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Discussing the plans for this year's Macroom Food Festival which runs from Friday 19th to Sunday 21st September, Orla Mc Andrews, Sofia Kalfia, Rory Buckley, Pat O'Connell and Geraldine Galvin

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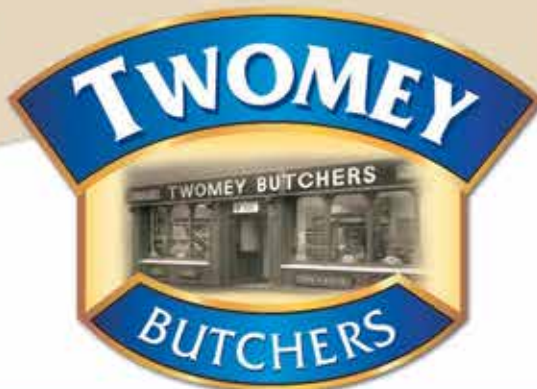
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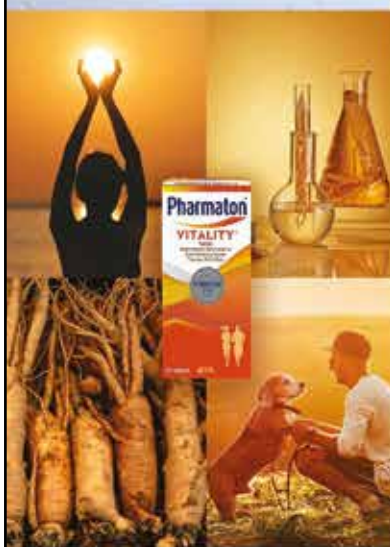
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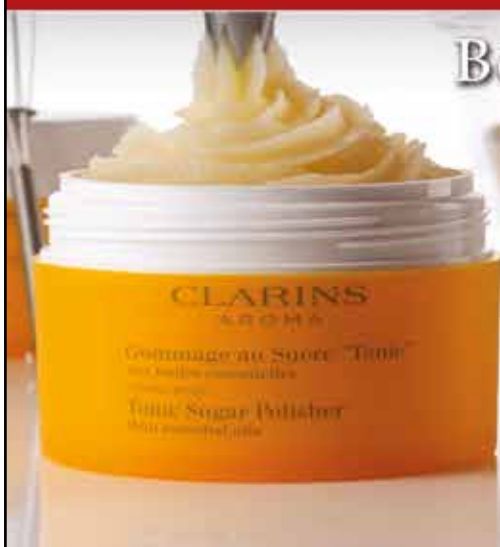
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We are a bi-weekly magazine; therefore, submissions must be on the Sunday
before publication at the latest, if you want a piece included in the following

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
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Go raibh maith agaibh, Peter & Gráinne

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MID CORK TOWN UNITE FOR ALZHEIMER'S MEMORY WALK SUPPORTED BY AVIVA WITH EVENT IN MACROOM TO MARK WORLD ALZHEIMERS DAY

Macroom will proudly host its third Alzheimer's Memory Walk event this year as part of the nationwide Alzheimer's Memory Walk supported by Aviva, taking place on Sunday, September 21st, 2025, in honour of World Alzheimer's Day. The walk will take place in Mallow Castle Demesne, bringing together families, friends, and communities to walk in solidarity with the 64,000 people living with dementia in Ireland—and to remember those who are no longer with us.

Now in its sixth year, the Alzheimer's Memory Walk supported by Aviva is more than just a fundraiser—it's a celebration of connection, compassion, and community. In 2024, nearly 3,500 walkers nationwide raised over €150,000 to support vital services including Daycare, Support Groups, Family Carer Training, Social Clubs, Memory Cafés, and the ASI National Helpline.

The Macroom walk will be led by Aindrias Moynihan TD and Nicola Canty, Local Champions and member of Friends of ASI Macroom, along a scenic route. Starting at the Castle Demesne Gates at 11am the walk will go up to Macroom Golf Club, proceed over the footbridge into Tom Creedon Park and continue to Sullane Bridge and back to the Castle Gates.

"It's been lovely to watch this event grow locally over the past few years," said Nicola. "Memory Walk is not only a chance to share memories but to create new



Memory Walk Champions Aindrias Moynihan TD and Nicola Canty are joined by Senator Eileen Lynch and Friends of ASI Macroom to launch the Macroom Memory Walk event

ones together with family, friends and everyone in our community here in Macroom."

Aindrias Moynihan TD, whose father had dementia, shared:

"Taking part in the Macroom Memory Walk is a way to give back and to help ensure other families have access to the same support we received. It made a real difference to our family and to Dad's quality of life."

The Macroom Memory Walk takes place on Sunday, September 21st, 2025 at 11am. Macroom GAA Club are kindly hosting a post walk event, providing refreshments to all participants.

To find out more and to register, please visit www.memorywalk.ie.

Share your Memory Walk experience on social media using: #ASIMemoryWalk2025

#WalkWithAviva #ASIMakingMemories

SUPERVALU NATIONAL ART COMPETITION WINNER FROM MACROOM - Odhran Lyne

It was a very proud day for Odhran Lyne, a student of St. Colman's Boys National School Macroom who recently won a Supervalu National Art Competition.

There was great excitement as Odhran's prize was a stadium tour of SuperValu Páirc Uí Chaoimh for his entire class which they all really enjoyed. It was no surprise that Odhran won as he has loved art from a young age and has previously won local art competitions in Macroom Library. Odhran is pictured in SuperValu Páirc Uí Chaoimh with his twin brother Éanna and his teacher Ms. Dineen who entered Odhran in the competition.



Odhran Lyne is pictured in SuperValu Páirc Uí Chaoimh with his teacher Ms. Dineen who entered Odhran in the competition.



Odhran Lyne with his twin brother Éanna, a student of St. Colman's Boys National School Macroom who recently won a Supervalu National Art Competition.

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ROSSMORE, KILBARRY, MACROOM, CO. CORK

Killian Lynch auctioneers are pleased to offer this C.65.8 acre agricultural farm holding with a range of farm buildings. The farm which is divided into 5 lots has extensive road frontage and is of mixed nature with top quality pasture, reseeded in recent years, land in need of upgrading and land with rock outcrop. Lot 1 includes a number of old farm buildings and an old derelict stone house which may be of benefit for planning purposes.

*Available in the following lots- Lot 1: Farm buildings on C.23 acres, lot 2: C.12.21 acres, lot 3: C.6.53 acres, lot 4: C.17.75 acres, lot 5: C.4.37 acres

AMV: €475,000

11 MILLBROOK CLOSE, MACROOM, CO. CORK, P12 TC65

Killian Lynch Auctioneers are pleased to offer this elegant 5 bedroom detached house and garage with a spacious garden. The property consists of c.2,110 sq.ft. living accommodation throughout. At the heart of the house lies a modern open plan kitchen/dining area, featuring a sleek fitted kitchen with high end appliances and a central island with breakfast seating for 6. The property also boasts a good BER of B2, making it an energy efficient house and it also qualifies for a green mortgage. Ideally located in a quite mature development on the western outskirts of Macroom Town

BER: B2 (111327300)

AMV: €495,000



TOAMES WEST, MACROOM, CO. CORK, P12TC91

Killian Lynch Auctioneers are pleased to offer this charming 3 bedroom bungalow. The property which comprises of C.1400 sq ft living accommodation throughout is in need of modernization but would make for a brilliant opportunity for someone seeking a countryside retreat, family home or a project to modernize and personalize. Outside, the home sits on a generous site with expansive gardens offering privacy, greenery and scope for further landscaping. Located only C. 8 minutes drive to Macroom town and C.30 minutes drive to Cork city. BER: E

AMV: €175,000



72 THE HERMITAGE, MACROOM, CORK, P12YW54

Killian Lynch Auctioneers are pleased to offer this charming 3 bedroom semi detached house. The property which comprises of c.1300 sq ft living accommodation throughout is in turn key condition and would make for an ideal opportunity for a family home, first time buyer or anyone looking for a peaceful yet well connected property. It also boasts a bright, spacious, modern kitchen & a good BER rating of B3 making it an energy efficient house and also qualifies it for a green mortgage. Located just minutes drive from Macroom town center, schools, shops, pubs and all local amenities. This property also benefits from easy access to the N22, making it only a c.30 minute drive to both Killarney & Cork city. Viewings highly advised. BER: B3

AMV: €320,000



EAST END, RATHMORE, CO. KERRY, P51 D8N1

Killian Lynch Auctioneers are pleased to offer this 3 bedroom terrace house on c.0.25 acres. The property which comprises of c.1200 sq ft living accommodation combines traditional character with a wealth of potential for modernization as it is in good structural condition but is in need of renovation throughout. Outside, the jewel of the property is the exceptionally long garden which adjoins to Rathmore railway station. This two storey terrace house offers a rare opportunity for buyers seeking a family home or investment opportunity. Ideally located only walking distance to local amenities, schools, pubs & Rathmore railway station. Kerry airport is only a c.30 minutes drive & Killarney town is only a c.20 minutes drive from the property. BER: E2

AMV: €135,000

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MACROOM GIRL GUIDES



Happy 18th Birthday to MacEgan Ranger, Dara Russell (pictured on left)



Ruth Burton, MacEgan Rangers & NOVA member



Emily Mehigan & Katie Cronin pictured at Orbit 2025

MacEgan Rangers

Network of Online Visionaries in Action (NOVA)

Eurochild is the largest network of organisations and individuals working with and for children in Europe. It strives for a society where all children and young people grow up happy, healthy, confident, and respected as individuals in their own right. It influences policies, builds civil society capacity, facilitates mutual learning and exchanges practice and research. Its work is underpinned by the United Nations Convention on the Rights of the Child.

Ruth Burton of MacEgan Senior Branch has been selected as a member of Eurochild's Network of Online Visionary in Action (NOVA) – a network of eight children from different countries in Europe.

Ruth applied for a place because she is extremely passionate about online safety, especially for young people. In a world where everything is run by technology it is essential that we do everything in our power to protect the young people of Europe.

Ruth explains why she applied for this opportunity. "I think the thing I'd most be looking forward to is being able to share my thoughts and opinions on our digital world with members of the European Parliament. I truly believe that by letting young people share their opinions with the some of the leaders of Europe they can really help make a difference for the future generations of our ever

changing world. I'm also excited for the possibility of hearing other young people's view on our digital world.

What I like most about the internet is the incredible ability to connect with others worldwide. I love the amount of opportunities I've been received due to the internet. For example, the opportunity to apply for this! I've also partaken in activities such as the Hi Digital programme run by Irish Girl Guides and Vodafone which gave me the opportunity to connect more with the people in my community and teach older generations how to effectively use the internet. Although there are so many positives to the digital world, there are also negatives. I believe there is so much room for improvement on the internet. I believe that there should be more EU laws protecting children online and these are some of the issues that we have been discussing at our online meetings over the past three months. We have also discussed the use of Artificial Intelligence (AI) and how it can be beneficial, our own experiences on the internet and how we can prevent unwanted issues arising in the future. I am gaining a lot of knowledge on the laws regarding my online experience and the issues that young people of my age face online."

The NOVA Council will be meeting in Brussels for a weekend in October.

During this time, NOVA Council members will have the opportunity to meet in-person with the rest of

the group. Together, they will work on creating a shared description of what online safety means and what is needed to ensure children feel safe online. This group activity will be recorded and presented at the European Parliament the following week by Eurochild. If time allows, the NOVA Council will also have an in-depth discussion on Artificial Intelligence, the topic that received the most votes during their first online meeting. We look forward to hearing more from Ruth on her return.

National Committee Representatives

Emily Mehigan has been selected as the South West Region representative on IGG's International Committee. She is one of three members now representing the South West nationally – Dara sits on the national Senior Branch committee and Aileen on the Membership, Equality, Diversity, and Inclusion (MEDI) committee. Well done Emily, Dara and Aileen. Orna Sexton, Leader with Ardilaun Guides is Treasurer of the National Guide Branch committee, having spent four years as the Guide Branch representative for the South West Region.

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

HITTING THE HIGH NOTES WITH SINGING FOR THE BRAIN

There is great local interest being shown in the new singing initiative Singing for the Brain, which brings people together through music, memory, and meaningful connection. It is a wonderful opportunity to meet new people, reminisce through music, and be part of a supportive and uplifting group.

Join us on Wednesday, 10th September, from 11am to 1pm at The Castle Hotel, Main Street, Macroom, for the very first session of this interactive singing group. Martina Ring of Local Vocals has been appointed as Musical Facilitator and will run the first programme.

Whether you're a seasoned singer or just enjoy humming along, everyone is welcome. The group will meet weekly and participants are welcome to share a song or simply observe. For more information and to book a place contact Lucy O'Driscoll on 087 6114282. Booking is required due to limited capacity.



Hitting the High Notes with Singing for the Brain



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DE LA SALLE College Macroom

Wyn McCormack Presentation

Our staff recently had the privilege of attending a highly engaging professional development session on Dyslexia, delivered by expert Wyn McCormack.

Wyn is the co-author of The Dyslexia Guidelines and Lost for Words: Dyslexia at Second Level and Beyond, and has been a passionate advocate for the needs of students with dyslexia for many years. A former Chairperson of the Dyslexia Association of Ireland, she has played a leading role in shaping greater awareness, supports, and educational accommodations for dyslexic learners.

The presentation highlighted both the significant improvements that have been made in Irish education to date, and the ongoing areas in need of development. In particular, Wyn shared valuable insights into classroom strategies for inclusive teaching, as well as the importance of exam accommodations in ensuring that students with dyslexia have equal opportunities to demonstrate their true ability.

The session was thought-provoking, practical, and inspiring. Our staff left with renewed commitment to supporting all learners and to fostering a classroom environment where every student can thrive.

This article has been typed and presented using a font style designed to assist people with Dyslexia.

Leadership Changes at De La Salle College

De La Salle College has entered a new era of leadership following the retirement of long-serving Principal, Mr. John Murphy. Succeeding him is Mr. Eric Graham, previously Deputy Principal, while Mr. Colm Walsh has been appointed as the new Deputy Principal.

Mr. Eric Graham has been a cornerstone of the school since joining the staff in September 2000, teaching Mathematics and Physical Education for 14 years. A past pupil of the college and a proud Macroom man, Mr. Graham became Deputy Principal in 2014 and was recently recognized for 25 years of service to the Lasallian staff.

Beyond the classroom, he has actively promoted sport within the school, particularly football. Over 15 years, he coached the Senior Football team to considerable success, including victory in the Corn Uí Mhuirí in 2006, and secured many Cork Colleges titles in football along with achievements in hurling, athletics, and golf. Widely admired for his approachable nature, fairness, and commitment, staff and students are delighted to see him step into the role of Principal and look forward to his continued leadership.

Mr. Colm Walsh, originally from Dublin, joined De La Salle in October 2018. In addition to teaching History, he completed postgraduate studies in Inclusive and



De La Salle College first year class 2025/2026. They are well settled in to secondary school life already. (1)



De La Salle Leaving Certificate students receiving their results from Mr. Graham.

Special Education in 2020, dedicating himself to supporting students with additional needs. Outside of the classroom, Mr. Walsh drew on his passion for travel—having explored more than 80 countries—to coordinate the Transition Year trips abroad, broadening students' cultural horizons.

His contribution to literacy in the school has also been significant. A key member of the team behind the redevelopment of the school library, he helped transform it into a vibrant hub of learning that continues to grow in popularity. As Assistant Principal, Mr. Walsh's duties included serving as Year Head, Exam Secretary, and Data Protection Officer. In each role, he demonstrated integrity, reliability, and a genuine concern for student wellbeing—qualities that students and staff alike readily acknowledge.

Mr. Walsh's considerable experience, combined with his interpersonal skills, ensures he is well-prepared for the responsibilities of Deputy Principal.

These appointments reflect the continuity and growth of De La Salle College's leadership. Both Mr. Graham and Mr. Walsh have already left lasting marks on the life of the school, and their commitment to education, student welfare, and personal development will continue to shape the next chapter of its proud history.



De La Salle College Principal, Mr. Eric Graham. Mr. Graham begins the school year in his new role following the retirement of Mr. John Murphy.

The wider school community extends its warm congratulations and best wishes to both men as they take up their new roles.

ADCC CHAMP SHAY CARMODY

Huge belated congratulations to Shay Carmody who recently competed at Adcc Ireland in the juvenile expert division. We are delighted to announce that Shay not only won his weight division but went on to compete in the absolute Division winning that division by storm securing him double gold and the ADCC belt with a staggering 100% submission rate. This is another amazing performance from the Carmody brothers. Thanks as always to his sponsor Bfit Bandon the home of champions. Shay Carmodybjj ADCC



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IFI@BRIERYGAP | CHRISTY
PLUS Q&A PANEL
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LAUNCH WEEK | WORKSHOP



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LAUNCH WEEK | MUSIC & LIT



BREANNDÁN Ó BEAGLAOICH
TUES 16TH SEP 2025 | 8PM

LAUNCH WEEK | WORKSHOP



POETRY IN CONVERSATION WITH
BERNADETTE GALLAGHER
THURS 18TH SEP 2025 | 11AM

LAUNCH WEEK | MUSIC



NOMOS | O'RIADA REIMAGINED
BY ORDNANCE SURVEY
THURS 18TH SEP 2025 | 8.30PM

LAUNCH WEEK | MUSIC



MUSIC & STORYTELLING
BY THE LIGHT OF THE SILVERY MOON
SAT 20TH SEP 2025 | 8PM



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MON 29TH SEP 2025 | 8PM
WED 1ST OCT 2025 | 8PM



MUSIC & THEATRE | FIONA KENNEDY
'NATURAL WOMAN'
SAT 4TH OCT 2025 | 8PM



MUSIC | NOLLAIG CASEY,
NIALL MCCABE & MIKE MCGOLDRICK
THURS 9TH OCT 2025 | 8PM



COMEDY | 'SHORTT STUFF' WITH PAT
& FAYE SHORTT
FRI 17TH OCT 2025 | 8PM



MUSIC MEETS PODCAST
'A CLOSE ENCOUNTER' WITH
MARY COUGHLAN & ULTAN CONLON
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MUSIC | TOMMY FLEMING
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BRIERY GAP

Briery Gap Launch Week 2025 | Culture is for everyone

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LIVE MUSIC

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THURS 18TH SEP 2025 | 8.30PM

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WORKSHOP

A BRIEF HISTORY OF MUSIC

TUES 16TH SEP 2025
10AM & 12PM SLOTS

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CULTURE NIGHT

DANCE | THIN PLACES

FRI 19TH SEP 2025 | 7.30PM
UNRESERVED SEATING

FREE ENTRY



MUSIC & LIT

BREANNÁN Ó BEAGLAOICH

TUES 16TH SEP 2025 | 8PM

€10



CULTURE NIGHT

MUSIC | CÉILÍ ALLSTARS

FRI 19TH SEP 2025 | 9.30PM
UNRESERVED SEATING

FREE ENTRY



WORKSHOP

BERNADETTE GALLAGHER
POETRY IN CONVERSATION

THURS 18TH SEP 2025 | 11AM

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LIVE MUSIC

AINDRIAS DE STAIC | BY THE
LIGHT OF THE SILVER MOON

SAT 20TH SEP 2025 | 8PM

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FRI 19TH SEP 2025 | 9.30PM
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MCEGAN COLLEGE

Principal's Welcome for the academic year 2025-2026

Dear Students, Parents, Guardians, Staff,
As we begin a new academic year at McEgan College, I am delighted to extend a warm welcome to all members of our school community. A special greeting goes to our new first-year students, transfer students, and newly appointed staff—each of you brings fresh energy and perspective to our school, and we are thrilled to have you with us.

To our new students: starting secondary school is a big step, and we are here to support you every step of the way. Whether you're joining us from local primary schools or transferring from another school, you are now part of a vibrant and inclusive community where your growth and wellbeing are our priority.

To our new staff: welcome to McEgan College. Your talents and dedication will play a vital role in shaping the learning experiences of our students, and we look forward to the contributions you will make.

As we settle into the term, I'd like to highlight an important upcoming event: First Year Parent Information Night – Thursday, 18th September at 7:00pm. This evening is a valuable opportunity for parents and guardians to meet staff, learn more about school life, and ask questions about the year ahead. We encourage all first-year families to attend.

At McEgan College, we remain committed to fostering a culture of respect, ambition, and support. Let's embrace the opportunities this year brings with enthusiasm and a shared sense of purpose. Wishing everyone a successful and fulfilling year ahead. Warm regards, Patricia Lynam, Principal, McEgan College.

Leaving Certificate 2025: The dust has now settled over the leaving Certificate exams of 2025. Congratulations are extended to those students on the excellent results you have achieved. This week we had some of the 2025 LC students return to meet their former teachers and to chat and tell us of their hopes for the next part of this exciting journey that they are now on. The first round CAO college offers have now been posted. Should it be that the choice offered is not the one you planned on pursuing remember the staff at McEgan

are here to chat with you and help you in that decision. Remember sometimes when you have been rerouted on your journey you can find real beauty and joy in that journey that you might have otherwise missed.

Fleadh Ceoil success: Congratulations to Lily Barrett 2nd Year Student on her 1st Place at the Munster Fleadh for Concertina U15 in August.

First Years 2025: The circle continues to turn and as one Leaving Cert group of students leave us a group of fifty one first years start the secondary school journey with us. We wish them the very best as they begin to settle into a new life of timetables, room changes and having a multitude of teachers and subjects to contend with.

Staff CPD on AI: Last Friday at McEgan College, staff gathered for a full day of continuing professional development before the return of students. The day featured a wide range of workshops led by our own teachers, showcasing the depth of expertise within our school.

As part of our work through the FÉILTE Teaching Council bursary, staff are actively engaging in CPD on artificial intelligence. We were especially pleased to welcome back Prof. Jim O'Mahony from MTU, who delivered a workshop on AI. This is a rapidly evolving area and a key priority for us in teaching and learning. Prof. O'Mahony has been leading the way in supporting schools with CPD in this field, and his sessions are always insightful, engaging, and hugely beneficial for staff. We also welcomed Christine O'Leary from NCSE who gave a very informative session on supporting children with auditory conditions.

New Canteen Facilities: We are delighted to announce the opening of our new state-of-the-art canteen at McEgan College. This fantastic facility provides an excellent service for all students and has already become a big hit with our school community. The canteen offers a wide variety of healthy options to suit every taste and time of day from breakfast choices such as tea, toast, scrambled eggs, fruit, juice, coffee, and yogurts, to lunchtime favourites including hot and cold sandwiches, wraps, and fresh fruit. Students can also enjoy hot lunches, with daily specials such as

ciabattas, lasagna, chicken curry, and a range of other nutritious hot meals. The service is proudly provided by The School Food Company, with four new staff members joining our school community to deliver this excellent addition to the school. The canteen is already making a real difference to daily life at McEgan College, offering students greater choice, better facilities, and a welcoming space to enjoy their meals.



1st year student Andrew O'Callaghan selecting his morning break snack from the myriad of options at the school Canteen McEgan College.



On Tuesday 26th the First Year Students were delighted to have the ice-cream van Mr. Cool call and treat them as they begin their secondary school education.



McEgan Students who recently received their Leaving Cert Results Lto R Mary B Manning Guidance, Sophie Harrington, Clodagh Burn, James King, Cian O'Sullivan, Heorhii Poklonskyi, Bobby Murphy, Noemi Grigorescu, Kate Buckley, Niamh O'Callaghan and P. Lynam Principal.



1st Year Students waiting for the ice-cream



McEgan 1st Year Students Class 1A2 who started on 25th August



McEgan 1st Year Students Class 1A1 who started on 25th August



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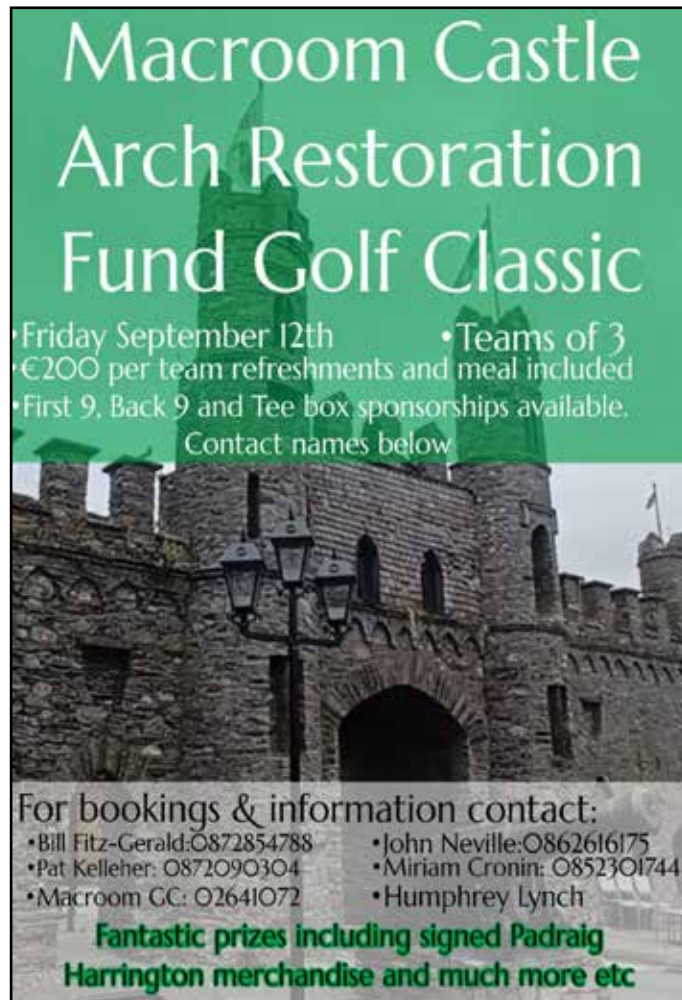
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NUAHT Ó CHOLÁISTE GHOBNATAN



Na Torthaí Ardteiste ó chlár Máistir Ó Creimín, Colin Ó Tuama, Clíodhna Ní Chárthaigh, Ella Ní Loingsigh, Aisling Ní Dheasúna, Hannah Ní Scanaill, Aibígeal Ní Loingsigh, Órlaith Ní Loingsigh agus Caoimhe Ní Thuama



Na Torthaí Ardteiste ó chlár Adam Ó Riordáin, Jermiah Ó hÉigearthaigh-Catháin, Conór Ó Cróinín, Máistir Ó háireachtáin, Dominic Geslers agus Máistir Ó Céilleachai

TÓSACH NA SCOILBHLIANA

Ar an 22ú Lúnasa, d'fháiltíomar roimh dhaltai na chéad bhliana go Coláiste Ghobnatan – Táimid cinnte go mbainfidh sibh taitneamh agus tairbhe as bhur n-aistir foghlama anseo linn! Ná dearúdaigi 'Tús maith leath na hoibre'. Chuireamar fáilte roimh chúpla baill foirne nua – Máistir Ó Colmáin, Iníon Ní Chríod agus Iníon Ní Chonchubhair. Gach rath ar Mháistir Ó Duinnín, Iníon de Staic agus Bean Uí Thuama atá ar iasacht le hOide faoi láthair.

PRÍOMHOIDE NUA

Táimid an-sásta an nuacht a fhógairt go bhfuil Príomhoide nua againn i gColáiste Ghobnatan. Thosaigh Máirtín Ó Colmáin linn le déanaí agus tá fáilte is fiche roimhe. Tá Máirtín ag teacht ó Choláiste Pobail Charrraig Thuathail áit ina raibh sé mar Phríomhoide Gníomhach agus Leas-Phríomhoide roimhe sin. Chaith sé tréimhse mar Stiúrthóir ar Choláiste Breisoideachais, Campas Chionn tSáile agus mhúin sé i nGaelcholáiste Mhuire A.G. roimhe sin, chomh maith.

"Tá an t-ádh liom agus táim thar a bheith sásta a bheith anseo i scoil iontach cosúil le Coláiste Ghobnatan. Is léir gur scoil den chéad scoth í, le stair oideachais iontach agus atá an-bhródúil as an oideachas den chéad scoth a chuirtear ar fáil trí mheán na Gaeilge. Tá sé soiléir go bhfuil stair fhada bainteach le spórt anseo chomh maith. Caithfidh mé a rá gur chuir an pobal áitiúil agus na tuismitheoirí agus caomhnóirí go léir fáilte iontach chroíúil romham. Táim ag súil go mór le bheith ag obair libh ar fad amach anseo chun

an t-oideachas is fearr a chur ar fáil don phobal. Táim ag tnúth go mór le aithne a chur ar na daltaí anseo ach caithfidh mé a rá go bhfuilim tar éis an-chuid scéalta iontacha a chloisteáil fúthu agus go raibh an-chuid comhráite deasa agam leo cheana féin. Táimid go léir mar fhoireann ag iarraidh cur leis na traidisiúin láidre ó thaobh sároideachais, Gaeilge agus spóirt atá anseo. "Go Buai do Chumais" ná mana na scoile atá againn agus táimid ag súil go mór leis an seans a thabhairt do gach dalta buai a gcumais a bhaint amach le chéile." Thar ceann phobal uile Choláiste Ghobnatan ba mhaith linn gach rath a ghuí air.

MÍLE BUÍOCHAS

Thar ceann phobal uile Choláiste Ghobnatan ba mhaith linn ár mbuiochas ó chroí a ghabháil le Máistir Ó Creimín as ucht an freastal agus an tseirbhís iontach a thug sé do Choláiste Ghobnatan nuair a bhí sé ag feidhmiú mar príomhoide gníomhach ó Éanáir 2023 go dtí seo.

TORTHÁI NA HARDTEISTE

Tréasláimid le rang na hArdteiste a bhain sár-éachtaí amach ina dtorthaí i mbliana. Táimid an-bhródúil agus mhórálach asaibh. Ba dheas sibh a fheiscint ar lá na dtorthaí ag filleadh ar an scoil chun bhur n-eachtaí a chéiliúradh le chéile. Go n-éirí go geal libh leis an gcéad chéim eile!

OÍCHE OSCAILTE – SÁBHÁIL AN DÁTA

Beidh ár n-oíche oscailte ar siúl Déardaoin 9ú Deireadh Fómhair idir 18.00 – 20.00 – fáilte roimh chách! Our open night will take place on Thursday 9th October



Bean Uí Liatháin (Leas Príomhoide) leis an bPríomhoide nua Máistir Ó Colmáin

between 18.00 – 20.00 – everyone is welcome!

FOCLÓIR

- ná dearúdaigi – don't forget
- iasacht – secondment
- príomhoide gníomhach – acting principal
- breisoideachas – further education
- mórálach – pride

ÁR MEÁIN SHÓISIALTA

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TikTok: @colaiste_ghobnatan



John Lyons, An Taisce Climate Ambassador and Tidy Towns member recently co-ordinated a very interesting Nature Walk as part of Heritage Week.

The walk was led by ecologist Karen Loxted who works with SECAD and who is currently working on a Biodiversity Plan for Macroom. Meeting point was the car park at the bridge in Macroom. Following the introductions after the group had gathered, certain plants that were under our feet were selected by Karen who highlighted their names and features, and their medicinal properties in many cases. Some of these would have been used by people in days of old before other medicines were readily available.

Another aspect of the walk was the use of 'Citizen Science' to assess the general quality of water in our rivers. This is something that anybody can do following a little training. It is called 'kick sampling' where the riverbed is disturbed by kicking and a net is then used to collect everything that moves. These macroinvertebrates were then looked at using a magnifying glass and identified with the use of a pictorial chart. They were counted and the numbers

of each species recorded. Some of these species are indicators of good water quality while others may indicate poor water quality. On the day, the mix of species collected, such as mayflies indicated that the water quality was good.

The group continued downstream, discussing trees and plants along the way, then entered the Fairy Garden and went across to the biodiversity garden area. Here the signage on the trees and shrubs was very educational and led to many interesting discussions. Nettles were debated, crab apples and the numerous other species that are all labelled. The display boards here, one with information focused on trees and the other focused on pollinators were a mine of information. This area is now sometimes used as an outdoor educational resource and was used by St Joseph's Primary school as part of a pilot Wildwork programme during the last year.

Karen was thanked for facilitating this wonderful event which was thoroughly enjoyed by all present.

As the Tidy Towns Competition comes to an end, we would like to say a big thanks to those who had significant displays of hanging baskets on their premises, particularly Macroom Credit Union, Pickled Café, Lynch's Café, Killian Lynch Auctioneers, Kiely & Co Accountants, Mary Anne's. Next year 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.

Over the last number of years our Hanging Baskets have been commented on in the Adjudicators report for the Tidy Towns Competition. This however was largely due to Tidy Towns work, the 64 Large Hanging Baskets on the poles. In 2023 they commented 'There was some beautiful planting to be seen throughout the town, with the flower bed in the square been admired, as well as the lovely circular flower beds outside the castle gates. The landscaping at New Street looked very smart, as did the Grotto Area. In 2024 they commented 'The many flower beds throughout the town were well maintained and give a wonderful splash of colour at the Grotto, Town Square and throughout the town no doubt many assembled in the Tidy Town's Hub in Masseytown where we saw many planted ready to be moved into place as well as upcycling in Progress. Consider creating ecological corridors where there is a food source and resting place every 20 meters by planting window boxes and hanging baskets with pollinator friendly plants.' Next year Macroom Tidy Towns are hoping to run a Hanging Basket Competition with prizes for both Commercial and Private Premises. Those thinking of erecting baskets are strongly advised to go for a 16-inch basket, the largest size basket possible, as the smaller ones are so hard to maintain as they constantly dry out and need watering and feeding while the large ones look better and are easier to maintain.





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Why Small Adjustments Make a Big Difference After 40



by Dr. Ben Martin
Optimal Chiropractic,
Ballincollig

RECENTLY A PATIENT SHARED A STORY THAT MANY OF US CAN RELATE TO. In her 20s and 30s, she powered through long commutes, busy workdays, and years of lifting kids in and out of car seats. By the time she reached her 40s, she began to notice that simple things like turning her head to check traffic or bending to pick up something - felt harder than they used to. *"I just thought it was aging,"* she said.

The truth is, most of us spend decades building up small stresses in the spine. Hours at a desk, repetitive movements, even poor posture while scrolling on our phones - it all adds up.

Over time, little restrictions or misalignments can sneak in. They may not cause big, dramatic pain, but they can quietly interfere with how well the nervous system communicates with the body.

That's where chiropractic adjustments come in. An adjustment gently restores motion to joints that aren't moving as they should. And when the spine moves better, life feels better too.

People often report:

- **Less stiffness and easier movement**
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- **More efficient muscles and less fatigue**

One of the best ways to think about an adjustment is like updating the software on your phone. The hardware is the same, but suddenly everything runs smoother.

As we age, staying mobile and active is about more than comfort - it's about independence, confidence, and being able to keep up with the people and activities we love. Regular adjustments can be a simple, natural tool to help us do just that.



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Learn and Enjoy French with French for All Killarney School of French, online, in Killarney or in Killorglin!

Course Director Hélène Olivier-Courtney hails from Tours in the Loire Vallée. Settled in Kerry, her vast teaching experience in primary and secondary

schools, at third level and with adult classes comes from the same energy and passion of helping her students of all ages and levels truly enjoy learning French and the Francophone culture. COURSE ARE ORGANISED AROUND 3 TERMS OF 10 WEEKS EACH, 1.5H WEEKLY. Small groups and private

tuition are available in Killarney, Killorglin and online. Secondary school students get confident and can reach their full potential in a relaxed yet studious atmosphere with their registered native French teacher Hélène.

Plenty to look forward to with social brunches and evening quiz and baking competition and an end of the year trip to France! 2025 will see French For All 10th 4 day trip en France!

New in 2025: Upskilling courses for primary school teachers under PPLI Languages Connect!

ALL COURSES STARTING ON THE 17TH OF SEPTEMBER!

À bientôt!

See you at the Avenue Hotel Killarney on Wednesday 10th of Sept from 5pm to 7.30pm and at the Kingston Hotel Killarney on Thursday 11th from 5pm to 7.30pm!



Picture in Annecy May 2019



Elle's Dublin to Cork Run for HOPE

A 250km Charity Challenge to Support Vulnerable Children in Kolkata

The Hope Foundation (HOPE) is proud to announce "Elle's Dublin to Cork Run for HOPE," an extraordinary four-day fundraising challenge taking place from Thursday 11th to Sunday 14th September 2025.

In a remarkable show of dedication, Elle O'Sullivan McCarthy, Corporate Engagement & Fundraising Officer for The Hope Foundation, and from Ballyvourney, will run 250 kilometres from the historic GPO in Dublin to Cork County Hall to raise vital funds for vulnerable children living on the streets and in the slums of Kolkata, India.

Elle's ambitious route will see her pass through Blessington, Carlow, Kilkenny, Clonmel, and Fermoy, before crossing the finish line in her home city of Cork. Along the way, she will be joined by special guest runners RTÉ sports broadcaster Jacqui Hurley, professional rugby player Alex Kendellen and Cork senior hurler Shane Kingston – all lending their support to this incredible cause. "When I heard about Elle's challenge, I knew I had to be part of it," Jacqui said. "The Hope Foundation's work changes lives, and seeing Elle push herself to the limit for such an important cause is truly inspiring. I'm honoured to join her for part of the journey."

Speaking about the challenge, Elle said: "HOPE's work is something I am deeply passionate about. Every step of this run is for the children whose lives can be transformed through our programmes in Kolkata. I'm honoured to be able to contribute in such a personal way, and I'm so grateful for the amazing support from



my colleagues, family, friends, and the public. I am so grateful to our main sponsors Folláin, and sponsors Réalta Technologies, Humphrey Lynch-Ballyvourney, Engenuiti, Asics Ireland, St Paul's Garda Credit Union, KPMG, Glanbia, Pharmacy First Plus, Ernst&Young Ireland, Kieran-Desmond plant & Haulage Ltd and AJM Security LTD"

HOPE has been working since 1999 and has touched

the lives of over 3 million vulnerable people in Kolkata and other areas of West Bengal through vital services, including child protection, healthcare, education, and vocational training.

Supporters can follow Elle's progress on The Hope Foundation's social media channels and contribute via the official fundraising page at www.idonate.ie/fundraiser/dublincork.

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SARAH KATE PHOTOGRAPHY: FOR ROMANTIC FECKERS

EDITORIAL STORYTELLING WITH A WILD HEART FUN,
MISCHIEVOUS, AND UNAPOLOGETICALLY REAL.

When Sarah Kate moved home from Australia with nothing but three kids, a camera, and a grá for love stories, she didn't exactly have a plan. Plans are for builders, right? But that leap of faith turned into the wildest adventure, now she's fully booked for 2025 & 2026.

"I think couples can sense how much I genuinely love, love... and maybe that's what comes through in my work," she smiles.

Her photos aren't stiff or staged; they're alive. Editorial, fun, and full of mischief. They capture the laughter, tears, chaos and craic that make weddings unforgettable, the kind of moments you'll still be crying into your coffee over thirty years later.

Sarah Kate is happiest near wild seas and heather-covered mountains, hiking Killarney National Park

(though she's terrified of heights), sipping a pint (one is plenty), or mangling the cúpla focal. What she truly loves is the glorious madness of weddings: the mammy dabbing her eyes, the kids under the tables, and the uncle who definitely shouldn't be trusted with a microphone.

And it's not just Sarah Kate saying it, her couples sing her praises too.

Eileen remembers: "Sarah Kate was the most amazing photographer for our wedding! We initially contacted her because we loved the style of her photos, but oh my gosh, we now just love her as a person! The images she captured are totally 'us.' We never felt uncomfortable in front of the camera thanks to her. Sarah brought such fantastic energy to our wedding day."

Cherifa agrees: "Sarah Kate is a truly talented photographer who is extremely passionate about her job. She captured our wedding day perfectly and was an absolute joy to have around. Sarah went out of her way to make sure that we took the opportunities to slow down and enjoy each part, which I am so grateful for. I can't recommend Sarah enough, if you are thinking of booking her for your big day, you won't regret it!"

So, if you're a pair of romantic feckers who don't take yourselves too seriously (and maybe feel a bit camera shy, but sure who isn't?) Sarah Kate's the one you want in the room, camera in hand, catching the love and the laughter in equal measure.

CANOVEE NATIONAL SCHOOL



Enthusiastic students return to Ms O'Driscoll classroom in Canovee NS

Canovee National School Are Back With a Bang!

On Wednesday, August 28th, Canovee NS proudly welcomed back students and staff for another exciting academic year. A special milestone was marked at 9:30 a.m. when 21 junior infants crossed the threshold, accompanied by some nervous and apprehensive parents! The children quickly settled in, delighted to meet both old and new friends, and were warmly welcomed by their enthusiastic teacher, Mrs. Doyle.

Meanwhile, on the senior side of the school, 6th Class have the pleasure of working with their new teacher this year, as Mr. Cullinane takes on the mantle. Already, the buzz of learning and laughter has returned to the classrooms, with everyone settling back into routines and enjoying being among friends once again.

We also extend our heartfelt congratulations to Ms. McLoughlin and her partner on the birth of their beautiful twins. We look forward to welcoming them to visit us in school very soon!

As we embark on this new academic journey, we wish the very best to our pupils, staff, and families. We greatly value the ongoing support of parents and look forward to another successful year filled with achievements in sports, music, theatre, and academic pursuits.

Here's to a wonderful year ahead at Canovee NS!

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- **September 4th** Line Dancing Classes, 7pm -8.30pm in Clondrohid Community Hall ALL WELCOME Contact Ann 087/2385112 Felicity 087/6361893
- **September 21st** Mushera platform last dance of the season In Ballinagree Village. (P12PF66) 3pm to 5.30 pm. Music by Jerry Mc Carthy & Autumn Gold. Enquiries 086 0647381

DATE CORRECTION:

- **September 27th** Donoughmore Community Marymount Coffee morning. In Stuake Community Centre, from 11am to 2pm. - ALL WELCOME

CANOVEE NOTES**CARRIGADROHID TIDY TOWNS – END OF SUMMER UPDATE**

Carrigadrohid Tidy Towns have wrapped up their weekly village clean-ups for 2025! Our final evening took place on September 2nd, where we finished the season in style with a sociable cuppa and a slice of cake.

While volunteer numbers were a little thin over the summer, our dedicated team soldiered on to ensure Carrigadrohid remained clean, tidy, and picturesque. A huge thank you to everyone who lent a hand — even if it was only for an hour, your contribution made a real difference.

Although our weekly clean-ups are taking a break, we are far from finished! We are delighted with the our achievements over the summer months including the 'Street Feast' in June which was another great success, the amazing repair and re painting of our grotto, our beautiful sunflowers decorating the drive in to the pitch and all the work for the National Tidy Towns Competition. But we are not finished there, we have several projects in the pipeline, including rebuilding of damaged stone walls, our bi-annual community clean-up which will take place on September 28th and much more.

Looking ahead, we will also be hosting a meeting to plan for the Christmas lights. Sadly, our current lights are no longer fit for purpose, and before we can replace them, we need to set up a dedicated sub-



Carrigadrohid Tidy Towns

committee. This group would take responsibility for maintaining, erecting, and taking down the lights each year. Unfortunately, if we cannot secure volunteers for this committee, we will not be able to move forward with



replacing the lights. Your help and support is vital to keep the village lights shining — quite literally! Let's continue working together to keep Carrigadrohid beautiful and bright.

LE CHÉILE MENTORING SEEKS NEW VOLUNTEERS ACROSS CORK CITY AND COUNTY

Monday, August 18, 2025 – Le Chéile Mentoring, a national youth justice charity, is now recruiting volunteers across Cork to support two key programmes: youth mentoring and parent mentoring.

Mentors meet with the person they are matched with once a week for one to three hours. Volunteers come from all walks of life—no prior experience is needed, just a genuine interest in supporting young people or their parents. Le Chéile provides comprehensive training and ongoing support to all volunteers.

"We're calling on people from across Cork to join us," said Alan Quinn, Le Chéile's Regional Manager. "We're particularly looking for volunteers in West Cork, Northeast and East Cork along with the city centre. Whether you'd like to mentor a young person or support a parent, there's a way to get involved and make a real difference."

"Mentoring is simple but incredibly powerful," Alan continued. "You don't need to be a professional—just a steady, caring presence. That alone can help a young person or parent feel heard, supported, and empowered to take positive steps. What we ask for is empathy, consistency, and a willingness to listen."

Youth Mentoring

Youth mentors are matched with young people aged 12–24 who are on probation or at risk of offending. Volunteers meet weekly for 1–3 hours to build trust,



Le Chéile Mentoring, a national youth justice charity, is now recruiting volunteers across Cork to support two key programmes: youth mentoring and parent mentoring.

encourage positive choices, and support personal goals. Sessions can involve everyday activities like having a coffee, playing a sport, or helping the young person reconnect with school or hobbies.

Parent Mentoring

Parent mentors offer weekly support to parents or carers of young people in the justice system. These relaxed, informal meetings provide a listening ear, practical support, and encouragement—helping parents regain confidence and strengthen family relationships during challenging times. Volunteer Voices

Proud Cork man, Jake Jeffries who has been a volunteer mentor with Le Chéile since 2018 and also serves on our National Volunteer Committee, shared his experience:

"It gives me a sense of pride, to be able to give back to my community and to feel part of the wider Le Cheile mentoring team. I've been mentoring since about 2018 and the people I've worked with have been such a mix of personalities, ages and circumstances. People I never would have met otherwise, I've had some really great matches. They've meant a lot to me."

"Recently enough, I met someone who I'd been paired up with years ago in town. He approached me to say hi and thank me. He's married, working full-time in a job he loves. He's set himself up for success and he's stable and happy in himself. It was great to be able to introduce this person to my fiancé and for her to get a sense of the work I do with Le Chéile Mentoring."

Get Involved

For more information, online Volunteer Information Evening will be held on Thursday, September 25th, open to anyone interested in learning more. To reserve your place, contact Sara McDonnell at 087 201 6801 or saramcdonnell@lecheile.ie.

Volunteer applications close Thursday, October 10th and can be submitted online at <https://www.lecheile.ie>.

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UIBH LAOIRE NOTES



Cormac O' Callaghan, para cyclist from Kinsale representing Ireland in the world cycling event in Belgium this weekend.



PARA CYCLIST SUCCESS

Cormac O' Callaghan, para cyclist from Kinsale representing Ireland in the world cycling event in Belgium this weekend. Cormac & his brother Conor both have muscular dystrophy. Cormac is pictured here with his brother Conor, mum Liz and dad Con. Good luck to a truly inspirational young man. Cormac is a grandchild of the late John & Norma O' Callaghan Derryivane, Inchigeela.

Creedon's Hotel, Inchigeela

Thank You from the Heart

In Memory of Margaret Creedon O'Shea

A heartfelt thank you to everyone who took part in the recent Marymount Hospice Walk in memory of Margaret Creedon O'Shea.

Through your generosity, community spirit, and support, an incredible €10,000 was raised for Marymount Hospice.

Every step walked, every donation given, and every kind word shared helped honour her memory in the most meaningful way.

Festival

The annual Inchigeela Autumn Festival is over for another year and we can report that it was a wonderful success. Huge credit goes to all the willing

volunteers who took it in hand and saw to it that everything was done properly. You can imagine the task of managing big crowds who came to see big bands and how important it was that everything was ready and that it ran smoothly and safely. But it did and we can imagine you are the envy of many bigger villages and towns.

Parents and Tots Meet

Inchigeela Parents and Tots coffee mornings resumes on Friday, September 5th from 10am to 11:30am in Uíbh Laoire GAA clubhouse. They meet every second Friday, so, Sept 5th and 19th and October 3rd and 17th. A welcome for all to drop in and have a chat, meet new people and a chance for the little ones to play and socialise.

Local walks launch

The new trailhead of the Inchigeela walks will be unveiled on 7th of September at 1 pm on the Island Park. These are Sports Ireland accredited walks which have recently been upgraded with the help of local development group, Croi na Laoi. A presentation will be made to the relatives of the original trustees who, over sixty years ago, had the imagination and initiative to convert a riverside marsh into a lovely island park. The occasion will also be a fundraiser for West Cork Rapid Response Unit. These volunteers have saved many lives in the recent past and deserve

our support. Then later there will be refreshments and music in Creedons Hotel. Beidh Fáilte Romhat

Music classes

Deirdre Ní Mheachair will be enrolling pupils shortly who are interested in learning to play traditional instruments like fiddle, tin whistle, piano, harp and music theory. Deirdre's classes, in Inchigeela, have been very enjoyable and very successful in recent years. Book early and don't be disappointed. Contact Deirdre on (085)1011757

Garda Clinic

A Garda will be present at the Church Office in Inchigeela on the following dates: September 15th from 11 am until noon and September 22nd from 11am until noon

Maiden Caife

I mBeal Athan Ghaorthaidh beidh maiden caife i ndil culmhne Neanse Uí Laoire agus ar son Hospice Bheanntaí. On Sunday 7th from 1030 to 1.30 a mornings coffee will be held in the Arus in memory of Neanse Uí Laoire. Proceeds donated to Bantry Hospice Project Please, support.

Banna Phíobaireacht

Tá an banna school ag lorg piobairí agus drumaideoirí óga. The pipe band is inviting new members to join. If you have interest contact any member of the band.



A heartfelt thank you to everyone who took part in the recent Marymount Hospice Walk in memory of Margaret Creedon O'Shea.



60th anniversary of the opening of the Independence Museum Kilmurry

The Kilmurry Historical and Archaeological Association is honoured to announce the celebration of the 60th anniversary of the opening of our Museum on Friday, 19th, and Saturday, 20th September.

Friday, 19th September

Our commemorations will begin with a special Mass in St. Mary's Church at 7:30pm, followed by the

official opening of our 60th Anniversary Exhibition – tracing the journey of the museum from 1964 to the present day and paying tribute to the dedicated individuals whose vision and commitment made it possible. Light refreshments will be served in the museum afterwards.

Saturday, 20th September

At 3:00pm, a guided walking tour of the village will

depart from the museum, highlighting sites of historical importance. The day will conclude with a social gathering in Seano's Bar, celebrating our shared heritage and the achievements of our community.





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CLONDROHID NEWS



Clondrohid u 10 s at a Blitz in Inchigeela recently



Clondrohid U 10 teams competing in a well organised Blitz in Inchigeela recently

HOLY FACE DEVOTIONS: Every Tues night at 8pm in Carriganima

PRAYERS FOR PRIESTS AND VOCATIONS: Every Monday night 8pm to 9pm in the Blessed Sacrament Chapel Macroom.

LINE DANCING: It is that time of year again, and Line Dancing is back in Clondrohid.

It will commence this Thursday night Sept 4 in the Community Hall from 7pm to 8.30pm. Everyone welcome, contact Ann 087 2385112, or Felicity on 087 6361893

10th ANNUAL CARRIGANIMA RUN/WALK IN AID OF MILLSTREET AND MACROOM HOSPITALS: This will take place on this Saturday Sept 6 in Carriganima. Registration 2.30 to 3.20pm in the pub The 6 km race starts at 3.30pm Adults €10, u 18 €5. Family €20. A brilliant fun filled day of community spirit for vital services in our Community

BINGO: Continues every Wed night at 8.30pm. Great to have the Bingo back in the village again, as we head

into the Autumn. Thanks to all who help to organise and run it, especially Garry. Well done. Everyone welcome. Your support is much appreciated.

BLOOD DONOR CLINIC: It's a while away, but please mark it in your calendar. They will be in the Community Hall on Monday and Tuesday Sept 29 and 30. Please phone 1800 731137 for more info. A great facility to have in our village, please support as blood is in low supply and is always needed. Thank you.

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 Sept 8. They would love to see you there.

CLONDROHID PARISH ACTIVE RETIRED: After a short break, to recharge the batteries !! This Group will be 'Active' again from mid Sept. Looking forward to catching up with everybody, and hope all enjoyed our lovely Summer, and that the fine weather will

visit us again !!

GAA NEWS: A great week of football and fun was had during the Cul Camp again this year.

With close to a 100 boys and girls numbers were well up on last year. Big thanks to all the coaches and parents for their support.

A special thanks to our own inter county star Lydia McDonagh who was with us for the week and also her sister and fellow inter county player Amy who joined us on Friday.

Finally thanks to all who had the facilities perfect for the week for our future stars. Roll on 2026 Cul Camp UNDER 10 Many thanks to Iveleary GAA who invited Clondrohid to a U10 blitz recently Great morning was had by all with Clondrohid's 2 teams playing 3 matches each.

It finished off with everyone receiving medals from inter county star Chris O'G Jones Great fun and excitement on the day

NATURE WALK AS PART OF HERITAGE WALK

John Lyons, An Taisce Climate Ambassador and Tidy Towns member recently co-ordinated a very interesting Nature Walk as part of Heritage Week. The walk was led by ecologist Karen Loxted who works with SECAD and who is currently working on a Biodiversity Plan for Macroom. Meeting point was the car park at the bridge in Macroom. Following the introductions after the group had gathered, certain plants that were under our feet were selected by Karen who highlighted their names and features, and their medicinal properties in many cases. Some of these would have been used by people in days of old before other medicines were readily available.

Another aspect of the walk was the use of 'Citizen Science' to assess the general quality of water in our rivers. This is something that anybody can do following a little training. It is called 'kick sampling' where the river bed is disturbed by kicking and a net is then used to collect everything that moves. These macroinvertebrates were then looked at using a magnifying glass, and identified with the use of a pictorial chart. They were counted and the numbers of each species recorded. Some of these species are indicators of good water quality while others may indicate poor water quality. On the day, the mix of species collected, such as mayflies indicated that the water quality was good.

The group continued downstream, discussing trees



John Lyons, An Taisce Climate Ambassador and Tidy Towns member recently co-ordinated a very interesting Nature Walk as part of Heritage Week.

and plants along the way, then entered the Fairy Garden and went across to the biodiversity garden area. Here the signage on the trees and shrubs was very educational and led to many interesting discussions. Nettles were debated, crab apples and the numerous other species that are all labelled. The display boards here, one with information focused on trees and the other focused on pollinators were a

mine of information. This area is now sometimes used as an outdoor educational resource and was used by St Josephs Primary school as part of a pilot Wildwork programme during the last year.

Karen was thanked for facilitating this wonderful event which was thoroughly enjoyed by all present.



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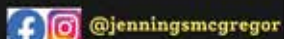
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Be Part of the Drama at the Listowel Harvest Racing Festival

From Sunday 21st to Saturday 27th September, the picturesque town of Listowel in North Kerry becomes the ultimate destination for seven days of first-class racing, fabulous fashion and family fun as it hosts the 167th Harvest Racing Festival.

One of the longest established racing festivals on the Irish calendar, the 7 day Harvest Meeting attracts large crowds from home and abroad, who come to enjoy the thrill of national hunt and flat racing, the comradeship of friends old and new, people watching, style spotting and creating memories. The Directors have created a festival that has something for everyone of every age and with entry from only €20 it remains excellent value for a full day of entertainment plus children under 12 accompanied are free. For more information and to pre-book tickets and corporate packages visit www.listowelraces.ie or follow #listowelraces

Sunday 21st September – Family Day

The week opens with something for all ages with Garvey's SuperValu Family Day. Expect meet-and-greets with Coco-Melon and Mickey Mouse, a petting farm, face painting, balloon giveaways, and a mini disco to keep little ones entertained — all while you enjoy the excitement on the track with the feature race of the Kerry Dairy Ireland Handicap Steeplechase of €45,000. New on Sunday is the Most Fun & Fashionable Family Competition, sponsored by the Dingle Skellig Hotel. The prize? A two-night stay with breakfast overlooking the stunning Dingle Bay. The dress code? As bold as your imagination — from retro glamour to racing chic to themed gamer costumes. Families of all kinds are welcome, from siblings to cousins, mums and daughters to dads and sons. Judging this brand-new fashion event is top model, businesswoman, and busy mum of four, Elvira Fernandez Zebo. She will be out and about on the course from 1.30pm looking for finalists.

Monday 22nd September

The feature race on Monday is the John McGuire Handicap of €45,000.

Tuesday 23rd September

Listowel Races are delighted to announce that Presenter, Creator and Franc James founder, former Love Island contestant Frankie Foster, along with the Raceday TV team, will be broadcasting from the Races



on both Tuesday and Wednesday respectively. Make sure to come along and say hello.

Wednesday 24th September – Kerry Grand National

Ask any racing fan - Wednesday is the day. The Guinness Kerry Grand National Handicap Steeplechase of €200,000 is the jewel of the festival — an electric, edge-of-your-seat race that has punters holding their breath right up to the final furlong. Last year saw the Gavin Cromwell trained Flooring Porter, grace the winners' enclosure, courtesy of a fine front running performance under Keith Donoghue. A former Stayers Hurdle victor at the Cheltenham Festival, his victory again highlighted the fact that the race is attracting a higher class of horse, year on year.

Thursday 25th September – Sharp Dressed Men

Style takes the spotlight with the Ryle Menswear Best Dressed Man Competition, hosted by Michael Moran and judged by the ever-dapper Botty O'Callaghan. The winner will receive a custom-made suit worth €1,200, while the runner-up takes home a full Benetti suit, shirt, and tie. Ryles also sponsor gift bags for all the finalists. The feature race is the Listowel Races Supporters Club Lartigue Hurdle in memory of John Molyneaux of €60,000

Friday 26th September – Ladies Day Glamour

The McElligotts Kia Best Dressed Lady competition, judged by broadcaster Louise Duffy with designer Shauna Courtney, is always a showstopper. This year's top prize is the trip of a lifetime for two to New York with accommodation at the iconic Fitzpatrick Hotel in Manhattan. There's also €1,000 for the most creative headpiece and €500 for the most contemporary outfit. Each of the 10 finalists will also receive gift bags kindly sponsored by McGuire's Pharmacy Listowel. The judges

will be out and about on the course to select their 10 finalists at 1pm, and the winners will be announced after 4pm. The feature race is the William Hill Handicap Hurdle of €100,000.

Saturday 27th September – Sustainable Style

Closing the week, Listowel celebrates its long-standing commitment to conscious fashion with its Sustainable Style Competition sponsored by Listowel Tidy Towns in association An Taisce and Listowel Races. Now celebrating its 14th year, this is a Listowel Tidy Towns initiative to highlight waste minimisation and promote the circular economy. Judged by top model Sydney Sargent and Katie Sloane owner of Peach Vintage Clothing and a judge from An Taisce. There are a range of generous cash prizes and gifts sponsored by Listowel Race Company and the businesses of Listowel for both male and female entrants in Overall, Vintage Only, Pre-loved, and Juniors/Conscious Couture categories. It's all about re-wearing, re-styling, and celebrating fashion with a conscience so as to have a positive impact on climate change. This year, those wishing to enter can register in the fashion marquee from 1pm.

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Ladies Day Judge
Louise Duffy



An Ghaeltacht's Kerry Native Rob Ó Sé shines in St. Finbarr's Championship final win over Greenwood in Australia

On Saturday, 30th August 2025, the Western Australia Senior Men's Gaelic Football Championship Final was held in Perth, where St. Finbarr's Gaelic Football Club, secured a commanding victory over Greenwood with a scoreline of 4-13 to 0-6.

A key figure in St. Finbarr's success this season has been Rob O'Sé, a native of An Ghaeltacht, Co. Kerry, currently on a teaching career break from Gaelscoil Carraig Uí Leighin, Cork. Rob's performances have been instrumental in leading the club to a historic double, having also won the Western Australia League Final just three weeks earlier.

Rob's personal accolades this year include:

- Player of the Match in both the Championship and League Finals 2025
- Western Australia Player of the Year 2025

• Western Australia League Player of the Year 2025
It's believed he may be the first West Kerry Ghaeltacht man to achieve such honours in Western Australia.

A quick summary of his football background:

- All-Ireland Minor winner with Kerry in 2014
- Played for Kerry U21s, narrowly losing to Galway, 2017
- All-Ireland Junior winner in 2017
 - Comórtas Peile na Gaeltachta 2019, 2017
- Cousin of Kerry legend Dr. Seán Murphy (1959 Sean Murphy's All-Ireland)

His achievements have been a point of pride both for the Irish community in Australia and back home in Kerry, reflecting the strength and global reach of Gaelic Games.



Rob Ó Sé with team mate Mattie McKenna (Cavan)

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MOOKLEY

New Hairdressing Services *Now Available* at Mookley Studio, Ballymakeera

Since opening its doors in April 2024, Mookley Studio in Ballymakeera has been warmly embraced by the local community. Known for their vibrant and creative dreadlock services, the studio has grown into a hub for unique hair care. Now, they're excited to expand and offer hairdressing services for everyone—because while dreadlocks are their specialty, they understand they're not for everyone!

After over a year of searching for the perfect fit, Mookley Studio is proud to welcome Kathryn, a talented and experienced hair stylist, to the team. The studio now offers haircuts, washes, blow-dries, and hair colouring with organic dyes—for gents, ladies, and everything in between.



Meet the Mookley Team



Helene, Melanie, Kathryn

Melanie is the founder of Mookley Dreadlocks and the owner of Mookley Studio. With over 10 years of experience making and maintaining dreadlocks across Ireland, she has built a strong reputation and a loyal client base, many of whom travel from all corners of the country to see her. Melanie has also developed her own line of natural hair care products—Mookley shampoo bars, nourishing oils, and apple cider vinegar rinses—now available in the studio and in health food shops nationwide.

She's also an expert in crafting handmade wool dreadlock extensions in every colour imaginable. These can be braided into loose hair for a temporary style—perfect for trying out dreadlocks without long-term commitment.

"It's time to break the clichés around dreadlocks," says Melanie. "They're not tied to any one culture or lifestyle. They're a bold, beautiful hairstyle worn with pride and individuality."

Helene brings a burst of colour and energy to the studio. After training under Melanie in 2022, she now works alongside her making dreadlocks and specialising in vegan fibre extensions. The pair also travel to art and music festivals across the country, bringing their colourful creations to a wider audience.

Kathryn, the newest member of the team, joined just over a month ago—and she's already making an impact. With more than a decade of hairdressing experience, she offers a warm and professional approach to cutting, styling, and colouring. Kathryn uses natural, organic dyes and takes her time with each client to ensure they leave feeling confident and refreshed.



MOOKLEY

Our Ethos

At Mookley Studio, environmental care is central to everything we do. We strive to create a space that's safe for people and the planet, using only natural and mostly organic products. We support other small, family-run Irish businesses, sourcing our wool and hair care products as locally as possible.



Our Services

Hairdressing:

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Record Crowds and Runway Looks at a Sun-Soaked

Killarney Races



Judges Lisa Jordan and James Patrice at the O'Donoghue Ring Collection Best Dressed Competition at Killarney Races.
Pic Michael Mac Sweeney

Sunshine, style, and spirited crowds set the scene at this year's Kerry Races, as attendance soared, up an impressive 30% on last year's end-of-summer meeting. Racegoers from across Ireland flocked to Killarney to revel in the unique blend of thrilling horse racing, eye-catching fashion, and rich tradition that defines one of the country's most beloved race destinations. With more than 80 years of racing heritage, the August Festival once again cemented its place as a standout event on Ireland's sporting and social calendar, drawing both seasoned enthusiasts and first-time visitors eager to experience the electric atmosphere trackside.

The calibre of horses and jockeys on display drew a large crowd, with thrilling races keeping everyone on the edge of their seats. From the moment gates opened, the track was alive with energy, the sound of hooves on turf blending with laughter, cheers, and the occasional clink of champagne (or pint) glasses! Adding extra sparkle, the O'Donoghue Ring Collection Best Dressed Day brought fashion and flair to the forefront, with more than 3,000 racegoers stepping out in their finest outfits.

Judges James Patrice and Lisa Jordan had the tough task of narrowing the crowd to twenty finalists, carefully considering each eye-catching look. Roving fashion and fun reporter Brenda Dennehy, aka Brenda Bits on Instagram, mingled with the crowd, capturing moments of style, laughter, and playful Raceday spirit, making sure no stylish detail went unnoticed.

In the Ladies' Best Dressed category, local talent shone brightest as Killarney's own Bláthnaid Leen claimed the title in a striking two-piece Acle outfit with sculptural ruffle details that drew admiration from all corners of the course. On the men's side, Sean O'Donovan from Ballincollig, in Cork, impressed in a bold pink suit, complemented with navy accessories and a sentimental brooch belonging to his grandmother, a personal



Winners Bláthnaid Leen from Killarney and Sean O'Donovan from Ballincollig in the O'Donoghue Ring Collection Best Dressed Competition at Killarney Races.
Picture: Michael Mac Sweeney/Provision

touch that captured the hearts of onlookers. Both winners were presented with a luxury three-night stay with activities at the Killarney Plaza Hotel & Spa, courtesy of Brian Lawlor, Group General Manager of the O'Donoghue Ring Collection.

"We are absolutely delighted with the turnout. Racing is so important to the local community and brings so much to the town, it's wonderful to see it going from strength to strength", Karl McCay, General Manager of the racecourse, told Killarney Outlook.

Café du Parc added a glamorous touch with its trackside cocktail

bar in collaboration with Veuve Clicquot Champagne and Cinco Patricio's Tequila. As the sun set, celebrations continued at the afterparty with Nicole Loneran on fiddle, Darragh O'Rourke on percussion, and DJ Stephen Howard keeping the energy high well into the evening.

Looking ahead, the racecourse is preparing for its Autumn Racing Festival this October, promising another weekend of top-class racing, stylish attendees, and the unmistakable atmosphere that makes Kerry racing a must-visit destination.



Bláthnaid Leen from Killarney is announced winner in the O'Donoghue Ring Collection Best Dressed Competition at Killarney Races.
Picture Michael Mac Sweeney/Provision



Brian Lawlor, Group General Manager congratulates winner Sean O'Donovan taking part in the O'Donoghue Ring Collection Best Dressed Competition at Killarney Races. Pic Michael Mac Sweeney/Provision



MACROOM FOOD FESTIVAL

**Friday 19th -
Sunday 21st
September 2025**

Friday Night 19th September

BRIERY GAP

Culture Week runs from 15th -20th September

Dance - Thin Places Friday Night 19th at 7.30pm – Free Entry

Music - Ceili All Stars at 9.30pm – Free Entry

MULLIGAN ROOM AT MACROOM GOLF CLUB

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Saturday 20th September

Better Together Wellness Event Chapel Hill School of Art

10.30am- 1.30pm - Free Entry

SECAD

Celebrating Multiculturalism Through Food

From 12pm at the Square – Free Entry

Clothing Repair Workshop & Preloved Clothes Sale

Organised by Fash Forward, at the Square - €10 entry with all proceeds to Pieta at 2.30pm

"How to Love your Larder" cooking demo with Orla Mc Andrews at 6pm
Advanced Booking recommended – email info@macroomfoodfestival.com - €10 entry

Pop's Wine Bar Low intervention wines & local nibbles with wine bar soundtrack by DJ Barry Walsh. From 6pm. Info & Tickets at Pop Crowley's Shop or hello@popcrowleys.ie

Local Producers Tasting Menu & Drinks Pairing

Castle Hotel at 7.30pm. Booking with the hotel directly

Live Music - By the Light of The Silvery Moon

Briery Gap at 8pm - Tickets €25

Sunday 21st September

MEMORY WALK FOR ALZHEIMER'S SOCIETY

Starts at the Castle Gates at 11am



COOK WITH CONFIDENCE

A cooking workshop for 10 - 15 year olds with Orla Mc Andrews.



Numbers limited so advanced Booking essential

Email: info@macroomfoodfesitval.com - €10

11am - 12pm first session & 12.30pm - 1.30pm second session

MONSTER STREET FOOD & CRAFT MARKET

in the Square from 11am



THE GREAT KIDS FOODIE TREASURE HUNT

Register at the Stage at 12pm - Free Entry



**DANONE SCHOOLS
COOK OFF COMPETITION**

From 12pm at the Square



MUSICAL ENTERTAINMENT

1pm on stage starts Brian MSV Sound



KIDS ENTERTAINMENT

from 1pm - lots Entertainment



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& FAMILY DANCING BAND** - at 3pm

Monday 22nd September - Green for Business

training Workshop by Fash Forward and LEO - Macroom Golf Club 9.30am.

Orla Mc Andrews Workshops

IRELAND'S CELEBRATED ZERO-WASTE SUSTAINABILITY CHEF

Orla brings a fresh take to sustainability her approach is practical, joyful, and deeply rooted in respect for food. Rather than preaching, she empowers teaching how to make delicious, nutritious meals from the everyday ingredients we already have, and therefore minimizing waste, saving money, and keeping stress at bay. Orla has hosted and received praise for her previous "Zero Waste Cookery Demo" at the English Market earlier this year.

Macrooom Food Festival's events encourage viewing leftovers as opportunities rather than burdens with simple ingredients and imagination, even tired veg or stale bread can become exciting new dishes. So use these workshops to educate yourself and the kids on Zero Waste Dishes at home.



"How to Love Your Larder"

Cooking demo embodies Orla's mission to combat food waste with creativity and ease. See Ireland's celebrated zero-waste chef in action, experience her expertise as she demonstrates smart ways to transform kitchen leftovers and pantry items into delicious meals.



Saturday 20th September at 6pm

Venue: Macrooom GAA Hall.

Entry €10 advanced booking recommended by emailing info@macrooomfoodfestival.com or text 086 8589043.



"Cooking with Confidence"

A cooking workshop Orla is for 10–15-year-olds, this session encourages kids to cook using ingredients they already have at home, children learn to see everyday foods in a whole new way. This session will boost creativity and responsibility, by cooking these simple dishes.

Sunday 21st at 11am – 12pm or 12.30pm – 1.30pm

Venue: Mc Egan College.

Entry €10. Places are limited, advanced booking is essential.

info@macrooomfoodfestival.com or text 086 8589043.





MACROOM FOOD FESTIVAL

**Friday 19th -
Sunday 21st
September 2025**

**Feast local. Waste less. Celebrate more.
See you at the Macroom Food Festival**

We are on countdown to the Macroom Food Festival 2025 on the 19th – 21st September next. Continuing last year's theme of Sustainability with Food Production and supporting this initiative there is a wide and varied programme with something for all ages and culinary tastes, along with lots of entertainment throughout the weekend. Many are aware of the need to be more sustainable, therefore we want to create and share some easy steps that everyone can take to become more sustainable in their everyday approach to food.

The festival opens with the Culture Night at the Briery Gap. **Thin Places** is dancing for those that were and those to come. The work incorporates contemporary dance, live sound and visuals. **Ceili All Stars** are a super group of Irish Musicians who play Sliabh Luachra Inspired Music. Be sure to call in and hear a most captivating session of tunes.

Join us in the Mulligan Room for **An Evening of Latvian Cuisine**, a special celebration of the rich flavours and traditions of Latvia. Experience authentic Latvian dishes prepared by experienced Latvian chefs from our own community and enjoy a culinary journey through Latvian culture. This one night only event offers a warm and welcoming atmosphere, perfect for discovering new tastes and learning about the heritage behind each dish. Don't miss this unique cultural experience!

On Saturday morning visit the **Better Together Wellness Event**, meet twenty different complementary therapists and practitioners. Explore their approach, ask questions and discover which might support your wellbeing.

SECAD Celebrating Multiculturalism Through Food come and join us for a vibrant and flavourful event that brings our diverse community together through the universal language of food. We invite you to explore a world of culinary traditions, with dishes from around the globe prepared by home

cooks representing a variety of cultures. This is also celebration of unity, diversity, and the unique flavours that make our community stronger.

The Clothing Repair Workshop learn how to give your clothes a second life at this hands-on session. Whether it's fixing a tear, sewing on a button, or patching up your favourite jeans, this session will teach you simple, practical skills to extend the life of your wardrobe. No experience needed just bring an item or two in need of repair and enjoy a relaxed, sustainable way to save your clothes from landfill and help Pieta along the way.

How to Love Your Larder with renowned sustainable chef Orla McAndrew for an inspiring and practical cooking demonstration focused on making the most of what you already have. How to Love Your Larder is all about reducing food waste, saving money, and getting creative in the kitchen. Orla will share clever tips on how to turn overlooked pantry items and fridge leftovers into delicious, nourishing meals, and all while embracing a zero-waste mindset. Whether you're a seasoned cook or just starting out, you'll leave with valuable advice, new recipes, and a fresh appreciation for sustainable cooking. Come along and learn how to let your larder lead the way!

Cook with Confidence – A Hands-On Workshop for 10-15 Year Olds with Orla McAndrew.

Join Orla for a fun, interactive cooking workshop designed to empower young chefs aged 10 to 15 years. Cook with Confidence gives budding young cooks or even those that have no cooking experience the confidence to create tasty, healthy meals from scratch, all in a supportive and engaging environment. Orla's passion for no-waste, sustainable cooking will inspire a new generation to cook creatively and responsibly. Perfect for curious minds and hungry appetites, so don't miss these sessions.

Kids Foodie Treasure Hunt takes place on Sunday morning, get ready for a fun-filled journey where the kids will follow clues, solve tasty puzzles, and discover exciting food-themed surprises along the way. Designed for curious minds this interactive hunt will have kids learning about different ingredients, trying new flavours, and picking up fun food facts as they go. It's a playful mix of discovery, learning, and delicious rewards, a true treat for little foodies of all ages!

Danone Schools Cook Off has become the cornerstone of the Macroom Food Festival, and once again this takes place on Sunday afternoon. This year's Judge is Mark Doe from Just Cooking. Come and see the amazing talented senior cycle students who prepare and present their impressive menus from local and nutritious produce.

The Monster Food & Craft Market has over 50 producers with a variety of offerings, please support these traders, remember you don't need a silver fork to enjoy good food.

Lots of entertainment with live music and side shows on Sunday for all the family.

Again this year the Macroom Food Festival would not be possible without our loyal sponsors who support the event, we thank them all and we will issue a full list of sponsors in due course.

Whether you're a serious foodie or just love trying something new, there's something here for everyone. Think sizzling street food, sweet treats, cooking demos, foodie treasure hunts for the kids, and even hands-on workshops with expert chefs. So come along join the community spirit, bring your friends, bring your family, and most importantly, bring your appetite!

Full programme of events, dates, booking requirements and entry fee details check our social media @macroomfoodfestival or visit our website www.macroomfoodfestival.com

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Michael Collins Commemoration 2025

All Pics. Peter Scanlan

The Millstreet Pipe Band was out in force for what turned out to be a sunny afternoon on Sunday, August 24th last to entertain the large crowd of people who had gathered at the monument in Gleannarouge near Béal na Blá to honour the memory of General Michael Collins, 103 years ago after his tragic death in the Irish Civil War.

The annual commemoration generally takes place on the Sunday closest to the anniversary of Collins, who died at this location on 22nd August 1922.

This year's oration was delivered by Minister for Health Jennifer Carroll MacNeill T.D. and the event was also attended by Cllr. Mary Linehan Foley (Mayor of Cork County), Cllr. Joe Kavanagh (Deputy Lord Mayor of Cork), Lt. Col. Peadar Ó Cátháin & Sgt. Roy Kelleher (Defence Forces), Superintendent Gary McPolin (An Garda Síochána) and Aengus Collins O'Malley (representing the Collins family). As has become custom at the annual commemoration, the event began with a prayer led by Canon Humphrey O'Mahony, who has strong Macroom connections and who recently turned 90.

In her address, Minister Carroll MacNeill made reference to orations from many of those who preceded her, saying that she was particularly drawn by the speech given by the former Olympian and broadcaster, the late Brendan O'Reilly at the 1980 commemoration, when he quoted a phrase used by Collins to describe himself "I think in long strides". In reflecting upon the challenges that Ireland faces today at a national level and those faced by the world at a global level, she encouraged those present to 'think in long strides' about how best to meet these challenges and create a better future for our country and the wider world.

The event concluded with a word of thanks from the organising committee to An Garda Síochána, Cork County Council, the Defence Forces, The Irish Red Cross, the Millstreet Pipe Band, Kilmurry GAA Club, Mai Fitz's bar and restaurant and to local landowners the Kiely family for their assistance in the running of the day's events.

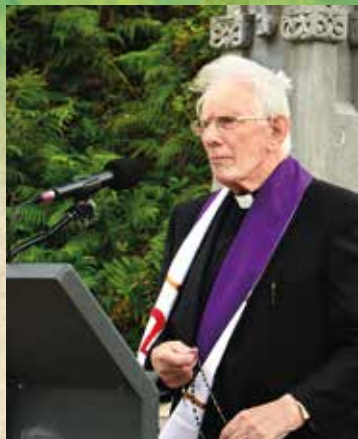


Speakers at Béal na Bláth on Sunday last, where a ceremony was held to mark the 103th anniversary of the death of Michael Collins. L-R: Lt. Col. Peadar Ó Cátháin, Canon Humphrey O'Mahony, Aengus Collins O'Malley, Sen. Garret Kelleher (Chairperson of Michael Collins Commemoration Committee), Min. Jennifer Carroll MacNeill T.D. (who delivered this year's oration), Cllr. Mary Linehan Foley (Mayor of Cork County), Cllr. Joe Kavanagh (deputising for the Lord Mayor of Cork), Superintendent Gary McPolin and Sgt. Roy Kelleher (Army Trumpeter).



Michael Collins commemoration on Sunday last





Canon Humphrey O'Mahony reciting a decade of the rosary at Beal na Blath



Cllr. Joe Kavanagh (deputising for the Lord Mayor of Cork) and Min. Jennifer Carroll MacNeill T.D.



Sen. Garret Kelleher (Chairperson of Michael Collins Commemoration Committee) and Canon Humphrey O'Mahony and Min. Jennifer Carroll MacNeill T.D. (who delivered this year's oration)



Min. Jennifer Carroll MacNeill T.D. speaking at the Michael Collins commemoration on Sunday last



Sgt. Roy Kelleher (Army Trumpeter) and Canon Humphrey O'Mahony.



Michael Collins commemoration on Sunday last



Evelyn McSweeney, Dr. Con Kelleher and Sen. Eileen Lynch at the Michael Collins commemoration on Sunday last



Group of young Fine Gael at the Michael Collins commemoration on Sunday last



Michael Collins commemoration on Sunday last





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HSE South West expands winter programme to shield babies from RSV



HSE South West is building on last winter's very successful RSV immunisation programme which was delivered to new born babies in maternity settings and higher risk babies in the community. The programme significantly reduced infections, serious illness and hospitalisations of young infants during the 2024-2025 winter season.

Key statistics from the national programme include:

- Almost 22,500 babies were immunised.
- 83% of those offered immunisation accepted it for their babies
- Among those immunised (compared to similar babies the previous year who were not immunised), there was a significant decrease in the impact of RSV including:
 - 65% reduction in total number of cases presenting;
 - 57% reduction in cases presenting to emergency departments;
 - 76% reduction in babies requiring hospitalisation
 - 65% reduction in babies needing intensive care due to complications of RSV

This winter season HSE South West will once again offer RSV immunisation in maternity settings across Cork and Kerry to all babies born in Ireland from 1st September 2025 to 28th February 2026.



This year the programme is extending to include all babies born in Ireland, during the six month period from 1st March 2025 to 31st August 2025. Parents and guardians of these babies can book an appointment from Monday 1st September on the RSV Immunisation page of the HSE website: <https://www2.hse.ie/conditions/rsv/immunisation/>. It is important to note that appointments will only be available during September. Parents and guardians are advised to book early, to ensure their child is protected ahead of any surge in RSV infections this autumn/ winter season.

Parents of babies born from 1st September 2025 to 28th February 2026 will be offered the immunisation before they leave the maternity hospital.

Dr Niamh Bambury, Consultant in Public Health Medicine, HSE South West said: "RSV is a largely seasonal respiratory illness that particularly impacts babies and infants. During the winter months, we

expect to see an increase in the circulation of RSV. RSV can cause severe infection in babies and can result in hospitalisation in some cases. The RSV vaccine is the best way to prevent the illness. The vaccine protects babies during the critical early months when they are most vulnerable. All new born babies will be offered the RSV vaccine prior to being discharged from hospital from 1st September 2025 to 28th February 2026. For all babies born from the 1st March this year up to 31st August, you can book an appointment on the HSE website to receive the vaccine in the community: <https://www2.hse.ie/conditions/rsv/immunisation/>. I would urge parents of all eligible babies to take up the offer as soon as possible."

Gabrielle O'Keeffe, Head of Health, Wellbeing & Strategy, HSE South West said: "Availing of the RSV vaccine gives your baby the best protection during the winter months - it prevents severe bronchiolitis, reducing the chance of illness, GP and emergency department visits. The immunisation is provided free of charge, and is being delivered by trained midwives in all maternity settings after birth; and by vaccination teams in the community for children born between March 1st and August 31st this year. Extending this programme to every eligible infant will ensure even more families benefit from this vital winter protection".

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Make a splash for Childline this September

Childline
by ISPC

#SeptemberSeaSwim

Finding Nemo's Dory was very clear: "Just keep swimming". It's advice that heptathlete Lara O'Byrne would certainly agree with. Lara, a passionate sea swimmer, was one of the first people to sign up to this year's September Sea Swims. Now she's hoping that people throughout the country will join her and make a splash for Childline.

Childline's September Sea Swims are open to everyone. You don't actually have to live by the coast to participate in this beneficial endeavour for body and soul: any open water location will do for your swims, dips or paddles. Childline will also be hosting pop-up swim events throughout September if you'd like to take the plunge with others.

September Sea Swims offer a fantastic opportunity to nurture your mental and physical health while supporting the wellbeing of children and young people. All funds raised will do directly to Childline,

Ireland's only 24/7 listening service, to ensure that there is always someone to listen when a child or young person needs to talk.

For Lara who founded the Original Lobster wetsuit company, signing up for September Sea Swims has physical, mental and emotions benefits. "Sea swimming is a way to connect not only with nature, but with yourself," she says.

"When you're in the water, all of the outside problems don't seem so bad. It's my favourite way to decompress and be in the moment. It also brings people together and creates a sense of community. That's why I've decided to take part in this challenge while also raising money for a fantastic charity."

Psychologist and author Allison Keating has also signed up for September Sea Swims. She firmly believes that the refreshing reset offered sea swimming has multiple benefits for body and soul.

"Sea swimming is an incredibly immersive and totally free experience that reconnects you with your body, while calming and reinvigorating your mind. It gets you out of your head and back into your body, with stress-relieving benefits that last long after your dip."

It's very straightforward to join Lara and Allison in September Sea Swims for Childline. Simply sign up to do 10 swims whenever you want throughout the month. You can do it as a solo challenge or with a group of friends.

Each participant should register individually at <https://septemberseaswim.com/> to receive their fundraising pack and be eligible for a prize draw to win an Original Lobster wetsuit. They will also receive a fundraising pack. So go on, dive in and soak up the benefits of swimming for Childline.

TOGETHER AT THE CASTLE MENTAL HEALTH AND WELLBEING EVENT RETURNS FOR ITS 4TH YEAR

HSE South West is proud to announce that the hugely successful 'Together at the Castle' mental health and wellbeing event returns to Mallow Castle on Sunday, September 7, 2025 between 1pm to 5pm.

The free community event is open to all and sees HSE South West continue its partnership with Mallow Chamber of Commerce, Cork County Council, Cork Mental Health Foundation, Avondhu Blackwater Partnership, See Change, SHINE, and An Garda Síochána.

Together at the Castle will again feature a wide variety of entertainment, recreational activities, workshops and informational spaces provided by up to 50 local and regional community groups and organisations. The event aims to foster a sense of community and raise awareness about the support services available for mental health and wellbeing.

Mayor of the County of Cork, Mary Linehan Foley, emphasised the significance of Together at the Castle: "Cork County Council is proud to support this important event which highlights the diverse range of wellbeing supports that are available and promotes positive mental health. We extend our sincere thanks to HSE South West and Mallow Chamber for partnering with us to bring this wonderful event to North Cork. This year the working group have worked hard to have something there for everyone at all ages therefore we are delighted to welcome all of the new activities, services and food stalls."

Declan Cronin, Head of Mental Health Services at HSE South West, said: "Together at the Castle is more than just an event, it's a powerful reminder that mental health is a shared journey. By bringing services, communities, and individuals together in such an open and welcoming space, we're breaking down stigma and building up support. Events like this show that help is not only available, but accessible, and that

no one has to face mental health challenges alone. We're proud to stand with our partners in making mental wellbeing a visible and celebrated part of community life."

Martin Ryan, HSE Resource Officer for Suicide Prevention with HSE South West expressed his delight in collaborating with Mallow Chamber of Commerce and Cork County Council and Cork Mental Health Foundation for this community event: "Mallow again is leading the way in the county for showcasing services and understanding the need to bring services together to support the wider community. We in Mallow believe that we all have reasonability to carry support numbers and encourage people to take the often hardest step to seek help". Martin went on to say that: "every year I am blown away by the continued partnership approach by the business community, Cork County Council and other main agencies working together to ensure a great day for all."

Estelle Varney, President of Mallow Chamber of Commerce, said: "Together at the Castle has become a much-loved event that brings people of all ages together in a warm and welcoming space to learn about mental health supports, access helpful information, and enjoy a day filled with fun, colour and connection. It plays a vital role in breaking down stigma and making resources more visible and approachable for everyone in our community. With activities for the whole family, uplifting entertainment, and a real sense of togetherness, it truly captures the spirit of Mallow. We are especially proud that this initiative - first introduced by Sharon Clegg during her presidency - continues to thrive under her enthusiastic leadership as a director of the Chamber."

Brandan McCarty CEO Cork Mental Health Foundation says: "We in Cork Mental Health Foundation are delighted to be part of the organising committee for

this amazing event. We have been part of it on the day for the last number of years and are delighted to have been asked to help in the organisation of the event this year. We look forward to meeting everyone on the day and to see all the fantastic services that are available to people in the area." "Over the past few months, we have worked collectively to ensure that this event offers a practical and positive approach to mental health and wellbeing in the local community. With the participation of up to 50 services, attendees will find something useful to engage with, or gain insight into seeking help. Our goal is to promote hope and recovery within our communities and remind people of the immense benefits of maintaining physical and mental wellbeing. Numerous supports are available to help us achieve that goal."

Valerie Murphy, CEO of Avondhu Blackwater Partnership, expressed her enthusiasm for taking part in Together at the Castle again this year.

"At Avondhu Blackwater Partnership, we continue to work closely with statutory and voluntary partners to promote positive mental health and wellbeing across the North Cork region. Through the Social Inclusion and Community Activation Programme, we support individuals and communities in building a more inclusive and connected society. We're proud to be part of this important event once again and look forward to returning to Mallow Castle this September." The Together at the Castle event aligns with See Change's national annual mental health awareness campaign, the Green Ribbon campaign, which runs throughout the month of September. See Change, a programme dedicated to ending mental health stigma and discrimination in Ireland, will celebrate the 11th anniversary of the Green Ribbon campaign this year.

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Ted's Opel Vauxhall Run 2025

Sunshine and heat was the weather for the start to the 2025 Ted's Opel Vauxhall Run, You couldn't have wished for any better.

After registration at the Mills Inn the 1st Special Award of the day was picked by Breanna from the Mills Inn and the award went to the Ascona B Sport of John and Elaine Uncles from Sligo. Emma Toner, Marketing Director, Opel Ireland, then thanked everyone for keeping the heritage of the brand alive and then presented Christy Buckley, Blarney with the Opel Ireland sponsored Trophy for Best Overall Car for his Kadett C Coupe. Ellen O'Mahony spoke on behalf of the Dogs for the Disabled and thanked everyone for their valuable contribution to the charity.

We set off on our journey over the county bounds through Kilgarvan, Bonane and through the Tunnels and over the Caha pass back on to Cork soil again. At Cronin's Centra in Ballylickey we stopped for a break, at this point renowned rally driver Denis Cronin obliged by selecting 2 cars for Special Awards, They being an Opel Manta A by John Keating from Midleton and an Opel Manta 400r by Joey O'Shea from Pallaskenry. On the return route we went through Kealkill, Ballingearry, Inchigeela, Toonsbridge and returning to the Mills Inn for the Prizegiving, raffle and BBQ.

The final Special Award picked by Donna from the Mills Inn went to Michael Horan from Killarney with his Opel Manta B GTE,

The GMR Jackie Small Memorial Trophy went to Jack Sheehan, Rathcoole. for his Opel Kadett C saloon,

The Perpetual Shield went to Christy Buckley, Blarney.

Opel Kadett C Coupe,

The Spirit of the Run Award went to Geraldine McCarthy, Castletownkenneigh.

The Rentokil Best Modified Cup went to Arnoldas Pe, Co. Louth for his Opel Calibria.

The Cartell.ie Best Vauxhall Cup went to Jane & Paul Burgess, Isle of Man with their Astra MK1,

The Kevin O'Leary Group Best Opel Cup went to Brendan Howard, Tralee with his Opel Manta B GT.

Numerous raffle prizes were won and the attention soon turned with the smell of the BBQ. An enjoyable run and evening was had. A special thank you to all who helped out in any way to make the run a success and to those who attended. Keep the 8th of August 2026 in your diary for the 19th Ted's Opel Vauxhall Run.





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A Word of Victory

"Listen! It's the voice of someone shouting, 'clear the way through the wilderness for the Lord! Make a straight highway through the wasteland for our God! Fill in the valleys and level the mountains and hills. Straighten the curves, and smooth out the rough places. Then the Glory of the Lord will be revealed, and all people will see it together'. The Lord has spoken!" (Isaiah 40:3-5 NLT).

Welcome back dear student, as we shift into this new Autumn season the darker evenings can affect people's mood and outlook, but heaviness needs to be resisted. Fear, negativity, and dread are demonic weapons that hold people in bondage. Sometimes these fears are heightened in certain conditions, but we don't have to give into that torment. Every day you have breath in your body is a gift from God. The Word tells us that when the darkness covers the earth the Lord's Light is visible upon His people – in fact, He calls us to arise and shine in the midst of darkness (Isaiah 60:1). "The people who sat in darkness have seen a Great Light. And for those who lived in the land where death casts its shadow, a light has shined" (Matthew 4:16; Isaiah 9:2). The Glory of God is coming upon the earth in greater measure releasing His Presence. People spend their lives looking for light – it brings hope, security, and joy: that's why we love lamps and twinkling lights at home. Physical lighting will burn out, but the Glory of the Light of the World will never dim. And His Light is available to bring freedom from the darkness (John 8:12; John 12:35-46).

The devil uses lies, old patterns, and attitudes filled with negativity to bombard people into submission and ultimately imprisons them in the past. This is not how God wants His children to live. There are natural things we can do to combat oppression and fear like eating healthier and getting out in the fresh air to exercise; or taking up projects to fill the quieter months. But more importantly we must build ourselves spiritually – and watch and resist (1 Peter 5:8-9; James 4:7). Just because there is darkness, doesn't mean that we let gloom reign. No – the Lord Jesus paid too high a price for our freedom to accept the devil's treats. Satan's delicacies are subtle and may seem harmless, but God warns that he disguises himself as an angel of light – the great pretender (2 Corinthians 11:14).

God doesn't want us to live dominated by negativity. Life is more than just existing 'under the circumstance's'. God calls you an overcomer. That means you fight! Yes things may be difficult, there may be many problems – but God is the Solution! And He will give you the strength to stand your ground and get through the toughest of trials when you rely on Him and put His Word into action. There's a word the devil doesn't like: ACTION! Our faith is active. We may fall down but we must get up again. And again, and again – until we overcome (Proverbs 24:16). Satan doesn't want you developing consistency. That's doing small things regularly until they become a habit – carrying through with plans, completing tasks. Lists and goals are important – it's a great idea to have a wipe board and markers that you get in any pound shop. There's something about writing things down and then ticking them off. It brings a sense of satisfaction and joy. No one is going to do it for us friend. But God will help you. "He gives power to the weak and to those who have no might He increases strength" (Isaiah 40:29; Psalm 119:105). May you experience the Light of Jesus shine upon you always.

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

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Citizens Information

RENT INCREASES IN PRIVATE RENTED HOUSING

Who do rent increase rules apply to?

You and your landlord agree the amount of rent you pay for a property at the start of your tenancy. Your landlord must follow certain rules if they want to raise the rent. These rules are set out in residential tenancies legislation and apply to tenancies in private rented housing and in student-specific accommodation.

What is a Rent Pressure Zone?

Rent Pressure Zones (RPZs) are areas where:

- Rents are highest and rising quickly
- Annual rent increases are capped

RPZs were introduced on 24 December 2016 and were due to end on 31 December 2025. But, on 20 June 2025, the Government extended Rent Pressure Zones to all areas nationwide until 28 February 2026. This means that all areas are now covered by the rules for rent increases in Rent Pressure Zones.

What are rent increases in RPZs?

Annual rent increases in RPZs are capped in line with the rate of general inflation or 2% a year, whichever is lower.

So, if your landlord reviews the rent every 12 months and the rate of general inflation is 1.5%, then your rent can only be increased by a maximum of 1.5%. However, if the rate of general inflation is higher than 2%, for example, 3%, the rent can only be increased by a maximum of 2%.

If your landlord has not reviewed the rent for a number of years, the 2% cap applies every year.

So, for example, if you moved into rented accommodation in December 2016 and the rent hasn't changed since then, the general inflation rate would apply when calculating the rent increase. This is because the inflation rate between December 2016 and December 2021 was 6.6%, which is lower than the 10% that would apply under the 2% per year condition (2% per year for 5 years = 10%).

The Residential Tenancies Board's (RTB) Rent Pressure Zone calculator applies both of these conditions and calculates the allowable rent increase for you. You will find the calculator on www.rtb.ie under the compliance section.

The Residential Tenancies (Amendment) Act 2025 brought these initial changes in from 20 June 2025.

What are the proposed changes from 1 March 2026?

A number of changes are not due to apply until 1 March 2026 and need legislation bring them in. These proposals include that:

- Rent controls will apply to tenancies nationwide
- Rent increases will be linked to inflation, with a 2% cap on increases in times of high inflation. However, this 2% cap will not apply to rent increases in newly-built apartments.
- Large landlords will be banned from ending tenancies with 'no fault' evictions. Large landlords are landlords with 4 or more tenancies.
- Small landlords with 3 tenancies or less will have minimum 6-year rolling tenancies. During the 6 years, they can only end a tenancy for very limited reasons, such as homelessness. At the end of each 6-year period these landlords can end a tenancy for more reasons, such as selling the property.
- All landlords will be able to reset the rent to market value after 6 years unless there is a no-fault eviction.

Landlords will continue to be allowed to:

- Sell their rented property with the tenant in place
- End a tenancy, if a tenant has broken their tenant responsibilities

Who can request a Rent review?

A tenant or a landlord can request a rent review. A rent review can result in an increase or reduction in the rent. Rent increases in Rent Pressure Zones are capped and there are limits on how often the rent can be reviewed. There are different rules about the limits and frequency of rent reviews depending on if the tenancy is an existing or new tenancy. You can contact your local CIC for more information.

If a landlord wants to get an exemption from rent limits in an RPZ area, they must notify the RTB within 1 month of setting the rent by completing the RTB's RPZ Exemption Form.

The RTB can investigate and sanction landlords who do not comply with RPZ rules. There are penalties for landlords who do not follow rent increase limits in RPZs, provide false information about an exemption in an RPZ area or do not notify the RTB about using an exemption.

You can use the RTB's calculator to work out if your rent can be raised and by how much. You will need to enter your address or Eircode, the current rent and the date when the rent was last set.

There is no fee for updating this information with the RTB. The RTB's website has more information about updating your tenancy details.

As a tenant, you can ask your landlord to review the rent if:

- You think it is more than the current market rate for the property or
- You want a new review and more than 24 months have passed

What are my options if my landlord is raising the rent?

Threshold has detailed advice on how to deal with rent increases. You can contact Threshold for advice on your particular situation.

If there is any dispute about the amount of rent being proposed, either side can refer the dispute to the RTB.

If your landlord has given you a valid written notice of the rent increase, you must contact the RTB with your dispute before the date that the new rent begins or within 28 days of getting the notice, whichever is later. There is no time limit if the notice is not valid.

You must continue to pay your rent until the case has been determined by the RTB.

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Independent Ireland Rep for Macroom Electoral Area Anna O'Sullivan Cronin pictured with Party leader Deputy Michael Collins TD and MEP Ciaran Mullooly in Portlaoise at a Party Meeting recently. If you require any assistance on information on any issue please don't hesitate to contact Anna on 086 - 3515313.

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Group 1

Rd 1: Ballincollig 2-11 Donoughmore 1-13: Dripsey 3-13 Blarney 0-6

Rd 2: Ballincollig w/o Blarney conceded: Donoughmore 5-17 Dripsey 0-9

Points table: Ballincollig 4 Donoughmore 4* Dripsey 2 Blarney 0

Final round: Ballincollig v Dripsey at Cloughdub Friday 12/9/25: *Donoughmore w/o Blarney (Blarney conceded)

Donoughmore 5-17 Dripsey 0-9

Donoughmore, defeated by Ballincollig in their opening round were fully focussed here as a win was vital. The league champions led by 2-9 to 0-5 at half time and piled on the scores in the second half to assure themselves of progression to the knock out stages. Dripsey battled to the finish but were beaten by a much better team. Declan Keating had the opening goal in the 12th minute and the fifth from a penalty on 41. Josh Crowley, David McDonnell and David Holland had the other goals for Donoughmore. Keating and Gavin O'Sullivan shared 12 of the Donoughmore points between them. Eoghan Maher had 0-5 from frees for Dripsey, George Feeney 0-2, Mark O'Sullivan and Shane O'Riordan were the other Dripsey scorers.

Donoughmore: Kevin O'Riordan: Frankie Honohan, Mark Foley, Sean Broderick: Kevin O'Connell, Josh Crowley, Rory Honohan: Sean O'Hanlon, Mark Lucey: Daniel Holland, Scott Barrett, Adam Dinan: Declan Keating, Gavin O'Sullivan, David McDonnell. Subs: Jack Murphy, Colm O'Callaghan, Paul Crowley, Steve Golden

Dripsey: Jack Casey: Colm O'Connell, Sam Manley: Cathal O'Connell, Shane O'Riordan, Martin O'Sullivan: Tom Griffin, Mark O'Connell: Michael O'Riordan, Eoghan Maher, George Feeney: Kevin Rock, Mark O'Sullivan, Ronan Canavan. Sub: Shane Burke, Cian O'Connell

Group 2

Rd 1: Grenagh 3-13 Aghinagh 2-15: Clondrohid 2-11 Kilmichael 1-13

Rd 2: Grenagh 5-11 Clondrohid 1-10: Kilmichael 1-12 Aghinagh 1-10

Points table: Grenagh 4 Clondrohid 2 Kilmichael 2 Aghinagh 0

Final round: Sunday Sept 14th: Grenagh v Kilmichael at Carrigadrohid 12 noon: Clondrohid v Aghinagh at Kilmurry 3pm

Grenagh 5-11 Clondrohid 1-10

Grenagh made it full points from two outings and assured themselves of progression to the knock out stages with a comprehensive win over Clondrohid at Carrigadrohid. Two goals from Grenagh in the opening quarter, per Ultan Duggan and Liam Walsh, were massive blows, and gave the winners a big lead of 2-3 to 0-1 at that stage. Clondrohid enjoyed a good second quarter with four fine points scored by Ciarán O'Leary, and one apiece from Cathal Creedon, Brian Corcoran and Fergal Kelleher, but Grenagh had another goal this one from a penalty and they were comfortably in front at the break, 3-5 to 0-8.

Clondrohid stayed in contention on the resumption and a goal from substitute Fionnán O'Leary in the 39th minute had the gap between the sides down to three points but a fourth Grenagh goal, Seán

Joyce finishing a fine movement impressively in the 43rd minute, was a fatal blow to Clondrohid hopes and a second from Joyce in the 53rd minute gave a lopsided view to the final scoreline.

Scorers: Grenagh: Ultan Duggan 2-4 (1-Open, 0-3f), Seán Joyce 2-1, Liam Walsh 1-0, Darragh Kenny 0-3 (1x2f), Niall Coleman, Danny Warren, Robert Coleman 0-1 each. Clondrohid: Fionán O'Leary 1-1, Ciarán O'Leary 0-4 (1x2f, 0-1f), Cathal Creedon 0-2, Seán Desmond, Brian Corcoran, Fergal Kelleher 0-1 each. Grenagh: Michael White: Tyrone Dorgan, Kevin O'Neill, Paul Ahern: Niall Coleman, Ted Twomey, Danny Warren: John Lehane, Dan Twomey: Seán Joyce, Robert Coleman, Ultan Duggan: Jack Twomey, Liam Walsh, Darragh Kenny. Subs: Paul BarryMurphy for J Twomey 40, Shane Morley for L Walsh 54, Alex Kiely for T Dorgan 57.

Clondrohid: John Corkery: Aaron O'Riordan, Callum O'Shea, Conor Lucey: David O'Connell, Brian Corcoran, Lorcan Flanagan: Ciarán O'Leary, Seán Desmond: Cathal Creedon, Fergal Kelleher, Owen McCarthy: Jamie Hourihan, Neilus Murphy, George Lowrie. Subs: Cillian Lynch for A O'Riordan ht, Fionnán O'Leary for F Kelleher 38, Charlie Kelleher for G Lowrie 51.

Referee: Peter Cotter, Gleann na Laoi

Kilmichael 1-12 Aghinagh 1-10

Kilmichael proved the better side in this keenly contested junior football championship game played in Cloughdub. Aghinagh started brightly and led by six points at one stage in the first half. At half time it was 1-6 to 0-5 to Aghinagh with Liam Twohig the goalscorer. However

Kilmichael took over in the second half and led 1-12 to 1-6, Tom Browne in lethal scoring form and Brendan Cotter getting the vital goal which gave Kilmichael a six point lead ten minutes from time. Four late points brought Aghinagh back into the game but it was a case of too little, too late for Aghinagh and Kilmichael ran out deserving winners.

Kilmichael: Colm Dromey; Alex Wood, Conor Cotter, Gerard Murphy; Eoghan Murphy, Finbarr Buckley, Danny Horgan; Finbarr Dromey, Cathal Foley; Shane Foley, Brian Horgan (0-4), Andrew Kelleher; Tom Browne (0-6), Kevin Murphy (0-2), Michael Downey. Subs: Brendan Cotter (1-0), Isaac Wood.

Aghinagh: Paul O'Sullivan; John Lynch, Donagh O'Riordan, Olan Cummins; Eoghan McCarthy, Thomas Morgans, T.J. Buckley; Matthew McCarthy, Gearóid O'Sullivan; Jack Kearney, Liam Twohig (1-7), Seán Kelleher; William Coakley (0-1), Con Buckley (0-2), Declan Ambrose. Subs: Seán Cummins, Shane Corkery, Luke O'Leary.

Group 3:

Rd 1: Éire Óg 1-12 Béal Átha'n Ghaorthaidh 0-9: Kilmurry 2-10 Ballinora 0-8

Rd 2: Éire Óg 3-16 Kilmurry 0-11: Béal Átha 1-14 Ballinora 2-10

Points table: Éire Óg 4 Kilmurry 2 Béal Átha 2 Ballinora 0

Final Round: Éire Óg v Ballinora Fri Sept 12th 7.45pm: Béal Átha v Kilmurry, Sun Sept 14th at Kilmichael 6pm.

Éire Óg 3-16 Kilmurry 0-11

Éire Óg have full points after a second win in the group and will be fully focussed on gaining a semi final spot after this fine win over Kilmurry at Macroom. A three point lead for the Ovens men, 0-6 to 0-3, had become a lead of 1-10 to 0-5 by half time and a second Éire Óg goal five minutes after the interval was a fatal blow to Kilmurry hopes. Joe McGinn finished with 0-6 for Kilmurry, James Kelleher with 0-2 and Fergal

Wall, Ryan Leahy, Stephen O'Donoghue had a point apiece.

Kilmurry: Cian Desmond: Darragh Linehan, Kevin Barrett, Daniel Keane: Jesse Kelleher, Daniel Cahalane, Dave O'Halloran: Rory Duggan, Pádraig Hinchion: Oisín McDonnell, James Kelleher, Stephen O'Donoghue: Joe McGinn, Fergal Wall, Ryan Leahy. Subs: Brian Jacobs, Patrick Grainger, Sam Dineen

Béal Átha'n Ghaorthaidh 1-14 Ballinora 2-10

Béal Átha have given themselves a chance of qualifying out of the group with this one point win over Ballinora at Cill na Martra. Béal Átha led by eleven points at half time, 1-12 to 0-4, but the introduction of fresh legs for Ballinora, goals from an Andrew O'Sullivan penalty and one from Billy Carbery along with 0-5 from Conor Quirke from play, had the Gaeltacht side on the back foot and they were glad to emerge with a win by one point.

Colmán Ó Tuama, Matt Ó Riordáin and Diarmuid Ó Laoire were outstanding for Béal Átha whose scores came from Matt Ó Riordáin 0-6 (2x0-2), Colmán Ó Tuama 0-5 (2x0-2), Liam Ó Coinceannain 0-2, Ronán Ó Loinsigh 0-1 and the golden goal came from Lúcas MacTomáis.

Beal Átha'n Ghaorthaidh: Barra Ó Súilleabháin: Éanna Ó Céilleachair, Diarmuid Ó Laoire, Sol Ó Grianá: Shane Ó Críodáin, Gearóid Ó Loinsigh, Brian Ó Duinnín: Liam Ó Coinceannain, Lucas MacTomáis: Barra Ó Buachalla, Colmán Ó Tuama, Derry Ó Tuama: Rónán Ó Loinsigh, Tadgh Ó Laoghaire, Barra Ó Duinnín.

Ballincollig Credit Union

Junior B Football Championship

Aghinagh 1-14 Éire Óg 2-16

Canovee 1-14 Inniscarra 0-18

Cill na Martra 0-7 Naomh Abán 2-9

Grenagh 0-3 Aghabullogue 5-22

Uibh Laoire 2-12 Gleann na Laoi 0-1

Macroon 2-13 Donoughmore 1-6 aet (Donoughmore advance 6-5 on penalties)

Round Two

Donoughmore 1-13 Iveleary 0-9

Aghabullogue 4-12 Éire Óg 1-2

Ballincollig 1-16 Inniscarra 0-17

Semi Finals:

Aghabullogue v Ballincollig: Naomh Aban v Donoughmore

Junior B Football Plate

Aghinagh 0-19 Macroon 2-10

Canovee 1-15 Grenagh 1-12

Semi Finals:

Gleann na Laoi v Canovee: Cill na Martra v Aghinagh

MJK Oils

Muskerry Junior A Hurling Championship

10 teams, 2 groups of five teams, 4 group games each team, top two in each to semi final stage.

Group 1:

A Ballincollig, B Inniscarra C Donoughmore D Blarney E Aghabullogue

Group 2:

A Ballinora B Grenagh C Dripsey D Éire Óg E Kilmichael

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

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

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

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

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

GROUP 1

Group table: Donoughmore 4 Ballincollig 4, Blarney 3, Inniscarra 1, Aghabullogue 0
Inniscarra 1-17 Blarney 2-14

Inniscarra and Blarney played a thrilling draw in their Rd 3 group game at Donoughmore, a result which keeps both sides still with an interest in qualifying. The teams were level at 0-3 each after seven minutes and Inniscarra had forged ahead to led by two points bhy the end of the first quarter, 0-6 to 0-4. A goal for Blarney from Luke Kendellen in the 21st minute and a point immediately after, levelled the scores at 1-5 to 0-8 but first 'Scarra and then Blarney were on target and it was 1-7 to 0-10 three minutes before the break. In the remaining time, Inniscarra added 1-2 to their tally, the goal from David Enright on 31, and they led by 1-12 to 1-7 at half time.

Inniscarra added a further three points to their tally on the resumption and led by eight points in the 40th minute, 1-15 to 1-7. Blarney now hit a purple patch to cut the deficit to four points by the 50th minute and a goal on 53 from Vincent O'Mahony left only the minimum between the sides. Inniscarra goalkeeper Kieran Rice saved a Blarney penalty but Blarney drew level on 58 and when Inniscarra went back in front, Blarney had time to level matters again and earn a share of the points.

Scorers: Inniscarra: D Enright 1-4, D O'Brien 0-7 (0-5f), L Ryan, J O'Mahony, C Geoghegan, M Murphy, J Shine and S Buckley 0-1 each. Blarney: C Dunlea 0-7, L Kendellen 1-3, V O'Mahony 1-0, K Costello 0-2, K Dunlea and D Rowley 0-1 each.

Inniscarra: Kieran Rice: Seán Ahern, Colm Herlihy, Conor O'Sullivan: Jack O'Dwyer, Liam Ryan, Trevor O'Reilly: Colin O'Leary, Shane Buckley: Jack O'Mahony, Jerry Roche, Darragh O'Brien: David Enright, Conor Geoghegan, Michael O'Connell. Subs: Jack Shine, Michael Murphy, Daniel O'Connor, Sean Quinlivan
Blarney: Conor Murphy: Darragh Kelly, David Lordan, Callum O'Donoghue: Ben Ahern, Paul O'Leary, Kelvin Dunlea: Joey O'Dwyer, Vincent O'Mahony: Cian Dunlea, Mark O'Leary, Adam O'Mahony: Luke Kendellen, Kevin Cremin, Mark Cummins. Subs: Cian Lawless, Darragh Rowley, Keith Costello.

Referee: John Ryan, Macroom

Ballincollig 2-18 Aghabullogue 1-12

Ballincollig have full points from their two outings to date, Aghabullogue are still in search of their first win. The first half was very even and the sides were level at 1-7 each at the break, James O'Dwyer for Ballincollig and Michael Dennehy for Aghabullogue the goal scorers. Ballincollig were the better side as the second half progressed and were well in command by the finish, Brendan O'Brien their goal scorer.

Round 4: Donoughmore v Ballincollig in Blarney, Saturday Sept 6th 4pm:



Well done to the Under 10 team of Naomh Aban Ballyvourney who narrowly missed out on a slot in the final by 1 point in the Fossa Tournament in Killarney on Saturday

Inniscarra v Aghabullogue in Grenagh, Sunday Sept 7th 6pm

Rd 5: Ballincollig v Inniscarra: Donoughmore v Blarney

Group 2:

Group table: Ballinora 4, Grenagh 4, Dripsey 2, Éire Óg 2, Kilmichael 0

Round 3

Grenagh 6 - 18 Éire Óg 1-20

Grenagh, with two wins from two outings to date, have now put themselves in a very strong position to qualify for the semi final stages of the MJK Oils Mid Cork Junior Hurling championship. The final scoreline in their encounter with Éire Óg at Cloughduv on Friday evening last does scant justice however to the efforts of the Ovens men but does show the lethal threat carried by the winner's attack.

With a minute to go in the first half the teams were level at 1-8 for Grenagh to Éire Óg's 0-11, and looked very evenly matched, Grenagh greatly helped by a 2nd minute goal from Robert Coleman. Just before the break Coleman struck again for a second goal to put Grenagh in front and within five minutes of the resumption Grenagh had added a further 2-1 to their tally to lead by 4-9 to 0-12 and the outcome had been effectively settled in this six minute period, even though Éire Óg continued to battle on to the finish.

Scorers: Grenagh: Robert Coleman 4-1, Dan Twomey 1-4(0-2 '65', 0-1f) Shane Morley 1-1, Seán Joyce 0-9 (0-3f), Ted Twomey, Jack Twomey, Cathal Cronin 0-1 each. Éire Óg: Keith O'Riordan 1-0, Josh McCarthy 0-7 (0-5f), Kevin Beechinor 0-5 (0-2f), Sean Hurley 0-4, Brian Thompson 0-2, Darragh Coakley and Daniel Dineen 0-1 each.

Ballinora 3-28 Kilmichael 0-14

Champions Ballinora, chasing their fifth MJK Oils Mid Cork Junior Hurling title in a row this season, were too strong for Kilmichael in this 3rd round group tie at Ovens and ran out convincing winners at the finish. Kilmichael matched the champions score for score in the early stages, 0-4 each after seven minutes, but then Ballinora got into their stride and led by 0-11 to 0-5 on 23 before a goal from James Keohane before the break left the champions leading by 1-12 to 0-6 and the outcome was predictable thereafter.

On the resumption there were scores aplenty for each side and it was 1-19 to 0-12 after 43 minutes but a second goal for the winners on 48 from substitute Kevin Murphy left Kilmichael with an impossible task and Murphy had another goal near the finish to add to their misery.

Ballinora: Barry Crowley: James Byrne, Colin O'Flynn, Tim Forde: Mark O'Brien, Conor Quirke, Mike Lordan: Neil Lordan, Danny Dineen: Darragh Holmes, Darragh Corkery, Liam Lyons: Sean Lyons, James Keohane, Ben Mayer. Subs: Shane Kingston, Robert Quirke, James Lordan, Kevin Murphy

Kilmichael: Stephen O'Leary: Gerard Murphy, Shane Foley, Luke Hennigan: Brendan Cotter, Eoghan Murphy, Danny Horgan: Andrew Kelleher, Finbarr Buckley: Brian Horgan, Cathal Foley, Conor Cotter: Cian McCarthy, Chris O'Connell, Conor McCarthy. Subs: Michael Downey, Finbarr Dromey. Referee: Luke Knight, Kilmurry

Round 4:

Ballinora v Dripsey in Ovens, Sat 6th Sept at 6pm
Grenagh v Kilmichael Sat Sept 6th 6pm in Cloughduv
Round 5: Ballinora v Grenagh: Dripsey v Éire Óg

Cork GAA County Championship 2025

Football

Colleges/Divisions Final: Duhallow 4-9 Muskerry 0-13

Premier Senior Football: Scoring Difference (+/-)

Group 1: Castlehaven 4, Newcestown 4, Mallow (-7) 0, Valley Rovers (-19) 0

Group 2: Carrigaline 4, St Finbarr's 4, Clonakilty (-7) 0, Carbery Rangers (-3) 0,

Group 3: Nemo Rangers (+10) 4, Douglas (+3) 2, Ballincollig (-2) 1, St Michael's (-11) 1

G3 Round 3: Nemo v St Michaels: Ballincollig v Douglas

Ballincollig 1-11 St Michaels 0-14

A long-range two-pointer deep into added time from Peter O'Neill saved Ballincollig's season in a disappointing McCarthy Insurance Premier Senior Football Championship clash at Páirc Uí Rinn. St Michael's in the 60th minute held a three-point lead before a Cian Dorgan free and O'Neill's stunning leveller.

Now it's all to play for going into the last group game, Ballincollig needed to beat Douglas with Michael's taking on already qualified Nemo Rangers.

Scorers for Ballincollig: C Dorgan 0-4 (0-3 f), D O'Mahony 1-0, S Kiely (0-1 45) 0-2, P.

Ballincollig: J Gibbons: JP Murphy, L Jennings, H Ahearne; D Desmond, F Down, L Fahy; S Kiely, D Dorgan; S O'Neill, B O'Connell, P O'Neill; D O'Leary, C Dorgan, D O'Mahony.

Subs: S Dore h-t, T O'Connell 49, E Cooke 60.

Senior A Football

Group 1: Kanturk (+5) 2, Éire Óg (+1) 2, Kilshannig (-1) 2, Newmarket (-5) 2

G 1 Round 3: Éire Óg v Kilshannig: Kanturk v Newmarket

Newmarket 1-18 Éire Óg 0-19

Seven points behind, level again within seven minutes, but at the finish Éire Óg were two points adrift, still short but it was not from lack of endeavour. Newmarket needed a final-quarter push and they found it, edging Éire Óg in Carrigadrohid to keep



Medal Presentation for Tom Creedon Cup. L/R John O'Mahony, Cultural Officer, Cork County Board. Pat O'Connell, President, Macroom GAA. Jackie Fitzgerald, Fitzgerald's Book Shop Sponsor's, Mark O'Sullivan, Chairman Macroom GAA.

their Senior A hopes alive.

A Newmarket goal in the 41st minute put the Duhallow side 1-12 to 0-8 ahead, but that lead had been wiped out by Éire Óg by the 49th minute, 0-15 to 1-12.

Three points for Newmarket followed but Éire Óg kept coming.

A brace of points from Daniel Goulding, either side of one from Barry O'Connor, after a brilliant pass from Darren O'Keeffe, 1-16 to 0-17. Newmarket hit back with two, Éire Óg needed goals, with just minutes to go in added time.

Colm O'Callaghan could easily have netted thrice but in the 62 minute O'Callaghan's goal effort tipped over by a brilliant Josh O'Keeffe save, three points between them. Brian Hurley with the next ball in, a white flag. The whistle blew, Newmarket hanging on for a huge win last year's PSFC relegation victims.

Scorers for Éire Óg: C O'Callaghan 0-3, D Foley, R O'Flynn, J Galvin (tp), J Murphy (1f), D Goulding (1f), E O'Shea 0-2 each, D Clifford, B Hurley (f), R O'Toole, C Clifford, 0-1 each.

Éire Óg: Chris Kelly; Colm Clifford, Matt Brady, Conor McGoldrick; Diarmuid Dineen, Colm O'Callaghan, Daire McCarthy; Mark Griffin, Darragh Clifford; Rian O'Flynn, Ronan O'Toole, Johnny Galvin; Dylan Foley, Eoin O'Shea, Jack Murphy. Subs: Brian Hurley, Daniel Goulding (both 43), Hugh Murphy 44, John Kelleher 51, John Mullins 54.

Group 2: Cill na Marta(+10) 3, Knocknagree (+6) 3, Clyda Rovers (0) 2, Fermoy (-16) 0

G2 Rd 3: Cill na Martra v Clyda: Knocknagree v Fermoy

Cill na Martra 1-20 Fermoy 1-10 (1-3-4)

Cill na Martra are back on track to make the knockout stages of the McCarthy Insurance SAFC after their win over Fermoy at Ovens. The Gaeltacht side were the better team overall and a strong finish, where they scored eight points without reply, ensured they ran out comprehensive winners in the end.

Fermoy led early on 0-3 to no score but their lead didn't last long when Cill na Martra broke at pace and Eoin Ó Conaill found the back of the net to see the level after eight minutes.

With 21 minutes gone a sweeping Fermoy move resulted in a goal, to make it 1-8 to 1-3.

Cill na Martra pulled it back through Jason MacCarthaigh when he scored a two-pointer from a free, before they were awarded a penalty for a foul on Shane Ó Duinnín. Micheál Ó Deasúna's shot went over the bar and Fermoy led by 1-8 to 1-6 at the break. MacCarthaigh hit a two-pointer at the start of the second half to level it, with Ó Duinnín putting the winners in front. MacCarthaigh extended Cill na Martra's lead to 1-11 to 1-9. Lardner was on target again, both from frees, but this proved to be Fermoy's last score.

Four points from Ó hUrdhail, including a two-pointer, along with scores from Ó Duinnín and Ó Conaill ensured that Cill na Martra took the points and put themselves back in contention to make the knockout stages.

Scorers for Cill na Martra: J MacCarthaigh 0-7 (0-3 f, 1 tp), D Ó hUrdail 0-5 (1 tp), E Ó Connail 1-0, D Ó Duinnín 0-4, M Ó Deasúna (0-1 pen), C Ó Meachair, C Ó Connail, C Ó Duinnín 0-1 each.

Cill na Martra: Micheál Ó Deasúna; Danny Ó Conaill, Fíneán Ó Faoláin, Daire MacLochláin; Chris Ó Meachair, Seán Ó Foirréidh, Tadgh Ó Corcora; Antóin Ó Cuana, Gearóid Ó Goillidhe; Damien Ó hUrdail, Ciarán Ó Duinnín, Jason MacCarthaigh; Eoin Ó Conaill, Daniel Ó Duinnín, Shane Ó Duinnín. Subs: Adam Ó Duinnín 44, Cianie Ó Foirréidh 50, Antaine Ó Loingsigh 60.



Naomh Abán LGFA win against Fermoy

Group 3: Bishopstown 4, Béal Átha'n Ghaorthaidh 3, O'Donovan Rossa 1, Dohenys 0

G3 RD 3: Bishopstown v Béal Átha: Dohenys v O'Donovan Rossa

Béal Átha'n Ghaorthaidh 2-14 Dohenys 1-14

Béal Átha'n Ghaorthaidh's late scoring surge gave them victory over Dohenys in the McCarthy Insurance Group SAFC at Inchigeela.

While they fell 1-11 to 1-10 behind when Dohenys scored a two-point free with 11 minutes left, the Gaeltacht side responded with an unanswered 1-3. They were immediately level thanks to a point from sub Ben Seartan – playing his first match in five months after being out injured – and then when Daire Ó Ceallacháin was fouled on 53, Seartan sent over the free. The resultant knockout was turned over and Conchúr Ó Loingsigh and Seartan combined for Diarmuid Mac Thomáis to find the net. Nollaig Ó Laoire fired over and it was 2-13 to 1-11.

While they had to face a late Dohenys onslaught, the Béal Átha defence stood firm, with corner-back Ciarán Ó Nuanáin excellent throughout, and it was fitting that Ó Loingsigh and midfielder Daire Ó Briain should combine for Donagh Seartan to fire over their last point as all three were excellent.

With a point already claimed after a draw with O'Donovan Rossa, Béal Áthan Ghaorthaidh will now go into their last match against Bishopstown with a chance to top the group; Dohenys cannot now qualify.

Scorers for Béal Átha'n Ghaorthaidh: D Mac Thomáis 1-3 (0-1 f), C Ó Loingsigh 0-3 (1 2pt), S Ó Luasa 1-0, D Seartan, S Ó Tuama (1x 2pt), B Seartan (0-1 f) 0-2 each, N Ó Laoire, S Ó Muineacháin 0-1 each.

Béal Átha'n Ghaorthaidh: D Ó Coill; P Ó Tuama, Seán Ó Donnchú, Ciarán Ó Nuanáin; S Ó Luasa, Éanna Ó Duinnín, G Ó Laoire; Daire Ó Briain, Seamas Ó Tuama; Daire Ó Ceallacháin, Conchúr Ó Loingsigh, Donagh Seartan; Diarmuid Mac Thomáis, C Ó Duinnín, Diarmuid Ó Ceallacháin. Subs: Seán Ó Muineacháin 35, Ben Seartan and Nollaig Ó Laoire, both 45.

Premier Intermediate Football

Group 1: Aghabullogue 4, Nemo Rangers 2, Aghada 2, Bantry Blues 0

Group 2: Naomh Abán 4, Glanmire 2, Bandon 1, Rockchapel 1

Group 3: Iveleary 4, Castletownbere 2, Macroom 1, Kiskeam 1

Aghabullogue 2-9 Nemo Rangers 0-12

Luke Casey who finished with a tally of 1-3, produced a wonderful goal midway through the second half that finally separated two dogged sides in a thrilling clash at a sun-drenched Cloughduv.

In the third minute Aghabullogue caught the Nemo defence napping when a through ball to Pádraig O'Sullivan saw the Aghabullogue half forward guide the ball past the keeper. A point followed from Evan

O'Sullivan but Nemo settled, and three consecutive points brought the minimum between the teams in the 17th minute. Nemo began winning more possession, they were soon back on parity and went in front to lead 0-7 to 1-3.

On the restart, points were exchanged. Evan O'Sullivan kicked a stunning point midway through the half to level and Nemo were caught with a sucker punch goal in the 46th minute, Casey shooting an unstoppable shot to the roof of the net.

Scorers for Aghabullogue: L Casey 1-3, E O'Sullivan 0-3, P O'Sullivan 1-0, M Bradley, C O'Sullivan, B O'Sullivan (0-1 each).

Aghabullogue: J Buckley; C Smith, D Merrick, T Long; P Ring, S Tarrant, B O'Sullivan; C Gillespie, A Murphy; A O'Sullivan, J Corkery, P O'Sullivan; M Bradley, E O'Sullivan, L Casey.

Subs: C O'Sullivan for P O'Sullivan (38).

Naomh Abán 1-10 Glanmire 0-8

Naomh Abán finished strongly to book their place in the knockout stages of the PIFC as they defeated Glanmire in Coachford.

A coolly converted penalty by Dónal Ó Ceallaigh when the teams were level with seven minutes remaining proved to be decisive as Naomh Abán made it two wins out of two in Group 2.

Naomh Abán scored five points by the end of the first quarter, 0-5 to 0-1. Glanmire hit back impressively early in the second quarter as they levelled terms by the 24th minute, with a two-point free helping to swing momentum in their favour.

The two teams soon swapped points before an Ed Ó Mír free edged Naomh Abán into a 0-7 to 0-6 lead at the break.

Glanmire, started the second with 14 men after a substitute was shown a black card before the interval, but they went in front on 41, 0-8 to 0-7. Naomh Abán rallied and after Dónal Ó Ceallaigh levelled the scores once again, he soon won and then slotted a crucial penalty into the far bottom left corner of the net.

Dara Mickey Ó Loinsigh and Ed Ó Mír sealed Naomh Abán's place in the last six with superb points from play late on.

Scorers for Naomh Abán: D Ó Ceallaigh 1-2 (1-0 pen), E Ó Mír 0-3, M Ó Duinnín 0-2 f, J Ó Donnchú, D Ó Laoire, D Ó Loinsigh 0-1 each.

Naomh Abán: E Ó Luasa; S Ó Mathúna, C Ó Déasúnaigh, C de Róiste; J Ó Donnchú, D Ó Lionsigh, É Ó Criodáin; S Ó Riordáin, C Ó Donnchú; M Ó Criod, M Ó Duinnín, W MacCarthaigh; D Ó Ceallaigh, D Ó Laoire, E Ó Mír. Subs: D Ó hAllmháin 24, N Ó Ceallaigh 46, D Ó Ceocháin 58.

Macroom 0-15 Kiskeam 0-15

A cracking McCarthy Insurance Group Premier IFC clash ended all square with Kiskeam mounting a late rally to force a draw with Macroom at Dromtariffe. This was a captivating encounter and Kiskeam's



Foireann Chill na Martra Fé 12 a raibh bua iontach acu i gcoinne Chill Bhriotáin le déanaí. Cill na Martra Abú!



Donoughmore junior hurlers mid cork league champions!

doggedness yielded the closing five points, including a 62nd-minute two-pointer from sharpshooter Seán O'Sullivan.

Kiskeam scored the opening four points. Macroom opened their account in the 190th minute from an Alan Quinn free, before he added a massive two-pointer.

Macroom keeper Declan Kiel pulled off a brilliant save from Seán Meehan, Quinn added to his tally to trim the deficit 0-5 to 0-4 at the close of the closing quarter. Kiskeam might well have goaled again, the ball transferred downfield for Pa Lucey to kick a two-point free for Macroom.

Again Kiely came to Macroom's rescue with another save, and Lucey pointed a 45 for a 0-7 to 0-5 advantage at half time.

On the restart, Macroom increased the tempo, enjoying stellar performances from Cillian Donovan, Caleb Dineen, Seán Kiely and Eolan O'Leary. Lucey had a two-pointer with Fintan Goold and subs Don Creedon 0-1 each, 0-12 to 0-6.

Kiskeam, had two two-point frees to leave two between the sides. Macroom had a goal by Lucey disallowed for a square infringement, dodgy decision, but added to their tally with points from Kiely, Caleb Dineen and Quinn.

Trailing by five, Kiskeam, encouraged by the introduction of fresh legs had points in quick succession to leave two between the teams before O'Sullivan squared up the contest with the late two-point free.

Scorers for Macroom: P Lucey 0-5 (2 tpf, 0-1 45), A Quinn 0-5 (0-2 f, 1 tp), D Creedon 0-2, F Goold, S Kiely, C Dineen 0-1 each.

Macroom: Declan Kiely; Michadel Cronin, Rory Buckley, Johnny Murphy; Paul O'Farrell, Mark Corrigan, Shane Meaney; Tony Dineen, Cillian Donovan; Seán Kiely, Alan Quinn, Eolan O'Leary; Fintan Goold, Caleb Dineen, Patrick Lucey. Subs: Don Creedon ht, Cormac Buckley 46, Mark Condon 53.

Uibh Laoire 5-11 Castletownbere 0-5

A knockout spot secured at Kealkil with their second win of the group by Uibh Laoire with two wins from two games. A lightning start against the wind saw Cork attacker Chris Óg Jones find the net twice in the first five minutes; he was set up both times by his brother Ian who was making his return from injury. Chris Óg completed his hat-trick in the second half, while there were also goals from Cathal Vaughan and Ian Jones.

Uibh Laoire led 3-4 to 0-2 at the break, Castletown not getting their opening point until the 17th minute which was followed immediately by a Cathal Vaughan goal for Uibh Laoire, again set up by Ian Jones. Seánie O'Leary added a point, and while scores weren't as plentiful for the mid Cork side in the final 10 minutes of the half, they were comfortable.

Uibh Laoire might have lost their way at the start of

the second half, while Tomás Murphy and Harrington restarted for Castletownbere with points but Vaughan got the scoreboard moving again in the 39th minute from a free that was won by Barry O'Leary, Chris Óg completed his hat-trick in the 42nd minute, six minutes later, an attack which was started by Chris Óg and Barry O'Leary was finished by Ian Jones, to leave the score at 5-6 to 0-4. In the remaining 10 minutes, Uibh Laoire outscored their opponents four points to one with Vaughan launching a two-pointer to bring the game to its conclusion.

Scorers for Uibh Laoire: C Óg Jones 3-2 (0-1 f), C Vaughan 1-5 (0-2 f, 1 2pt), I Jones 1-1, S O'Leary, C O'Leary, S Pickering 0-1 each.

Uibh Laoire: Joe Creedon; Barry Murphy, Daniel O'Donovan, Daniel O'Riordan; Kevin Manning, Ciarán O'Riordan, Seán O'Leary (c); Timmy Roberts, Conor O'Leary; Sam Pickering, Cathal Vaughan, Barry O'Leary; Brian Cronin, Chris Óg Jones, Ian Jones.

Subs: Ciarán Galvin 12 inj, Brian O'Riordan 53, Finbarr McSweeney 54, Kevin Jones and Jack Sweeney, both 58.

Intermediate A Football

Group 1: Adrigole 4, Ballinora 3, Glanworth 1, St Finbarr's 0

Group 2: Gabriel Rangers 3, Kildorrery 3, Mitchelstown 2, Dromtariffe 0

Group 3: Kilmurry 3, Ilen Rovers 3, Boherbue 2, St Vincent's 0

Group 1: Ballinora 1-13 Glanworth 1-13

Group 3: Kilmurry 1-14 Ilen Rovers 1-14

Kilmurry had to come from behind twice in the closing stages to earn a draw and remain unbeaten in the IAFC when they met Ilen at Rossmore. They meet Boherbue in the final group game and will be hoping for a win to advance to the knock-out stages.

Kilmurry led early on by 0-3 to 0-1 but Ilen replied with an unanswered 1-3 to lead by 1-4 to 0-3 after ten minutes. Kilmurry points from Dinny O'Mullane and Ruadhán Ó Curraoin were then matched by two points for Ilen. Kyle Kelleher kicked a two-pointer for Kilmurry, points were exchanged, Seán O'Leary for the Flourishing States. Twice Kilmurry were penalised on the new three-up rule and Ilen capitalised twice to lead by 1-9 to 0-8 at the interval.

Points from Alex Aisling and Liam Wall were a big boost for Kilmurry on the restart, but Ilen matched them to remain four clear. Another Ilen point had the West Cork men thinking of victory but back came Kilmurry with an Ó Curraoin point. Points were exchange, Liam Wall for Kilmurry, and then followed by a goal from Seán O'Leary, set up by Joe O'Mullane – 1-12 apiece on the three quarter mark.

Liam Wall kicked Kilmurry in front in the 52nd minute, Ilen instantly levelled. Ilen went back in front on 58 but Kyle Kelleher came ip with a quick reply to tie the game and leave his side with a valuable point and

their destiny in their own hands.

Scorers: Kilmurry: Liam Wall 0-5 (1x0-2), Kyle Kelleher 0-4 (1x0-2), Sean O'Leary 1-1, Ruadhán Ó Curraoin 0-2 (0-1 '45'), Denis O'Mullane and Alexander Aisling 0-1 each

Kilmurry: Jason McDonnell; Eoin Keane, William Ronan, Brian Hinchion; Tomás Collins, Kyle Kelleher, Alexander Aisling; Liam Wall, Conor Kelleher; Joe O'Mullane, Ruadhán Ó Curraoin, Laurence Aisling; Seán O'Leary, John O'Mullane, Denis O'Mullane. Sub: Max O'Leary (ht)

Premier Junior Football

Group 1: St Nick's 3, Canovee 2, Urhan 2, Ballydesmond 1

Group 2: Cullen 2, Kinsale 2, Na Piarasigh 2, Cobh 2

Group 3: Buttevant 4, Inniscarra 4, Glenville 0, Millstreet 0

G 1: Canovee 0-15 St Nicks 2-16

Canovee scorers: Aidan Moynihan 0-6, Jack Kelleher 0-3 (0-1f), James Moynihan 0-3, Conor Dodd 0-3 (1x0-2)

Fixtures R3: Canovee v Ballydesmond: St Nicks v Urhan

G 3: Inniscarra 4-18 Glenville 0-8

Gr 3: R3: Buttevant v Inniscarra: Glenville v Millstreet

HURLING

Premier Senior Hurling

Group 1: Sarsfields 4, Glen Rovers 4, Erin's Own 0, Fr O'Neill's 0

Group 2: Midleton 3, Charleville 4, Newcestown 1, Newtownshandrum 0

Group 3: Blackrock 4, St Finbarr's 2, Kanturk 1, Douglas 1

Senior A Hurling

Group 1: Carrigtwohill 4, Fermoy 2, Killeagh 2, Na Piarasigh 0

Group 2: Castletyons 4, Inniscarra 4, Bishopstown 0, Ballyhea 0

Group 3: Bride Rovers 4, Blarney 2, Watergrasshill 2, Courcy Rovers 0

Inniscarra 2-12 Bishopstown 1-13

Following their opening round win against Ballyhea, Inniscarra assured themselves of a place in the play off stages with a hard earned win over Bishopstown. Two second-half goals inside four minutes from corner forward Pádraig Holland were crucial, the first came in the 36th minute, when he blasted to the net after a great pass from wing back Brian Daly and the second just two minutes later, a scrambled effort which halted a good Bishopstown spell.

In the tricky windy conditions it was Bishopstown who had the better start and after the opening quarter, 'Town led 0-3 to 0-2. 'Scarra hit four in a row from two Enright frees, Frank Horgan and Cameron Lynch from play as Inniscarra took a grip on proceedings, Brian Daly stretched that lead to three

but a cracking 'Town 26th minute goal had the sides level at the break 1-5 to 0-8.

Bishopstown again started strongly and went two points clear until those two quick Holland goals had the Muskerry men flying. Cameron Lynch also fired over a point as Inniscarra led 2-9 to 1-8 entering the final quarter. Niall Buckley stretched Inniscarra's lead to five but Bishopstown came back hard. With time running out and leading by just a point Holland struck again with a fine point for Inniscarra whose final game against Castlelyons may determine which team will advance directly to the semi final stage.

Scorers for Inniscarra: P. Holland 2-2 (0-1 f), J. Enright 0-5 f, C. Lynch 0-2, F. Horgan, B. Daly, N. Buckley 0-1 each.

Inniscarra: Eoin O'Neill; David Keane, Con O'Leary, Cormac Dineen; Seán Sheehan, Seán O'Donoghue, Brian Daly; Joseph Enright, Frank Horgan; Jonathan Keane, Mark Nagle, Cameron Lynch; Daniel Murphy, Andrew McCarthy, Pádraig Holland. Subs: Niall Buckley h-t, Tadhg Lyon's 40, Sean Murphy 51.

Blarney 3-24 Watergrasshill 0-12

Blarney produced an awesome second-half display to secure the all-important win against Watergrasshill in the Co Op Superstores Senior A Hurling Championship at Grenagh. Blarney had lost their opening game in this group to Bride Rovers, were in danger of elimination from the championship, but Cork hurling star Mark Coleman was simply awesome from start to finish and his nine-point tally proved crucial to his team's emphatic win. Blarney know that they need a result against Courcy Rovers in the last group game.

It was evident from the throw in that both teams were up for battle as the game was played at a ferocious pace. In the 10th minute, the gap was the minimum but Watergrasshill, they were held scoreless for 11 minutes as Blarney increased their lead to five points. Just on half time

Denis McSweeney cleared to Cathal McCarthy and the corner-forward passed to Cian Barrett who drilled an unstoppable shot to the roof of the net. Blarney led 1-13 to 0-9 but Watergrasshill would have the wind advantage for the restart.

Watergrasshill scored in the 32nd minute but they went 18 minutes without scoring again. McCarthy was on hand to register the second Blarney goal midway through the half and another in the final minutes with Mark Coleman hitting inspirational points.

Scorers for Blarney: M Coleman 0-9 (0-4 f, 0-2 65), C McCarthy 2-3, C Barrett 1-0, S Barrett 0-3 f, D McSweeney 0-3, J Murphy, E Kirby 0-2 each, C Power, A McEvoy 0-1 each.

Blarney: P Hallissey; A McEvoy, C Power, S Crowley; D Murphy, P Crowley, M Coleman; O Hegarty, S Mullane; D McSweeney, S Barrett, E Kirby; S Mulcahy, C Barrett, C McCarthy. Subs: J Murphy 42, C Hegarty 52, K

Cremin 53, W Crowley 55.

Premier Intermediate Hurling

Group 1: Cloyne 4, Carrigaline 2, Ballymartle 2, Éire Óg 0

Group 2: Ballincollig 2, Ballinhassig 2, Castlemartyr 2, Kilworth 2

Group 3: Dungourney 4, Valley Rovers 2, Lisgoold 2, Mallow 0

Carrigaline 1-27 Éire Óg 1-19

Éire Óg hurlers are now unable to proceed to the knock-out stages in the PIHC after this second group stage defeat at Cloughduv. Carrigaline rescued their hopes and could advance to the knock-out stages if they also defeat neighbours Ballymartle in the final round. Éire Óg will meet group leaders Cloyne, a clash vital to both teams for different reasons.

Carrig started well and were 0-7 to 0-1 in front after 11 minutes, Kevin Hallissey the Éire Óg scorer. Points were twice exchanged, Lar Considine and Eoin O'Shea pointed from a free for Éire Óg before Carrig went further in front but points from Daniel Healy and Johnny Galvin left four between the sides, and Dan Healy made it 0-12 to 0-5 after 25 minutes. Éire Óg then had their best spell of the half, with Colm O'Callaghan on target, before another free from Eoin O'Shea made it 0-7 to 0-12, Hallissey and Eoin O'Shea reduced the deficit to three, before late points from Brian Kelleher and Rob O'Shea saw Carrigaline lead by 0-14 to 0-9 at half-time.

On the resumption, two early points for Carrigaline, were matched by points from

Considine and Dan Healy and a Johnny Galvin score was followed by two from Eoin O'Shea and it was 0-18 to 0-14, on 43. This was pushed out to 0-23 to 0-19 with five minutes to go and the killer goal followed in the 58th minute. Éire Óg lost a man to a red card, Johnny Galvin got a goal back for Éire Óg, but three more points secured the win for Carrigaline. Scorers for Éire Óg: E O'Shea 0-7 (0-5 f, 0-1 65), J Galvin 1-2, L Considine, K Hallissey 0-3 each, D Healy 0-2, C O'Callaghan, O O'Shea 0-1 each.

Éire Óg: E O'Shea 0-7 (0-5 f, 0-1 65), J Galvin 1-2, L Considine, K Hallissey 0-3 each, D Healy 0-2, C O'Callaghan, O O'Shea 0-1 each.

Éire Óg: Cathal Sheehan; John Mullins, Dermot Herlihy, Dara McCarthy; Diarmuid Dineen, Conor McGoldrick, Matt Brady; Lar Considine, Johnny Galvin; David Casey, Eoin O'Shea, Colm O'Callaghan; Darragh Clifford, Dan Healy, Kevin Hallissey. Subs: Mark Kelleher 44, Oisín O'Shea 49.

Ballincollig 2-23 Kilworth 1-14

Ballincollig got back to winning ways with an impressive victory over Kilworth at Rathcormac. Two first-half goals from Cian O'Driscoll and Adam Wills set the tone but the Village had eight different

scorers in an impressive team performance.

Free-taker Stephen Wills had an outstanding game while two monster long-range points from the returning David O'Sullivan were a real boost for the winners. Ballincollig will be pleased with the manner of the victory after suffering a defeat in the opening round against Ballinhassig.

Aided by the breeze, Ballincollig led 2-14 to 0-6 at halftime and on resumption, there was no let-up from Ballincollig. Scorers for Ballincollig: S Wills 0-9 (0-7 f), C O'Driscoll 1-2, M Oldham 0-4, A Wills 1-1, B Keating, T Morgan, D O'Sullivan 0-2 each, T O'Connell 0-1.

Ballincollig: J Linehan; F Denny, J Murray, B Dore; D O'Leary, D O'Sullivan, B Coleman; T O'Connell; T Morgan; B Keating, S Wills, C Dorgan; A Wills, C O'Driscoll, M Oldham.

Subs: D O'Mahony 40, S O'Neill 50, P Morris 54, C Dalton 55, P Kelly 56.

Intermediate A Hurling

Group 1: Middleton 4, Bandon 2, Russell Rovers 2, Mayfield 0

Group 2: Aghabullogue 4, Sarsfields 4, Blackrock 0, Youghal 0

Group 3: Aghada 3, Erin's Own 2, Kildorrery 2, Ballygiblin 1

Aghabullogue 2-22 Youghal 2-11

Helped by a goal from John Corkery in the 20th minute, and a string of points from Mathew Bradley frees, Aghabullogue led by 1-10 to 1-5 at half time.

Youghal staged a strong rally on the resumption and had the gap down to a single point, 1-13 to 2-9 on 42 but Aghabullogue showed that they are in form with a tremendous last quarter performance, led by scoring ace Mathew Bradley. Bradley's two points followed by one each from Breandán O'Sullivan and Odhran O'Sullivan increased the Aghabullogue lead to five points, 1-17 to 2-9 within five minutes, a point from Luke Casey and two more from Odhran followed and then Mathew Bradley fired in a second goal for winners on 57- outcome assured!

Scorers for Aghabullogue: M Bradley 1-8, John Corkery 1-1, Odhran O'Connell 0-4, L Casey 0-3, Js Foley 0-2, S Tarrant 0-2, C Timmons, B O'Sullivan.

Aghabullogue: Ian BarryMurphy: Tom Long, Cillian Timmons, Breandán O'Sullivan: Colm Gillespie, Pauric O'Sullivan, TJ Buckley: Odhran O'Connell, Paul Ring: Luke Casey, Shane Tarrant, James Foley: Mathew Bradley, John Corkery, James Lane. Subs Seánie Furey 48, Cian Furey 52

Premier Junior Hurling

Group 1: Glen Rovers 4, St Catherine's 2, St Finbarr's 2, Meelin 0

Group 2: Kilbrittain 4, Cloughduv 2, Nemo Rangers 2, Barryroe 0

Group 3: Argideen Rangers 4, Ballygarvan 2, Tracton



Aginagh U10s who took part in the TJ Lyons Cup Tournament hosted by Canovee GAA.



Macroom LGFA U8 team that took part in a Go Games Blitz hosted By St. Val's on Sun 31 August.

2, Milford 0

Kilbritten 2-17 Cloughduv 1-17

Last Rd: Cloughduv v Barryroe

Cloughduv scorers: Aodh Twomey 1-2, Mark Verling 0-6 (0-2f), Mark Walsh 0-2, Aidan Murphy 0-2, Sean O'Leary, Colm O'Leary, Aidan O'Leary, Eoin McNabola and Eoghan Clifford 0-1 each.

Cloughduv: Stephen O'Donoghue: James Moynihan, Pádraig O'Driscoll, Liam Kelleher: Sean Barry, Odhran O'Driscoll, William Ahern: Eoghan Clifford, Aaron Elliot: Mark Verling, Aidan Murphy, Ciarán Canty: Sean O'Leary, Aodh Twomey, Aidan O'Leary. Subs: All second half- Mark Walsh, Eoin McNabola, Max O'Leary, Colm O'Leary.

Cork County Senior Hurling Championship Colleges/Divisions section

Co-Op Superstores Cork Premier Senior Hurling Championship

Divisions/Colleges final:

Muskerry hurlers were rank outsiders going into the Divisional final against Imokilly but in fairness, the players put up a fine display and were competitive all through, and in with a chance until late in the game. Muskerry were tight in defence, scored some excellent points and could have scored two goals which would have been a major boost to their chances. All in all, it was a satisfactory outing against the county champions, given the amount of players not available through injury and a credit to the management team which got the players to commit and uphold the proud tradition of Muskerry hurling. Imokilly 1-23 Muskerry 0-15

County champions Imokilly did enough to retain the Denis O'Riordan Cup and advance to the county quarter-finals after their hard-fought 11-point victory over Muskerry in the Co-Op Superstores Cork Divisions/Colleges Premier SHC final at a damp Páirc Uí Rinn.

Johnny Galvin's opened the scoring after a mere 14 seconds, Imokilly responded scoring the next three points, James Lane had a Muskerry point, but Imokilly kicked on with another trio of points, to lead 0-6 to 0-2 after 13 minutes.

Matthew Bradley and Seán O'Neill had points for Muskerry, the gap was reduced to two, and it was clear that Diarmuid Kirwan's men were able to give as good as they got. Imokilly got more into their stride approaching half-time when they led by 0-11 to 0-8, but Muskerry should/could have had a goal at this stage.

Imokilly had a string of points on the resumption, Paul Ring replied for Muskerry, six between the teams. Mathew Bradley had a good chance well saved by the Imokilly 'keeper, but followed with points from Bradley and O'Neill.



Macroom LGFA U10 team that played Donoughmore on Wed 27 August

Imokilly stretched to nine points, 0-20 to 0-11, Lane pulled one back when Imokilly struck for goal from a running move that ended with Joe Stack putting Jack Leahy through and the corner-forward found the net having shortened his stick to bat home on 53 – game over now!

Scorers for Muskerry: M Bradley 0-6 (0-1 65), J Galvin, J Lane and S O'Neill 0-2 each, P Ring, M O'Connell and K Murphy 0-1 each.

Muskerry: James Walsh (Grenagh); Breandán Ó Súilleabháin (Aghabullogue), Fenton Denny (Ballincollig), Rory Honohan (Donoughmore); Paul Ring (Aghabullogue), Matt Brady (Éire Óg), Conor Dalton (Ballincollig); Mark O'Connell (Dripsey), Johnny Galvin (Éire Óg); Mark Lucey (Donoughmore) James Foley (Aghabullogue), Colm O'Callaghan (Éire Óg); Mathew Bradley (Aghabullogue, Capt), James Lane (Aghabullogue), Seán O'Neill (Ballincollig). Subs: Kevin Murphy (Ballinora) 44, Robert Coleman (Grenagh) 48, Oisín O'Shea (Éire Óg) 57.

Management team: Diarmuid Kirwan (Éire Óg), Manager: Barry Holland (Donoughmore), Pat Lane (Ballinora), Ed O'Driscoll (Cloughduv), John O'Driscoll (Ballincollig)

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

Final: Knocknagree v Naomh Abán

Muskerry Gaa

Macroom Motors Mid Cork U21 Football Championship Finals

U21 A Football: Final: Ballincollig 2-15 Éire Óg 0-15 aet.

U21 B Football: Final: Donoughmore v Inniscarra

U21 C Football: Final: Blarney 1-8 Iveleary/Dripsey 0-10

Cork County Championship Fixtures

Sept 5th - 7th Club H Cship R3 Co-Op Superstores Hurling Cship R3

Fri, Sept 5th @7.30pm PJHC G1 Rd3 Glen Rovers v Meelin in Mallow

Fri, Sept 5th @7.30pm PJHC G1 Rd3 St. Catherine's v St. Finbarr's in Carrigtwohill

Fri, Sept 5th @7.30pm PJHC G2 Rd3 Cloughduv v Barryroe in Páirc Uí Rinn

Fri, Sept 5th @7.30pm PJHC G2 Rd3 Nemo Rangers v Kilbritten in Ovens

Fri, Sept 5th @7.30pm PJHC G3 Rd3 Ballygarvan v Argideen Rangers in Macroom

Fri, Sept 5th @7.30pm PJHC G3 Rd3 Milford v Tracton in Mourneabbey

Sat, Sept 6th @4.30pm IAHC G1 Rd3 Mayfield v Bandon in Ballinhassig

Sat, Sept 6th @4.30pm IAHC G1 Rd3 Midleton v Russell Rovers in Castlemartyr

Sat, Sept 6th @4.30pm IAHC G2 Rd3 Aghabullogue v Sarsfields in Ballymaw

Sat, Sept 6th @4.30pm IAHC G2 Rd3 Blackrock v Youghal in Cobh

Sat, Sept 6th @4.30pm IAHC G3 Rd3 Ballygiblin v Aghada in Páirc Uí Rinn

Sat, Sept 6th @6.30pm SAHC G2 Rd3 Castlelyons v Inniscarra in Páirc Uí Rinn

Sat, Sept 6th @4.30pm IAHC G3 Rd3 Erin's Own v Kildorrery in Dungourney

Sat, Sept 6th @6.30pm SAHC G1 Rd3 Killeagh v Carrigtwohill in Aghavine

Sat, Sept 6th @6.30pm SAHC G1 Rd3 Na Piersaigh v Fermoy in Lisgoold

Sat, Sept 6th @6.30pm SAHC G2 Rd3 Bishopstown v Ballyhea in Buttevant

Sat, Sept 6th @6.30pm SAHC G3 Rd3 Blarney v Courcsey Rovers in Newcestown

Sat, Sept 6th @6.30pm SAHC G3 Rd3 Bride Rovers v Watergrasshill in Ballynoe

Sun, Sept 7th @2pm PIHC G1 Rd3 Carrigaline v Ballymartle in Minane Bridge

Sun, Sept 7th @2pm PIHC G1 Rd3 Cloyne v Éire Óg in Mayfield

Sun, Sept 7th @2pm PIHC G2 Rd3 Ballincollig v Castlemartyr in Carrigtwohill

Sun, Sept 7th @2pm PIHC G2 Rd3 Ballinhassig v Kilworth in Rathcormac

Sun, Sept 7th @2pm PIHC G3 Rd3 Dungourney v Lisgoold in Castlelyons

Sun, Sept 7th @2pm PIHC G3 Rd3 Mallow v Valley Rovers in Páirc Uí Rinn

Sun, Sept 7th @4pm PSHC G1 Rd3 Sarsfields v Glen Rovers in Páirc Uí Rinn (Live on TG4)

Sun, Sept 7th @4pm PSHC G1 Rd3 Fr. O'Neill's v Erin's Own in Killeagh

Sun, Sept 7th @4pm PSHC G2 Rd3 Midleton v Charleville in Castletownroche

Sun, Sept 7th @4pm PSHC G2 Rd3 Newtownshandrum v Newcestown in Blarney

Sun, Sept 7th @4pm PSHC G3 Rd3 Blackrock v Douglas in Ballyanley

Sun, Sept 7th @4pm PSHC G3 Rd3 Kanturk v St. Finbarr's in Mourneabbey

Sept 12th - 14th Club F Cship R3 McCarthy Insurance Group Football Cship R3

Fri, Sept 12th @7.30pm PJFC G1 Rd3 Canovee v Ballydesmond in Macroom

Fri, Sept 12th @7.30pm PJFC G1 Rd3 Urhan v St. Nick's in Dunmanway

Fri, Sept 12th @7.30pm PJFC G2 Rd3 Kinsale v Cobh in Ovens

Fri, Sept 12th @7.30pm PJFC G2 Rd3 Na Piersaigh v Cullen in Mallow

Fri, Sept 12th @7.30pm PJFC G3 Rd3 Buttevant v Inniscarra in Mourneabbey

Fri, Sept 12th @7.30pm PJFC G3 Rd3 Glenville v



Macroom LGFA U14 team that won the first round of the county championship against Dohenys.

Millstreet in Páirc Uí Rinn

Sat, Sept 13th @4pm IAFC G1 Rd3 Adrigole v Ballinora in Moneyvollahane

Sat, Sept 13th @4pm IAFC G1 Rd3 Glanworth v St. Finbarr's in Glenville

Sat, Sept 13th @4pm IAFC G2 Rd3 Gabriel Rangers v Dromtariffe in Castletownkennigh

Sat, Sept 13th @4pm IAFC G2 Rd3 Mitchelstown v Kildorrery in Doneraile

Sat, Sept 13th @4pm IAFC G3 Rd3 Boherbue v Kilmurphy in Clondrohid

Sat, Sept 13th @4pm IAFC G3 Rd3 Ilen Rovers v St. Vincents in Ahiohill

Sat, Sept 13th @6pm PIFC G1 Rd3 Aghabullogue v Aghada in Ballincollig

Sat, Sept 13th @6pm PIFC G1 Rd3 Bantry Blues v Nemo Rangers in Rosscarbery

Sat, Sept 13th @6pm PIFC G2 Rd3 Naomh Abán v Bandon in Kilmichael

Sat, Sept 13th @6pm PIFC G2 Rd3 Rockchapel v Glanmire in Ballyclough

Sat, Sept 13th @6pm PIFC G3 Rd3 Kiskeam v Castletownbere in Newcestown

Sat, Sept 13th @6pm PIFC G3 Rd3 Uibh Laoire v Macroom in Cill na Martra

Sun, Sept 14th @2pm SAFC G1 Rd3 Éire Óg v Kilshannig in Donoughmore

Sun, Sept 14th @2pm SAFC G1 Rd3 Kanturk v Newmarket in Banteer

Sun, Sept 14th @2pm SAFC G2 Rd3 Knocknagree v Fermoy in Buttevant

Sun, Sept 14th @2pm SAFC G3 Rd3 Bishopstown v Béal Áth an Ghaorthaidh in Coachford

Sun, Sept 14th @2pm SAFC G3 Rd3 Dohenys v O'Donovan Rossa in Drimoleague

Sun, Sept 14th @2pm SAFC G2 Rd3 Cill na Martra v Clyda Rovers in Páirc Uí Rinn

Sun, Sept 14th @4pm PSFC G2 Rd3 St. Finbarr's v Carrigaline in Páirc Uí Rinn

Sun, Sept 14th @4pm PSFC G1 Rd3 Castlehaven v Newcestown in Rossmore

Sun, Sept 14th @4pm PSFC G1 Rd3 Mallow v Valley Rovers in Blarney

Sun, Sept 14th @4pm PSFC G2 Rd3 Clonakilty v Carbery Rangers in Ballinacarriga

Sun, Sept 14th @4pm PSFC G3 Rd3 Ballincollig v Douglas in Ballygarvan

Sun, Sept 14th @4pm PSFC G3 Rd3 Nemo Rangers v St. Michael's in Shanbally

Sept 19th - 21st Club Cship QF County Hurling Quarter-Finals & Relegation Play-offs

Sept 26th - 28th Club Cship QF County Football Quarter-Finals & Relegation Play-offs

Oct 3rd - 5th U21 F QF County U21 Football Quarter Finals

Oct 3rd - 5th Club Cship SF County F&H Semi-Finals

Oct 10th - 12th Club Cship SF County F&H Semi-Finals

Oct 17th - 19th Club Cship Final County F&H Finals (Prov)

AGHINAGH GAA

U10'S & The TJ Lyons Cup

Well done to our U10s who took part in the TJ Lyons Cup Tournament hosted by Canovee GAA.

The boys put in fantastic performances in the group stage, topping their group with three wins from three games.

They faced a tough challenge in the semi-final against Naomh Abán. After a battling first half, our lads showed huge determination and effort in the

second half but were narrowly edged out by the eventual Cup winners.

Congratulations to Naomh Abán on their victory, and a big thank you to Canovee GAA for organising another excellent tournament.

Aghinagh U14 Success

Congratulations to the Aghinagh U14 Team!

Winners of the Rebel Óg West Fé14 Div 2A Football League Final against a very strong Ilen Rovers side.

Aghinagh burst out of the blocks, dominating the first half with superb passages of play and some well-taken scores, building an impressive 11-point lead at the break.

As expected, Ilen Rovers came out in the second half all guns blazing, clawing the margin back to just a single point. It was anyone's game, but the boys of Aghinagh refused to back down. They fought for every ball in the final quarter, with our forwards securing vital scores and our defenders — along with a superb display from the goalkeeper — denying what looked like certain goals.

Key substitutions from the line brought fresh energy, turning possession into scores that saw Aghinagh finish strongly and secure a memorable victory.

The final whistle sparked huge celebrations among the Aghinagh supporters — a fantastic evening for the parish.

Thank you to Ilen Rovers for a great sporting contest and their graciousness in defeat.

Final Score: Aghinagh 4-12 (24) Ilen Rovers 3-10 (19)

KILMICHAEL PITCH & PUTT



Kilmichael Pitch and Putt President Mickey O'Callaghan with his daughter & grandchildren.



Kilmichael Pitch and Putt Chairman Philip Dawson on left President Mickey O'Callaghan and Michael Vaughan



Philip Dawson and Jeremiah Horgan who won the singles stroke.



Kilmichael Pitch and Putt Presidents Prizewinner was Ronan O'Callaghan



Kilmichael Pitch and Putt Chairman Philip Dawson on left President Mickey O'Callaghan and PJ Curtin 3rd nett



Gabrielle O'Leary and Dan Cronin who came second in the mixed scramble at Kilmichael Pitch and Putt



Kilmichael Pitch and Putt Chairman Philip Dawson on left President Mickey O'Callaghan and Dan Kiely



Kilmichael Pitch and Putt Chairman Philip Dawson and President Mickey O'Callaghan presenting a prize to Kevin O'Donovan



Gabrielle O'Leary and Dan Kiely winners of the mixed scramble at Kilmichael Pitch and Putt

LAOCHRA ÓG



Laochra Óg Junior Camogie v St Colums 27th August 2025

31st August 2025

Week done to our u12 hurlers who pulled out a win in the match against st Kevin's on Saturday evening. They all had other games in the morning and were tired boys heading into the match at 6pm after travelling half way across the county thanks to the logistic skills of the parents. The boys put in some fantastic skills and really were a force going forward even though their legs were heavy from the long day. A huge thanks to the parents for pulling off this nothing short of a miracle manoeuvre to get all the kids to the match and guaranteeing us a home game in the coming final against Croke Rovers in the next few weeks. Thanks also to st Kevin's for a great and competitive game of hurling and to our sponsors Mid Cork Pallets.

30th August 2025

Minor boys team played the fourth round of the championship last evening in Ballymacorcoran against Grenagh. A tough physical game ensued with some fantastic scores from both teams. Laochra Óg lads dug deep taking the lead at the start

of the second half and held onto it with Grenagh battling to the end.

Final whistle saw a well deserved win for the home team whom have progressed with every game at this level. Thanks as always to our team sponsors Deasys Pharmacy Group Cork.

27th August 2025

Well done to our Junior ladies .tonight on a fantastic performance against St Colums in Kealkil. Super teamwork and determination from everyone saw the girls come away with a great win . From first to last whistle it was a fast paced game , with great hooking and blocking striking , scores and saves. . Well done to the whole panel . Thanks to St Colums for a great game. Thanks to all who supported tonight and wished the girls well . Thanks to sponsors, The Tavern. Last game in the group next week away to Dungourney .

25th August 2025

We had a first class hurling match in the city this evening.Laochra Óg's U11's were invited to play a very strong Brian Dillon's team .After a sluggish start,

the lads got into their rhythm and we saw some really good team hurling. Working the ball well between each other and scoring some lovely points and goals. Our lads played exceptionally well and should be really proud of themselves. Thanks to all the parents who travelled and a special thanks to our sponsors Follain .

24th August 2025

Round 1 of U16A Championship started this morning for our girls away to Nemo Rangers and what a match it was. From the throw in it was score for score with the teams going in level at half time. Second half saw both teams continue to trade scores and when the final whistle was blown Nemo claimed the victory by 1 point. Thanks to our team sponsors @Healy's Spar and to parents for your support.

Well done to all our u10 camogie players who played fantastic camogie yesterday morning in warm conditions in Coachford against St Patrick's Skibbereen and Aghabulloge. Improving their skills, and gaining in confidence every week, and always with a smile on their faces, they are a great team.



Laochra Óg U10 Camogie in Coachford 24th August 2025



Laochra Óg U11 Hurlers v Brian Dillon's 25th August 2025



Laochra Óg U16 Camogie v Nemo 24th August 2025 02



Laochra Óg Minor Hurlers v Grenagh 30th August 2025

MACROOM HANDBALL SUCCESS

John Lyons from the Macroom Handball Club has achieved a first ever All Ireland for himself and just a second for the Macroom club since Ray Griffin won in 2022. This was in the Diamond MastersB competition in the big alley, 60x30 softball. This was never going to be easy, considering that the opposition from Galway had already beaten Cork in the Doubles All Ireland played some weeks earlier. In the meantime John put in a lot of practice in Cullen, on his own and with other fellow handballers, Ray Griffin, Noel Carty and Philip OCarroll.

The game was played in Lahorna, near Nenagh in Co. Tipperary, where the greater support in the gallery was for the Cork player, both family and friends. In the end it went to a tiebreaker which kept the supporters on the edges of their seats and Galway led in the tiebreaker 5:0. It was a battle of nerves from there to the end, requiring total focus and very measured and controlled serving, before winning on a scoreline of 11:5.



John Lyons from the Macroom Handball Club has achieved a first ever All Ireland for himself and just a second for the Macroom club since Ray Griffin won in 2022.

It was a most satisfying win for somebody that has been involved as a player and club administrator for

the past four decades. The handball back then was played in the ball alley attached to Mary Anne's pub in Masseytown. Macroom had a good handball tradition a long time back when there was a second alley in Cork Street and great rivalry between players from both.

The AGM of the Club takes place in the Castle Hotel on Fri Oct 3rd. Macroom Handball Club, based in Macroom Community Leisure Centre, are always interested in new members and will assist in coaching. It is a game for boys and girls, all ages, with excellent benefits in terms of fitness, providing a full body workout. It is good for hand/eye co-ordination and can assist other sports such as hurling. It is cheap, played indoors and independent of weather. The court is available throughout the day and up to 9pm in the evenings. It is a thinking game, where various strategies are employed and where decisions have to be made on court. For further information, please contact John, 086/8175859.



Muskerry who played Imokilly in the Cork County senior hurling championship



Comhghairdeas le cailíní NF lena mbua iontach i gcoinne Cill Dairbhe inniu. Bhí bua thar barr acu le scór críochnaithe do 4-18 v 1-2.



Kilnamartrya

THINK GLOBALLY, ACT LOCALLY

HEDGEROWS - The Farmer's special friend



A painting showing the beauty and inspiration of good hedging to artists and walkers.



Cattle grazing on young hawthorn leaves



A robin which along with other small birds will keep the soil free from pests

Hi! Chris Barrett back here again.

Today I have the great pleasure of speaking with Marquerite Stelling, who is the grand-niece of my very good friend, Tiné O'Hare.

Marquerite is a self-confessed hedge-fanatic, and before you turn over this page, I would like to assure you that her love for nature and agriculture is backed up by wide knowledge and qualifications and there is huge knowledge about hedgerows to be learned from her. So hold onto your hats and we will hear from her! Marquerite has completed her studies at the Dutch Agricultural University where she achieved a B.A. in PLANT SCIENCE.

She is currently working on her M.A. in RESILIENCE FARMING and FOOD SYSTEMS.

She is currently working as a Freelancer in the Agricultural Sector where she offers online courses in subjects in that sector, such as Laws and Regulations and Soil Health. She also works in a 'hands-on capacity' to assist on farms regarding natural subjects and landscapes.

Marquerite is the first to admit however, that her passion is hedgerows. We are very fortunate indeed that she has offered to share a few rips with readers of the Lee Valley Outlook. Apart from her experience in The Netherlands, Marquerite has been able to have aerial views of our local landscape, as well as looking at it from roads and higher land. She can see that Ireland's beautiful patchwork of fields is at risk of being taken apart, and she is concerned. In much of Europe they are now seen as vitally important features which should be retained.

Throughout Europe there are, amazingly, 108,000 different styles of hedges.

In her own country, The Netherlands, a lot of these hedges were removed in the 1960s and 1970s in response to a need to produce more food. They were taken down at that time because they were not seen to have a function.

Currently, with more knowledge as to their importance the Dutch are trying to bring them back. How much better it would be if we did not remove ours in the first place, only to realise their worth too late.

There is a real case here for appreciating what we have and here are some reasons why we can learn from the Dutch experience.

The focus in The Netherlands is now to bring back hedgerows with the awareness of how much help they can offer the farmer. The Dutch are reinstituting them as fodder-hedges for their cattle. This is mostly to provide these grazing animals with the nutrients and minerals which they cannot obtain solely from grass. There is a lot of medicinal value in trees and shrubs. An example is Willow, is a pain-killer which also slows the progression of infections. Hawthorn, also offers a number of functions, importantly concerning strengthening and improving the blood vessels around the heart. In addition to these medicinal contributions to the health of cattle, Black Elder and Oak contain tannins. Tannins cause better protein digestion which results in lesser methane output and a higher efficiency of protein use.

With our ongoing awareness of climate change it is worth considering the effects of warmer weather, and not just sunburn affecting the herd.

In the case of Dairy cattle, if the Humidity goes above about 50% with a temperature of 22% or higher, then milk production will decrease.

It has been found in The Netherlands, that if cattle have access to the shade from a hedge, then the South side of the hedge can have a temperature which can be measured at 50°C, whereas on the North side it can be measured at 20°C.

This is something local Irish farmers can check out for themselves, by placing thermometers on either side of hedges. As a result of local topography, hills etc. it is the farmer's own measurements on their own land which matters.

It is known that cattle prefer tree-shade which brings about greater milk production and this is more the case on hotter days, which are increasing.

The case for beef cattle is similar. If they do not have access to shade, with a temperature of 22°C and humidity of 50 or more, they will not gain weight.

Irish Hedge-Layers will be represented at the Dutch Hedge-Laying Championships, which annually represent different European styles and promote Hedge-Laying to youngsters. This year it will be held in the East of The Netherlands.

Marquerite reminds me that hedges that are in transition to full growth, will need temporary protection till they achieve it.

Farmers who have mature hedgerows rarely have to call out the vet, and need very little in the way of antibiotics.

One such farm known to her has been antibiotic free for two years.

Sheep will also self-medicate and in The Netherlands this is achieved by sheep which graze in natural tree-filled areas.

To conclude her advice, Marquerite reiterates that hedgerows are key, if one wants to raise healthy productive livestock.

It is no surprise that Marquerite loves hedge laying for these reasons. But she has 40 more reasons, which you will be able to find out about from her website, which will come online in the future. For now she is most willing to answer your questions by email, and I have to let you know that her English is excellent.

I am most grateful to Marquerite for sharing her knowledge with us and allowing us to learn so much about the wonders of hedgerows.

You can email comments or questions to Marquerite landbouwvoorgroen@outlook.com

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



The Poets Corner

Fórsa Fear na hInnisearra By Tadgh Ó'Cúill-Maonlaí

"Bhí fear i gCorcaigh, le misneach i ngéibheann,
Ag iarraidh bheith ar an laoch is mó sa chathair, gan
scamhadh, gan smaoineamh,
"Climbfaidh mé i dteannta dall ar an tDamh Inisearra!"
a dúirt sé go cróga,
Agus chuaigh na daoine ag gáire, "Is amadán é, gan
dabht ar bith!"

Ach níor lig sé dóibh gáire a dhéanamh ar a mhisneach,
Le radharc caillte, ach le croí láidir, thosaigh sé ag ardú,
Gach cloch, gach léim, gach srónán, le spianc misnigh
is greann,
Agus ar deireadh, chuaigh sé thar barr an dáimh, éirí
go hard.

Chuir na daoine béim ar a shúile dubha, "Cad é atá á
dhéanamh agat?"

Ach shiúil sé síos, bog is socair, le gáire ina ghuth,
Ag teacht abhaile, isteach i seomra te, ag scíth a ligean,
Le cupán tae i lámh, os comhair an tine, sásta, agus
beagáinín bródúil.

Mar sin, d'fhoghlaim an chathair uile, ar an lá sin geal,
Go bhféadfadh fiú amadán dall a bheith ina laoch,
Ach is fíor freisin, go bhfuil an misneach is fearr ar
domhan,
Nuair a théann tú abhaile, tae i do lámh, sula dtéann tú
a chodladh."

A man from Cork City wished to be known as the

bravest in the city and county. He announced he would
climb the Inniscarra Dam blindfolded, and people
laughed, calling him a fool.

Undeterred, he began the climb. Step by step, leap
by leap, with a mix of courage and comic daring, he
reached the top. The crowd gasped at his audacity, but
he descended calmly, laughing to himself. At home, he
sat in front of the fire with a cup of tea, content and a
little proud.

That day, the city learned that even a foolish dare can
make a hero, though true bravery may involve enjoying
a quiet cup of tea afterwards.

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Outlook
MAGAZINES

Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

We must decide - Part 2

Last time we spoke about the most important life decision and posture regarding any personal problems. And that is with the mantra:

"I am deciding (today) to live in the solution rather than to continue living in the problem."

This is a game-changer. We flip the tables on what life has thrown at us. We decide that we want to be people described in the following quote of George Bernard Shaw:

"The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, they make them."

Put simply: "either life happens to you or you happen to it."

So what now?

There are three directions in which we must grow in order to progress. But we must be patient. This is gradual, not a quick-fix.

The three directions are - inwardly, outwardly and upwardly.

(1) Inwardly

This is a hard, often lengthy, but necessary process. You and I must face up to the fact that while we are deeply flawed, at the same time we are always infinitely loved and lovable. It's not something we may have heard very often but you and I are unique and worthy. Our deepest longing is to love and to be loved in return. It's not touchy-feely. It's coming to the realization that you and I are worthy of respect - as is everyone else. This may not always have been your experience, which is why you might be undergoing anger, anxiety, grief, depression, self-loathing etc but it is true all the same. The love you were shown or were 'taught' was conditional or transactional. That's not love at all. "Love" is to want the best for the other unselfishly. It takes work. Some show it, others don't. I have to process this - heal and forgive. It's why we often try to cope, mope, dope, or elope. It's painful to face up to the truth of the past - when I was proud, selfish, arrogant, hurtful, even feeling entitled. But hope means I can become the person I truly am meant to be. Loved, lovable and loving. It's a new dawn when I can truly own this truth.

Bottom line - I can begin to show the love I never got.

(2) Upwardly

Upwardly to God, our Higher Power. Like the addict undergoing some of the 12 steps program I have included above, "we came to realize that our lives had become unmanageable." We were (are) a mess. But God can work with that if we let him. We are no longer running away. We are totally honest, holding nothing back from Him. We come to live according to the Serenity Prayer. The most important three words I can and must say at this point to God are:

"I unconditionally surrender!" I can also seek to be forgiven, and to find an accountability partner. Keep a journal if it helps.

(3) Outwardly - to acknowledge the world of others! But in a new way. All of the things you have experienced, or are currently experiencing on your journey may well be their story too. They haven't discovered it yet or are still trying to figure things out. Whether you realize it or not, you now see every person in a new light. Imagine for example that everyone around is you is having other worst day. If it was you, how would you like to be treated? Gently, I imagine. We are surrounded by co-sufferers. Nearly 2000 years ago St Peter put it this way: "...standing firm in the faith. Do so in the knowledge that your fellow believers are enduring the same suffering throughout the world."

But I think St Paul put it best when he said: "we are part of God's great help."

"Blessed be our God and Father... who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort which we ourselves are comforted by God." (2 Corinthians 1:3)

We might often wonder at life's purpose and our part in it. We also question what we our talent might possibly be. Your story, and mine, matters. Everything that did happen, happened for a reason. We wish it hadn't involved so much hardship or humiliation to get us to this point. CS Lewis said "we come to discover the world of others." As the Disney movie 'Encanto' put it, and as Edith Eger teaches: "you come to realize that YOU are the gift."

In giving, we receive.

God bless, Fr Seán

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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.

MOR

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.

KL

**FIRST ANNIVERSARY
AND ACKNOWLEDGEMENT**

In loving memory of

PAT O'BRIEN

Curraheha, Crookstown
Who died 14th September, 2024

We, Pat's family, would like to thank most sincerely all those who sympathised with us on our sad loss.

Thank you to those who attended the rosary, removal and funeral Mass, those who sent Mass cards and messages of condolence.

A special thanks to all who arrived to help get both the house and outside ready for the funeral.

Thanks to Jerry Dineen who arrived to do the hedges.

Thank you to all who brought and helped with refreshments.

Thank you to all who helped with parking and traffic management.

To our neighbours who lined the route as Pat was leaving Curraheha, the Beal na Blath discussion group and the local farming community for their Guard of Honour it was appreciated so much.

To the staff in ICU, Ward 2D and Ward 3D in CUH, we will be forever grateful for the great care and support you gave to Pat.

Thanks to Dr. Paddy Crowley, Dr. John Crowley and Professor Mary Cahill for their care of Pat over the years.

Thanks to those who called to Pat and sent Get Well Mass cards and messages while he was in hospital and when he came home.

To our families, neighbours and friends who kept us fed while Pat was in hospital we truly appreciated it.

A special word of thanks to Pat's brothers and sister and their families and my own family for your help and support during this difficult time.

We would like to thank Fr Humphrey O'Mahony, Fr Denis Reidy and Fr Finbarr Crowley for your support and for celebrating the funeral Mass.

Thanks to the Kilmurry Choir whose beautiful music, singing and solo added so much to the Mass.

Thank you to Cyril Casey for his calm guidance and support.

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

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



Pat's anniversary Mass will be held on Sunday 21st September at 10.00am in St. Mary's Church, Kilmurry.

**FIRST ANNIVERSARY
AND ACKNOWLEDGEMENT**

In loving memory of

NORA KELLEHER

Toonlane, Ballymakeera.
who died on 5th of September 2024

As we lovingly remember Nora Kelleher, on her first anniversary, we, her family would like to thank all her relations, neighbours and friends who supported us on her passing. We would like to express our gratitude to all those who attended her funeral and called to the house, also those who sent floral tributes, baking and refreshments, mass cards and online condolences. A special word of thanks to the staff at Cahereen Care Centre, Macroom and also to Dr Kelleher who looked after her in her final days.

To Fr Joe O' Mahony who anointed her, Fr Roberts who offered mass for her in the nursing home and to Fr Seán Mc Carthy who celebrated her funeral mass, to the choir, Threasa O' Riordan and Máire Ní Chéilleachair for singing her favourite songs. Thanks also to Casey's Undertakers, grave diggers, sacristan and to The Mills for the funeral reception. We would like to acknowledge the care and attention given to Nora by Dr Colette Faul, Deasy's Pharmacy and the home helps who looked after her in her home.

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



Nora's first anniversary mass will take place on Saturday the 6th of September in St. Gobnait's Church, Ballvourney at 11am.

May she rest in peace.

**PRECIOUS MOTHER OF
JESUS**

Mother of Divine Grace you can find a way, where there is no way.
Please hear my prayer and grant me my request.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT

In loving memory of

PETER CREEDON

Tourfain, Cloughduv.
Died September 8th, 2024

As we lovingly remember Peter on his first anniversary, we, his wife Ann, sons Barry, Eddie, Peter, Colm and Ronan, grandchildren Nancy and Alby, sister Nora, Ronan's wife Joanne, Barry's fiancée Sara, and extended families wish to extend our heartfelt gratitude to those who sympathised and supported us on our sad bereavement.

We would like to thank all who attended his funeral, supported us in our home, sent mass cards and letters of sympathy and left online condolences. Sincere thanks to the staff of Renal Ward 4C, Cork University Hospital who provided exceptional care and compassion to Peter, to Billy and staff of Fitzgeralds Funeral Home for their professionalism and assistance, to Fr. Pontianus for celebrating his Funeral mass and to sacristan Tessie Buckley for all her advice and support. Thanks also to Peg and Jerry and staff of the Lee Valley for the beautiful meal afterwards.

As it is impossible to thank everyone individually, please accept this acknowledgement as a token of our gratitude and appreciation.

The Holy Sacrifice of Mass has been offered for your intentions



Peter's first anniversary Mass will take place on Sunday, September 7th at 11.30am in Cloughduv Church

8TH ANNIVERSARY

In loving memory of

**DAN
CRONIN**

Annahala West, Toames
who died on 3rd September 2017

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



We also remember his wife Bessie at this time.

Loving remembered and sadly missed by
Jerry, Mary and family

2ND ANNIVERSARY

In loving memory of

**NOREEN
KELLEHER**

The Shop, Ballinagree Macroom
Who died on September 7th 2023

*Noreen you always meant so much to us and always will.
Now you are no longer here will always cause us pain.
But you're forever in our hearts until we meet again.*



Sadly missed by your loving sister Mary, Jerry and family

NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things you have given me as you confirm once again that I never wanted to be separated from you in spite of all material illusions. I wish to be with you in Eternal Glory. Thank you for mercy towards me and mine. This prayer must be said for three days, after three days the favour will be granted.

4TH ANNIVERSARY



In loving memory of
**MICHAEL (MICK)
FITZSIMONS**
Carrigagulla Ballinagree Macroom
(Late of Shepherds Bush, London)
Who died 29th August 2021

*You've just walked on ahead of me
And I've got to understand
I must release the one I love
And let go of his hand
I try to cope the best I can
But I'm missing you so much
If only I could see you
And once more feel your touch
You've just walked on ahead of me
Don't worry I'll be fine
But now and then I swear
I feel your hand slip into mine
The road without you is so long
A tear for every mile
But I know the day when I reach the end
You'll be waiting for me with a smile.*



Love from Sheila.
4th Anniversary Mass Sat 20th September
8pm Ballinagree Church

3RD ANNIVERSARY



In loving memory of
**NORA
KELLEHER**
Moulnahorna, Carriganima,
Who died on September 16th 2022.

*Sunshine passes and shadows fall
Love and memories out last them all.
Out of our lives you may have gone
But in our hearts you still live on.
St John pray for her.*



Sadly missed by her loving sisters,
brothers, nieces, nephews
and extended family.

Anniversary Mass on Saturday 13th
September at 6pm in Carriganima
Church.

5TH ANNIVERSARY



In loving memory of
**MICHAEL (MICKO)
KELLEHER**
late of Mountmassey, Macroom,
Co. Cork who died on 1st September
2020.

*Time may pass
Life goes on,
But in our hearts
You're never gone.*

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



Loved and remembered always by his
wife Margaret, Son James, daughter
Eileen, Grandchildren, Molly, Katie and
Sarah, Son-in-law David, James's partner
Norma and her son Darragh.

12th ANNIVERSARY



In loving memory of
**JEROME
O' CONNOR**
Carrigaphooca, Lissacreasig,
Macroom

Twelfth Anniversary occurs on
September 05th

*"You live in our hearts.
You walk by our sides,
And from heaven above,
You are always our guide"*



Lovingly remembered by his Mum Joan,
family and friends.

12th ANNIVERSARY



In loving memory of
JOHN LYNCH
Clondrohid, Co. Cork
Who died 14th September 2013
A beloved only son and brother

*Death leaves a heartache
no-one can heal,
Love leaves a memory no-one can steal.
Just a prayer from the family
who loved you,
Just a memory fond and true,
In our hearts you will stay forever,
Because we thought the world of you.*



Enrolled in Abbey Prayer List at Holycross
Abbey.

Suaimhneas sioraí dá anam.
From your loving sisters Pauline, Louise,
Deirdre, Denise, Carol, and Linda.

4TH ANNIVERSARY



In loving memory of
**CATHERINE
(BLOSSIE)
HORGAN**
of Gortavranter, Clondrohid,
formerly of Waterford
whose anniversary occurs on
September 8th

*Sadly missed along life's way,
Quietly remembered every day,
No longer in our lives to share,
But in our hearts you're always there*



Loved and missed by Catherine's family
and friends.

9TH ANNIVERSARY



In loving memory of
**SARAH LANE
(NEE SHANNON)**
22 O'Connor Park, Macroom
Passed away on 11th September
2016

In our hearts you will live forever.



Sadly missed and always remembered by
her husband Jerry, John, Tracy, Joanne,
George, Helen, Henry and her
grandchildren Daniel, Hannah, Ellie,
Jeremiah, Grace, Ciara and Lilly.

4TH ANNIVERSARY



In loving memory of
FIN TANNER
Carrigleigh, Inchigeela
Who died on 16th September
2021

*It broke our hearts to lose you
but you did not go alone
For part of us went with you
The day God called you home.*



Lovingly remembered and sadly missed
by your loving wife Margaret, sons Robert
and Colin, grandchildren Keelin and
Robyn, and extended family and friends

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
**GOBNAIT
MC SWEENEY**

**Carriganima, Macroom, who died on
the 4th of September 2024.**

As we lovingly remember Gobnait on her first anniversary, we her Dad Tadgh, Mam Hannah Mary and Brother Martin, wish to express our gratitude and sincere thanks to everyone who sympathized with us on our sad loss.

We would like to thank those who attended her rosary, removal and funeral mass, sent mass cards, sympathy cards, floral tributes and online condolences.

A special thanks to Fr Jim Green for the prayers and beautiful mass and to the sacristan Pat.

Thank you to all the Roche family for helping to organize the funeral mass, leaflets, prayers and music.

Thank you to David and his staff at Tarrant's Funeral Home Millstreet for their kindness and professionalism at this difficult time. To all of Gobnait's wonderful friends and neighbours, we thank you for always being there for her.

To everyone who brought refreshments to the house, to Sean at the Pub, Carriganima and the Abbey Hotel Ballyvourney.

A very special thanks to our neighbours, relations and friends for the suppers during the last year. We can never thank ye enough.

Thank you to Carriganima Community Development group for organizing tea and coffee after Gobnait's month's mind mass and for always including her in all the events in the village.

Thanks to the C.A.R.T bus, Carriganima, for all the trips Gobnait enjoyed going on. As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our heartfelt appreciation.

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

*Always a smile instead of a frown
Always a hand when one is down
Always true, thoughtful and kind
Wonderful memories you left behind.*



Gobnait's first anniversary mass will be held Friday the 5th September in St. John the Baptist Church, Carriganima at 8pm.

FIRST ANNIVERSARY



In loving memory of
**GOBNAIT
MC SWEENEY**

**Carriganima, Macroom, who died on
the 4th of September 2024.**

Mom and Dad were your heroes; they helped you from the start, encouraged you to believe that you could do anything, and always told you to reach for the stars. You were our fashion icon; of that, there was no doubt. No matter the occasion, day or night, a different outfit would come out. You were a great woman for bingo and really lucky too. But when they would call the wrong number, well, feck, it could come out. Farming was your hobby that you took most seriously. Minding your sheep, hens, and ducks, no one could be happier than you. Days out were your favorite with the C.A.R.T. bus and John Joe at the wheel. A day trip would not be over before another one was planned.

You had so many friends; you only saw the best in everyone. I'm sure today they will all remember you for all the chats and laughs you had.

Music was your passion, and going to concerts was your thing. As long as there was music, song, and dance, you would never ask to go home.

All your neighbors were like family, treating you like their own. No one ever passed by without stopping for a chat, a thumbs up, or a wave.

I could talk about you forever, but I can nearly hear you say, "Stop now; this is embarrassing." But it's true, everything you said.

You were the most amazing big sister that anyone could ever have.

Until the day we meet again, I'll hold you in my heart.



Loved and missed every day by your brother, Martin.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
**NOREEN
LEHANE**

**Deshure, Terelton, Macroom, Co. Cork
Who died on 14th of September 2024**

As we lovingly remember Noreen on her first anniversary, we her family would like to thank most sincerely everyone who sympathised with and supported us on our sad loss.

Thank you to our family, friends and neighbours who looked after us. To those who brought food to the house. To those who prepared Noreen's homestead for her final trip home. We are eternally grateful for your kindness and support both then and now. We are particularly grateful to those who travelled to be with us in our hour of need.

Thank you to the staff in CUH for their gentleness in their care of Noreen during her short illness and the kindness shown to us.

Sincere thank you to Fr Charlie Nyhan, whose support during Noreen's passing was incredible. The funeral mass was thoughtful and beautiful and reminded us all of Noreen in our own special way.

We thank those who provided music during Noreen's funeral mass in particular Theresa. To Kathleen the sacristan in Toames for all her help. To Fr Pat for calling to the house. To Casey's Undertakers who were professional and compassionate as always. To Kilmichael GAA for their highly efficient traffic management. Special thanks to Sheila at The Five Roads for the refreshments after Noreen's funeral mass. It is impossible to thank everyone individually but please accept this acknowledgement as an expression of our ever lasting sincerity and deepest thanks. The memories of your compassion will stay with us forever.



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

Anniversary Mass Sunday 14th
September at 10am in Toames Church

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
**CHARLIE
VAUGHAN**

**Macroom
who died on August 29th, 2024.**

As we fondly remember Charlie on his first anniversary, we, his sisters Sr. Noreen I.J.S and Eileen Twomey, his brothers-in-law, sister-in-law, nephews and nieces together with their extended families wish to express our sincere gratitude and appreciation to all who sympathised, attended the funeral, sent mass cards, made phone calls and posted online condolences.

A special thank you to Charlie's kind neighbours and great friends; to the doctors and nurses and staff at Sullane Family Practice; the public health nurses and carers at the Primary Care centre; Pat and the team at Meals on wheels; and the staff at Matt Murphy Pharmacy.

Thanks to Martin, Bill and team at Fitzgeralds for their guidance and professionalism, and to all at the Castle Hotel for your kind hospitality after the funeral. We are grateful to Monsignor O'Donnell, Fr Roberts and Fr O'Mahony for your kindness and support over the years. As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere thanks and gratitude. The Holy Sacrifice of Mass will be offered for all your intentions.



*Out of our lives you may have gone,
but in our hearts, you still live on.*

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



I ndil chuimhne ar
NANCE UÍ LAOIRE

**Cathair agus an tSean Bheairic
Béal Átha'n Ghaorthaidh
Who died on 5th September 2024**

Ag cuimhneamh go grámhar ar Nance, bean chéile dhílis, máthair agus Nana, ar a céad cuimhneachán, ba mhaith linn, a fear céile Seán, a leanaí, Eibhlín, Donncha, Mairéad, Nóra, Maitias, Diarmuid, Siobhán agus Áine, a garleanaí agus a clann go léir, ár mbuíochas ó chroí a ghabháil libh go léir as an tacaíocht agus cineálta a thaispeáin sibh dúinn, ar ár mbriseadh brónach.

We wish to thank all those who attended the wake, the funeral Mass and burial; those who sent Mass cards, sympathy cards, online condolences, floral tributes, phoned and texted.

We are very grateful to Fr. Anthony O' Mahony who was always so good to Mam and for the beautiful and meaningful funeral Mass, along with celebrants Fr. Liam Ó hIcí, Bishop John Buckley and Fr. Charles Nyhan. We wish to thank Nóra the sacristan for preparing the church. A special thank you to the wonderful musicians and the choir, who made the Mass and burial very special and personal. Our heartfelt thanks to Cyril and his team at Caseys Undertakers, for their professionalism, guidance and support during the funeral.

Thank you to the grave diggers. We extend our deepest appreciation to our wonderful neighbours and friends who stood out and accompanied Mam on her journey home to Cathair and to an tSean Bheairic. Thank you to everyone who called with refreshments and who helped us during the wake. To all who organised stewarding and parking during the wake, thank you.

We appreciate the respect shown to us by the contractors working on the road outside the house during Mam's final days. We would like to thank Joe Creedon and staff for the refreshments after the funeral. Thank you to the staff of Cuan Barra for the meals and their continued support.

Our sincere thank you to Dr. Shane Hurley, Dr Audrey Russell and all the staff of Muskerry Family Practice. Thanks to the staff of Railway View Pharmacy, who were always helpful.

Thank you to all the Public Health Nurses who were so good to Mam throughout the years. We would like to thank those who cared for Mam in CUH. A special heartfelt thank you to the Palliative team and night nurses who took great care of Mam at home. Your kindness will never be forgotten.

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



Fondly remembered by all of her family and dear friends.
Go raibh míle maith agaibh go léir.

Nance's First Anniversary Mass will take place on Sunday 7th September at 10am in Ballingearry Church.

**Followed by a Coffee Morning in the GAA Áras Ballingearry
with all proceeds to Bantry Hospice Project.**

8TH ANNIVERSARY



In loving memory of

**THADY
OLDHAM**

**Oakwood Court, Macroom
Whose anniversary occurs on 6th
September**

*Everyday in some small way,
memories of you come our way.
Will those who think of Thady today,
A little prayer to Jesus say.*



Always remembered by Eileen, Liz, Colm,
Derek, Jack, Beth and extended family

8th ANNIVERSARY



In loving memory of

**EILEEN
CREMIN**

**Aghabullogue, Co Cork
who died on September 3rd 2017**

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



Fondly remembered

Suaimhneas síoraí dá anam

POWERFUL
NOVENA

This novena never fails. Say it on the hour for nine hours. Jesus who has said, ask and you shall receive, seek and you shall find, knock and the door will open to you. Through the intercession of Mary, the Most Holy Mother, I knock, I ask that my prayer will be granted. (Make your request).

Oh Jesus, has said all you ask the Father in my name, he will grant through the intercession of Mary, the Most Holy Mother. I humbly beg and urgently ask the Father in thy name that my prayer be granted (make request here). Oh Jesus who has said heaven and earth shall pass away through the intercession of Mary, the Most Holy Mother. I fell confident my prayer shall be answered. (Make request here).

This novena is to be said at the same time every hour for nine consecutive hours - one day. Promised publication, never fails.

MM

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.

MM

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4th ANNIVERSARY



In loving memory of
FRANK CASEY
Aherla Road, Farran
Who passed away 29th August 2021

*We think of things you used to say,
and all that you would do.
At some point every single day,
our thoughts will turn to you.
No matter how life changes,
no matter what we do,
A special place within our hearts
is always kept for you.
Always in our thoughts,
forever in our hearts.*



Lovingly remembered by his daughter
Clare, Dave, Fionn & Senan.

6TH ANNIVERSARY



In loving memory of
**SEAN (MIKE)
LEHANE**
Slieveveagh, Ballyvourney, Co. Cork
Who died on 2nd September 2019

*The world it changes from year to year
Our lives from day to day
But the love and the memory of you
Will never fade away.
Though heaven and earth divide us
We are never far apart
You are always in our thoughts and prayers
And forever in our hearts.*



Lovingly remembered always by your
daughter Helen, Joe Paul Christine
and Adrian.

2ND ANNIVERSARY



In loving memory of
**NORA MAY
SHEEHAN**
Macroom, Co. Cork
Who died on September 10th 2023.

*Patient Kind
Great company.
Sadly missed by Catherine.*



Anniversary Mass in St Colmans Church
Macroom at 11.30am on 14th September

2ND ANNIVERSARY



In loving memory of
**NOREEN
KELLEHER**
Ballinagree, Macroom, Co. Cork
Who died on 7th September 2023

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



Fondly remembered and greatly missed
by your Sister Judy, Kevin and Lynch
Family

9TH ANNIVERSARY



In loving memory of
**KATHLEEN
MURPHY**
late of Drishane Road, Millstreet,
Co. Cork
Whose anniversary occurs at
this time

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



Sadly missed by Brendan and family

11TH ANNIVERSARY



In loving memory of
DAN MURPHY
Knockshanavee, Farnanes
Who died on 9th September 2014

*Fold him O Jesus in thine arms
And let him hence forth be
A messenger of love
Between our human hearts and thee.*



8TH ANNIVERSARY



In loving memory of
**DONIE
CROWLEY**
Drom-An-Allig,
Beál Átha'n Ghaorthaidh,
who died on 3rd September 2017

*Though absent you are very near,
Still loved, still missed and very dear,
You left a place no one can fill,
We miss you Donie, and always will.*



Go dtuga Dia Suaimhneas Síoraí dó.

Always remembered and deeply missed
by your wife Breda, and daughters Helen,
Anita and Brid and their families.

FIRST ANNIVERSARY



Remembering
**JERRY
HORGAN**
Ballymichael, Lissarda
who died 13th September 2024.

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



A dear Dad, grandad, father in law
& friend to many.

From Martin, Marie, Jodie, Josh, Luke,
Lexi, James, Michaela and Kayleigh

Novena to St Anthony



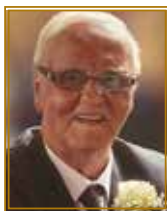
Blessed Anthony in spite of many difficulties you were enabled by the Holy Spirit to discover your place in God's plan and to use your gifts and talents in making society a better and happier place for all. Implore the Lord Jesus to grant me suitable employment which may obtain for me and mine a decent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

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.

5TH ANNIVERSARY



In loving memory of our dear Mam and Dad

**PEGGY
KELLEHER**

**DONAL
KELLEHER**

New Street, Macroom
Whose anniversaries occur on 20th August and 16th September

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



Sadly missed and always remembered by
their loving family and friends.

5TH ANNIVERSARY



In loving memory of

**KATHLEEN
LORDAN**

Dromcarra, Killbarry, Macroom.

Who passed away on
6th September 2020.

*The pain of loss may lessen with time,
but the love we feel only grows stronger.
On this fifth anniversary, we remember
and celebrate that golden time we spent
together and will never forget.
Always in our hearts and prayers.*



Sadly missed by your Husband Paddy,
Sons Anthony, Padraig, Barry, Daughter
Margaret, their families, extended family,
neighbours and friends.

7th ANNIVERSARY



Remembered with Love

**TIMMY
"THE BRIT"
MC CARTHY**

Dóirín Álainn, Ballyvourney

Whose anniversary occurs
on 12th of September

*For Timmy,
The memories I have of you,
Like a million stars come shining through
My darkest day, my sleepless night.
They touch my heart
with your dancing light.
I'll keep them close, inside my heart
So close, so near, together apart.*



Loved and missed everyday
But happily just a memory away
- Rhona

CUIMHNE BÁIS



Mac an Mhaoir (Weir)
Baile Mhic Íre, Co. Chorcaí

**JOHN
(27/08/1994)
&
MARY
(28/02/2005)**

*Inár gcroí go deo,
Inár gcuimhne go deo.*



Naomh Gobnait guí orthu.

3RD ANNIVERSARY AND 35TH ANNIVERSARY



In loving memory of our dear Mam and Dad

**MAURA
TWOMEY**

Who died on 20th August 2022



**JOHN
TWOMEY**

Who died on 9th September 1990

'Gill Mhuire', Railway View, Macroom

*Happy memories we will keep forever,
of days when we were all together.*

Rest in Peace



Loved and missed every day by Michael, Karen, John and their families

17TH ANNIVERSARY



In loving memory of

HENRY BROWNE

Cools, Kilnamartyra

Who died on 22nd of Aug 2008

*Although our lives' journeys
have bid us to be apart,
I am with you, you are with me,
always in our hearts.*



Lovingly remembered by wife Betty and
family.

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