore 10, Éire Óg 6, Kilmichael 4, Dripsey 3, Ballincollig 3, Inniscarra 2, Blarney 2,

Erneside Engineering Div Two Hurling League

Cloughduv 7, Inniscarra 6, Blarney 6, Aghabullogue 6, Iveleary 4, Ballinora 3, Éire Óg 0, Grenagh 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

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

McCarthy Insurance Group County Football League Division 1

Douglas 3-12 Cill na Martra 0-13

Douglas maintained their recent good league form with an 8-point home win against Cill na Martra. The city side had the better of the first quarter and led by 0-5 to 0-3 after 15 minutes. Cill na Martra found their feet and scored the next 5 points - including scores from play by Jason Mac Cárthaigh and Ciarán Ó Duinnín - to take the lead. The Douglas response was strong and they rattled off 1-4 without reply in the last 6 minutes of the half to take control of the game and lead 1-9 to 0-8 at the break. The home team scored two more goals in the first 10 minutes of the second half to stretch their lead out to 8 points. Cill na Martra created some goal-scoring chances but a combination of good goalkeeping and wayward shooting meant that they couldn't reduce the deficit.

Cill na Martra: Dean Mac Cárthaigh, Danny Ó Conaill, Tadhg Ó Corcora, Finéin Ó Faoláin, Cianie Ó Foiréidh,



U15 Premier 1 Macroom welcomed St. Finbarrs to the Castle Grounds for what was a fiercely competitive game.

Seán Ó Foiréidh 0-2, Adam Ó Duinnín, Micheál Ó Deasúna 0-4(1 tpf, 1 45), Gearóid Ó Goillidhe, Eoin Ó Conaill, Jason Mac Cárthaigh 0-3(0-2f), Criostóir Ó Meachair, Ciarán Ó Duinnín 0-2, Maidhc Ó Duinnín, Shane Ó Duinnín 0-1. Subs used: Dano Ó Duinnín 0-1, Arran Ó hUidhir, Antaine Ó Loingsigh.

MACROOM GAA

Macroom welcomed St. Finbarrs to the Castle Grounds for what was a fiercely competitive game. Macroom started strongly and mid way through the first half led by 9 points. The Barrs responded with a penalty and three unanswered points. The match was close from then on with Macroom leading by a point at half time, Macroom 1-09 to 1-08. Macroom scored first in the second half, and the teams traded scores in a good open game. Macroom kept the lead and won out to a scoreline of 1-17 to 1-14. A massive effort from all the squad. A particular shout out to Conor Angland, Con Moss, David Twomey and Sean Bourke who stepped up an age. Scorers for Macroom- Ryan Brophy 0-1, Cayden Dundon 0-2, Ciaran Coleman 1-0, Conor Angland 0-3, Dylan O'Shea 0-6, David Bradley 0-1, Aled Hopkins 0-2, Michael Deasy 0-1, David Twomey 0-1 Macroom Team - Cian Lee, Brian McCrory, Leo Slattery, David Condon, Alex Hopkins, Ryan Brophy, Tristan Mullane, Tadhg O'Driscoll, David Bradley, Cayden Dundon, Michael Deasy, Calum O'Driscoll, Ciaran Coleman. Will Buckley, Dylan O'Shea, Conor Angland, David Twomey, Sean Bourke, Con Moss

Macroom Minor s who played Nemo Rangers in the Minor C3 League in Trabeg coming away with a good win on a scoreline of Macroom 2.16 To Nemo Rangers . Macroom went into an early lead through Jack Leavy and Ruari O Shea but Nemo got a goal before half time to leave the score Nemo 1.06 Macroom 0.6 .

Macroom started well in the 2nd half due to the dominant midfield play of Eoghan Healy and Jack

O Shea . Cathal Neville also getting forward to score some fine scores . Darragh O Donovan was also working really hard on a night where Macroom came away with the win on a scoreline of Macroom 2.16 to Nemo 2.06 .

Scores: Jack O Shea 1.01 , Cathal Neville 0 .3 ,Eoghan Healy 1.0 ,Darragh O Donovan 0.1, Ruari O Shea 0.3, Jack Leavy 0.4 , Troy Murphy 0.1 ,David Neville 0.2 . Thomas Hopkins 0.1

Team , Caleb o Connor , Thomas Hopkins, Robert Fitzgerald, Shane Mccarthy, Alex Brophy, Cathal Neville, Simon Condon, Eoghan Healy, Jack o Shea, Darragh o Donovan, Ruari O Shea, Dylan Lucey ,David Neville, Jack Leavy, Coran Burns ,Gearoid Quinn, Troy Murphy, Jayden O leary, Tadhg Dunne .

Macroom had their 2nd league game on Monday evening last against Eire Og in the Castle Grounds . Despite a poor start Macroom went in 3 points down at the break however a powerful 2nd half display saw the lads run out winners on a scoreline of 2-21 to 5-07. Due to the fact that a number of players were missing for different reasons 3 of the U14 Squad Con Moss, David Twomey & Conor Angland were called into action and contributed hugely to the victory.

Team Ben Ronan, Leo Slattery, Michael Kelleher, Ryan Mahumutsha, Dan Lyons, Ultan O Tuama, Conor Coughlan, Dylan O Shea, Donagh Moss, Eoin Holland, Ryan Brophy, Ronan Duggan, Michael Dunne, Michael Cregan, Daniel Lucey, Alex Waugh, Con Moss, Ronan O Sullivan, David Twomey, Conor Angland, Rodri Gonzales. Scorers: Michael Cregan 0-09,Ryan Brophy 1-04, Eoin Holland 0-04, Ronan O Sullivan 1-00, Alex Waugh, Michael Dunne, Conor Angland & Dylan O Shea 0-01 each.

Coachford AFC

Coachford crowned Munster Champions

Coachford AFC Premier team were crowned Kings of Munster last Sunday when they defeated Limerick side Pike Rovers 4-0 in the Munster Junior Cup Final in Turners Cross. Man of the Match, Luke Casey scored his first of three goals in the 8th minute to send the many supporters wild with excitement. Evan O'Sullivan doubled the teams advantage in the 29th

minute. Luke scored again in the 67th minute and just 5 minutes later secured his hattrick and the title for Coachford. There were many heroes across the pitch and while Luke was deservedly awarded Mon of the Match there were tremendous performances put in by all 11 players. Huge credit must also go to Donal Moynihan for his astute tactical moves and set up of his charges. There were wild celebrations long into the night as the cup returned to the village in the hands of the team Captain, Stephen Murray and there was indeed dancing in the street and fireworks in the sky.

Team - Stephen Murray, Dhani Merrick, Matthew Bradley, Keith Linzell, Mark Murphy, Adam Murphy, Evan O'Sullivan, Mark O'Connell, Luke Casey, Cialan O'Sullivan, Jamie Griffin. Subs - Chris O'Connell, Cathal O'Neill, Ryan Leahy, Neil Moynihan, Dara Lynch, Gary Murphy, Aaron O'Sullivan, Eric Murphy, Sam Murphy, Michael O'Sullivan, Manager - Donal Moynihan. Coaches - Peter O' Riordan, Ciaran Lucey, Seanie Delaney, Aidy Buckley, Colm O'Grady, Jim Martin, Shane Martin



U7 Muskerry GoGames Blitz 4th May 2025

LAOCHRA ÓG NOTES

4th May 2025

Laochra Og U7 camogie travelled to Aghabullogue for a Muskerry Go Games blitz on the 4th May with 24 girls playing. Thanks to the parents for travelling & our sponsors Mulcahy Insurance Ltd.

6th May 2025 Well done to our Junior ladies last night who played Dungourney away and came home with a win. Well done to all the girls, they put in a great effort and showed great teamwork. Well done girls.

Thanks to Dungourney for a good sporting game and best of luck in the rest of the league. Thanks to our supporters who travelled with us last night and thanks to the sponsors The Tavern.

Well done to our u14 hurling team who played Shamrocks Gaa in Coláiste Gobnatan this evening.

Laochra óg put on a great performance.

Well done to every single player today. They played their hearts out and fought for every ball.

A great win for laochra óg.

Thanks to our sponsors M & J Kelleher MJK oils. Thanks to all the parents that supported the lads. Well done to all the lads who played this evening.

9th May 2025 It was a beautiful evening in Ballymacorcoran this evening as our u13 Camogie team welcomed Inniscarra for a league game. Inniscarra came away with the win in the end in what was a close, competitive game. Thanks to the parents as always for their support and our sponsors James Hickey Kitchens and Bedrooms.

10th May 2025 Our Junior ladies travelled to Bandon tonight for our last league game. On a beautiful evening both teams gave everything and nothing separated them at half time. Again, second half served up some great skill for the supporters and we came away with the win at the final whistle. Well done to all the girls, on a great win and now we look ahead to the league final. Thanks to all our supporters and

to our sponsors The Tavern. Thanks to Bandon for a good sporting game and best wishes for the rest of the season.

Huge congratulations to our U14s tonight who won their opening round away to Buttevant in the Championship. We got off to a poor start and went into half time 9 points down. But the lads rallied together and came away with a 2 point win after a thrilling second half. This team has now gone 7 games unbeaten. Well done boys! Thanks to our sponsors M&J Kelleher Oils.

Well done to the U12 team whom made the long trip to St. Fanahans this evening. Girls played brilliant getting great scores and defending well too. Thanks to our U10s players for stepping in and helping out Jessica and Una. Thanks to CART for transport and Joe driving the team.



U12 Camogie v St. Fanahans 9th May 2025



U13 Camogie practice game v Millstreet 2nd May 2025



Robert Lehane, Lissarda, who recently passed his 3rd Dan grade (3rd black belt) in Karate. Pictured L to R. Sensei Garrett O'Donovan, Kancho Kanazawa and Robert Lehane



U14 Hurling v Shamrocks GAA 6th May 2025 01



Ballinagree 3rd to 6th class children pictured with German language tutor Lily during German lessons funded through the "Say Yes to Languages" Scheme.



Foireann breá ó Scoil Réidh na nDoirí a ghlac páirt i mBlitz i Maigh Chromtha le déanaí.



Daltaí Scoil Réidh na nDoirí ag baint taitneamh as na boird nua faighte ag an scoil.



Ag cur na siolta agus na scealláin i Scoil Réidh na nDoirí an tseachtain seo caite.



Kilmichael P&P had their Captains Prize(Jim O'Callaghan) Sunday.
1st Nett James Cotter, 2nd Nett John Casey.
1st Gross Dan Kiely, 2nd Gross Kevin O'Donovan
There was also a beginners section won by Siobhan Henley



HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie

GERRY HALL OIL BOILER / BURNER SERVICESAll makes of **Boilers | Burners | Cookers | Stoves**

Commissioned & Serviced

Vat Registered • Fully Insured

Tel: **087 2318657** **tús geal Electrical**
ALL ELECTRICAL WORKCall Tomas for a **FREE QUOTATION****087 4103364****026 44142**E: **Tomas.healy@tgt.ie**

Domestic, Agri, Commercial & Industrial

Now Available: Portable Appliance Testing (P.A.T.)

Tus Geal Teo
registered since 2009**Dave Bland: Painting & Decorating****Interior & Exterior including Paper Hanging**Call Dave on **087 4119058**

Powerwashing Service Also Available

**William Clarke
Garden Machinery**CASTLEGARDEN & WEIBANG LAWNMOWER SALES & SERVICE
NOW STOCKING SEGWAY NAVIMOW ROBOTIC LAWNMOWERS
FOR THE 2025 SEASON**WIRE FREE NAVIGATION
SMARTPHONE APP CONTROL
QUIET & ECO FRIENDLY
AUTOMATIC CHARGING**CALL WILLIAM ON 086-8166974
LOCATED AT LISNAGAT, BANDON, CO.CORK P72TX47**ADVERTISE
HERE**FROM AS LITTLE AS €30+ VAT
PER EDITIONCALL DES: **087 3600223****LISSARDAGH
CLEANING SERVICES**

- WINDOW CLEANING
- POWER WASHING
- GUTTER CLEANING
- OFFICE CLEANING
- BUILDERS CLEAN

If you would like a
**FREE NO OBLIGATION
QUOTATION**

Contact Derek Murphy

T: 087 414 1595or text your name
and we'll contact you.Lissardagh Cleaning Services | Coolduff | Lissarda | Co. Cork
info@lissardaghcleaning.com | www.lissardaghcleaning.com**PATRICK MOYNIHAN
CHIMNEY CLEANING**

Open Fires and Stoves | Power Sweep and Vacuum

NO SOOT - NO MESS*"Trust the Experts"*Call: **087 9911017** E: **info@chimneycleaningcork.ie****info@asnewcleaningcork.ie**



KILLARNEY GLASS
Aluminium and PVC-u

FULL REPLACEMENT OF ALL TYPES OF WINDOWS & DOORS
Complete Service to Windows & Doors,
Hinges & Locks
Fogged Double Glazed Units & Patio Wheels

- WINDOWS • DOORS & PATIOS
- SINGLE & DOUBLE GLAZED
- CONSERVATORIES CUSTOM BUILT
- MIRROR & GLASS DESIGN • PICTURE & MIRROR FRAMES
- REPAIRS & SERVICE TO ALL WINDOWS & DOORS

MEASURED, SUPPLIED & FITTED!

Unit 4, Woodlands, The Park, Killarney
T: 064 6633232 087 2579794 | E: info@killarneyglass.com
www.killarneyglass.com

MID CORK PUMPS LTD

WATER SERVICES

Macroon, Co Cork

WELL DRILLING, micro drilling machine for tight spaces
All types WATER PUMPS supplied, fitted and repaired
Complete range of WATER FILTERS, iron, manganese, hardness, bacteria
Water Testing
 Avail of grants up to €5000.00 for well and pump,
 €1000.00 grant for filters
 Council grant forms and free quotations
 Full range of pipe fittings and 12bar piping




CONTACT: 087-2579752
Email: midcorkpumpservices@gmail.com



All Aspects of Painting and Decorating

- Spray Painting • Wall Paper Hanging • Pressure Washing
- Rectifying Paint and Render Issues
- Fully Insured
- Fully Compliant with Health & Safety


Paddy Doherty M: 086 1939306
info@dohertydecorating.ie | www.dohertydecorating.ie
Kilbarry, Macroon.



BALLYVOURNEY PRECAST





H-post and Decorative Wall Panels, (single or double sided), Timber Style Ranch Post & Rail Fencing, Kerbs, Wall & Pillar Capping, Gate & Fencing Posts, Sills & Lintels

Sean Roche 086 6765694



Our Services:

- ▶ Roof Repairs
- ▶ Chimney Repairs
- ▶ Flat Roof Solutions
- ▶ New Roof Installation
- ▶ Fencing
- ▶ Pergolas
- ▶ Renovation
- ▶ Decking

Contact us:
086 - 0664295 / 085- 2865027
 E: obrienmike506@gmail.com
 www.oakwoodroofingandrenovation.com

LEE VALLEY Outlook

Summer is Here

Shine The Spotlight on Your Business
by Advertising in the LEE VALLEY OUTLOOK

Next edition: May 29th 2025

**REDUCED ADVERTISING PRICES CONTINUE
25% OFF STANDARD RATES**

Full Page:	€295	€220
Half Page:	€195	€140
Quarter Page:	€95	€70
Eight Page:	€60	€40

Terms & Conditions apply. Prices quoted are plus vat.

To avail of this offer contact

Des on: 087-3600223

E: des@outlookmags.com



Pick up your LEE VALLEY OUTLOOK every fortnight by dropping into your main local distribution hub in the following areas :

: Ballyvourney	: Inchigeela	: Macroom	: Aherla
: Carriganima	: Cloughduv	: Cill Na Martra	: Carrigadrohid
: Kilmichael	: Reidh na nDoiri	: Donoughmore	: Ballingearry
: Cuil Aodha	: Canovee	: Crookstown.	: Kilmurry
: Aghinagh	: Aghabullogue	: Coachford.	: Dripsey
: Rylane	: Farran	: Lissarda etc	

NOW ALSO AVAILABLE TO READ FREE ON LINE FROM ANYWHERE IN THE WORLD ON WWW.OUTLOOKMAGS.COM

Our team are here to help ...

OUR LEE VALLEY OUTLOOK TEAM: Des: 087 3600223 | E: des@outlookmags.com

Design (Martha): leevalley@outlookmags.com | 087 1210959

Accounts Deirdre: 1800 71 40 40 | E: accounts@outlookmags.com

OUR EDITORIAL TEAM: Tel: 026 42023 | E: leevalleyoutlook@macroom.ie

Editor: Grainne Dunlea; 086 8542414 | E: leevalleyoutlook@macroom.ie

Outlook
MAGAZINES

CLASSIFIEDS

- BUSINESS ONLY -

COST: Up to 20 words €7

**** No More than 20 words ****

- STRICTLY PRIVATE -

COST: Up to 20 words €7

**** No More than 20 words ****

Drop off for Macroom: Donal Mulcahy, Mulcahy Auctioneers Main St., Macroom.

For classifieds please email to des@outlookmags.com

or post to Outlook Magazines, Castleisland, Co. Kerry.

ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL

ED11 2025

WANTED:

SLURRY or DUNG

Contact: **087- 9186186**

ED10 2025

TO LET:

Master bedroom ensuite in Meadowlands, Macroom. Parking included. Female preferred. Available from 19th May. No smoking/pets. €750/month including bills.

Contact: elizosul@gmail.com

ED10 2025

FREE:

Sheep grazing 0.8 hectare, 90 % sheep, fenced. Terelton area

Contact: **083- 0378712**

ED10 2025

WANTED:

Fully qualified Hair Stylist wanted part time at Carolines Hair Salon Macroom

Contact: **087- 4472750**



For all your Insurance needs!

Main Street, Macroom, Co Cork | t: 026 41424 | f: 026 41425
e: info@mulcahyins.ie | w: mulcahyins.ie

Like us on [@mulcahyinsurancesltd](https://www.facebook.com/mulcahyinsurancesltd) 



Alcoholics Anonymous
West Cork
Area Helpline
087 611 4946

IRELAND SHOULD TARGET THE LOW HANGING FRUIT IN ITS OWN BACK GARDEN WHEN IT COMES TO TRADE AND COMMERCE - MEP KELLEHER

- BOOSTING EXPORTS TO THE SINGLE MARKET AND FINDING NEW GLOBAL MARKETS MUST BE OUR TWIN PRIORITIES -

Fianna Fáil MEP Billy Kelleher has said that he believes that Ireland must redouble its efforts to export goods and services into the European Single Market as a response to the possibility of an extended tariff war with the United States.

Kelleher, a member of the European Parliament's Economic and Monetary Affairs (ECON) Committee, was commenting as it was reported that the Government were today discussing a large trade mission led by An Taoiseach, later this year.

"Don't get me wrong. Trade missions are essential, and I believe a mission led by An Taoiseach is vitally important to our future prosperity.

"However, we cannot ignore our core markets, and quite frankly, with the exception of the Netherlands, Germany and Belgium, as well as France and Italy to a lesser extent, we export very little to the other

Member States.

"In 2023, of the €81.2 billion of Irish exports to the EU, €60.07 billion went to the Netherlands, Germany and Belgium, accounting for nearly 75% of all our exports to the EU.

"The US may be our biggest trading partner as a single country, but we need to make sure we harness the potential of the tariff free single market on our doorstep. As a bloc, the EU is by far our biggest trading partner.

"There is a huge market in the east of Europe that Ireland should be looking to gain traction in Poland, the Scandinavian and Baltic countries, and central European countries like Czechia and Slovakia are all considerably more prosperous than 10-15 years ago.

"It's a well-established economic fact that bilateral trade between two countries is inversely proportional

to the geographic distance between them.

"For Ireland that means boosting our exports to the countries closest to us. As well as trade within the EU being tariff-free, the EU is now actively working to lower internal administrative and compliance burdens, which should make it more attractive for small businesses to sell into the Single Market

"As an economy, we need to reduce our over-dependence on certain markets. That means new trade deals with countries across the globe, but it also means fostering even closer ties with our closest neighbours," concluded Kelleher.





A Word of Victory

"And my God will liberally supply (fill until full) your every need according to His riches in Glory in Christ Jesus. To our God and Father be the Glory forever and ever, Amen" (Philippians 4:19-20 Amplified Bible)

Welcome back dear student, still on the study of how God supplies our needs. The Scripture here makes it clear that whatever our needs, God will overflow to us by the Power of His Glorious Presence in those who believe in and live under the Lordship of Jesus. In Psalm 23 the Word tells of how God prepares a table before us in the presence of our enemies, anoints our heads with oil, our cups run over (Psalm 23:5). God is the God of abundance and more than enough. When a person is thirsty it's a joyous thing for someone to give you a full glass of refreshment – there's nothing worse than a measly portion. "...Jesus cried out.. 'if anyone is thirsty, let him come to Me and drink! He who believes in Me and relies on Me, as the Scriptures have said – 'out of your belly shall flow rivers of Living Water" (John 7:37-38). Living water flows from the Presence of God and it's not just a drink of joy now and then, but a never-ending source of provision and Life not just for you, but also through you. God knows your need's friend, and He has already taken care of them (Matthew 6:25-33). All we have to do is come humbly before Him and ask and receive believing by faith in His Word. "In returning and rest you shall be saved, in quietness and confidence shall be your strength..." (Isaiah 30:15). For the believer in Jesus there must be a change in leadership. This is what God calls humbling yourself – not in demeaning yourself in poverty or punishment but in confessing sin and acknowledging that you need a Saviour – you need God's help (Psalm 18:28-36). Repentance is turning from sin - and living instead in obedience to God's Word - honouring Him instead of honouring the devil. Where before we paddled our own canoe, to enter into God's Salvation, one must yield all to Him. It has been taught that if you give enough of your money or your time, God will be impressed and give you favour. That's not what truly yielding means. Really it's our hearts – the very essence of who we are and what we live for that God seeks. He has given us a free will to decide who, or what we will serve, but He longs for us to select and trust Him.


Exposing the heart makes one vulnerable - we cleverly hide from others and even from ourselves the reality, but God knows the whole truth and yet He still chooses to make His home in the yielded heart. The enemy tries to torment people in their minds with destructive thoughts that God could never accept or love them, but friend - never forget that Satan is a liar! Jesus said... "you did not choose Me, but I chose you" (John 15:16). The Lord is looking for fruit that will last. Fruit only comes from a branch that is attached to its life source – here the Lord gives the example of Him as the Vine. Grapes are the fruit that comes from the vine. They are sweet and delicious and can be pressed into a valuable substance that lasts – wine. David reveals the power of resting in God in Psalm 23. In the presence of our Good Shepherd Jesus, we His sheep are safe and protected, and health and our well-being is all provided for (John 10:27-28; Isaiah 53:5). Get to know Jesus, and get right with God, and drink from that Living Water!

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

 Word of Victory Christian Fellowship Killarney

 @WovKillarney

 Email: wovkillarney@gmail.com

 Text for Prayer: 087- 4471797

Podcasts on Spotify: A WORD OF VICTORY

Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

LITMUS moments

You might remember 'Litmus paper' from science class, pink Litmus paper turns blue in alkaline solution and blue Litmus paper turns pink in an acidic solution. It's called an "indicator" for that reason.

We sometimes use the term "litmus test" to sample what's going on in a given situation. It's the test of a person or a trial of a new product to see will it sell.

It's the putting of a theory into practice.

I like to use the term as an indicator of where I am at present - using the letters of the word LITMUS I try to stop and pause and -

'Live In The Moment Unconditionally Surrendering.'

I don't do it enough of this on a regular basis.

I dream or speculate about the future or I dwell on or am re-playing something that happened in my past. Neither is productive and it whiles away the present. At such moments I am absent-minded and not focused on the task in hand.

We do all have Litmus moments that linger because of their intensity. They include those key joyful occasions like the pouring of water at baptism, seeing a child or grandchild receive their first communion, posing with the Bishop at the confirmation, seeing a couple exchanging their vows. It can be a first kiss, holding hands in public with a lover for the first time, a reunion at an airport. These are truly beautiful moments that we allow to live on our hearts and minds and bring a smile to our faces at the memory. Some are moments captured in our picture frames.

Then there are the awful moments like the diagnosis of an illness, the passing of a loved one, the tolling of the church bell at a funeral, the lowering of a coffin. Those awful moments live on too and we squirm at the memory.

There are moments in life we look forward to and moments we dread. For good reason the rosary prayer includes joyful and sorrowful mysteries with which we come to identify over time.

But I shouldn't have to wait for a happy event or sad news to stop me in my tracks to put everything else aside to process what I've just heard and seen.

Every moment matters.

We should allow a moment to linger. While we should take the time to reflect or to plan we should also stop. Some people call this mindfulness. We should take the time to simply "be." These are 'the why of the what' moments where we stop to ask ourselves 'why I am doing what I am doing' in the first place.

Find a time and a location where this can happen.

Take a litmus moment today. Be yourself. Surrender to the moment.

And surrender to God. Breathe.

God bless. Fr Seán

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



20TH ANNIVERSARY



In loving memory of

**JOANIE
MCDONNELL**

17 Belmont Place, Crookstown.
Who died on the 19th May 2005.

*Those we love, Don't go away,
They walk beside us everyday.
Unseen, Unheard, But always near,
Still loved, still missed, still very dear.*



Loved & remembered
by your husband Paddy & family
Patricia, Mary, Anthony, Denise
Deirdre & Sinead,
grandchildren & great grandchildren.

10TH ANNIVERSARY



Cherished memories of our beautiful
Mam and Nana.

**JOAN HEALY
(NEE TWOHIG)**

Horsemount, Ballinagree

*Asked for so little
but gave so much,
We miss you Mam
Forever in our hearts
Until we meet again.*



So loved and always in our thoughts
Juliette, Kevin, Noel and their families.

8TH ANNIVERSARY



In loving memory of

**MARY BRIDGET
MURPHY**

Renacahera, Terelton

Who died on 14th May 2017

*Golden Rose, Queen of Ireland
All my cares and troubles cease
As I kneel with love before you
Lady of Knock, my Queen of Peace*



Always remembered by her brother Liam,
sister in law Joan, nephews & nieces
John Noel, John Joe, Sile & Ann and their
families

25th ANNIVERSARY



In loving memory of

**MARIA
DINNEEN**

Coolavokig, Macroom.

Who died on the 19th May 2000

*Your life was a blessing,
Your Memory a treasure,
You were loved beyond words,
And missed beyond measure.
Deep are the memories,
Precious they stay,
The passing of time,
Won't take them away.*



Loved always by Dad (Diarmuid),
Mam (Joan), Maidhcí,
Katie and Emer,
the Dinneen and Lucey families.

9TH ANNIVERSARY



In loving memory of

**CATHERINE
DOYLE**

7 Belmont Place, Crookstown,
Co. Cork

who died on 18th May 2016

*May the wind blow gently,
And whisper for you to hear,
How much we love and miss you,
And wish that you were still here.*



Lovingly remembered by your husband
John, children Michelle and Clement,
son in law Michael, daughter in law Kim
and your grandchildren Katelyn, Shauna,
Clodagh, Conor, James and Ian

30TH BIRTHDAY REMEMBRANCE



In loving memory of

**LORRAINE
MASTERS**

Carrigboy, Kilmichael

10th May 2025

*You rest in the arms of the angels,
In a place of peace and love.
Watching over us always,
from heaven high above.
The bond cannot be broken,
because it's made with love so pure.
Death can never break that bond,
It lives on forevermore.*



Lovingly remembered by Mom, Dad,
Michéal, Shane & Gráinne

6TH ANNIVERSARY



In loving memory of

**DEIRDRE
BUCKLEY
(NEE MCCARTHY)**

Coolnadane, Macroom

whose 6th anniversary occurs
18th of May 2025.

*Though her smile is gone forever,
And her hand I cannot touch.
I still have so many memories,
Of the one I loved so much.
Her memory is my keepsake,
With which I'll never part.
God has her in his keeping,
I have her in my heart.*



Always loved and sadly missed her loving
husband Jeremiah, brothers and sisters.

11TH ANNIVERSARY



In loving memory of

**STEPHEN
LYNCH**

Coolavokig Lower, Macroom

Who passed away on the
14th May 2014

*This day is remembered
Deep are the memories
Precious they stay
With those
Who think of Stephen
A little prayer to Jesus say*



Always remembered by your loving wife
Eileen and all your family and friends.

MEMORIALS
LEE VALLEY OUTLOOK
**IMPORTANT
NOTICE**

Please email image and typed text to
leevalley@outlookmags.com with a contact number
or post to Outlook Magazines, Castleisland, Co. Kerry.
Email is preferred to return a proof to avoid errors.

Call 087 1210959 or 087 3600223 | Freephone: 1800 71 40 40

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

Disclaimer: Published by Outlook Publications Ltd., Tralee Road, Castleisland. Tel: 066 7142179. The Copyright of the graphics, designs and listings is held by Outlook Publications Ltd. While every effort has been made to ensure the information published is correct, Outlook Publications Ltd cannot be held responsible for any errors, omissions or incorrect listing.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
**ELIZABETH
'BETTY'
TWOMEY**
Inchamore, Ballingearry Macroom,
Cork
Died 21st May 2024

As we lovingly remember Betty on her first anniversary we her family wish to express our heartfelt appreciation and gratitude to all those who sympathised with us on the sad passing of Betty.

A sincere thank you to our extended family, friends and neighbours who supported us. To all those who travelled long distances to attend her removal and funeral mass and to all those who sent mass cards, enrolments, floral tributes, Charitable donations and expressed their condolences, we thank you.

To all those who telephoned, called to our homes during her illness and her wake your presence was greatly appreciated.

Sincere thanks to Dr. Derek Power and his team to the extraordinary people of Cork /University Hospital and Marymount Hospice for their kindness, care and compassion during Betty's illness and in her final weeks. Words cannot express how grateful we are to you all. To the doctor's, nurse's and staff of Sullane Family practice, your care never went unnoticed, to Emer and her staff at the Railway pharmacy, and to the Gardai who assisted at her funeral, we thank you.

Thank you to Fr. Anthony O Mahony and Canon Donal Roberts for celebrating a beautiful mass for our mother and to Nora Cremin the Sacristan for your kindness and help.

Heartfelt thanks to Cyril Casey and his staff for their professionalism and kindness. To Creedon's hotel for the lovely food afterwards.

We will forever be grateful to all those who supported us during this sad time. As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our appreciation. The holy sacrifice of the mass has been offered for your intentions.

Ar Dheis Dè Go Raibh a Anam



Betty's first anniversary mass will be celebrated on the 25th of May 2025 at 10am in Ballingearry Church.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
**TEDDY
NEVILLE**
Currahaly, Farnanes, who died on
15th May, 2024

As we lovingly remember Teddy, on his first anniversary, his wife Eileen, his family, Edward, Dónal, Marie, & Timothy, daughter-in-law Linda, Dónal's partner Ludivine, grandchildren Harry & Ollie, brother Edmond, sisters, Nora & Colette, and extended families, would like to take this opportunity to express our sincere gratitude to all those who sympathised with us and supported us at the time of, and since Teddy's sudden passing. Words can never truly express our thanks to our wonderful family, friends and neighbours. Those who called to our home, brought endless amounts of refreshments and helped with traffic management, will always hold a special place in our hearts. To everyone who attended the wake, funeral, and cremation service, sent Mass cards, messages, online condolences, and travelled long distances to be with us - thank you.

Heartfelt thanks to Dr. John Crowley and Fr. Liam Ó hIcí, who supported us in so many ways during those difficult days. Thanks to Breda O' Leary for her beautiful singing in the church, to The Lee Valley Golf Club, and to Bill & Martin Fitzgerald for their guidance, support and professionalism.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our deepest appreciation and gratitude. The Holy Sacrifice of the Mass has been offered for your intentions.



Teddy's anniversary Mass will be held on Sunday 6th July at 9:30am, in The Church of the Immaculate Conception, Farran.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT

In loving memory of
**NOEL
CURLEY**
Lacka, Macroom, Co. Cork,
who died on the 23rd of May 2024

His wife Breda and family would like to thank most sincerely all those who sympathised with them on their great loss. We offer our heartfelt thanks to the many relatives, friends and neighbours who attended the funeral services. We also thank those who travelled long distances, sent mass cards and messages of condolence, as well as those who made charitable donations.

Thanks to Dr O'Riordan and all those in Sullane Family Practice who gave Noel such exceptional care.

To all the staff in CUH who looked after Noel in his final days, we will be forever grateful for the outstanding care you provided.

Thank you to Monsignor James O'Donnell, Canon Donal Roberts, Fr Joe O'Mahony for celebrating the Funeral Mass for Noel and for all your support.

Thank you to Bill and Martin Fitzgerald for their professional handling of all the arrangements on our behalf.

A special thank you to those who helped with the catering (both serving and baking), parking arrangements (at the house and graveyard) and those who prepared the church over the days of the funeral; it was very much appreciated.

As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our sincere appreciation and gratitude.

The Holy Sacrifice of the Mass will be offered for your intentions.



9TH ANNIVERSARY



In loving memory of
CON DUNNE
Killinardish, Carrigadrohid
Who died on the 26th May 2016

*Let nothing trouble you,
let nothing frighten you.
All things pass away,
God never changes.
Patience obtains all things,
nothing is wanting to him
who possesses God,
God alone suffices.*

*Lord, help me to remember that nothing
is going to happen to me today
that You and I together cannot handle.*



Sadly missed and remembered fondly each day by his Wife Ann, Daughters Elaine, Julie and Ann, Sons Jerry, John Paul and Con, grandchildren, brother Ted, and many friends, relations and neighbours.

Sacred Heart of Jesus
I place all my trust in thee.

3RD ANNIVERSARY



In loving memory of
TOM BUTLER
4 Cúil na Carraige, Ballymakeera
and Freshford, Co. Kilkenny

*Remembering with love, Tom, a loving
husband, Dad and Grandad who died on
May 30th 2022. Dearly loved and greatly
missed always by his wife Pauline and all
his family.*



Go raibh suaibhneas síoraí ar a anam dílis.

Ed 11 TONY STONE Handcut inscriptions,
Restoration, Marble Granite, Stone, Slate,
Plaques, Books, Boulders cut in situ, Kerbing,
Chippings etc.
Contact: 087 -3528439



3RD ANNIVERSARY



In loving memory of

**FINBARR
LUCEY**

Cooligrenane, Inchigeela
whose 3rd anniversary occurs on the
28th of May.

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



Fondly remembered by his wife Eileen
and all the family.
Mass will be offered in memory of Finbarr
in Inchigeela Church on Sunday 25th of
May at 11:30am.

2ND ANNIVERSARY



In memory of a life well lived

**JOHN F
FLEMING**

Clodagh, Crookstown, and Grieve
de'leuit, Jersey, who passed on 23rd
May 2023.

*Softly in the morning
you heard a gentle call,
and quietly left us all.*



Forever loved by children Sofie, Séan, and
Lucey, their mother Susan, grandchildren,
Lilly Grace, Ben, Forde, Kiva, sisters Ann
and Theresa, nieces Amanda and Jennifer,
goddaughter Laura and extended family.

7TH ANNIVERSARY



In loving memory of

**FERGAL
MURPHY**

Farran View, Dripsey
Who died on May 13th, 2018

*Fergal,
"It broke my heart to lose you,
but you didn't go alone
For part of me went with you,
the day God called you home"*



Love always your wife Dee X

7TH ANNIVERSARY



In loving memory of

**FERGAL
MURPHY**

Farran View, Dripsey
Who died on May 13th, 2018

*Deep in our hearts
you will always stay*



Remembered & loved from
Maudie, Liam & all the
Cotter families

7TH ANNIVERSARY



In loving memory of

**CHARLIE
LEONARD**

Glen Park, Macroom.
Who died on 23rd May 2018

*No matter how life changes
no matter what we do
A special place
Within our hearts
It is always kept for you.*



Sadly missed by his wife Helen, daughter
Ciara, son Cathal, grandchildren
sisters & extended family.

13TH ANNIVERSARY



In loving memory of

**CHRISSIE
MURPHY
(NEE HEALY)**

Late of Rathcormac and Farranes
Who died on 24th May 2012
Rest in Peace

*Time passes, memories stay,
Loved and remembered everyday.*



Sadly missed by her nephews Denis, Noel,
and extended family

29TH ANNIVERSARY



Cherished memories today and always of
a dear son and brother

DEREK HEALY

Late of Crookstown
Who died May 12th 1996
Aged 19 years
RIP

*A smile for all, a heart of gold,
The very best the world could hold.
Never selfish, always kind,
Those are the memories you left behind.*

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



Sadly missed by his loving mother
Noreen, sisters Christine, Caroline and
brother in law Derek.

42nd ANNIVERSARY



In loving memory of our Dear Son

IAN FLEMING

Late of Crookstown, Co. Cork
Who went to heaven on the
28th May 1983

*I feel a warmth around me,
like your presence is so near.
And I close my eyes to visualize
your face when you were here.
I endure the times we spent together,
and they are locked inside my heart.
As long as I have those memories,
we will never be apart.
Even though we cannot speak anymore,
my voice is always there,
because every night before I sleep,
I have you in my prayer.*



Always in our thoughts and forever in our
hearts. Love from Mom, Brothers Paul, Brian
and James, Sister Tina, Ellen - Daughter in
Law, Derry Son in Law, Nieces and Nephews.

Also remembering Ian's Dad Jim
at this time - May they both rest together
in Eternal Peace.

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. **MPTC**



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

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

WILLIAM CASHMAN

Greenville, Lissarda,
who died on 24th May 2024

As we lovingly remember William on his first anniversary Nellie and his family wish to extend our sincere thanks to family, friends and neighbours who provided help and comfort during his illness and who sympathized with us.

Thanks to all who came to our home, sent mass cards, enrolments and online condolence, all who attended prayers at the funeral home, at his home and all who came to his funeral.

A special thanks to Fr. Anthony Buckley for his kindness during his illness for his lovely prayers at the funeral and at his home for celebrating the funeral mass also talks to Fr. Pat and sarcaristan Ann.

We extend our thanks to Dr. John O Riordan, to his carers, to public health nurses and to Marymount nurses. A very special thanks to Ann and Karen for their care and kindness to him.

Thanks to Martin and Billy Fitzgerald Undertakers for their professionalism.

Thanks to Bernie and all at Coolcower House.

Holy mass has been offered for your intentions.



FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

NOEL MANNING

Ardrealt Bantry & Barnadivane,
Terelton.

Who died on 20th May 2024

We, the Family of Noel, wish to thank most sincerely the staff of Ardrealt Bantry, and his friends in Ardrealt, for being by his side during his final days.

His GP Dr Dirk Pilat, Bantry General, the Palliative Care team and the Oncology team, for their kindness and help with the care of Noel.

Thanks to Cyril Casey undertakers, and especially John Manning, who gave us exceptional care and attention throughout.

Thanks to Fr Pat O Donovan and Sacristan Mrs Kathleen Buckley for such a lovely funeral mass.

Thanks to all our friends & neighbours for attending funeral, sent cards and messages of condolences.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our appreciation.

The holy sacrifice of the Mass has been offered for your intentions.



FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

JOAN O'CALLAGHAN

Macroom, Co. Cork
Who died on the 25th of May 2024

At this time, we remember Joan as our mother, a grandmother, a sister, an aunt, a mother-in-law, a sister-in-law and a special friend. We would like to express our heartfelt gratitude to all for their expression of kindness and support that we have received over the past twelve months.

We want to say a sincere thanks to all at the C.U.H. and to Doctor Harte for the exceptional and compassionate care shown to our mother during her illness.

Special thanks to all who called to the house, who sympathised at our mothers removal, and at her funeral mass.

We would also like to thank Cyril Casey undertakers, our mother's carers, Father Gerard O' Connor, the priests of the parish, our extended family, friends, good neighbours and Mai Fitz's for the refreshments on the day of the funeral.

While it is impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation.

The holy sacrifice of mass will be offered for your intentions.



Joan's first anniversary mass will take place in Macroom on Sunday 25th May at 11.30 a.m.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

JERRY CREMIN

Lacabawn, Ballingearry,
whose anniversary occurs
on the 15th of May.

The family of the late Jerry Cremin, wish to thank all those who supported and sympathised with us on our sad bereavement.

We would like to sincerely thank those who attended his funeral, sent foral tributes, mass cards, letters of sympathy, online condolences and heartfelt words. Thanks to all the family and friends who called to the house to spend time with Jerry in his last few years of his illness.

To his home-help, Margaret O'Leary for her exceptional care given to Jerry during his last few years. To Dr. Oliver Bantry Hospital, Dr. Michael Kingston and staff at Bantry Bay Medical, staff at Drinagh Pharmacy Bantry, Macroom Primary Care Centre, SouthDoc Bantry, West Cork Palliative Care Team, who all made it possible to keep Jerry at home during his long illness.

Special thanks to Cyril Casey and team, Fr. Anthony O'Mahony, Sacristan Nora Cremin, musicians who played at the mass and Donal Kelleher who played the pipes at the church and graveyard.

As it is not possible to thank everyone individually please accept this acknowledgement as an expression of our sincere appreciation and support will not be forgotten. The holy sacrifice of the mass will be offered for your intentions.



Always remembered and dearly missed.
"Until we meet again"

First anniversary Mass will be celebrated on Sunday 18th of May at 10am Mass in Ballingearry Church.

MEMORIALS
LEE VALLEY OUTLOOK
IMPORTANT NOTICE

Please email image and typed text to
leevalley@outlookmags.com with a contact number
or post to Outlook Magazines, Castleisland, Co. Kerry.
Email is preferred to return a proof to avoid errors.

Call 087 1210959 or 087 3600223 | Freephone: 1800 71 40 40

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

Disclaimer: Published by Outlook Publications Ltd., Tralee Road, Castleisland. Tel: 066 7142179. The Copyright of the graphics, designs and listings is held by Outlook Publications Ltd. While every effort has been made to ensure the information published is correct, Outlook Publications Ltd cannot be held responsible for any errors, omissions or incorrect listing.

6TH ANNIVERSARY



In loving memory of

**GOBNAIT
O'CALLAGHAN**

**Dromanallig, Ballingearry Co Cork
Who went to Heaven on 13th of
May 2019**

*Just a prayer from the family
who loved her.*

*Just a memory fond and true.
In our hearts you will live forever,
because we thought the world of you.
Naomh Gobnait guí orainn.*



Sadly missed and fondly remembered by
John, Maria, Deirdre, Paul, Ciaran and
Eimear, her adored Grandchildren &
extended family.

8TH ANNIVERSARY



In loving memory of

**MAURICE
O'CONNELL**

Ballymakeera Co Cork

*Rest in peace dear loved one
And thanks for all you've done.
We pray that God has given you
The crown you've truly won.*



Always remembered by your wife
Mary and family.

6TH & 13TH ANNIVERSARY



In loving memory of

JACKIE & NORA MC CARTHY

**Marian Terrace, Inchigeela, Co. Cork.
Whose anniversaries occur at this time**

*We thought of you with love today
but that is nothing new
we thought about you yesterday
and each day before that too.*

*We think of you in silence
and often speak your names
we have very precious memories
that take us through each day*



Always in our thoughts, forever in our hearts.
Lovingly remembered by Jerry, Nora, Denis and Families.

May they Rest in Peace

9TH ANNIVERSARY



In loving memory of

**JOHN
FLYNN**

**Castle Street, Macroom
whose anniversary occurs at
this time**

*Always remembered
never forgotten.*



Sadly missed and much loved.
Nora & Family.

4TH ANNIVERSARY



In loving memory of

**KATRINA
HICKEY**

**Who went to Heaven on the 12th of
May 2021
Ullanes West, Ballymakeera**



Always Loved never forgotten.

James, Breanna and Thade.

4TH ANNIVERSARY



In loving memory of

**LOUISE
O'REGAN**

**Ard na Greine, Kilnagurteen,
Macroom,
Who passed away on the 20th of
May 2021.**

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



Always remembered & never forgotten
by Michael, Sinead, Cathal, Aisling &
Aedin & Ultan & Sadbh

Anniversary Mass will be held in St.
Colemans Church, Macroom on May 17th
at 7.30pm.

9TH ANNIVERSARY



In loving memory of

CONNIE BREEN

**No.1 Belmont Place,
Crookstown, Co.Cork
who died on the 14th of May 2016.**

*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 re call
Its then we miss you most of all.*



Always remembered by your loving wife
Geraldine & extended families
& large circle of friends
especially your work mates in the water
section in Cork County Council.

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. **JM**

Novena to St Anthony



Blessed Anthony in spite of many difficulties you were enabled by the Holy Spirit to discover your place in God's plan and to use your gifts and talents in making society a better and happier place for all. Implore the Lord Jesus to grant me suitable employment which may obtain for me and mine a decent livelihood and at the same time be able to live truly human and Christian lives and to be of real service to all people. Amen. **JM**

NEW PATIENT OFFER**WHAT'S INCLUDED:**

- Chiropractic & Postural Exam • Full History
- Scans • Diagnosis & Recommendations

JUST €40

(Normally €85)

Claim Your Offer NOW

simply call our clinic quoting 'Lee Valley',
or scan the code below to book online

CALL 021 487 8465

SCAN THIS CODE
with your phone



Highly experienced & friendly
chiropractic team



On-site diagnostic
scanning



Get advice from expert doctors
who specialise in helping people
get out of pain



Modern and comfortable clinic
with free on-site parking

At Optimal Chiropractic, we care for patients with a wide variety of conditions,
including back pain, neck pain, leg pain, sciatica, migraines, headaches, and fibromyalgia.

Search OPTIMAL CHIROPRACTIC online & CHECK OUT OUR 5 STAR REVIEWS

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

**OPTIMAL
CHIROPRACTIC**
EXPECT MIRACLES

STATION RD., BALLINCOLLIG
021 487 8465 www.optimalchiro.ie

GO SOLAR & SAVE THIS MAY!**MASSIVE SOLAR PV DISCOUNTS**

OPTION 1: 10 panel system
with Solax X1 G4 string inverter.

€7,200 BEFORE GRANT

€5,400 AFTER GRANT



OPTION 3: 18 panels + Growatt
5kW inverter + 5kWh battery

€11,200 BEFORE GRANT

€9,400 AFTER GRANT



OPTION 2: 14 panels + 5kW
GoodWe inverter + 5kWh battery.

€9,800 BEFORE GRANT

€8,000 AFTER GRANT



OPTION 4: 22 panels, a Solax 5kW
inverter, and a 10kWh battery.

€14,000 BEFORE GRANT

€12,200 AFTER GRANT



Rated
Excellent
★ Trustpilot

LIMITED TIME ONLY!

Installation includes a double socket with all battery systems, allowing you to
power essential appliances - like your fridge or Wi-Fi router - during an outage
(as long as your battery has charge).

Prices valid for May 2025 only. A deposit must be paid in May to secure the offer.
Final pricing is subject to a roof and electrical inspection.
Additional costs may apply for necessary upgrades

026 68004

solar@jmenenergy.ie

Ballingeary, Co Cork



JM ENERGY SAVINGS

Grants
Available

0% VAT