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Caoimhe Ní Cheallaigh, Isabelle Ní Riordáin, Michaela Ní Riordáin, Marykate Ní hAilleacháin, Sadbh Ní Luanaigh, performing in the Street Entertainment Competition recently at Fleadh Cheoil na Mumhan.

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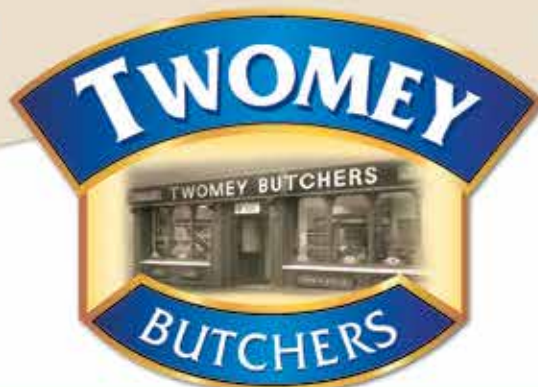
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If you cannot access physical copies, the LVO can be viewed online at:
<https://www.outlookmags.com/archives/lee-valley-outlook/>

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

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

As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne

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

Please note Des has a new number

087 3600223

MACROOM GIRL GUIDES

Macroom Guides Annual Cycle Safety Training

Monday 23rd June saw girls from Ladybirds, Brownies and Guides take part in our annual cycle safety event in Caum. Two instructors, Karl and Max from Cycle Sense in Skibbereen, put the girls through a basic programme of bike maintenance and practical cycle safety and skills training. In the 45 minute sessions, of which there were 3, the dangers of wearing unsuitable clothing and footwear and the importance of wearing reflective bands/jackets and ALWAYS to wear a cycling helmet was emphasised, as was the need to have the correct saddle height, all brakes working and the right tyre pressure. Once the girls started pedalling, and they all did, to add a fun element to the evening an obstacle course was added through which the girls used the skills learned to navigate the course as confident cyclists.

MacEgan Senior Branch

National Youth Council of Ireland

On June 26th, SB members Emily, Katie & Rachel

travelled to Dublin to NYC's "Young Voices Summertime - Connecting EU with YOUth" event. Focusing on EU connection to young people in Ireland, everyone was given the opportunity to put forward recommendations of youth friendly decision-making in relation to new and existing policies. Tips included; making information on government policies accessible to young people; ensuring the use of appropriate language & encouraging and empowering young people to advocate for their rights.

The 7 Core Values of the EU such as the Rule of Law within the EU, ensures the equality and security of rights of everyone regardless of their position or status. It promotes peace, cooperation and provides stability to the development of the EU. Young people made lobbying speeches in their own words of what they believed these laws meant for them and the significant roles each one plays in democratic decision-making.

Did You Know?

The Irish language only became a fully recognised, working language in the EU in 2022. When Ireland joined the EU in 1973, Gaeilge was considered a treaty language, meaning only the treaties were translated into Irish. Upon request in 2007, this decision was revisited and from then on, a select number of documents were translated into Irish. With the advances in technology and the rise of Irish natives securing positions in EU governance, Ireland formally requested a gradual phasing-out of the derogation in 2015 and full parity was granted in 2022 with Gaeilge becoming readily available along with the EU's other 23 official languages.

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



Macroom Guides partaking in Cycle Safety Training



SB members at NYC's "Connecting EU with Youth" event



SB member, Katie Cronin delivering her speech in Irish



Ladybirds at the recent 'Camp Ceiliúradh'

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CROOKSTOWN VINTAGE WEEKEND 2025

This years CROOKSTOWN VINTAGE Weekend will take place on Saturday/ Sunday the 9th and 10 of August.

Our Saturday night entertainment will be comedian REGGIE Blackrock Road in the Village Hall. Phone numbers for buying tickets are on our advert on page 25 in this magazine.

The SUNDAY SHOW will take place in Crookstown GAA Grounds same as last year. We are looking forward to seeing you all there. Declan Corcoran-Club PRO

Image right: Jack and Declan Corcoran junior and senior looking forward to Crookstown Vintage Weekend on August 9th and 10th.



Art on Main Street

Macroom in Colour – An Exhibition by Fiona Foley

*Guest Artist at Art on Main Street, Macroom
Art on Main Street Gallery, Macroom
Fridays & Saturdays throughout August
Open 11:30 AM – 1:00 PM*

This August, local artist Fiona is honoured to be the guest artist at Mícheál Ó Muirthile's 'Art on Main Street' Gallery in the heart of Macroom.

In this playful and heartfelt exhibition, Fiona captures the unique spirit of Macroom town through her whimsical illustration style. Blending collage, colour, and character, she reimagines the town's familiar streets and buildings as charming, storybook-like scenes full of warmth and imagination.











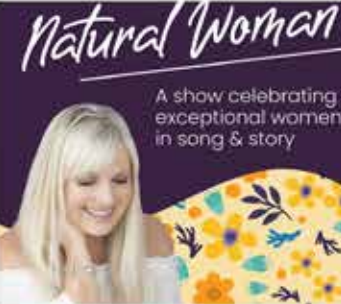








MEDJUGORJE TRIP TO MARK THE 44TH ANNIVERSARY OF THE REPORTED APPARITIONS OF THE VIRGIN MARY

On June 24, 2025, tens of thousands of pilgrims, many from the Mid Cork area gathered in Medjugorje to mark the 44th anniversary of the reported apparitions of the Virgin Mary, which began on June 24, 1981. Masses, confessions, and processions were held throughout the day, drawing the faithful from around the world. Many reported feelings of peace and spiritual renewal. Medjugorje has become a

major site of pilgrimage and prayer focused on peace, conversion, and reconciliation. According to Medjugorje sources, in addition to Bosnia and Herzegovina and Croatia, the largest organised pilgrimage groups came from Italy, France, the Republic of Ireland, Poland, Ukraine, Brazil, Spain, and the United States. In September The six visionaries, who claim to have received regular messages from

Our Lady, joined in prayer and reflection. 2024, the Dicastery for the Doctrine of the Faith, with the assent of Pope Francis, granted approval for devotion linked to Medjugorje, recognising the abundant spiritual fruits received at the Sanctuary of the Queen of Peace without making a declaration on the supernatural character of the Marian apparitions, according to the Holy See's Vatican News website at the time.



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MUSIC & STORYTELLING BY THE LIGHT OF THE SILVERY MOON SAT 20TH SEP 2025 8PM	COMEDY AOIFE DUNNE 'GOOD GRIEF' FRI 26TH SEP 2025 8PM	EAGLES TRIBUTE DEZPERADO SAT 27TH SEP 2025 8PM	MUSIC & THEATRE FIONA KENNEDY 'NATURAL WOMAN' SAT 4TH OCT 2025 8PM
			
LIVE MUSIC MEETS PODCAST 'CLOSE ENCOUNTERS' WITH MARY COUGHLAN & ULTAN CONLON SAT 18TH OCT 2025 8PM	LIVE MUSIC TOMMY FLEMING THURS 23RD OCT 2025 8PM FULLY SOLD OUT	LIVE MUSIC NIAMH REGAN WITH JULIAN BOLAND SAT 25TH OCT 2025 8PM	MAGIC SHOW JOE THE MAGICIAN SUN 26TH OCT 2025 3PM SELLING QUICKLY
			
LIVE MUSIC THE WHITE HORSE GUITAR CLUB SAT 1ST NOV 2025 8PM	LIVE MUSIC THE BREATH THURS 6TH NOV 2025 8PM	COMEDY BERNARD O'SHEA 'DESPERATE HOUSE HUSBAND' FRI 14TH NOV 2025 8PM SELLING QUICKLY	LIVE MUSIC BREEN RYNNE MURRAY WITH SPECIAL GUEST NELL NÍ CHRÓINÍN SAT 15TH NOV 2025 8PM

Ted's Opel Vauxhall Run 2025

Ted's Opel Vauxhall Run is now in it's 18th year and has grown to be one of the largest Opel/Vauxhall events in the whole of Ireland. This year's run takes place on Saturday 9th August 2025.

While it has always been a Cork/Kerry based event it attracts many participants from all corners of the country. In 2025 we are once again returning to the Mills Inn, Ballyvourney, Co. Cork. as our base. Accommodation:- The Mills Inn, 026 45237, Weston House B&B, across the road from the Mills Inn, call 026 45097.

Registration on Saturday morning from 9am with a fee of €20 per car. Each car will receive a starter pack. The first Award of the day will be presented at 10am and the cars will depart at 11am. The route will take in some of the fantastic scenery of the Cork/Kerry border region travelling through Loo bridge, Kilgarvan, Kenmare, Caha Pass, Glengarriff with a midway stop at Cronin's Service station Ballylickey. We will then continue through Kealkill, Ballingearry, Inchigeela, Toons Bridge and returning to the Mills Inn for the Prizegiving and a BBQ. There are an array of Perpetual and Special Awards on offer, some of which some will be presented during the day. There will be a raffle and numerous Spot prizes. This year we are again delighted to have the continued support of Opel Ireland and Cartell.ie. and Casey Caravan Services.

Our association with the Dogs for the Disabled Charity began before our first run in 2008 and it is our aim to

Ted's Opel Vauxhall Run 2025
 Saturday 9th August.
 The Mills Inn, Ballyvourney, Co. Cork. 026 45237.
 Registration from 9am, First Award 10am, Cars depart 11am.

Entry Fee €20
Starter Pack
Scenic Route
Raffle & Spot Prizes
Numerous Perpetual Awards

Dogs for the Disabled
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continue to fundraise for them well into the future.

All Opel/ Vauxhall / Bedford / GM vehicles are welcome regardless of age, old and new. We hope to see you all on the weekend of the 9th August, Call to the Mills Inn to see us or come out and give us a wave even if you

don't have a vehicle to join us.

Further information call Ted;- 086 3256751 or Denis;- 086 3562905 or follow the event on Facebook.



Judging is ongoing in this year's Tidy Towns Competition and takes place from June till September. Businesses in Town Centre should stand back and have a good look at their premises, from the roof to the path. Is it weed free? Is the area litter free, swept clean and painted adequately. Are there cigarette butts outside your premises? There are still premises in need of attention and 5 minutes of regular attention on the part of the owner's staff could greatly improve matters. Small actions on your part will greatly assist the volunteers who must look after so many other things and public areas.

It would be nice to see more businesses putting up hanging baskets or window boxes, like in some other towns as this would add a lot to the premises as well as to the streetscape with some lovely summer colours. Thanks to those who have already done so, Macroom Credit Union, Pickled Café, Lynch's Café and Killian Lynch Auctioneers for the Window Boxes on display. Your support is much appreciated.

Nests Boxes for Dipper birds were erected under the 3rd arch of Macroom Bridge, right beside the 'Hangman's Hole' a historical location associated with executions. These boxes were hand made from local willow plants. The dipper is one of the most common river birds in Ireland. It is a small to medium sized bird and feeds exclusively on food from the river. They upturn stones, swim underwater and will even walk on the riverbed to collect insect larvae which live there. Their presence signifies good water quality and abundant aquatic insect life. It's an important element of Ireland's Biodiversity. Dippers are black, white and brown in colour and a little smaller and rounder than the blackbird you will see in the garden. They have a characteristic white bib and 'bob' or 'dip' up and



Some Recent planting done in the Fairy Garden

down. The male and female birds are alike in colour, but the male is slightly larger, weighing in about 80-90g, compared to female at 60-65g. They hold linear breeding territories on the river and are one of the earliest Irish breeding birds, with some nests starting in February

West Muskerry Athletic Club Road Race takes place on August 12th and some of our volunteers will be helping with stewarding. We would like to wish the club the very best of luck with their Road Race.

Aghinagh Comhlaitas have commenced their Summer traditional music sessions in the Castle Hotel on Tuesday Nights, from 9pm for five weeks. What better way to relax then listen to some local singers and local trad music for a few hours after a busy day. Best of luck to local member John Lyons representing Cork on the mouthorgan in this week's Munster Fleadh Cheoil competition in MTU, Bishopstown.

As always, Tidy Towns Volunteers have been busy with Litter Picking, General Weeding, Clearing uptown and from Square down to the Railway View, Maintaining Flower beds at bridge, Clearing and weeding entrance to Town Park, building natural stone boundary in the Hub, Erected two new owl boxes locally in Coolehane and Codrum in areas where they are already seen, General Maintenance around town, cutting grass in the green areas on housing estates and keeping on



The new wicker Nest for Dipper Birds under the Bridge

top of usual work.

Volunteers meet every Saturday at 9am at our base in Masseytown, we are always open to new people joining, so why not come along some Saturday morning and see for yourself the work that is done. If you have any questions, feel free to contact Lisa at 087-1434770.



On the weekend of July 12th/13th Tiny Feet Fairy Garden held a Church Gate Collection. Thanks to Martin Coughlan, Brian O Sullivan, Liam Walsh, Michael Crowley and Joe Cronin for Volunteering

their time and to you the public who so generously donated. The garden has been really popular during the recent good weather and continues to attract large numbers of visitors, who get lots of enjoyment from the various amenities provided there.

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SUNDAY SUMMER SESSIONS

UPCOMING DATES
SUNDAYS THROUGHOUT THE SUMMER 5-7PM

 JULY 27TH Russian Roulette	 AUGUST 24TH Big in Japan
 AUGUST 3RD Danny O'Leary (9.30pm)	 AUGUST 31ST Kieran & Jim – The Rogues
 AUGUST 10TH Derek Burke	 SEPTEMBER 7TH Bog the Donkey
 AUGUST 17TH The Paddy Bhoys	

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CLINICS THROUGHOUT MUNSTER



• 9th August Ted's Opel Vauxhall Run in aid of Dogs for the Disabled, starting at The Mills, Ballyvourney, registration at 9am

RCPA (Rylane Community Park Association) Lotto results: 21/7/2025
1. Winning numbers: 12 20 36 Jackpot - €1,700

No winner:

Lucky Dips: Mags & Nicole O'Brien (Coachford); Kathleen Crowley (Coachford); John Casey (Curraghawadra - yearly); Anne O'Sullivan (Knocknagoun, Rylane - Online). Seller's prize: Teresa Dennehy (Rylane).

DROMLEIGH NS

Well done to the Sixth Class students from Dromleigh N.S. on organising a very successful fundraiser on June 16th. An astounding €2,200 was raised for our school sensory playground and The Irish Guide Dogs for the Blind. Many thanks to John and Eileen Collins from The Kilmichael Shop, Dromey's Bar Dromcarra and

Co-Op Superstores Terelton for selling raffle tickets for the event. We also appreciate the generosity of our sponsors for supporting our fundraiser: Aqua Dome Tralee, Ballyhass Aqua Park, Ballymaloe Foods, Clonakilty & Dunmanway Credit Union, Crag Caves, Cully & Sully, Fernhill House Hotel & Gardens,

GRASSMEN, INEC, KWD Recycling, Leahy's Open Farm, Luigi Malones, Michael Collins House, M. & J. Kelleher Ltd., O'Mahony Tree Specialists, Organico, Sweet Magnolias, Thomond Park Stadium and West Cork Model Railway Village. www.dromleighns.ie



Bright Beginnings Dromleigh NS



Sixth Class pupils from Dromleigh N.S. presenting The Irish Guide Dogs for the Blind with the proceeds of their recent Bring and Buy Fundraiser.

CLONDROHID NEWS

CHANGE OF MASS TIMES FOR MONTH OF JULY:

There will be no Vigil Mass in Carriganima, on this Sat night July 26;

Please note Sunday Morning Mass in Clondrohid will be at 9am for the month of July

MOVEMENT OF CONTINUOUS PRAYER FOR MARRIAGE AND FAMILY LIFE: The next 24 hours is Sunday July 27 to Monday July 28

NELL'S BUS TO KNOCK: On Friday August 15. Departing Ballyvourney via Clondrohid, Macroom, Carriganima, and Millstreet.

Contact Mary Twomey 086 3299375 to book your seat.

WEEKLY SUMMER HISTORY TOURS: These have commenced on Tues June 24, and will continue every Tues night at 8pm with Dr. Con Kelleher, starting at Macroom Bridge

Choice of 3 talks. The Historic Centre, New Street, and Macroom 20th Century Centres of Entertainment. Everybody welcome.

CLONDROHID DEV GROUP: Summer season in full flow. You can help by keeping the area around your house weed and rubbish free. With a lot of rain over the past week, the weeds are hard to keep under control. Thanks to everyone who is helping to keep

our village neat and tidy, and to our CE worker James.

BINGO: Continues every Wed night at 8.30pm. During holiday times some young people might like to try their luck. Everyone welcome.

SINGING IN THE TAVERN: This lovely sing a long group or tell a story group meet the 2nd and the 4th Monday nights in The Tavern from 9pm. The next session is Monday July 28. They would love to see you there.

CARRIGANIMA ENTERTAINMENT FOR THE SUMMER: Once again Seanie Murphy and his helpers have excelled again with an exciting programme come rain or sunshine. A new outdoor permanent fixture has been built, so all systems go.

Saturday July 26: To open proceedings, he has booked for the 1st time Bernie Heaney (Country Folk Singer) from Kildare, to be followed by the one and only Declan Nerney in the Marquee

Saturday Aug 9, guess who is coming, an old favourite T.R. Dallas

Saturday Aug 16: The Diamond Sisters will open the show, to be followed by the famous Cliona Hagan in the Marquee.

There will be more entertainment in Sept.

So well done to all. They would love to see you there.

GAA NEWS: Rebel Og West U16 Division 2 A Championship.

Clondrohid U16 team played their first championship game at home on Friday evening against Dromtarriffe. The away side got off to a great start with a well taken goal in the first few minutes, the first half was dominated by Dromtarriffe and they went in at HT leading by 1-12 to 0-6.

Clondrohid came out in the second half and played some excellent football and narrowed the gap to 3 points with 5 minutes remaining. Dromtarriffe held on to win the game in the end.

Clondrohid 2-12 Dromtarriffe 3-13.

Clondrohid showed great spirit to keep playing right up to the final whistle and were unlucky not to get a result in the end. Thanks to Dromtarriffe for travelling and for a very sporting game, also to the Clondrohid parents and supporters for cheering on the lads.

LOTTO: Results for July 9

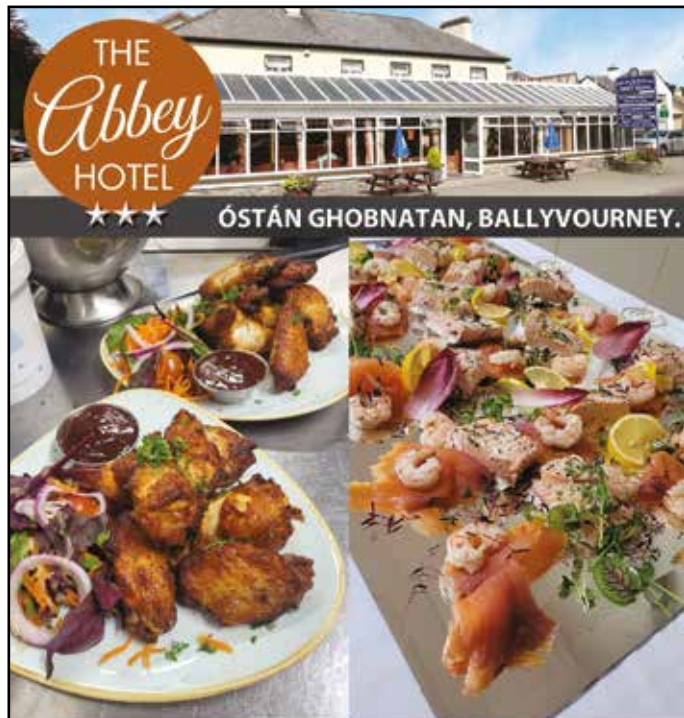
€70 Looney/O'Sullivan Kids c/o Laine Bar. €20 Donnacha Spillane Horsemount, James O'Connell Glounarrig, Noreen Clancy Kilmallick On Line, Pat Coakley Inchigeela



Clondrohid u16 team who played Dromtarriffe in the Rebel Og West Championship last week



Clondrohid u14 team who defeated Ballyhea in a League match recently



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BREAKTHROUGH CANCER RESEARCH

Pascal Buckley presenting
a cheque for €14,320

to Eoin O'Sullivan of Breakthrough Cancer Research, proceeds of fundraising ahead of the Ring of Kerry Cycle. Also in the picture is Ted Hourihan, Rebecca Buckley, Stephen O'Leary (Auld Triangle), James Duggan and Tom Sullivan.



Kilmurry Active Retirement

My Surprise

We are living in strange times. I suppose there is nothing strange about that, did we ever feel time as we lived through it was not strange. We are inclined to attribute normality to what we have experienced, or endured, in the past, rather than to our present. I suppose this is because the challenges and difficulties we face are always those that we face now, in the present.

And yet I have often heard it said by older people, that nothing surprises them anymore. Not only that but you may on occasion hear people with much experience of life say that they can no longer feel the excitement, joy, or enthusiasm that they once felt. Nor can they be moved or energised by what is happening in the world. They are inclined I suppose to protect themselves against the constant stream of bad news that modern living presents. There was a time when our world, whether we conceived it good or bad, was a confined one, often not extending much beyond the parish. Our awareness of faraway places could be confined to what one might read occasionally in the Africa or the Far East magazines.

I had a friend, a neighbour, who lived alone. He had neither television nor radio. He said he got rid of the television years back but had got rid of the radio the previous year. I wondered, I asked him why. He told me they were talking about some troubling things happening up in Sligo. Now what did they expect him to do about it, he asked. I thought his question was strange at the time. But not so now. It was a profound question, and one that we face all the time. I have noticed in myself too a tendency to greatly reduce my diet of current news. It is I suppose, an attempted self-protection mechanism. Disturbing news and our helplessness can make us feel useless. When feeling helpless I lazily think it is best to close eyes and ears. But I know I have been fooling myself. Lazy thinking is not thinking. No action is not action, and it is by our actions that we have impact. And it is through actions that we influence the lives of others and add meaning to our own brief lives which are becoming briefer still with each passing day.

For those who don't know, Kilmurry Active Retirement association are learning about climate action. In some previous years we had taken a break from activities over the summer. This summer with the assistance of grant funding from the Department with responsibility for Climate we are learning from some community and business climate project initiatives. On the 18th of June we went to Youghal to learn about their Blue Green Initiative. There we met Mark Falvey and Gráinne Furey who are employed by the community. They gave us a world of information and advice. Their project brought thirty community groups to work together for the town. They had 522 events in 2024. It is a very impressive accomplishment. They also brought us to see their community garden. We learned much and we had a great day out in the process.

On the 16th of July we visited the Old Oak Pub on Oliver Plunkett Street in Cork. Here after our refreshments Ger Kiely and his passionate team showed the great efforts they had embarked upon to transform a business that found itself spending over 100k a year on electricity and 25k on gas to a fraction (less than one third) of that amount. We also learned about the other initiatives they have introduced and continue to seek to transform the way they impact the environment. From the over 200 solar and PV panels on the roof, to heat recovery to transformation of their ventilation systems, and all undertaken totally at their own expense and without prior specialist knowledge. They just did it and corrected as necessary. We were taken around and generously shown everything that our time allowed.

You may be wondering why we are going to community and business projects in favour of domestic ones. We will get to that too. But we need to learn from others across our communities because it takes more than money, or knowledge. It takes motivation, and most importantly it takes action.

One of the most famous books written by C.S Lewis is 'Surprised by Joy' the story of his spiritual journey. With me I find that I am 'Joyed by Surprise'. On both trips what we experienced was such an extent of goodwill and support for us. Though they were aware of our

grant aid, they gave us unstintingly of their time and neither would take payment. They insisted that they would continue to give us their learning and support on our future journey. We experienced and hopefully absorbed their practical expression of concern for the environment, their concern for others in their community, and their contagious inspiration and optimism, a reminder that collectively we can aspire to not give in to helplessness and to act.

It is indeed a joy to find oneself moved by the generosity of others. Generosity with no expectation of return. These times we need that joy of the experience of generosity to change our view of the world, to see that the world is full of goodwill and motivation for action. We are never alone. Working together as a group, is one really powerful ingredient towards a more sustainable world, a world that we can be proud to leave behind, one no worse than that which we had the privilege to find.

While hearing the now almost constant narrative of increasing insular nationalism, authoritarianism, terrible war, offensive competition, tariffs, building borders, and lauding individualism, we can try to remember too that the world is filled, though far more silently, with generosity, goodwill and sharing. It is through such generosity that communities are built and sustain themselves. Let's hope that it is often that we will experience it and that we will offer it too.

Over this summer too we are also continuing our focus on health and wellbeing. This is being supported by the HSE approving an application by us for lottery funding. We are half way through a training course on using our activator poles, which we are enjoying. It is but one of many initiatives that this funding supports. Thank you HSE.

Our full range of activities will resume in Mid-September, a great time to join us if you want to work and play with others, so that we remain as healthy as we can and engaged in contributing to our community. For information contact aidanpbarry@outlook.com.



Kilmurry Active Retirement group enjoying a Youghal visit



Some of the solar panels on the roof of the Old Oak on Oliver Plunkett Street Cork

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Busting Common Myths About Back Pain

by Dr. Ben Martin
 Optimal Chiropractic,
 Ballincollig

Back pain is a common problem that affects many people worldwide. However, there are many myths and misconceptions about it. Let's uncover the truth about back pain.

Myth 1: Rest is Always the Best Remedy for Back Pain.
While taking it easy can help with acute back pain, prolonged inactivity often makes the problem worse.

Myth 2: Severe Back Pain Means Severe Damage.
The intensity of pain doesn't always reflect the severity of the injury. Some minor strains can be extremely painful, while serious conditions like disc degeneration may cause little or no discomfort. Always seek professional assessment rather than assuming the worst.

Myth 3: Back Pain is Always Caused by Spinal Problems.
While spinal issues can contribute to back pain, they're not the only cause. Stress, poor posture, muscle imbalances, and even psychological factors can play a significant role. Addressing these aspects holistically can lead to better long-term relief.

Myth 4: Fit People Don't Get Back Pain. Being active and fit is beneficial, but it doesn't make you immune to back pain.

Myth 5: Surgery is the Only Sure Cure for Back Pain.
Surgery is not always the answer. Many back pain cases can be successfully managed with non-invasive treatments such as chiropractic care, physical therapy, deep tissue massage, and lifestyle changes. Exploring these options first can often lead to lasting relief.

Conclusion: Find the Right Approach for Your Back Pain
Understanding the truths about back pain is essential for effective treatment and long-term well-being. Instead of just addressing symptoms, it's crucial to find and treat the root cause. Consulting with a healthcare professional, such as a chiropractor, can help determine the best course of action tailored to your needs.

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**On Saturday, 9th August
11.00am to 3.00pm**

All proceeds to Macroom Senior Citizens.

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Your items can be dropped off at:
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27 JULY Remembering Joe	31 JULY Effie Neill Dance
28 JULY Jimmy Buckley Dance	

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Beidh Féile na Laoch 2025



Beidh Féile na Laoch 2025 ag tarlúint i mbliana 31ú Iúil - 3ú Lúnasa agus 3ú - 5ú Deireadh Fómhair i gCúil Aodha, Co. Chorcaí.

Bunaíodh an féile seo chun comórada dhéanamh ar saol Seán Ó Riada, Laoch cultúrtha na hÉireann agus is é aidhm an féile ná Laochra na hÉireann a aithint i ngach gné dár gcultúr. Ritheann an féile uair gach 7 mbliain le dhá féile go dtí seo i 2011 agus 2018. Bhí a leithéid de laochra seo a leanas linn i 2011/2018: An tUachtarán Michael D. Ó hUigín, Christy Moore, Glen Hansard, Michéal Ó Muircheartaigh, Charlie Bird, Phil Coulter, Seán Óg Ó Hailpín, Cara O'Sullivan, Briege Corkery, Monica Loughman, Rena Buckley, Nuala Rua Ní Dhónaill, Seán Keane, Tomás Ó Sé, Martin Hayes agus alán eile. Tá 56 Laochra againn arís i mbliana a thabharfaidh taispeántas ilghnéitheach thar oíche dúinn ag príomh imeacht na féile; 'An Aeríocht'. Tá go leor imeachtaí eile i rith na féile agus gach imeacht saor in aisce don phobal.

Is Féile go hiomlán deonach é Féile na Laoch. Mar sin, bímid ag braith ar maoiniú agus urraíocht chun an féile seo a rith gach seacht mbliain. Ní bheadh Féile na Laoch ann gan tacaíocht ónár n-urraithe, go háirithe Iontaoibheas Fódhla, Ealaín na Gaeltachta, Plean Teanga Mhúscraí, Ionad Cultúrtha an Dochtúir Ó Loingsigh, Comhairle Contae Chorcaí, SECAD thar ceann Feirm Gaoithe

Grousemount agus alán comhlachtaí agus cáirde flaithiúla sa cheantar a thugann tacaíocht dúinn. Cé go bhfuilimid ag braith ar maoiniú chun an féile seo a rith, ní bheimis anseo murach an pobal iontach a thagann le chéile go deonach mar An Meitheal chun na himeachtaí seo a chuir ar fáil. I láthair na huaire, táimid ag bailiú An Meitheal do Féile na Laoch 2025. Ma bhfuil suim agat bheith páirteach sa Meitheal agus cabhrú linn an féile a rith, cuir glaoch nó email orainn. Ba bhreá linn go dtiocfadh sibh ar bord linn!

Féile na Laoch 2025 will be taking place from 31st July - 3rd August and 3rd-5th October in Cúil Aodha, Co. Cork. This festival was founded to commemorate the life and work of Seán Ó Riada, a cultural hero of Ireland, and the aim of the festival is to identify heroes of our nation in every aspect of our culture. The festival takes place every 7 years with two festivals to date in 2011 and 2018. The following were some of our heroes that joined us in 2011/2018: President Michael D. Higgins, Christy Moore, Glen Hansard, Michéal Ó Muircheartaigh, Charlie Bird, Phil Coulter, Seán Óg Ó Hailpín, Cara O'Sullivan, Briege Corkery, Monica Loughman, Rena Buckley, Nuala Rua Ní Dhónaill, Seán Keane, Tomás Ó Sé, Martin Hayes and many more. This year we have 56 Heroes who will give

a multi-faceted overnight performance at the festival's main event; 'An Aeríocht'. The festival programme is full of various cultural events, all of which are free of charge to the public.

Féile na Laoch is a voluntary festival. Therefore, we solely rely on funding and sponsorship in order to run the festival every seven years. Féile na Laoch would not exist without the support of our sponsors, in particular, Iontaoibheas Fódhla, Ealaín na Gaeltachta, Plean Teanga Mhúscraí, Ionad Cultúrtha an Dochtúir Ó Loingsigh, Cork County Council, SECAD on behalf of Grousemount Wind Farm and all the businesses and friends of the festival who have given us great support and generosity.

Although reliant on funding, we would not be here if not for the great community that comes together voluntarily as 'An Meitheal' to organise and put in place all events.

We are currently gathering our 'Meitheal for Féile na Laoch 2025. If you're interested in being part of it and helping us run the festival, please get in contact. We would love to have you on board!

Ruth Ní Riada - Coiste Féile na Laoch Féile na Laoch Festival Committee

086 8845014 | E: Feilenalaoch1@gmail.com



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West Muskerrey A.C. 5K

Well its that time of year again, yes it's the West Muskerrey A.C. chip timed 5k with something for all abilities whether your an elite runner or a beginner runner or a jogger or a walker. Yes it's the race not to be missed on Tuesday the 12th of August next at 7.30pm, so lace up those shoes and get entering. The 5k will be around the beautiful town of Macroom on the recently resurfaced roads. There will be lots of prizes to be won including cash prizes and goodie bags. And after the elation of finishing and seeing your time, we would like you to join us in the Macroom Leisure Centre Astro pitch for some home

baking and light refreshments and a very friendly chat.

We would like to thank all our sponsors especially our main sponsors, Murphy's Pharmacy, Killian Lynch Auctioneers, Folláin, JFC Pumps, Tus Geal, C. W. Ashe & Co, A1 Grab Hire, Macroom Dental Practice, Fionnabha Metal Recycling, Tony O'Sullivan Architect and AIB

A great night is sure to be had so sign up before its too late. <https://eventmaster.ie/event/wBIRUPySRQ>



"Ours is a Story Still in the Making" Celebrating 50 Years of Citizens Information

In 2025, we proudly celebrate 50 years of the Citizens Information Network, a service that has consistently empowered the people of Ireland with access to clear, impartial, and vital information, advice, and advocacy.

The journey began in the early 1970s when the National Social Service Council, working with local community groups, recognized a pressing need to bridge the widening gap between the public and the often-complex web of State services. Many people struggled - and continue to struggle - to understand their rights and entitlements, particularly with the growing shift toward digital platforms.

This vision took a significant step forward at the "Right to Know" conference in February 1974 in Dún Laoghaire, where Minister Frank Cluskey committed to funding a nationwide information network.

On July 8th, 1975, the first 25 Citizens Information Centres were officially registered. By the end of that year, the network had expanded to 33, and by 1979, it had grown to 83 centres nationwide.

Now, the Citizens Information Network comprises: 8 Regional Citizens Information Service companies, serving geographical areas across the country:

- o South Munster, North Munster, North Dublin, Dublin South, North Connacht & Ulster, North Leinster, South Connacht, South Leinster

The Citizens Information Phone Service (CIPS), also based in Cork, offers nationwide support.

With 12 physical offices in Cork and Kerry, and 90 offices nationally, the network continues to offer face-to-face assistance on a wide range of topics.

In 2024 alone, Citizens Information nationwide handled 767,168 queries:

South Munster CIS dealt with 88,711 queries across its offices in Cork and Kerry.

What People Ask About

45% of all queries are related to social welfare.

Other major areas

include employment, housing, education, health, and migration.



South Munster Citizens Information Service celebrating 50 years of Citizens Information

Behind every number is a story, and here are just a few comments from those who have benefited from contacting our service:

"My wife and I were very relieved to get the info we needed to plan our retirement with regards to our pension entitlements"

"As a migrant, I've used the service since I was an asylum seeker. I was never ignored or discriminated against."

"Thank you for your help with the letter to recover unpaid wages owed to me so I could move on and get back on my feet with a new job."

"I am a single mum and I have been dealing with multiple crises over a long period of time. This office has helped me step by step to slowly rebuild a life for myself and my daughter."

Our services include providing information on rights, entitlements, and responsibilities; assistance with understanding and completing applications for

social welfare payments, medical cards, Workplace Relations Commission (WRC) complaints, Residential Tenancy Board (RTB) issues, and housing support (including social housing and HAP); as well as representation at the Social Welfare Appeals Office, RTB, WRC, and other relevant bodies.

As we reflect on this milestone, we remember the dedicated people who built this service in Cork and Kerry over the last 50 years and the countless individuals who have walked through our doors seeking help. Their trust drives us forward.

We remain committed to a future where every person in Ireland has access to free, confidential, impartial, and high-quality information, advice, and advocacy—no matter their circumstances.

You can visit www.citizensinformation.ie, drop into your local Citizens Information Centre in Cork or Kerry, or call the Citizens Information Phone Service at 0818 07 4000.

HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie

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"BIA BLASTA IS SEIRBHÍ SNASTÁ"

Inchigeela Festival 2025

A Celebration of Music, Community, and Tradition

The countdown is on for the 14th annual Inchigeela Festival, returning this August with six unforgettable nights of music and community spirit. Running from Friday, August 15th to Sunday, August 24th, this beloved village celebration has grown into one of Mid Cork's most anticipated summer events.

Since its 2nd coming in 2010, the Inchigeela Festival has brought together locals and visitors alike to enjoy top-tier entertainment in our unique Island location. This year's lineup promises something for everyone:

- **Fri 15 Aug** – Kick-off with rising Country star **Jack Keogh**
- **Sat 16 Aug** – Folk favourites **The Kilkennys**
- **Sun 17 Aug** – Dance the night away with 90s tribute band **Smash Hits**
- **Fri 22 Aug** – Country sensation **Derek Ryan** takes the stage
- **Sat 23 Aug** – New to the island - Folk legends **One for the Road**
- **Sun 24 Aug** – Festival finale with the high-energy **Bog the Donkey**

From nostalgic throwbacks to contemporary hits, each night offers a unique musical experience that reflects the heart and soul of Inchigeela.



Uibh Laoire GAA committee

"This festival is a huge undertaking for our village and GAA club," said the Club Secretary Ciara O Riordan. "We're incredibly grateful for the continued support from our community, volunteers, and attendees who make it all possible."

Tickets are on sale now, and early booking is encouraged to avoid disappointment. Whether

you're a longtime supporter or a first-time visitor, the Inchigeela Festival 2025 promises memories that will last a lifetime.

For tickets and more information, visit our Facebook page now!

World Championship Coarse Fishing TAKES PLACE IN COACHFORD

We are proud to support the FIPSeD 44th Edition World Championship Coarse Fishing for Clubs with funding from our Economic Development Fund.

There was a fantastic atmosphere in Coachford at the opening ceremony yesterday where 25 international float fishing club teams, representing 16 countries were welcomed by the locals.

Organised by the National Coarse Fishing Federation of Ireland (NCFI), this will be the third time Ireland has hosted the international club-level championship.

Two days of competition take place on Saturday, the 26th and Sunday, the 27th of July, with the event expected to generate more than 2,000 bed nights locally, providing a welcome boost to businesses in the surrounding area.

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FÉILE NA LAOCH 2025

—31Ú IÚIL - 3Ú LÚNASA—



Déardaoin, 31ú Iúil Thursday, 31st July

19:00 Tógaint an Tine agus Paráid ón Draighean go Cúil Aodha

Taking of Fire and Parade from Ó Riada's house to Cúil Aodha

Lasadh Lóchrann & Oscailt na Féile 2025

Lighting of Torch & Opening of Festival

20:30 Cruinniú agus Paráid ó Chúil Aodha go Páirc na Laoch

Gathering and Parade from Cúil Aodha to the Field of Heroes

Le Banna Pib Chuilinn Uí Chaoimh / With Cullen Pipe Band

21:00 Lónadh an Damhach Diamhrach

Filling of "An Damhach Diamhrach"

Le na Críonagha / With the Elders

21:20 An Aeríocht - Páirc na Laoch

Coirm ilghnéitheach thar aiche le seachtar Laoch ós na disciplín seo a leanas:

Fíliocht, Amharc-Ealaíon, Reacaireacht, Rince, Amhránaíocht, Aisteoireacht agus Ceol

A multi-faceted overnight concert featuring seven Heroes from each of the following disciplines:

Poetry, Visual Arts, Storytelling, Dance, Singing, Acting, and Music

05:50 Eirí Gréine / Sunrise

Ceol Fhoireann an Phobal ag seinnt Mise Éire

Volunteers People's Orchestra performing "Mise Éire"

06:00 Teach na Laochra Spóirt

The Coming of the Sporting Heroes

07:00 Omós don Capall / Honouring of the Horse



Dé hAoine, 1ú Lúnasa Friday, 1st August

14:00 Oscailt Oifigiúil Halla na Laoch - Áras Éamonn Mac Suibhne

Official Opening of the Hall of Heroes - Áras Éamonn Mac Suibhne

Cruinniú Forum na Laoch

The Heroes Forum

Faoi chathaoirleacht an phríomh fhile / Chaired by the Chief Poet

19:00 Beannú Seán Ó Riada Chun Comhaltas Ceoltóirí Éireann - Áras Éamonn Mac Suibhne

Concert with many branches of Comhaltas Ceoltóirí Éireann as they celebrate the life of Seán Ó Riada

Craolta beo ar Raidió na Gaeltachta is ag sruthú ar-líne / Broadcast live on Raidió na Gaeltachta and streaming online

Seisiúin Ceoil sna Táirní Áitiúla

Music Sessions in Local Pubs and Venues



Dé Sathairn, 2ú Lúnasa Saturday, 2nd August

10:00 Forum na Cláirsí & na Píob - An Muileann, Baile Mhúirne

Harp and Pipes Forums - The Mills Inn, Baillyourney

Bailiú na n-Oilthreachtai - Áras Éamonn Mac Suibhne

Gathering for the Pilgrimage walks - Áras Éamonn Mac Suibhne

11:00 Oscailt Slí na hEalaíona - Scoil Chúil Aodha

Opening of The Way of the Arts - Scoil Chúil Aodha

Dé Sathairn, 2ú Lúnasa Saturday, 2nd August (Continued)

20:00 An Coirm Órga - Áras Éamonn Mac Suibhne

The Gold Concert in the Hall of Heroes - Áras Éamonn Mac Suibhne

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Dé Domhnaigh, 3ú Lúnasa Sunday, 3rd August

11:00 Lá Spriodálta / Spiritual Day

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Commemorative Mass in Cúil Aodha Church with Cór Cúil Aodha & Musicians

Craolta beo ar Raidió na Gaeltachta is ag sruthú ar-líne / Broadcast live on Raidió na Gaeltachta and streaming online

14:00 Dóchas - Solas Críost - Séipéal Chúil Aodha

Tuadmh doimhin i gceol, gníomh agus téacs spriodáltha mar ar féidir le pobail eile samplaí de phobail ag gúí dífháil dóibh féin in am garán-tanas sa gart

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A GAME CHANGER FOR CONSTRUCTION TRANSPORT: KEOHANE READYMIX MOVES TO TRIA ENERGY'S LOW CARBON HVO FUEL



Keohane Readymix, a leader in the supply of readymix concrete and building materials to the construction industry in Cork County, is proud to announce a groundbreaking partnership with Tria Energy. Together, the two companies are embarking on a pilot project to transition Keohane's fleet of Readymix and Construction Material delivery trucks from traditional diesel to green Hydrotreated Vegetable Oil (HVO) low carbon fuel.

Keohane Readymix is continuously seeking out innovative ways to reduce its carbon footprint. With transport emissions accounting for a significant share of the company's overall output, reducing these emissions is a critical step toward achieving Keohane's ambitious target of a 90% reduction by 2030.

"Tria Energy's decarbonising HVO offers a seamless transition from diesel, requiring no modifications to our vehicles or engines," says Michael Keohane, CEO of Keohane Readymix. "By adopting this cleaner, renewable fuel, we can immediately cut carbon dioxide emissions by up to 90%, while also improving air quality with reduced odours and reduced noise levels. This initiative directly benefits our drivers, customers, and the broader community, while aligning with our long-term commitment to sustainability."

"We're proud to partner with Keohane Readymix as they drive down emissions with our ISCC-certified HVO — a clean-burning, drop-in fuel that replaces diesel without any engine modifications and delivers

impact straight away," says Patrick Kirby, CEO of Tria Energy.

Keohane Readymix has modernised its entire fleet with state-of-the-art Euro 6 diesel engines, which has improved fuel efficiency, reduced CO2 emissions, and enhanced overall engine performance. The company is now building on this progress by integrating renewable HVO fuel into its operations.

"We're delighted to be collaborating with Tria Energy, a West Cork-based family business much like our own," adds Eibhlin Keohane, Financial Director, Keohane Readymix. "This initial pilot program will

help us evaluate the efficiency and feasibility of HVO fuel with the goal of transitioning our entire fleet as part of our broader Sustainability Plan."

The partnership between Keohane Readymix and Tria Energy, who also supply in the mid Cork area as Tria Osborne Oil, marks a significant step toward a more sustainable future for the construction industry in Cork County. With collaboration, forward-thinking initiatives, and a dedication to environmental responsibility, Keohane Readymix is paving the way for a greener, more sustainable construction sector.



(l-r) Michael Keohane - CEO, Keohane Readymix; Patrick Kirby - CEO, Tria Energy; Paudie Keohane - Director, Keohane Readymix

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KILMURRY HISTORICAL ARCHAEOLOGICAL ASSOCIATION REBEL RUN

Kilmurry Historical Archaeological Association (K.H.A.A) hosted its annual rebel run on Sunday, 6th July. This was our 8th year hosting this event, which is always well attended and our main summer fundraising event.

Michael O'Donoghue, Kilcondy waived off the cars from Independence Museum Kilmurry and the 1st pitstop was the Cygnum factory at Hartnett's Cross, Macroom. Peter McSweeney gave us a tour of the factory and provided a comprehensive and informative insight into how timber frame houses are manufactured.

Next stop was at Inchigeelagh graveyard where Joe Creedon, local historian and hotelier met us and gave us a tour of the graveyard which included stories, folklore, and song.

Our final pitstop of the day was Creedon's Hotel, Inchigeelagh where we ended the day with dinner, more songs, and chat.

Thanks to all who made the day such a success in particular Peter McSweeney and Donal O'Callaghan, Cygnum and Joe Creedon, Inchigeelagh.



K.H.A.A. Rebel Run 2025 cars departing Independence Museum Kilmurry



Joe Creedon at Inchigeelagh Graveyard



K.H.A.A. Rebel Run 2025 cars departing Independence Museum Kilmurry



Joe Creedon speaking at Inchigeelagh



K.H.A.A. Rebel Run 2025 cars departing Independence Museum Kilmurry



Peter McSweeney at Cygnum Factory



Peter McSweeney speaking at the Cygnum Factory

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Macroom History Group (Founded 2023)

1. Macroom Town History Walks continue on Tuesdays, at 8.00 p.m. They begin at Macroom Bridge, bottom of Castle Street. Cost - €5.
2. Macroom History Group will publish a first Macroom History Journal at Christmas 2025. Submissions are

invited and the deadline is 31 August 2025. Articles should be between 1,500 and 2,000 words, with 2 to 3 photos and sent to Con Kelleher at conkell31@gmail.com Con Kelleher.



THE PALACE CINEMA, MACROOM (1953-1988)



Mrs Nora Lucey, Railway View, Macroom died in 2024, many years after her husband Jerry's sudden death in the late 1970s. Jerry was the founder, manager and face of The Palace Cinema from its beginning to his untimely death.

Nora and her family have kept records from that period. Recently, I was given the privilege of seeing some and they make fascinating reading. Their viewing has prompted this article.

Television was first available in Macroom in 1961 when Telefís Éireann began broadcasting. Before that information on the outside world came to Irish people from books, magazines, newspaper, radio and films. In particular films were windows to an outside world. Cinema-going was extremely popular and explains why The Palace was opened in the economically depressed 1950s. Entertainment was avidly sought by people. Another consideration is that censorship was then very strict in Ireland. It was directed principally at books, films and foreign (or English) magazines and newspapers. In this milieu, it was simultaneously wise and brave to open a new cinema.

The Palace was the third cinema in Macroom. Masseytown-man John Buckley had opened the Old Picture House in School Lane/Barrett Place in 1911 – in the era of silent movies. John O'Sullivan built and opened the Castle Cinema – now the front portion of the McEgan classrooms and sports complex in the 1933. Indeed, Macroom had two functioning cinemas in 1953/54.

The Palace Cinema, Main Street, showed films from 1953 to 1988, and 'Scaramouche' was its first. When built, it was a state-of-the-art building, with a 500-seat capacity, heating, air-conditioning and a balcony. Jerry Lucey (nicknamed 'Poor Luce'), local entrepreneur and character, was the principal promoter and managing director. His and his brother, Danny's families lived in adjoining houses in Railway View. They had made money drawing turf from Tipperary to Cork hospitals during the Emergency; Jerry was charismatic and his family became synonymous with Macroom cinema. Later,

he and others ran the Montrose Ballroom, 1964-1970. 511 Like many small-town halls, it was multi-purpose and hosted a Paddy Crosby show, concerts and other gatherings. Denis Murphy managed the Palace after Lucey's death (1979) until it closed in 1988. When the Briery Gap Theatre opened in 1999 on the same site, it showed films again. Inspector Gadget was its first, screened on 15 December 1999. 512 Films were also shown in schools, halls and other venues within Macroom. The town had a population of 2,277 in 1951 and was West Muskerry's market town with a hinterland of about 20,000. 513 The area sustained a cinema from then until 1988.

Initially films at the Palace were shown every night (except Sundays, in contrast to the Castle Cinema) apart from Holy Thursdays to Easter Saturdays, marking a change from using Sunday nights for entertainment. 514 From 1980, films were screened on Saturday and Sunday nights; very popular films ran through the week. Most locals attended the Palace at some point although absent records preclude precision on how many went. Elizabeth Lucey-Kelleher (b. 1949), Jerry's daughter and later a university graduate, worked at the ticket-desk from about 1960, effectively becoming the cinema's book-keeper. 515 Her father did the lodgements and paid wages. Evidence that the cinema did well is provided by Lucey financing the university education of his three eldest children and commercial courses for six others – another became a plumber. Before university grants were introduced in 1968, fees and maintenance were privately funded, apart from scarce County Council scholarships. 516 Commercial college/schools were excluded from the grant scheme for many years.

In spite of a background of repression and censorship in the country, most people accepted the social situation as 'normality'. Everyone understood 'the rules' and that they did not need to be enforced except in exceptional circumstances – pregnancy-outside-of-marriage being a notable example. 517 The Lucey children attended town schools. Elizabeth is unaware of any adverse comment about

the cinema from local teachers, religious or lay, in schools. She recalled that for some 'big' films, queues extended about seventy yards down Main Street; 'The Ten Commandments' (1958) was one such, 'Mise Éire' (1959) another. Exhortations to attend religious films by local religious and clergy increased attendances: it may have been 'wiser' for pupils to go. She recalls many regulars and was sure that most were adult-males.

Seán Ó Riada and Ruth Bean Uí Riada were regular patrons. Westerns were popular – particularly those featuring Audie Murphy. The cinema was busy until the 1970s as television access increased. From 1962, homes increasingly had TV sets. 518 Further, around 1970 film-distribution was centralised, and the cities' and large towns' cinemas received preference; small venues waited. As prosperity increased, more car-ownership enabled people to see films in Cork. When later they were shown locally, many had already seen them. Elizabeth recalled that when 'The Sound of Music' (1965) came in 1967, the Palace was obliged to show it for two weeks. Many potential patrons had already seen it; it was a loss financially. On many nights, Elizabeth remembered 'twiddling her thumbs'. Jerry Lucey died unexpectedly in 1979, and after his death, Elizabeth was relieved that her cinema work had ended. Denis Murphy, husband of Breda Lucey, Jerry's niece, assumed management. He and Breda owned Spar Supermarket, Macroom and he was a prime mover of the Macroom Mountain Dew Festival (1976-1982) that featured Ireland's first open-air rock concert. 519 The 1980s in Macroom were grim, marred by high unemployment and emigration; entertainment was badly affected. 520 Commercial videos-players were introduced to Ireland about 1980 and later, with the availability of films on tape, damaged cinema-going; Macroom had at one point five 'video clubs/shops'. 521 Though expensive many people acquired video-players. Rentals were costly but for collective home-viewing, it was cheaper than going to the cinema. Swapping took place. Videos allegedly showed uncut and banned movies, and some pornography; copying took place and a black



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NEW CINEMA FOR MACROOM

THE PALACE CINEMA, MACROOM

THE NEW EXAMINER, SATURDAY, APRIL 25, 1964

THE PALACE CINEMA, MACROOM, has been built on the site of the old cinema, and is a fine example of modern cinema architecture. It is a two-story building with a large frontage and a modern interior. The cinema is owned by the Macroom Cinema Company, and is managed by Mr. J. J. McCarthy. The cinema is open every evening, and shows the latest films. The cinema is a great place to go for a night out, and is a great place to see the latest films.

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Irish Newspaper Archives

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Intro Search/Results Browse

1964-1965

OPENING ANNOUNCEMENT

NEW PALACE CINEMA MACROOM

M.G.M. Presents Rafael Sabatini's

"SCARAMOUCHE"

(in Technicolor)

Stewart Granger, Eleanor Parker, Janet Leigh, Mel Ferrer.

Official Opening at 6.15 p.m.

Saturday, 25th April

Programme at 6.45 and 9 p.m. (S.T.)

Seats for all parts of the house may be booked at the Cinema between 7 p.m. and 9 p.m. (S.T.) any night for the 8 p.m. show only.

Balcony... 2/2; Stalls... 1/8; P.K. 1/2

Table with 4 columns: Date, Name of Person, Amount, and Remarks. The table contains handwritten entries for various people and amounts, likely related to the cinema's finances.

market existed. Government was slow to 517 The author witnessed 'outside' preachers, about 1960, publicly addressing people in the town centre; with the brandishing of a cleaver, they were 'advised' to leave as soon as possible. The message was - 'we have our own religion here; be off'.

518 Brian Gallagher (b. 1966), a Macroom resident, as a child and young man assisted his father, Joe, a radio and television dealer for about twenty years. Joe kept very few written records - it was all in his head - but often recalled that local television sales increased in the 1960s. 89 legislate and it had an inevitable impact. Staging underage discos and holding auctions supplemented income. However, it was not enough; the Palace Cinema showed its last film, Crocodile Dundee 11 in August 1988. 522 Perhaps another sign of Macroom 'progress' related

to some couples' behaviour there which contrasted with that of the Castle Cinema patrons. Much as Montgomery, clergy and respectable opinion feared, the back row(s) of the Palace cinema ground-floor became a place for couples to cuddle and kiss. It was behind door entrances and ideally suited for the activity. 523 An older woman and a younger man were regular participants. As a precaution, 'scouts' were sometimes on duty. What occurred was patently well known by the usher and owner but no corrective action, to my knowledge, was taken.

510 <https://cinematreasures.org/theaters> - downloaded 21 May 2021.

511 Cork Examiner, 18 November 1964.

512 Corkman, 17 December 1999.

513 CSO; and cited in Con Kelleher, Macroom, Sport & Community, p. 127. West Muskerry is a division of

County Cork, half of the Barony of Muskerry, one of eight baronies in county Cork. 514 It is unclear why the Palace did not have Sunday night screenings.

515 Elizabeth Kelleher, née Lucey, interview 28 March 2023. Elizabeth is a daughter of Jerry Lucey, Managing Director, 1953-1979, the year of his death.

516 <https://www.oireachtas.ie> Dáil debate, 5 June 1968. (Interview, 17 February 2024). Christopher Morash, A History of the Media in Ireland (Cambridge, 2010) p. 182 (graph) gives the increase in Ireland, almost certainly replicated in Macroom. 519 Denis Murphy was married to Breda Lucey, niece of Jerry Lucey. 520 Denis Reading, 'Macroom jobless' 'trebles'; headline, Southern Star, 8 February 1982.

521 Jim Cooney, Macroom teacher and 1980s' video supplier in Macroom, interview, 20 January 2024.



Two tractor enthusiasts taking a break at Coachford Family Festival. By Billy Morrissey



Maebh Ní Dhuinnín, with members of the Ireland Canada University Foundation (ICUF), including Minister Dara Calleary and Canadian Ambassador to Ireland, Dennis King. Maebh will be teaching Irish in Saint Mary's University in Halifax, Nova Scotia for the 2025/2026 academic year.



Baile Bhuirne Active retirement group's overnight stay at the fabulous Castlerosse Hotel in Killarney in June. It was a great success and we hope to have a longer stay away later in the year.



Con Cooney member of Coachford Active Retirement, recently had the opportunity to attend a garden party at Áras an Uachtaráin, seen here with Sabina Higgins wife of President of Ireland, Michael D. Higgins



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Bealnamorrive Church Organist Retires



A painting of Bealnamorrive Church being presented by Jim Twomey to Mary O'Regan (nee McCarthy) on behalf of the Pastoral Council. Pictures by Peter Scanlan



Nora Casey, Anne McCarthy Hinchion and Mary O'Regan.



Anne McCarthy Hinchion gifting Mary O'Regan (nee McCarthy) on behalf of the local community.



Mary seen here with her brother Dan McCarthy, son John, daughter in law Gráinne and grandsons.



Father Donal Robert's congratulating Mary on her retirement, surrounded by her son John and grandsons Bertie, Fionn and Gordon.

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Trophy named after late mid-cork Medical Director

presented by Minister Healy-Rae

A memorial trophy named after the late Dr. Ruth Mitchell-Quill, of the Inniscarra area, was presented by Minister of State, Michael Healy-Rae at the most recent Cork Summer Show. In the early 1970s, Dr. Ruth was the first woman to be elected to the governing body of the Munster Agricultural Society (founded in 1805, later one of the original Seanad nominating

bodies). She also served as Vice-President. 'Agriland' described it as a "prestigious" trophy, having been first publicly presented by Taoiseach Micheál Martin in 2022. Dr. Ruth was also a co-founder of the RDAI and served as its honorary medical doctor.



MACROOM BOY MAKES GOOD



Hi! Chris Barrett here speaking with a very impressive young man from Macroom. I have today the great pleasure of speaking with JOHN FOSKETT. I have to say that I alone am responsible for the title of this piece, and that initially John had had his doubts because he

did not want to appear self-serving.

I have known John for a long time which started when he became a scout in Macroom where I was a scout leader and continued over the years when I met him again when I was working in Macroom YouthReach. But I am racing ahead of myself. I have always known that life was not easy for John but I have to put my hands up and admit that I had no idea of the full extent of the issues he was dealing with from very early on. Speaking with John I became aware of how young he was when his issues first started. He thinks he was maybe 9 or 10 years when he started sniffing petrol and glue and drinking alcohol left in the fridge. For him now, he thinks it was common on the estates of Macroom then, and he doubts that many parents were aware of what was going on with their children. As a scout leader I did not smell alcohol or smoke on his breath, but I was not expecting anything like that. John says this situation was very much 'one of its time' on the estates in Macroom and that youngsters nowadays are more likely to be smoking vapes.

John has been receiving extra help from Primary level and has been diagnosed with OCD, Dyspraxia and low functioning ADHD.

With the OCD particularly, comes an explanation of why John got into substance abuse so easily. These combined issues also meant that John was not ideally suited to school, and his Secondary school said that they would only keep him if he went on medication. Fortunately John's mother was aware that he was drinking and experimenting with drugs and knew that it would have been dangerous for him to put medication into the mix. The combination could have been truly horrendous, and not for the first time John is really grateful to his mother for seeing and acting for the best with an unusual response to a challenging situation.

It is interesting to see what happened next.

The school was struggling but doing its best, and he was being offered Anger Management and Counselling.

At this time the support of his parents became crucial

as was the support of the local scout leader and the adults in the Scouts.

This becomes more clear when I hear John reminding me he hated being outside, hated camping and hated getting wet and dirty!

He also struggled to tie knots and yet he kept coming back to Scouts. I believe now, having been with him as a leader in scouts, that it was the support and acceptance of the people there which made him want to turn up each week.

Scout camps also gave him a break from his familiar environment despite the fact that they consisted of all the things he hated!

I believe that we can learn much about this conundrum. The nonjudgmental support which John received in the Scout hut and at camp, was of vital importance in ensuring his voluntary attendance on a weekly basis. This 'wild child' as John refers to himself had been drinking solvents and taking hash from 9 or 10. Where the conventional education system was making it hard for him, it is ironic that a uniformed Scout movement gave him the opportunity to be respected and supported for who he was.

Getting involved with drugs was in John's words, 'the done thing'. They were everywhere on the estates of Macroom and sadly John feels that they are even more freely available now.

As regards alcohol, John feels that youngsters should not be allowed to drink when they are at home.

He remembers being caught smoking by his father in 1st year, and acknowledged that his dad smoked but hated it.

After leaving Secondary School, John went to Youth Reach in Dean Street for a year as Macroom YouthReach had no free places. He was in YouthReach for about three years on and off, trying a year's course in Sustainable Building and Development which did not suit his needs.

Fundamental to John's recovery was his departure from YouthReach Macroom to go on a medical detox. Since the age of 13 or 14 he had been in and out of outpatient addiction but felt it had not really worked for him. John stopped taking Benzodiazepine by himself. He blacked out for a few days after taking them and nearly died. At the time community drugs workers helped him, but he says he felt 98% of his support came from YouthReach. Again, I found myself working with John. This time at YouthReach Macroom and although I recognised him as a troubled young man, I had no real inkling of the depths of his troubles. I do believe that the staff at YouthReach, by respectfully treating him with care and looking at his potential, were able to recreate the safe environment he had previously found in Scouts.

This safety net was threatened as John was found to be owing a lot of money from 2011 onwards and was told in no uncertain terms that if he did not address his drug addiction, the leader would have no option but

to throw him out.

Sometimes the strangest things lead to success. John's mother bought him some alcohol on condition that he would discuss going to a drugs counsellor.

This led to John going on a medical detox for 2 weeks followed by a 28 day Residential Programme in Cahir, along the lines of the 12 step programme.

I remember speaking to John's mother during this time and although she was still concerned she was now more cautiously hopeful. Following this John went to Fellowship House in Toker and then Sober House for about 6 months. All this took about 18 months and he didn't go back to substance abuse at all during that time. He still feels the same person with the same issues, but he was forced to grow up. He feels that maybe despite the horrors of it all, that somehow the drugs might have helped him through.

John had been to meetings and Counselling appointments regularly over the years so he was very familiar with how these things work.

He has been given the tools to cope without drugs and now, nearly 11 years on, he never wants to go back down that road.

John is father to a daughter of 9 and has a long-term partner of 4 years.

He is able to use his learning in his work with homeless people in Cork. His personal experiences enable him to build relationships with people in trouble.

John has been working in this position for 3 years.

Looking back, John says it was mainly people who made such a difference to him, the Scout and YouthReach leaders, and the Youthreach Macroom leader who forced him to take action to get clean.

His gratitude to these people is palpable and he repeats that he is incredibly grateful.

In his case he found Arbor House (Outpatient Dept) in Cork city and the 12 step meetings to really work for him, but he feels that you can have all the supports in the world available to you, but ultimately you have to be ready yourself.

When I asked John what someone could do as a first step, John told me that you would do well to speak first with a trusted friend about your mental health.

I have written many articles over the years but this one has proved to be more in depth than even I had expected.

John has shared his background in such a way that he shows youngsters it is never the wrong time to turn your life around. There is no perfect time. You just have to make the decision when you are ready, and the support will be there.

I am really grateful to John for sharing his story and hope others find him as inspiring as I do.

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



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Looking Back in Time 2007



2007; Crookstown Walk For Guide Dogs 1-7-07. Pic. Peter Scanlan



2007; Fr. Teddy O'Sullivan PP and Fr. Tim O'Sullivan AP with members of the Kilmurry Parish Council 2007. Pic. Peter Scanlan



2007; Canoe ICA Presentation to St. Vincent De Paul 5-12-2007. Pic. Peter Scanlan



2007; Canoe ICA Scaith Na Scol Boys and Girls 11-11-07. Pic. Peter Scanlan



2007; Cork U18 Camogie Presentation 28-9-2007. Pic. Peter Scanlan



2007; Kilbonane School welcomes the Victorious Canoe Team. Pic. Peter Scanlan



2007; Canoe ICA Scaith Na Scol Boys 11-11-2007. Pic. Peter Scanlan



2007; Canoe ICA Scaith Na Scol Girls 11-11-2007. Pic. Peter Scanlan



(No Date) Crookstown Golden Years 5th Anniversary. Pic. Peter Scanlan

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A Word of Victory

"And behold, a woman having a spirit of infirmity eighteen years, she was bent over and not able to lift herself up...." (Luke 13:11).

Welcome back dear student, multitudes are battling various diseases and infirmity. Sickness is a lonely place. People hope for help from medicine, and we thank God for nurses and doctors, but man has only so much help to offer - sometimes they have no answers or treatments. People struggle on as best they can. The lady in the Scripture above was doing that. There was no help for her, she was resigned to becoming weaker and weaker. Then one day she met Jesus. He spotted her in the synagogue and called her. What was she expecting to happen? She was bent over, crippled in her body. Many probably sympathised with her at her misfortune. Eighteen years is a long time to suffer. Perhaps she had tried various treatments, but now she was unable to lift herself up at all. This picture symbolises what conditions do to individuals and families. Sickness, disease, and infirmity bring oppression – the person's life, mind and expectations can be utterly pressed down. Everything circles around this trial. It's exhausting. They talk about lifting weights, but for someone enduring sickness - they're heavy lifting all the time. And it's easy to get tired and fed up. The Lord Jesus announced: "...dear woman you are loosed and healed of your infirmity!" Jesus cast out the demon that had attached itself to her creating the disease. How she rejoiced afterwards! This is a key missing factor nowadays - there is a root cause of infirmity and sickness. "And you know how God anointed Jesus of Nazareth with the Holy Spirit and with Power Who went around doing good and healing all those oppressed by the devil for God was with Him" (Acts 10:38).

Make no mistake friend, we have an enemy – Satan, and his agenda is to "steal, kill and destroy" (John 10:10; 2 Peter 5:8). Jesus exposed this and explained that God's will is that those who believe in Him live a full life, abundantly blessed. The Word teaches us that this is why Jesus came "to destroy the works of the devil" (1 John 3:8). The Lord described healing and deliverance as "...the children's bread" (Matthew 15:26; Mark 7:27). John declares that those who believe in Jesus become children of God (John 1:12). So therefore, if you believe in your heart that God's Son Jesus gave His life for your sins, and you repent and ask Him to come into your life, confessing Him as Lord and Saviour, and live for Him in obedience to His Word, you now are a child of God. "For His Spirit joins with our spirit to affirm that we are God's children. And since we are His children, we are His heirs" (Romans 8:16-17). This qualifies you for all the blessings of inheritance that Jesus paid for with His Body and His Blood (1 Peter 2:24). If a loved one left you a valuable inheritance, would you accept it? Jesus doesn't push Himself upon anyone but longs that we would open the door of our hearts to let Him come in to dwell with and bless us (Revelation 3:20; John 15:4-7).

Everywhere He went Jesus healed people (Matthew 15:30; Luke 4:36-40). There were no hospitals back then. One woman had spent all she had to try and be healed (Mark 5:25-34). She had been bleeding for twelve years, and no one could help her. She was left poor and weak. But she heard about Jesus - sought Him out and was healed and made whole! Seek God's Word and ask Him to reveal the Truth. We pray for the sick at our Bible meetings, details below.

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From September 2025, all people aged over 70 will be entitled to get a Free Travel Companion (FT+C) Public Services Card. This means someone aged 70 or over can have another person, aged 16 or older, including their spouse or partner, travel with them for free on all transport services provided as part of the Free Travel scheme.

If you are aged 70 years or over and you currently have a Free Travel 'Personal' (FT-P) PSC or 'Spouse' (FT+S) PSC, the DSP will write to you before September 2025 to explain how you can get the Free Travel Companion (FT+C) PSC:

- If your PSC expires after 31 August 2025 a new PSC with FT+C (Free Travel Companion) on it will be sent to your home address. You don't need to apply. The DSP will start to issue these (FT+C) PSCs from July 2025.
- If your PSC has already expired or will expire before 1 September 2025, you will need to renew your PSC online or at a PSC Intreo Centre. At that point, a new PSC (FT+C) will be sent to your home address.

People Aged Under 70:

If you are aged under 70 and have Free travel you can apply for a companion pass by completing the relevant application form. To qualify for an under 70 companion pass, you will need to be medically assessed as unfit to travel alone. For further information you should contact your local Citizens Information Centre.

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DISAPPOINTING END TO CORK'S CHAMPIONSHIP SEASON

All Ireland Senior Hurling Final

Tipperary 3 - 27 Cork 1 - 18

Tipperary are All-Ireland senior hurling champions for the 29th time after a most remarkable second-half performance, hailed as perhaps one of the very greatest ever on the grand stage.

It was desolation for Cork Manager Pat Ryan and his players, and everyone on Leaside, after back-to-back McCarthy Cup final defeats and their third in five seasons.

Down by six points at half-time against a Cork side widely backed to end their 20-year wait for McCarthy Cup success, Tipp dug incredibly deep and mined out a quite remarkable 15-point win with their bare hands. In all, incredibly Tipp outscored Cork by 3-14 to 0-2 in the second-half. Tipp were that good and dominated to such an extent that the pre-match favourites were made to look a very ordinary team.

To think that Cork beat Tipp comfortably in not just the Allianz League final earlier this year but also in their Munster round-robin meeting. When the dust settles and Cork reflect on their season, they may take some consolation from those wins, as well as the trophies they've won in 2025.

Shane Barrett's goal just before half-time left the Munster champions in a great position with a 1-16 to 0-13 advantage. But it turned out a Tipp side desperate to end its own six-year wait for success was just getting going. They reeled off 1-5 without response immediately after the restart to put themselves into a lead they wouldn't relinquish.

Cork briefly got the margin down to a point in the third quarter after a Barrett score but, amazingly, that was one of just two second-half points the Rebels scored, even a penalty failing to yield reward at a stage when even a goal would have been mere consolation for Cork who will spend the winter wondering just how this game got so badly away from them.

The second yellow-card shown to defender Eoin Downey in the 54th minute didn't help but Cork were already sinking fast at that stage.

It was vindication for Tipp manager Liam Cahill who set his team up with a seventh defender this time, Bryan O'Mara the sweeper, in a bid to stifle Cork's clear goal threat and it worked a treat. Tipp were solid at the back where O'Mara floated between the two defensive lines. Willie Connors dropped to wing-back and Sam O'Farrell to midfield to accommodate the sweeper, leaving five in attack.

Tipp skipper Maher picked up Brian Hayes, holding him to just a point while Robert Doyle tracked Alan Connolly, keeping him to a point too. Breen was terrific on Patrick Horgan.

Still, Cork were sitting pretty at the interval with that significant lead and led for the majority of the first-half. It was all a bit chaotic and frenetic early on with both sides coughing up possession and firing wides, 13 in the first-half between them.

Darragh Fitzgibbon drilled two first-half points for Cork, as did Diarmuid Healy while Barrett took his tally to 1-3 for the half when Rob Downey burst out of defence and fed Mark Coleman who tossed the sliotar to the centre-forward for an excellent goal.

Tipp had hit eight wides in total in the half but a team that simmered throughout the first-half suddenly came bubbling to the boil with that awesome second-half display.

Conor Stakelum got Tipp's first point of the second-half. Then Andrew Ormond got back-to-back scores and just like that the Barrett goal had been wiped out. Tipp got a goal of their own in the 46th minute. McGrath struck it, capitalising on poor defending when Jake Morris' effort which dropped short wasn't



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dealt with, allowing him to steal in and strike to the net for his 21st championship goal and his arrived in the 60th minute when he flicked in from close range after a long Eoghan Connolly delivery.

In between, McGrath won a penalty off Eoin Downey - resulting in Downey receiving his second yellow card and his marching orders - for McCarthy to drill home expertly.

Tipp were flying now and sniping scores from all angles. Even goalkeeper Shelly got in on the action. Veteran Noel McGrath came on in the 60th minute for his 79th Championship appearance. He hit the very last score of the game for Tipp and threw his arms aloft, savouring a famous win and his fourth All-Ireland medal.

Tipperary are undoubtedly worthy All-Ireland winners. Scorers for Cork: Shane Barrett 1-4, Patrick Horgan 0-4 (3fs), Diarmuid Healy 0-3, Darragh Fitzgibbon 0-2, Brian Hayes 0-1, Alan Connolly 0-1, Declan Dalton 0-1 (0-1f), Niall O'Leary 0-1, Seamus Harnedy 0-1.

Tipperary: Rhys Shelly; Ronan Maher, Robert Doyle, Michael Breen; Bryan O'Mara; Eoghan Connolly, Craig Morgan, Willie Connors; Sam O'Farrell, Conor Stakelum; Andrew Ormond, Jake Morris; Darragh McCarthy, John McGrath, Jason Forde.

Subs: Seamus Kennedy for O'Mara 50, Alan Tynan for Morgan 56, Noel McGrath for O'Farrell 60, Darragh Stakelum for Conor Stakelum 65, Oisín O'Donoghue for Ormond 66.

Cork: Patrick Collins; Seán O'Donoghue (Inniscarra), Eoin Downey, Niall O'Leary; Ciarán Joyce, Robert Downey, Mark Coleman (Blarney); Tim O'Mahony, Darragh Fitzgibbon; Declan Dalton, Shane Barrett

(Blarney), Diarmuid Healy; Patrick Horgan, Alan Connolly, Brian Hayes. Subs: Seamus Harnedy for Dalton 44, Damien Cahalane for Healy 56, Conor Lehane for Horgan 58, Shane Kingston for Connolly 65, Tommy O'Connell for O'Mahony 67.

Referee: Liam Gordon (Galway). - Paul Keane at Croke Park for GAA

The Future

It was a depressing defeat for Cork but there is no alternative but to analyse the reasons why it occurred, look at the example of Tipperary, regroup and prepare for battle next season.

Cork will just have to toughen up, particularly in attack where fancy stickwork against weak teams will bring choruses of praise but will not overcome hard hitting committed defenders in vital games. The concession of three goals was avoidable and the defence needs to be tightened up, particularly in the full back line.

Tipperary manager Liam Cahill deserves huge praise for how he has turned things around.

When he took over almost three years ago to the day, Tipp were fresh off a three-season spell when they'd won just two of their 10 Championship games. And there was no instant switch to turn things on in Tipp. As recently as last year, Tipp failed to win a game in Munster and didn't qualify for the All-Ireland series.

The impact of U-20 All-Ireland winners McCarthy and Sam O'Farrell this season has been huge and Cahill made a number of insightful personnel and positional tweaks throughout this year's Championship which paid off handsomely too.

Munster Senior Championship:

Cork drew with Clare, defeated Tipperary, lost to Limerick and defeated Waterford to reach the Munster Final. Drew with Limerick in the Munster Final, 1-30 to 2-27 after extra time and won a penalty shoot-out 3-2 to take the title.

All Ireland Semi Finals:

Cork 7-26 Dublin 2-21
Kilkenny 0-30 Tipperary 4-20

Under 20 Hurling

Cork drew with Clare, beat Tipperary, beat Limerick and beat Waterford to reach the oneills.com Munster semi final. They were beaten by Clare 2-15 to 0-20 in the Munster semi final and Clare then lost to Tipperary.

Electric Ireland Minor Hurling:

Cork beat Limerick, Clare, Tipperary and Waterford to reach the Munster final and defeated Waterford again in that final. However, they lost to Clare in the All Ireland semi final, Clare 0-27 Cork 1-22, and Clare lost to Waterford in the final Waterford 1-18 Clare 0-10

2025 All-Ireland Senior Football Groups

Group 1: Donegal 4, Tyrone 4, Cavan 2, Kerry 4,
Group 2: Meath 5, Kerry 4, CORK 2, Roscommon 1,
Group 3: Monaghan 6, Down 4, Louth 2, Clare 0,
Group 4: Armagh 4, Dublin 4, Galway 3, Derry 1
Preliminary Quarter Finals
Kerry 3-20 Cavan 1-17
Dublin 1-19 Cork 1-16
All Ireland Quarter Finals:
Armagh 1-21 Kerry 0-32, Tyrone 0-23 Dublin 0-16,
Meath 2-16 Galway 2-15, Monaghan 1-20 Donegal 1-26

All Ireland Semi Finals:

Kerry 1-20 Tyrone 0-17: Meath 0-15 Donegal 3-26
All Ireland Final:
Kerry v Donegal

Munster U20 Football

Kerry 2-15 Cork 1-10
All Ireland final: Tyrone 5-16 Louth 0-17

Minor Football

Cork lost to Kerry, beat Tipperary and then lost to Kerry again in the Munster final. In the All Ireland quarter final Cork lost to Tyrone, the Ulster champions going on to win the All Ireland by beating Kerry in the final.

LGFA Ladies Football

TG4 All Ireland Senior Championship Qualifiers:
Group 2
Rd 1: Kerry 0-13 Mayo 1-4 (result)
Rd 2: Cork 2-9 Kerry 5-7
Rd 3: Mayo 1-10 Cork 3-8
TG4 Senior All Ireland Quarter Final

Kerry v Kildare: Meath or Tipperary
Galway v Waterford: Dublin v Cork
Semi Finals:
Kerry v Meath: Galway v Dublin

Camogie

Glen Dimplex 2025 Senior All Ireland Championship
GROUP 1
Round 1: Cork 6-25 Limerick 0-5: Clare 0-15
Wexford 1-9
Tipperary A Bye
Round 2: Tipperary 1-9 Cork 3-21, Limerick V Wexford, Clare A Bye
Round 3: Wexford V Tipperary, Clare V Limerick, Cork A Bye
Round 4: Limerick V Tipperary, Cork 0-21 Clare 1-9, Wexford A Bye
Round 5: Wexford V Cork, Tipperary V Clare, Limerick A Bye Sat, June 28th
GROUP 2
Galway, Kilkenny, Waterford, Dublin, Derry

Quarter Finals: Waterford 2-20 Clare 2-10: Tipperary 1-22 Kilkenny 0-19 aet
Relegation Final: Wexford 4-21 Derry 0-9 - Derry relegated to Intermediate for 2026
All Ireland Semi Finals:
UPMC Nowlan Park: Cork v Waterford : Galway v Tipperary, both on Saturday, 26th July.
Camogie Final: Sunday, August 10th - Croke Park
Final Replay: August 16th/17th

Munster Senior Camogie Championship final

Cork v Waterford - fixture pending

Cork GAA County Championship 2025

The club championships commence on week end of July 25th-27th 2025 with Round 1 of the Football groups getting the season off to a hectic start. The Hurling championship starts a week later.

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: Ilenn 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

Premier Senior Hurling

Group 1: Fr O'Neill's, Sarsfields, Erin's Own, Glen Rovers
Group 2: Newtownshandrum, Midleton, Charleville, Newcestown
Group 3: Blackrock, Kanturk, Douglas, St Finbarr's

Senior A Hurling

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

Premier Junior Hurling

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

Muskerry teams fixtures in McCarthy Insurances County Football Championships

Fri, July 25th @7.30pm PSFC G3 Rd1 Ballincollig v Nemo Rangers in Páirc Uí Rinn
Fri, July 25th @7.30pm SAFC G1 Rd1 Éire Óg v Kanturk in Macroom

Sat, July 26th @5.30pm PIFC G1 Rd1 Aghabullogue v Bantry Blues in Ballygeary
Sat, July 26th @7.30pm PIFC G3 Rd1 Castletownbere



Macroom LGFA U8 team at the Munster Club Festival Day in Macroom on Sat 12th July



Macroom LGFA U10 team at the Munster Club Festival Day held in Macroom on Sat 12th July

v Macroom in AUGHAVILLE
Sat, July 26th @5.30pm PIFC G2 Rd1 Naomh Abán v Rockchapel in Dromtariffe
Sat, July 26th @7.30pm PJFC G3 Rd1 Inniscarra v Millstreet in Donoughmore

Sun, July 27th @7.30pm SAFC G2 Rd1 Cill na Martra v Knocknagree in Clondrohid
Sun, July 27th @7.30pm SAFC G3 Rd1 Béal Áth'n Ghaorthaidh v O'Don Rossa in Bantry
Sun, July 27th @7.30pm PIFC G3 Rd1 Kiskeam v Uibh Laoire in Macroom
Sun, July 27th @7.30pm IAFC G1 Rd1 Ballinora v St. Finbarr's in Ballinhassig
Sun, July 27th @7.30pm IAFC G3 Rd1 Kilmurry v St. Vincent's in Ballyanley
Sun, July 27th @7.30pm PJFC G1 Rd1 Canovee v Urhan in Dunmanway

Full Fixture List for Round One, F and H, for July-August

July 25th - 27th Club F Cship R1 McCarthy Insurance
Fri, July 25th @7.30pm PSFC G3 Rd1 Ballincollig v Nemo Rangers in Páirc Uí Rinn
Fri, July 25th @7.30pm SAFC G1 Rd1 Éire Óg v Kanturk in Macroom
Fri, July 25th @7.30pm PJFC G2 Rd1 Cobh v Cullen in Mounseabbey
Sat, July 26th @2.30pm IAFC G1 Rd1 Adrigole v Glanworth in Coachford
Sat, July 26th @3.30pm PIFC G2 Rd1 Bandon v Glanmire in Ballincollig
Sat, July 26th @5.30pm PSFC G1 Rd1 Newcestown v Valley Rovers in Kilmurry
Sat, July 26th @5.30pm PSFC G3 Rd1 Douglas v St. Michael's in Shanbally
Sat, July 26th @5.30pm PIFC G1 Rd1 Aghabullogue v Bantry Blues in Ballygeary
Sat, July 26th @5.30pm PIFC G1 Rd1 Aghada v Nemo Rangers in Cobh
Sat, July 26th @5.30pm PIFC G2 Rd1 Naomh Abán v Rockchapel in Dromtariffe
Sat, July 26th @5.30pm IAFC G3 Rd1 Boherbue v Ilan Rovers in Inchageela
Sat, July 26th @5.30pm PJFC G2 Rd1 Kinsale v Na Piarasigh in Ballymaw
Sat, July 26th @7.30pm PSFC G1 Rd1 Castlehaven v Mallow in Ovens
Sat, July 26th @7.30pm PSFC G2 Rd1 Clonakilty v St. Finbarr's in Bandon
Sat, July 26th @7.30pm SAFC G1 Rd1 Kilshannig v Newmarket in Kilbrin
Sat, July 26th @7.30pm SAFC G2 Rd1 Clyda Rovers v Fermoy in Charleville
Sat, July 26th @7.30pm SAFC G3 Rd1 Bishopstown v Dohenys in Enniskeane
Sat, July 26th @7.30pm PIFC G3 Rd1 Castletownbere v Macroom in AUGHAVILLE
Sat, July 26th @7.30pm IAFC G2 Rd1 Gabriel Rangers v Mitchelstown in Ahiohill
Sat, July 26th @7.30pm PJFC G3 Rd1 Buttevant v Glenville in Ballyhooley
Sat, July 26th @7.30pm PJFC G3 Rd1 Inniscarra v Millstreet in Donoughmore
Sun, July 27th @3.30pm All-Ireland Senior Football Final (Replay, Aug 9th)
Sun, July 27th @7.30pm PSFC G2 Rd1 Carbery Rangers v Carrigaline in Newcestown
Sun, July 27th @7.30pm SAFC G2 Rd1 Cill na Martra v Knocknagree in Clondrohid
Sun, July 27th @7.30pm SAFC G3 Rd1 Béal Áth an Ghaorthaidh v O'Donovan Rossa in Bantry
Sun, July 27th @7.30pm PIFC G3 Rd1 Kiskeam v Uibh Laoire in Macroom
Sun, July 27th @7.30pm IAFC G1 Rd1 Ballinora v St.

Finbarr's in Ballinhassig
Sun, July 27th @7.30pm IAFC G2 Rd1 Dromtariffe v Kildorrery in Ballyclough
Sun, July 27th @7.30pm IAFC G3 Rd1 Kilmurry v St. Vincent's in Ballyanley
Sun, July 27th @7.30pm PJFC G1 Rd1 Ballydesmond v St. Nick's in Glantane
Sun, July 27th @7.30pm PJFC G1 Rd1 Canovee v Urhan in Dunmanway

Aug 1st - 3rd Club H Cship R1 Co-Op Superstores Hurling Cship

Thurs, July 31st @7.15pm PIHC G2 Rd1 Castlemartyr v Kilworth in Youghal
Fri, Aug 1st @7.30pm PSHC G1 Rd1 Fr. O'Neill's v Sarsfields in Carrigtwohill
Fri, Aug 1st @7.30pm PSHC G3 Rd1 Douglas v St. Finbarr's in Páirc Uí Rinn
Fri, Aug 1st @7.30pm PIHC G2 Rd1 Ballincollig v Ballinhassig in Church Road
Fri, Aug 1st @7.30pm PJHC G2 Rd1 Barryroe v Kilbrittain in Clonakilty
Sat, Aug 2nd @5.30pm PSHC G1 Rd1 Erin's Own v Glen Rovers in Páirc Uí Rinn
Sat, Aug 2nd @5.30pm SAHC G2 Rd1 Ballyhea v Inniscarra in Mounseabbey
Sat, Aug 2nd @5.30pm PJHC G3 Rd1 Ballygarvan v Milford in Killavullen
Sat, Aug 2nd @7.15pm PSHC G2 Rd1 Midleton v Newtownshandrum in Páirc Uí Rinn
Sat, Aug 2nd @7.30pm PSHC G3 Rd1 Blackrock v Kanturk in Mallow
Sat, Aug 2nd @7.30pm SAHC G1 Rd1 Carrigtwohill v Fermoy in Rathcormac
Sat, Aug 2nd @7.30pm SAHC G2 Rd1 Bishopstown v Castlelyons in Blarney
Sat, Aug 2nd @7.30pm PIHC G1 Rd1 Ballymartle v Éire Óg in Ballinhassig
Sat, Aug 2nd @7.30pm PIHC G3 Rd1 Lisgoold v Valley Rovers in Carrigaline
Sat, Aug 2nd Munster GAA Activity Days in SuperValu Páirc Uí Chaoimh
Sat, Aug 2nd @7.30pm IAHC G2 Rd1 Sarsfields v Youghal in Cloyne
Sat, Aug 2nd @7.30pm PJHC G3 Rd1 Argideen Rangers v Tracton in Bandon
Sun, Aug 3rd @1.30pm PJHC G1 Rd1 Meelin v St. Finbarr's in Ballygiblin
Sun, Aug 3rd @1.30pm PJHC G1 Rd1 Glen Rovers v St. Catherine's in Lisgoold
Sun, Aug 3rd @1.30pm PJHC G2 Rd1 Cloughduv v Nemo Rangers in Ballyanley
Sun, Aug 3rd @2pm IAHC G1 Rd1 Mayfield v Midleton in Riverstown
Sun, Aug 3rd @2pm IAHC G2 Rd1 Aghabullogue v Blackrock in Ballincollig
Sun, Aug 3rd @2pm IAHC G3 Rd1 Aghada v Kildorrery in Venue TBC
Sun, Aug 3rd @3pm PSHC G2 Rd1 Charleville v Newcestown in Grenagh
Sun, Aug 3rd @3pm PIHC G1 Rd1 Carrigaline v Cloyne in Cobh
Sun, Aug 3rd @3pm PIHC G3 Rd1 Dungourney v Mallow in Castletownroche
Sun, Aug 3rd @3pm IAHC G1 Rd1 Bandon v Russell Rovers in Riverstick
Sun, Aug 3rd @1.15pm SAHC G3 Rd1 Courcey Rovers v Watergrasshill in Páirc Uí Rinn
Sun, Aug 3rd @3pm SAHC G3 Rd1 Blarney v Bride Rovers in Páirc Uí Rinn
Sun, Aug 3rd @4.15pm est LGFA Final All-Ireland Senior Ladies Football Final
Sun, Aug 3rd @6.30pm IAHC G3 Rd1 Ballygiblin v Erin's Own in Castlelyons
Sun, Aug 3rd @7.30pm SAHC G1 Rd1 Killeagh v Na

Piarasigh in Midleton

Cork County Senior Hurling Championship Colleges/Divisions section

Rd 1: Muskerry 1-23 Duhallow 2-19
Rd 2: Muskerry 3-16 Carbery 0-15

Divisional section semi finals: Aug 8th-10th
Muskerry v UCC; Imokilly v Avondhu

County Senior Football Championship Colleges/Divisions section

Semi Final: Muskerry 7-11 Carbery 1-18
Final: Duhallow 4-9 Muskerry 0-13

Muskerry 7-11 Carbery 1-18

Cork star Chris Óg Jones landed 3-3 as Muskerry's goalscoring ability was crucial in getting past the Carbery challenge in the McCarthy Insurance Group Premier SFC clash at Castletownkenneigh. The Mid-Cork thus stayed on course to retain the Tadhg Crowley Cup which they won last season.

Carbery had had whatever breeze was there in the first half and they had an early 0-4 to 0-1 lead, though Alan Quinn was denied a Muskerry goal by a Damien O'Sullivan save.

Ryan O'Donovan extended the Carbery advantage before a Muskerry goal brought them back into contention.

Young wing-back Seán O'Leary's he exchanged passes with Chris Óg Jones to give Quinn another opportunity. While O'Sullivan saved again, the wing-forward was being fouled as he shot and a penalty was awarded. Chris Óg Jones made no mistake from the spot and though Carbery responded with scores from Olan Corcoran (two-pointer) and the impressive Seán Daly to move 0-8 to 1-1 ahead again, Muskerry found a purple patch as half-time approached.

They had a second goal when Daragh Ó Laoire's shot came back off the post and Ian Jones reacted well to claim the rebound and fire home; points from Liam O'Connor and Ó Laoire followed and Muskerry led for the first time, 2-3 to 0-8. Carbery replied with a two pointer from Damien Gore to make it 2-3 to 0-10 at half time.

Carbery extended the advantage on the restart but then in the second minute Muskerry midfielder Cillian O'Donovan raced through the middle to take a perfect pass from Seán O'Leary and finish clinically to the net to put his side 3-3 to 0-11 in front and a point from Chris Óg Jones extended the lead. Muskerry then added a fourth goal immediately from Chris Óg after an assist by William Ronan and Jones second point made it 4-5 to 0-11 with 37 minutes on the clock.

Muskerry added five points, led 4-9 to 0-17 with four minutes left and late goals from Alan Quinn, Liam O'Connor and Chris Óg Jones made victory assured. Scorers for Muskerry: C Óg Jones 3-4 (1-0 penalty, 1 2ptf), L O'Connor 1-3, I Jones 1-2, A Quinn 1-1, C O'Donovan 1-0, D Ó Laoire 0-1.

Muskerry: Joe Creedon (Uibh Laoire); Dan O'Donovan (Uibh Laoire), Neil Lordan (Ballinora), William Ronan (Kilmurry); Seán O'Leary (Kilmurry), Paul Ring (Aghabullogue), Aaron O'Sullivan (Aghabullogue); Cillian O'Donovan (Macroom), Colm Gillespie (Aghabullogue); Alan Quinn (Macroom), Liam O'Connor (Inniscarra), Darragh Ó Laoire (Naomh Abán); Danny Ó Ceallaigh (Naomh Abán), Chris Óg Jones (Uibh Laoire), Ian Jones (Uibh Laoire). Subs: Eoghan Lehan (Canovee) 35, Eolan O'Leary (Macroom) both 37, Kevin Manning (Uibh Laoire) 42, Conor Dodd (Canovee) 42, Jack O'Donoghue (Uibh Laoire) 53.

Duhallow 4-9 Muskerry 0-13

Muskerry, who had swamped the Carbery challenge with seven goals, were themselves on receiving end of a goal fest on a horrible wet and dark evening at Ballydesmond, the most westerly venue in Duhallow! Duhallow struck three goals before half-time and never once loosened their grip on a SFC Divisions/Colleges section final that offered Muskerry little comfort and fewer chances. Their 4-9 to 0-13 win in Ballydesmond delivered a Divisions/Colleges SFC title, and a path to the Cork PSFC quarter-final.

Duhallow started with zip in their play and had Muskerry under the cosh from the throw in. They led by 0-4 to a Chris Óg 0-1 after ten minutes, and Muskerry were struggling to contain them. Duhallow added two more points, Muskerry responded through a Liam O'Connor free and another from Chris Óg Jones, but Duhallow soon found the net. Their first goal came after 23 minutes, a wing-back drilling the ball low to the net, 1-6 to 0-3. Muskerry pulled a point back, Danny Ó Ceallaigh the scorer, but were immediately hit again, a four man flowing movement finished to the net with another low drive. Chris Óg and veteran Donnchadh O'Connor exchanged points, Darragh Ó Laoire kicked over from play for Muskerry but the Mid Cork men were dealt a mortal blow on the stroke of half time when Duhallow struck for a third goal to lead by 3-7 to 0-6 at the interval.

There was no score for the opening twelve minutes of the second half, Chris Óg Jones pointing for Muskerry at last to get a challenge underway. Duhallow answered with a point, Muskerry kicked over three points in a row per Ian Jones, Cillian O'Donovan and Chris Óg, 3-9 to 0-10 on 54, but they badly needed a goal.

Darragh O'Leary did produce a superb two-pointer late on, and Liam O'Connor added another from a tight angle in the 64th minute – but any faint hope of a late, late rally was ended as a rapid counter attack after Muskerry lost possession going forward ended with another goal for Duhallow who were deserving winners after a below par Muskerry display.

Scorers for Muskerry: C Óg Jones 0-4 (0-3 f), L O'Connor 0-3 (0-2 f), D O'Leary 0-3 (tp), A O'Sullivan, C O'Donovan, I Jones 0-1 each.

Muskerry: J Creedon (Uibh Laoire); Mark Corrigan (Macroom), N Lordan (Ballinora), W Ronan (Kilmurry); K Manning (Uibh Laoire), P Ring (Aghabullogue), A Quinn (Macroom); C O'Donovan (Macroom), C Gillespie (Aghabullogue); A O'Sullivan (Aghabullogue), C Óg Jones (Uibh Laoire) (c), D O'Leary (Naomh Abán); D Kelly (Naomh Abán), L O'Connor (Inniscarra), I Jones (Uibh Laoire). Subs: Eolan O'Leary (Macroom), Breandan O'Sullivan (Aghabullogue) both 36, Denis O'Mullane (Kilmurry) 40, Conor Dodd (Canovee) 47.

Co-op Superstores County Junior B Hurling Championship Final

Ballyclough 3-9 (18) Uibh Laoire 1-14 (17)
Ballyclough were crowned Confined JBHC champions after a dramatic 3-9 to 1-14 win over Uibh Laoire in Owens.

The winning point deep into injury time settled a thrilling contest that looked set for extra time. Ballyclough's three goals ultimately proved decisive, despite a heroic 1-10 haul from Uibh Laoire's Jim Phelan.

Uibh Laoire started well with early scores from Kevin Manning and Brian Riordan, but Ballyclough responded with 1-4 in three minutes.

Phelan brought Uibh Laoire back into it with five unanswered points, but Ballyclough struck again for two more goals—3-4 to 0-8 at half-time.

Jamie Phelan's second-half goal from a long-



Muskerry footballers who beat Carbery 08.06.2025



Muskerry hurlers who have qualified for Divisions/Colleges section semi final of Senior Hurling Championship

range free and consistent scoring drew the sides level before he edged Uibh Laoire ahead late on. Ballyclough equalised, before David Ludgate's cool finish clinched the title for Ballyclough.

Uibh Laoire: David Dineen: Adrian O'Dea, Daniel O'Riordan, Barry Murphy: Dan O'Donovan 0-1, Ciarán O'Riordan, Jim Power: Jamie Phelan 1-10 (1-7f, 0-1 65), Josh Pickering: Brian O'Riordan 0-1, Ger McSweeney, Seán O'Riordan 0-1; Jack McSweeney, Kevin Manning (0-1), Sam Pickering. Subs: Liam Kearney and B McSweeney, both 47, Darragh Hodman 50.

Tom Creedon Cup 2025, sponsored by Fitzgerald's Macroom Bookshop

Quarter Finals:

Naomh Abán 1-17 St Vincents 1-11

Macroom 1-9 Ilan Rovers 0-10

Knocknagree 0-17 O'Donovan Rossa 0-13

Kilmurry w/o Millstreet scr.

Semi Finals:

Naomh Abán v Macroom

Knocknagree v Kilmurry

County League Results

County JA Hurling L SF Donoughmore 0-17 Carraig na bhFear 1-18

County JAFootball Final

Donoughmore 1-13 Carbery Rangers 2-12

CARBERY Rangers' second string were crowned McCarthy Insurance Group county junior league champions after defeating Donoughmore at Newcestown and so will now play Division 7 county league football in 2026.

A goal at either side of half time from Ross was the difference between the teams. The West Cork side went from being one up to seven up within a matter of moments. The West Cork outfit were just one point up before Conor Twomey struck the net before the break.

Seconds into the second spell, Timmy Cullinane goaled.

Donoughmore, to their credit, didn't throw in the towel and pulled it back to two points with time almost up.

They could have stolen victory when they saw the

last shot of the game come off the post in a frantic final assault on the Ross goal. Rosscarbery held on for a deserved win ultimately and promotion.

Sun, July 13th @5pm Div 4 HL Final Bandon v Inniscarra in Cloughduv

Sun, July 13th @5pm Div 5 HL Final Ballyhea v Aghabullogue in Glantane

Tues, July 15th Div/Col F Final Duhallow v Muskerry

Fri, July 18th @7.30pm Div 3 FL Final Clyda Rovers v Uibh Laoire in Donoughmore

Cork County Leagues for 2025:

McCarthy Insurance Group County Football Leagues

Division 1

Final: St Finbarrs 1-20 Clonakilty 2-15

Final placings: St. Finbarr's 16, Clonakilty 15, Nemo Rangers 14, Douglas 9, Cill Na Martra 9, Newcestown 9, Castlehaven 7, Éire Óg 5, Carrigaline 4, St. Michael's 2 Relegated: Carrigaline and St Michaels

Div 2 Final: Knocknagree 0-17 Carbery Rangers 0-11

Final placings: Carbery Rgrs 18, Knocknagree 14, Dohenys 10, O'Donovan Rossa 10, Béal Átha'n Ghaorthaidh 10, Ballincollig 8, Valley Rovers 8, Castletownbere 7, Kanturk 5, Fermoy 0 Relegated: Kanturk and Fermoy

Div 3 Final: Uibh Laoire 1-21 Clyda Rovers 2-10

Final placings: Clyda Rovers 15, Uibh Laoire 14, Naomh Abán 12, Mallow 10, Newmarket 9, Kilshannig 9, Rockchapel 7, Bishopstown 7, Kiskeam 5, Aghada 2. Relegated: Kiskeam and Aghada

Iveleary 1-21 Clyda Rovers 2-10

Iveleary won the McCarthy Insurance Group Division 3 Football League title following a comfortable win in the end over Clyda Rovers at Donoughmore. There was just a point in it at the break with Iveleary in front, but they produced an excellent second half to be clear winners at the finish by an eight point margin.

It's Iveleary's second successive league crown having won Division 4 a year ago and they now progress to Div Two for next season joining their parish neighbours Béal Átha'n Ghaorthaidh from Senior A and Ballincollig from the premier Senior ranks.

Chris Óg Jones got the scoring underway with a

point after three minutes only for Clyda Rovers to equalise level under a minute later. Points from Chris Óg Jones and Sam Pickering had Uibh Laoire in front, Clyda Rovers replied with a goal after 7 minutes to lead 1-1 to 0-3. The outstanding Cathal Vaughan had a two-pointer in reply but back came Clyda with 1-1 to retake the lead, 2-2 to 0-5 for the Avondhu men by the end of the first quarter.

Another Cathal Vaughan two-pointer was answered by a Clyda point, which was followed by three unanswered points for the Muskerry men by the 18th minute. Two Clyda points were matched by a Timmy Roberts two-pointer to leave Iveleary with a one point 0-12 to 2-5 lead. Roberts and Chris Óg Jones extended their side's advantage going into added time, Clyda matched these with two more points, Uibh Laoire led by one at the interval, 0-14 to 2-7.

The winners has three points to Clyda's one in the ten minutes after the resumption per Vaughan and a Chris Óg Jones free, 0-17 to 2-8 after 40 minutes. A Clyda point was decisively answered by a point from Sam Pickering and another Roberts two-pointer and Iveleary were on their way to victory leading by 0-20 to 2-9 after 51 minutes. A Clyda point was followed by a goal from substitute Aaron O'Donovan for the Muskerry men four minutes from time and that settled the outcome, Ciarán Galvin late point a further embellishment.

Scorers for Iveleary: C Vaughan 0-6 (2 2pt), T Roberts (2 2pt), C Óg Jones (0-2 f) 0-5 each, A O'Donovan 1-0, S Pickering 0-2, K Manning, C Galvin, C O'Leary 0-1 each.

Iveleary: Joe Creedon; Barry Murphy, Danny O'Donovan, Daniel O'Riordan; Kevin Manning, Seán O'Leary (c), Ciarán Galvin; Barry O'Leary, Conor O'Leary; Timmy Roberts, Cathal Vaughan, Seán O'Riordan; Brian Cronin, Chris Óg Jones, Sam Pickering. Subs: Ciarán O'Riordan 42, Aaron O'Donovan 43, Kevin Jones 51, Brian O'Riordan 56, Jack Sweeney 59.

Div 4 Final: Aghabullogue 0-19 Bandon 2-2

League Table: Aghabullogue 14, Bandon 13, Macroom 12, Buttevant 11, Glanmire 10, Adrigole 9, Boherbue 8, Nemo Rngs 7, Bantry Blues 6, St. Vincent's 0
Relegated: Bantry Blues and St Vincents

Div 5 Final: Kilmurry 2-23 Gabriel Rangers 0-13

Final placing: Gabriel Rgs 16, Kilmurry 16, Ballinora 14, Ilen Rovers 11, Kinsale 9, Mitchelstown 9, Millstreet 6, Ballydesmond 4, Glanworth 3, Glenville 2
Relegated: Glanworth and Glenville

Div 6 Final: Canovee 5-9 St Nicks 1-6

Final placings: St. Nick's 14, Canovee 14, Cobh 14, Aginagh 10, Dromtariffe 9, Cullen 9, Kildorrery 8, Na Piarsaigh 6, St. Michael's 4, Mayfield 2
Relegated: St Michaels and Mayfield

Div 7

Final: Argideen Ranges 1-12 Kilmacabea 1-8

Final placings: Argideen Rgs 14, Kilmacabea 14, Ballygarvan 11, Inniscarra 11, St. James' 11, Liscarroll/Churchtown 10, Castlemagner 8, Nemo Rangers 7, Urhan 4, Ballyhooley 0
Relegated: Urhan and Ballyhooley

Red FM County Senior Hurling Leagues Division 1

Final: Sarsfields 0-27 St Finbarrs 2-15
Sarsfields 14, St. Finbarr's 12, Glen Rovers 11, Charleville 11, Douglas 11, Blackrock 10, Fr. O'Neill's 8, Carrigtwohill 7, Carrigaline 4, Kanturk 2
Relegated: Carrigaline and Kanturk



Uibh Laoire Div. 3 League Winners



Aghabullogue Div. 5 League Winners

Div 2 Final: Midleton 1-18 Killeagh 0-15

Midleton 14, Killeagh 14, Erin's Own 14, Newtownshandrum 10, Valley Rovers 8, Ballymartle 8, Ballincollig 7, Na Piarsaigh 7, Éire Óg 6, Fermoy 2
Relegated: Éire Óg and Fermoy

Div 3 Final: Bride Rovers 1-29 Newcestown 3-16

Newcestown 13, Bride Rovers 13, Ballinhassig 12, Courcey Rvs 11, Blarney 9, Castlelyons 8, Russell Rvs 8, Lisgoold 8, Blackrock 6, Mallow 2.
Relegated: Blackrock and Mallow

Div 4 Final: Inniscarra 3-11 Bandon 2-13

Bandon 18, Inniscarra 13, Watergrasshill 9, Kilworth 9, Kildorrery 8 Cloughdub 8, Bishopstown 8, St Catherine's 7, Tracton 6, Youghal 4
Relegated: Tracton and Youghal

Inniscarra 3-11 Bandon 2-13

A week after Bandon footballers lost their league final to Aghabullogue, Bandon hurlers lost their Div 4 HL final to another Mid Cork side, going under by the minimum to Inniscarra at a sunny Ballinhassig. In a game that could have gone either way, an Andrew McCarthy goal with six minutes from time was crucial.

Early on Inniscarra were finding it difficult playing against the blinding sun in their faces, and Bandon looked the better side and two points had them off to a good start which they added to before the end of the opening quarter.

Inniscarra were battling but Bandon had another point before Inniscarra opened their scoring at last in the 20th minute, courtesy of a Daniel Murphy the scorer 1-4 to 0-1 now.. Bandon continued to dominate on the scoring front and a Ciarán McCarthy goal in the 23rd minute put them in a great position. Inniscarra responded and Mark Nagle got in for a soft goal a minute later. Three minutes later Inniscarra punished Bandon again when Pádraig Holland blasted to the net from a 20-metre free. 'Scarra added two points and led at the break by 2-3 to 1-5.

On the restart, both teams increased the tempo and exchanged points three times in a row before Bandon veteran Mark Sugrue drilled an unstoppable shot past the Inniscarra keeper for a super goal, 2-8 to

2-6 to Bandon in the 42nd minute.

It was 2-9 each in the 51st minute, and two minutes later came Andrew McCarthy's vital goal for 'Scarra, 3-9 to 2-10 for the Mid Cork men. Bandon had a point and they tried desperately for an equaliser but 'Scarra held out for a fine win and can now concentrate on their opening championship game against Ballyhea. Scorers for Inniscarra: A McCarthy 1-2, P Holland 1-2 (0-1 f), M Nagle 1-1, J Enright 0-4, D Murphy, L Ryan 0-1 each.

Inniscarra: E O'Neill: T Lyons, D Keane, J O'Sullivan: B Daly, C O'Leary, S Sheehan: J Enright, F Horgan: M Nagle, L Ryan, D Murphy: C Lynch, A McCarthy, P Holland. Sub: A O'Connell for F Horgan (43).

Div 5

Final: Aghabullogue 5-14 Ballyhea 1-9

Ballyhea 14, Aghabullogue 13, Castlemartyr 13, Dungourney 11, Midleton 10, Milford 9, Kilbrittain 9, Ballygarvan 7, Erin's Own 4, Mayfield 0
Relegated: Erin's Own and Mayfield

Aghabullogue 5-14 Ballyhea 1-9
Aghabullogue easily accounted for Ballyhea in the Red FM Division 5 Hurling League final at Glantane. Ballyhea had defeated Aghabullogue in the league in late May on a score of 1-24 to 1-15 and were favoured to win here but were on the back foot from the beginning as Aghabullogue were determined to add a hurling league title to their football title won a week earlier.

Playing with the aid of a slight breeze, Aghabullogue were at it right from the throw-in as they looked a yard quicker to every ball that came into their forward line.

The sides exchanged points in the opening three minutes but a minute later, Aghabullogue's Mathew Bradley gathered the ball 30 yards out and suddenly decided to rifle his shot to the roof of the net. Aghabullogue were the superior side for long periods of the first half as the Ballyhea keeper kept his side in contention, Aghabullogue's scoring return was low and they were punished in the final minute when Ballyhea shocked them with a goal to keep their challenge alive, 1-9 to 1-5 at the break in favour of Aghabullogue.

Ballyhea introduced four subs made four subs and

opened the second half with a point. After going 11 minutes without a score, Aghabullogue at last replied with a Shane Tarrant point before James Lane slammed in a goal in the 48th minute. Aghabullogue were rampant, and a Luke Casey goal in the 50th minute further testified to their superiority. Goal number four came courtesy of a second Lane strike and Casey was on hand to find the fifth goal in the closing minute.

Aghabullogue face the Rockies intermediates in championship.

Scorers for Aghabullogue: M Bradley 1-7 (0-3 f), J Lane 2-2, L Casey 2-1, S Tarrant 0-2, C Feury, J Foley 0-1 each.

Aghabullogue: Ian Barry-Murphy; Tom Long, Aidan Barry-Murphy, Breandán O'Sullivan; T J Buckley, Pádraig O'Sullivan, Colm Gillespie; Paul Ring, Cianie Feury; Luke Casey, Shane Tarrant, James Foley; Odhran O'Connell, Mathew Bradley, James Lane. Subs: Oisín O'Connell 53, John Buckley.

Div 6

Final: Glen Rovers 1-14 Cloyne 0-16

Glen Rovers 14, Cloyne 14, Aghada 12, Argideen Rgs 10, Ballinascarthy 10, Sarsfields 8, Ballygiblin 8, Kinsale 7, Barryroe 7, Na Piarasigh 0

Relegated: Barryroe and Na Piarasigh

Div 7

Final: Killavullen 0-15 Diarmuid Ó Mathúna's 3-12

Killavullen 17, D Ó Mathúna's 15, Killeagh 10, Ballinora 10, Passage 9, St. Finbarr's 8, Douglas 7, Meelin 7, Nemo Rangers 5, Kilshannig 2

Relegated: Nemo Rangers v Kilshannig

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 – Final: Donoughmore 1-15 Éire Óg 2-11

Donoughmore 12, Éire Óg 10, Ballincollig 9, Grenagh 9, Clondrohid 6, Kilmichael 5, Béal Átha'n Ghaorthaidh 3, Aghabullogue 2

Div 2

Semi finals: Donoughmore v Kilmurry: Dripsey v Canovee

Final: Canovee 2-13 Donoughmore 2-10

Div 3

Éire Óg v Kilmichael: Lough Rovers v Naomh Aban

Final: Éire Óg v Naomh Aban

Cumnor Construction Div One Junior Hurling League Donoughmore 16, Grenagh 12, Éire Óg 9, Kilmichael

7, Dripsey 4, Inniscarra 4, Ballincollig 4, Blarney 2

Final: Donoughmore 2-14 Grenagh 1-13

Erneside Engineering Div Two Hurling League

Final: Aghabullogue 0-20 Cloughduv 1-15

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Group 1: Blarney v Dripsey at Donoughmore Friday July 25th 7.30pm; Donoughmore v Ballincollig

Saturday 26th at Ballyanley 4pm

Group 2: Sunday July 27th: Aghinagh v Grenagh at Coachford 12 noon, Clondrohid v Kilmichael at Cill na Martra 12 noon

Group 3: Ballinora v Kilmurry at Rusheen, Friday July 25th 7.30pm: Éire Óg v Béal Átha'n Ghaorthaidh at Kilmichael Saturday 26th at 3pm

Ballincollig Credit Union

Junior B Football Championship

– all on Monday July 28th

Aghinagh 2 v Éire Óg 2 at Kilmurry 7.30pm

Canovee v Inniscarra at Ballincollig 7.30pm

Cill na Martra v Naomh Abán at Beál Átha'n Ghaorthaidh 7.30pm

Grenagh 2 v Aghabullogue at Dripsey 7.30pm

Uibh Laoire vv Gleann na Laoi at Kilmichael 7.30pm

Macroom v Donoughmore 2 at Cloughduv 7.30pm

Minor C3 League final

The minor C3 league final against Glanmire was played in Ballymaw on Saturday last.

Macroom elected to play with the wind in the first half with Cathal Neville and Jack Leavy scoring some good 2 pointers. A deflected goal by glanmire left Macroom leading by 3 points at half time

Glanmire pushed forward with the wind in the 2nd half and took the lead. Time was nearly up Glanmire leading by 4 points, Macroom got a penalty which was scored by Michael Cregan. A point down into injury time, Macroom tried hard for an equaliser but time ran out. Great effort by the lads. Final score Glanmire 3-9 Macroom 2-11.

Team: Caleb O Connor Alex Brophy Robert Fitzgerald Shane McCarthy Simon Condon Eoghan Healy Tadg

Dunne Cathal Neville David Neville Thomas Hopkins Dylan Lucey Troy Murphy Brian Bradley Jack Leavy Jayden O Sullivan.

Subs : Gearoid Quinn Coran Burns Kieran Dwyer Billy Murphy Jack O Shea Ruairi O Shea Darragh Donovan Ryan Fernando Eoin Holland Ultan Twomey Michael Cregan Michael Kelleher Dan Lyons Ben Ronan



Inniscarra



Macroom minor C3 league team against Glanmire was played in Ballymaw on Saturday last.



Seomra Elaine supporting Cork Hurlers!!



Aghinagh U16 Division 3 League Runners Up

LAOCHRA ÓG UPDATES

19th July 2025

Well done to our u14 Camogie team who played their last summer league game against St. Mary's in Enniskeane this evening. In difficult, wet conditions they played great, competitive Camogie and were unlucky to be narrowly defeated in the end. Thanks to St. Mary's for a very sporting game and to the parents for their support. Thanks to team sponsors James Hickey and family.

15th July 2025

What an absolutely fantastic game from the boys, every one of them gave it their all and we couldn't be more proud of them. Our captain for the night was Nathan Meyer who played an absolute stormer and was key in our win over Newmarket in our u12 league opener. Also Finn moss who rattled the net 5 times followed by a hat trick by Jace Ring. Some lovely points during the match with 65s and frees taken by CJ Hennigan and

Darragh Morris to name a few. Thanks for the support to all the parents and our sponsors Mid-Cork Pallets.

Laochra Og adult hurling team played Rathpeacon this evening. A good run out for the lads. Thanks to Rathpeacon for the game and Deasys Pharmacy Group Cork team Sponsors

13th July 2025

Our u14s came away with their second win in the summer league in a close, competitive match against Kilmeen this morning. Thanks to Kilmeen Camogie for hosting us and to Carriganimma CART bus and driver, Joe for the transport! Thanks also to team sponsors James Hickey and family.

12th July 2025

Well done to our u10 camogie team who recently enjoyed a blitz in Millstreet. The girls all played fantastic, putting on a great display of skills and team

work. Thanks to Millstreet Camogie Club for hosting. Thanks to team sponsors Macroom Tidy Towns.

11th July 2025

Laochra Og U12 Camogie team at Caman to Munster Camogie Blitz at Fitzgerald Stadium, Killarney this morning. Girls played four games displaying their skills against other clubs from Munster.

Great experience gained for our girls and enjoying the sunshine too.

10th July 2025

Well done to our U14 Camogie team who had a win in their first match in the summer league against Aghada last evening in Ballymacorcoran sunshine. Thanks to Aghada for travelling and for a very sporting game and to the parents for their support. Thanks to team sponsors James Hickey and family.



Laochra Og U10 Camogie v Millstreet 11th July 2025



Laochra Og U12 Camogie at Caman to Munster Camogie Blitz Fitzgeralds Stadium 11th July 2025



Laochra Og U12 Hurlers v Newmarket 15th July 2025



Laochra Og U14 Camogie v Aghada 10th July 2025



U14 Camogie v Kilmeen 13th July 2025



Laochra Og U14 Camogie v St. Mary's Enniskeane 19th July 2025

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

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Latest figures: 1 in 6 babies' lives now end in abortion in Ireland

PLC renews call for urgent meeting with Minister for Health to discuss situation



The Department of Health released the total number of notifications received last year for abortions carried out in Ireland on the 11th of July. It reports there were 10,852 abortions in 2024 – the highest number on record since the law changed in 2019.

Commenting on the latest figures, Pro Life Campaign spokesperson Eilis Mulroy said:

“The latest figures are truly shocking. The number of abortions has continued to rise year-on-year since the law changed in 2019, while successive governments have failed to back measures which would reduce the rising abortion rate. For the second consecutive year, the Government chose to release the figures late on a Friday evening – a clear and deliberate tactic to shield from public scrutiny the deeply troubling abortion framework they have created.

“There is no sign of any willingness on the part of the Government to sincerely address what’s taking place or to even engage with people who are calling for reasonable measures to be brought forward to try and reduce the spiralling numbers of abortions taking place. This needs to urgently change.”

Ms Mulroy continued: “1 in 6 pregnancies now end in abortion in Ireland based on the latest figures (1).

That’s a truly horrifying figure and it’s the opposite of what senior politicians promised the public would happen if they voted for repeal in 2018.

“The 10,852 abortions in 2024 represents a 280% increase from the 2,879 Irish abortions that happened in 2018, the year before the law changed. Even if one accepts at face value the highly debatable claim by abortion advocates that an additional one thousand illegal abortion pills were purchased annually before the law was repealed, the post-2018 surge in abortions is still staggering. Over 98% of all abortions in Ireland in 2024 were during early pregnancy up to 12 weeks. This has been the case for the last five years since abortion was legalised in Ireland.

“Government figures tell us 55,000 abortions have occurred in Ireland since the law changed. The sadness and scale of the numbers is hard to comprehend. The Government has in effect ceded all control and decision making power to the most vocal proponents of abortion, leaving no space at the decision making table for other perspectives, including for people with years of experience and a respected track record in meeting the needs of women facing an unplanned pregnancy, and in providing compassionate, practical alternatives to abortion (2).

“It is deeply troubling that these types of support receive no government backing whatsoever and, if anything, are actively undermined. This no doubt contributes to the year-on-year

increase in abortions. In recent weeks, the Pro Life Campaign requested an urgent meeting with the new Minister for Health to discuss these and related concerns. We repeat that request today and are hopeful the minister will

respond favourably to us. One thing is beyond debate: the current situation is unjust, unsustainable and is doing a massive disservice to women and their unborn babies. It cannot be allowed to continue.”

County of residence, or place of residence where woman resides outside the State	Number of terminations notified
Carlow	80
Cavan	119
Clare	178
Cork	957
Donegal	285
Dublin	4125
Galway	507
Kerry	262
Kildare	436
Kilkenny	166
Laois	140
Leitrim	49
Limerick	441
Longford	81
Louth	333
Mayo	218
Meath	359
Monaghan	78
Offaly	141
Roscommon	66
Sligo	140
Tipperary	245
Waterford	281
Westmeath	171
Wexford	258
Wicklow	266
Northern Ireland	8
Other	12
No county/place received	450
Total	10,852

Table 3: Terminations of pregnancy by county/place of residence

HAULIERS ACCUSE THE RSA OF MASSAGING THE DRIVER TEST FIGURES BY MOVING TESTERS AROUND

“The Irish Road Haulage Association have now called on the Minister to remove the driver testing system from the Road Safety Authority, before any more damage to the Irish economy is done”

The Irish Road Haulage Association has accused the Road Safety Authority of massaging the driver testing figures by moving testers from articulated truck, bus and truck testing to car testing in order to reduce wait times for car driving tests – whilst waiting times for commercial driving tests increase exponentially. They made their claims in separate letters to both Ministers Darragh O’Brien and Sean Canney.

Hauliers say that this has caused the waiting lists for driving tests for a car to fall by 10% between April and June



2025 but led to a significant increase in the wait times for truck (42%) and articulated truck (40%) between April and June 2025. It has also caused a backlog in the testing of bus drivers. Hauliers describe it as a crisis in the making for the commercial driving industry.

According to Ger Hyland, President of the Irish Road Haulage Association, the

RSA took the decision, under intense political pressure, to move their testing resources from commercial testing into car testing, rather than expand their testing capabilities overall. Hyland described it as a dangerous game the RSA are playing which is effectively robbing Peter to pay Paul at a time when the haulage sector is desperately short on drivers.

According to Ger Hyland, the actions of the RSA are stifling economic growth in rural Ireland by delaying the qualification of suitably qualified professional drivers who are desperately needed to support small and medium sized businesses across the country.

“Young Irish drivers who need a license to drive a bus, truck or HGV cannot get licenses because the RSA have all but stopped commercial testing to focus on car testing. They have pulled the wool over this governments eyes and instead of dealing with the high demand for testing, they decided to simply move the deck chairs around the Titanic”

Hyland went on to say,

“Driving school owners are telling us that commercial driving license testing in Ireland has all but stopped over the

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last 2 months. That means no new bus drivers, truck drivers, HGV drivers. We have young Irish people who want to drive for a living but cannot get a license so we are forced to bring in drivers from South Africa instead whilst young Irish people are forced to move abroad and drive there – all because of the mismanagement of our testing system by the RSA. One HGV driving instructor in Kerry told us that he didn't have a scheduled commercial driving test in the Tralee centre since May and wasn't expecting one until at least August. He told of the devastating impact this was having on his business and how he had young drivers waiting since January for a commercial driving test to try and get a job"

According to figures provided by the Central Statistics Office to the Road Hauliers, between June 2024 and June 2025 there was a 27% increase in the

number of driving test applicants waiting at month end for a test. Between April 2025 and June 2025, the RSA had significantly improved their performance for car and van testing, recording a 10% drop in the number of driving test applicants waiting at month end for a test. On the contrary, the number of applicants waiting for an articulated truck license test between April and June 2025 rose by 39.6% and the number of applicants waiting at month end for a category C truck license driving test rose by 42% between April and June 2025, going from 907 people waiting at the end of April 2025, to 1289 people waiting for a truck driving test at the end of June 2025. This is despite the fact that the same set of CSO figures show a decrease in driving test applications for category C truck licenses of -12.6% between April and June 2025 and -8.5% for category

CE articulated truck tests between April and June 2025.

The CSO figures also show that the 'driving test applicants scheduled' for cars/light vans between April and June 2025 increased by 49.2% from 15,287 tests to 22,810 scheduled tests. In the same period the number of scheduled tests for category C trucks fell by 61.8% from 356 to 136 scheduled tests and those for articulated trucks (CE license) fell by 69% from 242 tests scheduled in April 2025 to just 75 tests scheduled in June 2025.

That period coincides with a period where Minister Séan Canney met with the Road Safety Authority (RSA) leadership in the Department of Transport and gave them a deadline to return in two weeks with sustainable proposals to improve driving test wait times.

Hyland continued....

"The RSA know that the car testing figures are what will garner more media and political focus. That is why they moved their resources there, at the expense of the commercial driving sector. They just moved the driving test crisis from cars to commercial vehicles, leading to severe backlogs in the testing system for bus, HGV and truck drivers. These are the drivers we need to bring tourists around, deliver goods and keep our economy running. The RSA have learned nothing in the past 6 months and have demonstrated that their organisation is clearly not fit for purpose"

The Irish Road Haulage Association have now called on the Minister to remove the driver testing system from the Road Safety Authority, before any more damage to the Irish economy is done.

Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

When panic attacks!

My first article in the Lee Valley was on loneliness and it generated some comment. Loneliness is widespread but yet it isn't a continuous state of mind or being for all of us who experience it. It might be more accurate to say - "I get lonely." And we can be alone and blissfully happy - working away on a puzzle or reading, sipping a tea or coffee while watching the world go by. Often I get my best ideas alone in a café. I have my notepad at-the-ready to scribble. But what if you and I are experiencing an unnamed and baffling mental or emotional pain while alone? The worst pain is staring into the abyss of darkness. I wrote a little poem about it once just to try to put a name on what was going on inside of me at such moments of agony.

"Desolate"

*Pardon my poor rhyme But I feel nothing all the time.
I feel neither happy or sad, I am neither sorry nor glad.
I feel neither love nor hate*

I am just ...desolate.

*I am neither desperate nor lonely, I do not think 'if only.'
I desire neither aloneness nor a crowd*

Things can be quiet or loud. I fear neither night nor day

But this "nothing" will not go away.

Neither the future or the past - But will this nothing always last ?

I am not anxious or afraid

Is this feeling "nothing" imagined ... or made ?

But the following is a description of how to navigate a loneliness or panic episode spoken in the first person. It might help. Read it slowly :

I'm here again in this loneliness -or other pain.

I don't exactly know what triggered it this time.

I can describe its awfulness. I'm sad and lonely.

I'm depressed, wondering if anyone cares or if anything matters.

I will allow this feeling to wash over me but I will not allow it to sink me.

I will allow myself to feel it in all its sharpness.

I won't squander the little energy I have now in this moment wondering how I got here.

[The drowning person does not stop to think in the moment wondering whether he was pushed, did he jump or did he fall into water by accident.]

My only concern and concentrated will is getting out, no matter how long it takes. I might have to stop moving to ascertain which way the current is going. Maybe the safest thing is to float for the moment to allow the muscles of my body to rest and to go with the flow.

Then slowly to face the right direction of light or imagined shoreline.

I will allow the intensity of these sensations of loneliness (or other sensations) to flow through me noting what is happening to my breath, where I am tensed up or how my heart aches.

I will not fixate on the past or despair of the future.

I have been here before.

I have survived this before.

For the moment this is my mantra :-

"I will survive this."

It will pass. Breathe. Sit awhile. I will be gentle to myself. It's a signpost, not the destination.

I can choose to keep this to myself, or to talk.

Which do I choose ?

"Depression or expression?

Choose expression every time." (Edith Eger)

Call a helpline today - Some phone numbers that might help :-

Pieta House. 021-439 5333 | Samaritans. 116 123 | AWARE 1 800 80 48 48

Or by text textabout it.ie | Text "HELLO" to 50808

Until the next time.

God bless. Fr Seán

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

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your heart where your father sees it.

Then in his merciful eyes it will become your favour, not mine. Amen.

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

Must promise publication of prayer.

ML

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.

MMC

3RD ANNIVERSARY



In loving memory of

DAVID HOGAN

Dripsey, Co Cork & Sydney, Australia
who passed away on the 2 August

2022

Deeply loved, sadly missed, and
Always remembered by all who knew
and loved him.

Memories are a gift to treasure

Ours of you will last forever.

Loving you is easy,

We do it every day,

Missing you is a heartache,

That never goes away.

A smile for all a heart of gold

One of the best this world could hold

Never selfish always kind

A beautiful memory left behind.



We love you 3000. xxxxx
May David Rest in Eternal Peace

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your heart where your father sees it.

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MM TM

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.

10TH ANNIVERSARY



In loving memory of

**NORA (NAN)
O'CONNELL**

Lisboyamore, Kilnamartyra,
Macroom, Co. Cork
who died on 26th July 2015

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



Always remembered by
your loving family

3RD ANNIVERSARY



Treasured and precious memories of

**NORA
O'ROURKE**

Glounaglough, Rylane
Who died on 22nd July 2022

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



Fondly remembered by
your loving family

4th ANNIVERSARY



In loving memory of my Husband

**JERRY
CORCORAN**

1 Coolcower Court, Macroom and
late of Kilmurry, Lissarda
Who died on the 22nd July 2021

*I hold you close within my heart
And there you shall remain
To walk with me throughout my life
Until we meet again
So rest in peace my love
And thanks for all you have done
I pray that God has given you
The crown you've truly won*



Missed every day by your wife Catherine

4TH ANNIVERSARY



In loving memory of

DAN KELLEHER

Moulnahorna, Carriganima,
Macroom, Co. Cork
Died 27th July 2021

*They say there is a reason,
They say that time shall heal,
But neither time or reason
shall change the way we feel,
For no one knows the heartache,
That lies behind our smiles,
No one knows how many times,
We have broken down and cried,
We want to tell you something Dad,
So there won't be no doubt,
You are so wonderful to think of,
But so hard to live without.*



Lovingly remembered by your Sons and
Daughters and Extended Family.

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked
many favours. This time I ask you this special
one, (mention favour).

Take it dear heart of Jesus and place it within
your heart where your father sees it.
Then in his merciful eyes it will become
your favour, not mine. Amen.

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

x

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked
many favours. This time I ask you this special
one, (mention favour).

Take it dear heart of Jesus and place it within
your heart where your father sees it.
Then in his merciful eyes it will become
your favour, not mine. Amen.

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

x

4TH ANNIVERSARY



In loving memory of

**BOB
RENNINGER**

Colmans Park, Macroom
Who died on 23rd July 2021

*Every day in some small way,
Memories of you come our way.
Though absent you are always near,
Still missed, loved and always dear.*



Always remembered by
your daughters Jackie, Caroline and
Denise, son Paul, son in law Finbar and
grandchildren

25TH ANNIVERSARY



In loving memory of

**SEAN
CUNNINGHAM**

Sleaveen Rd, Macroom
who died on the 24th July 2000

*A beautiful life that came to an end
You died as you lived everyone's friend.
In our hearts your memory
will always be kept
of one we loved and never forget.*



Always remembered by Denis Priscilla
and family

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12TH ANNIVERSARY



In loving memory of

**DANNY
QUILL**

Bárr d'Inse, Cuil - Aodha
Whose anniversary occurs
on 24th July

*You will always
be remembered,
because we thought
the world of you.*



Lovingly remembered and sadly missed
by Family, Relatives and Friends

Naomh Gobnait guidh orainn

FIRST ANNIVERSARY



In loving memory of

**SUSAN
MC SWINEY**
(NEE MURPHY)

**Yonkers New York &
Kilnagurteen Macroom**
Who died on 29th July 2024

*They say there is a reason
They say that time will heal
But neither time or reason
Can change the way we feel
For no one knows the heartache
That lies behind our smiles
No one knows how many times
We have broken down and cried
We want to tell u someting Susan
So there won't be no doubt
You are so wonderful to think of
But so hard to live without*



Always missed and loved by
Mairead, Sheena and Teddy Joe

13TH ANNIVERSARY



In loving memory of

DAN FOLEY

Moneycusker, Toames, Macroom.
21-07-12

*You are in our thoughts,
And in our hearts,
Yes it is very true,
There is never a day that passes,
That we don't think of you,
Though we can no longer see you,
Or feel your tender touch,
Please know that as a family,
We loved you very much.
Thank you for the memories,
And for being you,
And until we meet again,
May the Lord take care of you.*



Missed and remembered always
Maureen and family.

4TH ANNIVERSARY



Remembering with love

**PAUDIE
TWOHIG**

Ballinagree, Macroom, Co Cork
Who died 1st Of August 2021

*Walk with me, Oh my Lord,
Through the darkest night
and brightest day.
Be by my side, Oh Lord,
Guard my life and guide me on my way.
Sometimes the road seems long,
My energy is spent.
Then, Lord I think of you
And I am given strength. Amen*



Paudies 4th Anniversary Mass will take
place on Saturday the 2nd of August
at 8pm in St John the Baptist Church
Ballinagree.

Sadly missed & loved by your wife Diane,
Daughters Tara Grace & Olivia

Suaimhneas Síoraí

5th ANNIVERSARY



In loving memory of

**RICHARD DICK
DINEEN**

New Street, Macroom
Who died on 31st July 2020

*Those who think of Dick today,
a little prayer to Jesus say.*



Always remembered by his wife Katie,
his daughters Kathleen & Margaret, his
son Tony, his son in law Conor, daughter
in law Fionnuala, his grandchildren and
great grandchildren.

3RD ANNIVERSARY



In loving memory of

TED O'SHEA

Mashanaglass, Macroom
Whose anniversary occurs on the
24th July

*No matter how life changes
No what matter what we do
A special place within our hearts
Is always kept for you*



Always remembered and missed by
Mary, Maria, Patricia, Stephen, Irene,
Luke and Serena

30TH ANNIVERSARY



In loving memory of

**MARY-JO
O'RIORDAN**

Rahoona Ballymakeera
who passed away on July 21st 1995

*Never more than a thought away
Loved and remembered every day.*

Rest in peace



From John, Bernie, Nuala, Currie,
Mari & families

30TH ANNIVERSARY



In loving memory of

**ARTHUR J.
O'LEARY**

Kilcondy, Crookstown
Whose anniversary occurs on
2nd August

*Those who die in grace
go no further from us
than God
and God is very near.*



Sadly missed and always remembered by
Gerard, Seán, Áine, Ann and family.

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37TH & 4TH ANNIVERSARY



In loving memory of

**JAMES
CROWLEY**

Died 17th August 1988



**ANNE (NANCY)
CROWLEY**

Died 26th of July 2021

Curraclough, Lissarda

*As you were you will always be
treasured forever in our memory.*

Always remembered by your loving family



5th ANNIVERSARY



In loving memory of

**PADDY
BUCKLEY**

**Cahircarney, Ballymakeera
Died on 23/07/20**

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



Ar dheis Dé go raibh a anam dílis

Lovingly remembered by all your family.

15TH ANNIVERSARY



In loving memory of

**JERRY
MURRAY**

**St. Colman's Park, Macroom &
Clohina, Kilnamartyra
Who died on 26th July 2010**

*You can shed tears that he is gone,
Or you can smile because he lived,
You can close your eyes
and pray that he will come back,
Or you can open your eyes
and see all that he has left.
Your heart can be empty
because you can't see him
Or you can be full of the love
that you shared,
You can turn your back on tomorrow
and live yesterday,
Or you can be happy for tomorrow
because of yesterday.
You can remember him
and only that he is gone
Or you can cherish his memory
and let it live on,
You can cry and close your mind
be empty and turn your back,
Or you can do what he would want:*

Smile, open your eyes, love and go on.



Always in the thoughts of his loving
children: Sinéad, Geraldine; Concubhar;
Tomás & Siobhán.

4TH ANNIVERSARY



In loving memory of

**PAUDIE
TWOHIG**

**Ballinagree, Macroom, Co. Cork
Who passed away on the
1st August 2021**

*You had a smile for everyone,
You had a heart of gold,
You left so many memories
That we will always hold.
Our thoughts are always with you Paudie.*



Lovingly remembered by Mom, Dad,
Tadhgie, Seán, Mairéad and extended family

2ND ANNIVERSARY



In loving memory of

**FRANK
LYNCH**

**Terelton, Macroom
Who passed away on the
22nd July 2023**

*We cannot bring the good old days back,
When we were all together.
The Family Chain is broken now
but our memories will live forever.*



Sadly missed by his Brother Kevin
& Judy Lynch.
And all the Lynch family

11TH ANNIVERSARY



In loving memory of

**THOMAS
CORKERY**

**Barathanaknuck, Clondrohid,
Macroom, Co. Cork
who died on the 27th of July 2014**

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



Always remembered by your
loving wife and family.

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
PEGGIE O' LEARY
Carriganima, Macroom
27th July 2024

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

We would like to thank our relatives, neighbours and friends who have given us tremendous support over the past 12 months.

We thank all who attended the wake, removal and funeral. Thank you to Fr. Jim Greene, Fr. Jack Fitzgerald, Fr. Pat Scanlon and Fr. Francis Manning for the beautiful mass and for all their support. Thank you to Sharon Lane in the Parish Centre for all her help and kindness.

We would like to thank Davy, Cora and Declan of Tarrant Funeral Undertakers for their compassion, understanding and support. To all the staff in the A&E department in Cork University Hospital who cared for Mam, we thank you for your support. Sincere thanks to Mams wonderful Home Helps, Ghobnait and Annmarie. We will be forever grateful for everything you did for Mam over the years. We thank all the staff in Millstreet Day Centre for all their care and kindness given to Mam over the years. Sincere thanks to Dr. Shane Hurley and all the staff of Muskerry Family Practice. Thank you to Reens Pharmacy, Millstreet and Railway View Pharmacy, Macroom.

We want to thank the Abbey Hotel in Ballyvourney for their hospitality and kindness.

As it is impossible to thank everyone individually, please accept this acknowledgement as an expression of our sincere gratitude. The Holy Sacrifice of the Mass will be offered for your intentions.



Lovingly remembered by Marie, Anthony and families.

First Anniversary Mass will be celebrated on Saturday 2nd August in St. John the Baptist Church in Carriganima at 6pm.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
DONIE O' KEEFFE
Inchisine, Toames, Macroom.
Who died on 26th July 2024

As we lovingly remember Donie on his first Anniversary, his sons Con and Gerard and daughter Eileen would like to express our deep gratitude to everyone for their prayers, sympathy and support during his sad loss.

Thanks to those who attended Donie's removal, Funeral mass, called to the house, left floral tributes and online condolences.

A heartfelt thanks to the Matron and staff at Macroom Community Hospital and Doctors at Sullane Family Practice for their exceptional care of Donie and his former carers Nora, Kathleen, Mary and Annette. Thanks to our very kind neighbours for bringing food to the house and making sandwiches and to Dromey's Bar for providing refreshments after the funeral. Thanks to Fr. Pat O'Donovan for the funeral service, Sacristan Kathleen, Theresa and the Choir Singers, Organist Kathleen, Kilmichael GAA, Kilmurray GAA and all who helped with traffic management.

Thanks to Fitzgeralds Undertakers for their help and professionalism.

As we cannot thank everyone individually, please accept this acknowledgement as an expression of our sincere appreciation.



Donie's Anniversary Mass will be held on Sunday August 3rd in Toames Church at 10am.

Sadly missed and fondly remembered.

2ND ANNIVERSARY



In loving memory of
TED CRONIN
Carrigleagh, Inchigeela,
Who died on 30th July, 2023

*Time slips by, and life goes on
But from our hearts you are never gone.*

*We think about you always,
We talk about you too,
We have so many memories,
But we wish you still had you.*



Fondly remembered and greatly missed by your loving family and friends.

Anniversary Mass will be celebrated on Friday 1st August, in Inchigeela Church at 7pm

6TH ANNIVERSARY



Treasured memories today and everyday of
MAURICE CULLEN
Rockborough Macroom
Died on 30th July 2019

*A loving thought
A silent tear
A constant wish
That you were here.*



Remembered with love always
Marjorie, Niamh, Orla, Leon and
A wide circle of friends

24TH ANNIVERSARY



In loving memory of our dear brother
HUGH KELLEHER
Late of Bealick, Macroom &
Letterkenny
Whose anniversary occurs
on 21st July

*A loving nature
A heart of gold
These are the memories
we will always hold.*



Sadly missed by his loving brothers & sisters, sister in law, brother in law, Nieces and Nephews.

8TH ANNIVERSARY



In loving memory of
CÁIT SHEEHAN
(NEE HALLISSEY)
Rusheen, Coachford
Who died 29th July 2017

*We who loved you sadly miss you
As it dawns another year,
In our lonely hours of thinking
Thoughts of you are always near.
You have never been forgotten
Nor shall you ever be,
As long as life and memory last
We shall remember thee.*



Lovingly remembered always by Anthony, Anna, Tadhg and extended family.

Anniversary Mass in Rusheen Church
July 26th @8pm

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11TH ANNIVERSARY



In loving memory of

**PETE
LYNCH**

**Boyles Grove, Kilbarry, Macroom
Who died on 3rd August 2014**

*The day you left and gained your wings
my heart just broke in two
I wish you could have stayed with me
But Heaven needed you.
You left me with the memories
And I love you dearly still
No matter how much time goes by
You know I always will.
You were a very special person
With kindness in your heart
And the love we had together
Grows stronger now we're apart.
I know I cannot bring you back
Although I wish it everyday
But a piece of me went with you
The day you went away.*



Remembered always With Love
from Your Wife Pauline xx

*Of all the special gifts in life
however great or small,
to have you as our Dad
was the greatest gift of all.
May the winds of love blow softly
and whisper in your ear
"We love and miss you Dad
and wish that you were here".
Deep in our hearts,
your life is kept to love and cherish,
not forget.
No more tomorrows we can share
but yesterdays are always there.
A silent thought, a secret tear
keeps your memory ever near
in our hearts forever.*



Remembered always With Love
from your Family and Grandchildren xx

2ND ANNIVERSARY



Treasured memories of

**PATRICK
KELLEHER**

**Shanakiel, Macroom
who died on 22nd July 2023**

*Gone are the days we used to share,
But in our hearts, you are always there.
The gates of memory will never close,
We miss you more than anyone knows.
With tender love and deep regret,
We who love you never forget.*



Lovingly remembered and deeply missed
by his wife Liz and family.

CUIMHNEACHÁIN



In dhíhluimhne

**MÁIRÍN NÍ
RIORDÁIN**

**Dóirín Álainn, Cúil Aodha, Co.Chorcaí
31.07.2020**



I mbaclainn do mhuintire,
Inár croithe go deo, a Mháirín.

A clann grámhar

7TH ANNIVERSARY



In loving memory of

**JOHNNY
MURPHY**

**Mall, Inchigeela
Who died on July 24th 2018**

*You live in our hearts
And walk by our side
From heaven above.
You are always our guide
Deep are the memories
Precious they all stay
No passing of time
Will take them away.*



Sadly missed and always remembered
by his loving family.

Anniversary Mass on 10th August at
11.30am in Inchigeela Church

9TH ANNIVERSARY



In loving memory of

**PADDY JOE
MURPHY**

**Ballyvourney / Ardeen Clondrohid
Who died on 26th July 2016**

*Looking back with memories
Upon the path you trod
We bless the hours we had with you
And leave the rest with God.*



Sadly missed and always remembered by
your loving family.

25th & 23rd ANNIVERSARY



In loving memory of

**MICKEY
BUCKLEY**

**25TH ANNIVERSARY
Who passed away on the
12th July 2000**



In loving memory of

**EILEEN
BUCKLEY**

**23RD ANNIVERSARY
Who passed away on the
25th July 2002**

49 New Street, Macroom

*Lonely is the home without you, life to us is not the same;
All the world would be like Heaven, if we could have you back again.
A light is from our household gone, a voice we loved is still,
A place is vacant in our home, that never can be filled.
The happy hours we once enjoyed, how sweet their memory still,
But death has left a vacant place, this world can never fill.*



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