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Members of Macroom Men's Shed on a recent trip around the Ring of Kerry. Pic Denis O Leary

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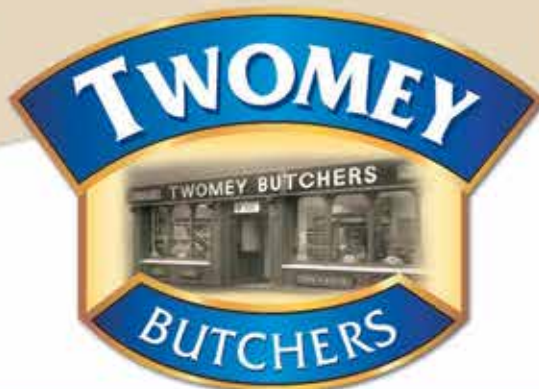
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Don't be a stranger If you have an article, photo or story you wish to share, email:

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

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

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

As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne

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

Please note Des has a new number

087 3600223

Macrooom Food Festival 2025



We are on countdown to the Macrooom 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.

Family Friendly 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.

This is sponsored by the "Ezin" our local Sustainability Coffee Company. 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 Macrooom 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 Macrooom Food Festival would not be possible without our loyal sponsors who support the event, we thanks 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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Ed 19 - 18th September 2025

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**DE LA SALLE COLLEGE
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OPEN NIGHT

**An open night for prospective Pupils & Parents
2026/2027 will be held in the College.**

Tuesday 30th September

From 5.00pm- 8.00pm

Principal's Address 7.30p.m



Congratulations to our Leaving Cert class of 2025

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KILMICHAEL VINTAGE & HARVEST FESTIVAL

Kilmichael Vintage & Harvest Festival on Sunday, October 5th at Kilmichael GAA grounds in Annahala (Eircode P12 RF38) commencing at 1: 30 pm.

Proceeds in aid of **WEST CORK PALLIATIVE CARE - WEST CORK RAPID RESPONSE and MARY MOUNT HOSPICE.** There will be a display of Vintage Engines, Bikes, Cars, Tractors, old time machinery and rare old farm implements along with an old time Threshing, so if you have a vintage vehicle or any old implements

, please bring them along on the day. The club will be holding a charity Auction of various items and if anyone would like to give something for the charity auction, the club would be very appreciative and if you need more information contact the number below. There will also be a Dog Show and Childrens Sports on the day. Numerous side shows and fun events for all the family like Horse-shoe pitching, Ring Board, Bowl Throwing and Wellington Throwing also a Pets corner. In conjunction with the festival, there will be a

cake sale and the club would be very grateful if people would kindly donate baking on the day towards the sale. There will be Teas and live music in the field on the day along with a Raffle. Food and refreshments reserved. Strictly No Hawkers Allowed. Your support would be greatly appreciated.

If anyone needs any help or information, please do not hesitate to contact : PJ-087 6289734 or Denis -087 1191159

THE MACROMPIAN COMMUNITY ACTIVE RETIREMENT

The Active Retirement Group had some lovely day trips during the summer, to Gougane Barra, Garnish Island and Bantry, the most recent one was to Bantry House and Whiddy.

Our typical Irish weather was not so kind to us on this last day trip, but it did not dampen the spirits. First stop was Bantry House where we enjoyed an insight of how the rich and famous lived in days gone past. This stately mansion has a beautiful view out over Bantry Bay but on this occasion, the café was more attractive than the gardens to most. The windy day gave us some swell on the ferry trip to Whiddy but this was all part of the craic while embracing the conditions, emphasizing our resilience and positive attitude. The lovely little old pub and restaurant on the island was the destination, where we had some great chat and stories told until our trip back to the mainland. A few cut the visit short, and returned to Bantry for a bit of retail therapy.

The group took a break from indoor events and meetings during the summer, but returned in strength on the 1st September with an excellent presentation by Garda Orla Doyle, our Community Garda. To say she impressed us would be an understatement. We were blown away by the amazing presentation she gave on safety and security. The amount of advice and knowledge that she gave us about our personal security, security in our homes and safety when out and about gave us a lot to think about.

When we think about burglaries, we think about broken down doors and windows to get access, but we forget that burglars like easy opportunities. If they have to make a lot of noise, spend a lot of time, or risk been seen, the chances are they wont bother and move onto easier targets. The obvious thing is to



Members of the Macrompian Community ARA on a recent day trip at Bantry House

make sure all doors and windows are securely locked when leaving your house, and not make it easy for them. We tend to forget that visibility from the public road makes their job much easier. If there are high hedges and walls, providing privacy to your home, the chances are that this also makes the place more attractive to the burglar, as they can go about their task easier if they cannot be seen. And having a lot of light around your property is a great deterrent.

Orla went through a very extensive checklist of how we should secure our home and the obvious things that we overlook. She advised us to exercise caution when people knock on our door, always ask for ID and be very careful about false ID. Make that phone call, be it to the company they are saying they represent or to the local Gardai and they will leg it fast if they are not genuine. There are so many things that are obvious but the less obvious ones are that ones that

the burglar will cop. Are you away on holiday and your lawn is unusually untidy. Get someone to cut your grass when you are away.

Supposing you urgently have to call an ambulance for yourself or someone else. There is a little green bottle available at the Garda station that you should have in your house. It should contain all your personal details, contact for a family member, a brief medical history and a list of your medication. This initiative is funded by the Lions Club. Most of the members never heard of it. Orla had a supply of these bottles available for the members and a box of high viz vests for anyone venturing out after dark.

This is just a snapshot of her complete presentation. If you have an opportunity to go to one of these presentations, it will be the best couple of hours you will spend.



Some of the members on the Ferry to Whiddy Island



Members of Macrompian Community ARA with Garda Orla Doyle at recent presentation on safety and security



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MACROOM GIRL GUIDES

From September 5th to 7th, Dara, Katie and Rachel attended Ventact the joint event of CGI, Scouting Ireland and IGG. The Wild Wild West themed camp was held in Kilcully, Co.Cork with members from the various organisations coming as far as Drogheda to attend. Friday evening we arrived at the site to set up and meet with others in attendance.

At 12am the group activities for Saturday were handed out randomly and the swapping of tickets frenzy began. All 3 of us were lucky enough to end up in Smugglers Cove together where we enjoyed tubing and an inflatable obstacle course. A Scouts Own was held with presentations of awards and a very touching story of how one small act of kindness could change the trajectory of someone's life. Although the weather was against us for the weekend, there was no stopping the highly anticipated disco Saturday evening with the cowboy boots being brought out! Sunday morning, we danced our hearts out one last time before striking camp and heading home.

Electric Picnic x IGG

By Aileen O' Leary

As an over 18 Senior Brancher, there are lots of fun opportunities that open up to you. For example, this

summer I was able to volunteer as camp staff at Orbit, along with volunteering as staff at Electric Picnic.

Orbit was a fantastic way to meet up with other SBs my age and make new connections from around the country. We got a fair bit of free time as staff, which meant that when we weren't working we were able to enjoy all the camp had to offer, like the staff café and lounge area, go to specific workshops and activities, like swim sessions, crafts and game nights, or just relax in the staff camp. When we did have work to do, our shift times were very reasonable, and it was a great chance to make friends with the other people on our staff teams, which included some international guides. I was on the site services team, which handled maintenance and site upkeep. Other jobs given to staff were things like running activities, stewarding and running the camp shop, which all seemed like good fun in their own ways. A good bonus for staff was being able to have catered meals indoors thanks to the staff in Clongowes Wood, where the camp was held (an even better bonus was being able to skip ahead in the queue if you were in staff uniform!)

Electric Picnic definitely didn't have the same luxuries as Orbit had for staff, but it was just as much craic.

Everyone got one day off to enjoy the festival to the fullest. Mine was Friday, which was amazing because I was able to get my bearings in the main arena and see all the acts I wanted to see. The work mostly involved helping people put up tents, and fixing tents that blew away in the wet weather. IGG attended as part of Clann volunteers, which meant we were able to use the Clann tent in the arena as a base, which was handy if you wanted to get lunch or unwind for a bit. I was lucky enough to get really good times for my shifts, which meant I was able to see the performers I was most excited about. Even if your shift is at the same time as your favourite artist, you're able to take your shift break whenever you want, so if you planned strategically you won't miss out on anything. Of course, the best bit was that IGG staff got into the festival for free, as we got our deposit straight back as long as we clocked in and out of all our shifts, so it was really good value!

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



MacEgan Rangers & Duleek SB in Kilcully



SW Regional Commissioner Mary H O' Connor visits Macroom Guides



Aileen O' Leary and staff at EP 2025



Happy 18th Birthday to Sber, Katie Cronin

AIKIDO STARTS IN MACROOM

Our first aikido session started Monday, September 8th, from 19:00 to 20:00 at Chapel Hill. There will be classes every Monday at the same time. The first class is free of charge. Afterward, each session will cost 12 euros. There is no parking directly on site, but it's usually easy to find spots nearby. As for clothing, nothing special is needed — regular sportswear is perfectly fine.

Location: Chapel Hill School of Art, Chapel Hill, Sleeven East, Macroom, Co. Cork, P12 E020

Instructor: Princy Andriamanarivo,
contact:
mobile phone: 0877829019
facebook:
<https://www.facebook.com/profile.php?id=61580287280719>



Muskerry Vintage Club will hold its Annual Charity Run on Sunday 21st of September. Registration from 10am, to 11:45 in the college Car Park next door to the Abbey Hotel Ballyvourney. Refreshments at registration and at Midway Stop. Proceeds to local charities. Contact Lar at 087 2268752 for more information.

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End of an Era in Kilmichael

Friday August 29th marked the end of an era as Kilmichael couple John and Eileen Collins retired from An Post after 48 years of service.

The popular couple who were known for their strong work ethic and diligence have seen many changes during their tenure with An Post. The couple also ran a grocery shop and fuel pumps which also closed on the same weekend. The duo also ran a pub in which they called 'time' for the last time in March 2020 during the Covid Pandemic.

Even though John and Eileen ran the business themselves, they were able to enjoy some well deserved down time with the help of very dependable local ladies who stepped in and ran the business like clock-work when called upon.

Numerous people have extended their

best wishes to John and Eileen in recent weeks on their recent retirement with locals praising them for their kindness and generosity down through the years.

The sunny August day was filled with happiness and nostalgia as John and Eileen paid out pensions and sold essential items such as bread, milk and 'the paper' for the last time to loyal customers who over the years became their best friends. Customers, friends, staff members past and present and family members gathered for this momentous occasion. Stories were told over a cuppa and a few treats and photos were taken.

Best wishes to John and Eileen in the years ahead and Thank You for your 48 years of service to the Kilmichael Community.



Pat Cremin (An Post) with Eileen and John Collins.

WEST CORK AT WAR

Available now in bookshops and online, West Cork at War is a fascinating new book on the Civil War in West Cork, which tells the dramatic story of the largely forgotten guerrilla war that engulfed the region during the autumn and winter of 1922.

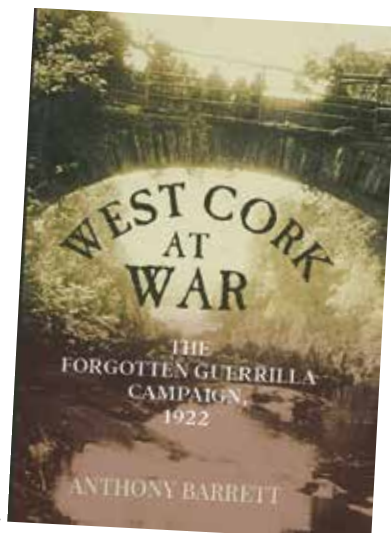
It reveals the great tragedy of a time when former comrades in arms, old friends and families fought each other for the elusive Irish Republic.

Containing new research from recently released archives, it also sheds new light on incidents such as the notorious Bandon Valley massacre, the tragic death of Michael Collins at Beálnabláth, the violent attacks on the towns of West Cork towns and the incredible adventures of the legendary armoured car Sliabh na mBan.

The author, Anthony Barrett, a professional engineer working in the pharma industry who has a keen interest in local history, grew up in Ballineen, hearing many stories of the War of Independence from the locality, but was largely unaware of the extent of the Civil War activities in this region until he began

researching this book. Though it is a difficult and controversial history, it is part of all of our ancestors' past and deserves to be remembered.

West Cork at War is published by Eastwood Books, part of the Wordwell Group. Its official launch will take place in Cronin's Bar, Gougane Barra, on October 4 at 4 p.m.



BOOK Launch



WEST CORK AT WAR

A new history of the Civil War in the West Cork region
by Anthony Barrett - Published by Eastwood (Wordwell Group)

OFFICIAL LAUNCH
will take place in **CRONIN'S BAR,**
GOUGANE BARRA
on the **Saturday the 4th October at 4pm.**

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MACROOM FOOD FESTIVAL

THIS FRIDAY NIGHT 19TH

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



Cork County Council
Comhairle Contae Chorcaí



LEE VALLEY
ENTERPRISE BOARD



SATURDAY 20TH

BETTER TOGETHER WELLNESS EVENT
 Chapel Hill School of Art 10.30am- 1.30pm - Free Entry

**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

€10
entry

“HOW TO LOVE YOUR LARDER”
 Cooking demo with Orla Mc Andrews at 6pm
Advanced Booking recommended
 email: info@macroomfoodfesitval.com

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

**CHECK OUT THE
LIVE MUSIC BAND TRAIL
IN THE LOCALS PUBS OVER THE WEEKEND!**

SUNDAY 21ST

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





**FAMILY FRIENDLY
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



**FINBARR DENNEHY
& FAMILY DANCING BAND - at 3pm**

Orla Mc Andrews Workshops



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

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. Macroom 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: Macroom GAA Hall.
Entry €10 advanced booking recommended by
emailing info@macroomfoodfestival.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 September
at 11am – 12pm or 12.30pm – 1.30pm
Venue: Mc Egan College.
Entry €10. Places are limited, advanced booking is essential.
info@macroomfoodfestival.com or text 086 8589043.



Cork County Council
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DANONE
AND VALLEY THE MOUNTAIN

SECAD

Macroom Mens Shed

Macroom Men's Shed have had a busy few weeks, they had their annual BBQ On Wednesday the 27th of August.

On Wednesday the 10th of September they did a tour around the Ring of Kerry. They stopped off in Kells Bay Gardens where they walked around. Kells Bay Garden

is an award-winning Garden Centre, and the owner only recently won a gold medal at the Chelsea Garden Show for his feature on Ferns. Next stop was the coast guard station in Valencia. It is only one of three in Ireland and overlooks Valencia lighthouse. A big thanks to Denis O Leary who so kindly organised this

tour for us. It was then on to Sneem for refreshments and finished up in Kenmare for Food. The Garda Community Bus was the mode of transport for the day, and they were very appreciative of the driver Sgt Michael Kelleher and the Guards for the use of the bus for this great day out. Mile Buiochas.



Macroom Men's Shed at Coast Guard Station Valencia Island



Some members of Macroom Men's Shed in Sneem

Carrigadrohid Castle 04.09.2025

Picture Grainne Dunlee



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, Ballingeary, 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 Cartellie 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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OPTIMAL CHIROPRACTIC
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Simple Steps for Better Sleep

If you've ever woken up with a stiff neck or sore back, or struggled to fall asleep and stay asleep, your sleeping position, environment, and evening routine may be part of the problem.



by Dr. Ben Martin
Optimal Chiropractic,
Ballincollig

Here are a few simple, science-backed tips to help you sleep better and wake up feeling refreshed:

1. SUPPORT YOUR SPINE WHILE YOU SLEEP

The best positions for quality sleep are on your back or side.

- **Back sleepers:** Place a small pillow under your knees to reduce strain on your lower back.
- **Side sleepers:** Tuck a pillow between your knees to keep your hips and spine aligned.

- **Avoid stomach sleeping**, as it twists the neck and puts pressure on the spine.

A **medium-firm mattress** and a pillow that keeps your head in line with your spine can make a big difference in preventing morning stiffness.

2. SYNC WITH YOUR NATURAL RHYTHM

Your body's internal clock, or **circadian rhythm**, thrives on consistency. Going to bed and waking up at the **same time every day - even on weekends** - helps your body fall asleep faster and stay asleep longer.

3. CREATE A CALMING ENVIRONMENT

- Use **blackout blinds** or an eye mask to keep your room dark.
- Keep the temperature **cool** - around 18-20°C is ideal.
- **Reduce noise** with earplugs.

4. BE MINDFUL OF EVENING HABITS

- **Avoid caffeine after 3 p.m.**, as it can stay in your system for hours.
- **Limit water** just before bed to reduce nighttime wake-ups.
- **Turn off screens** an hour before bed to cut down on blue light, which disrupts melatonin- the hormone that signals your body it's time to sleep.
- Instead, **try reading, stretching, or light breathing exercises** to relax your mind and body.

If pain or stiffness still keeps you awake, it may signal an underlying issue. Chiropractic care can help improve spinal alignment and reduce tension, making restful sleep easier to achieve.

By supporting your spine, setting a calming routine, and making small lifestyle tweaks, you can wake up with less pain, more energy, and a healthier start to each day.



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DE LA SALLE College Macroom

Geography Field Trip

On Thursday, September 11th, last, sixth year, geography students partook in a field trip to Killarney National Park.

Students carried out several experiments on the Owengarriff River to examine the impact of erosion on the formation of the landscape. Thanks to Mr. Keane and Mr. McCarthy for organising this brilliant experience.

Club Gaeilge

The Club Gaeilge started up again and this week the students practiced the basic steps of line dancing. Mile buíochas to the buachailli that turned up. Tá fáilte roimh gach duine gach Luan.

Music Group

The De La Salle Music Group have resumed their music sessions during lunchtime every Thursday in Room 29. All interested students are encouraged to bring their instruments and join in on the fun! The group practice playing and learning new tunes, notes and help is provided by Ms. Ó Sé and Ms. Creedon. The group had a very successful year last year, playing various gigs for charity, Christmas and Seachtain na Gaeilge lunchtime sessions. The group played for the Open Night and School Mases as well as the Christmas Concerts in our local nursing homes in Macroom. This year we hope to do the same and more!

Open Night.



De La Salle students during their Geography Field Trip

Calling all prospective students and parents!

Join us for our Open Night on September 30th at De La Salle College.

From 5:00 PM, explore our vibrant classrooms and meet our dedicated teachers who will be presenting and sharing what makes our school special.

The principal's address will begin at 7:30 PM. Get all your questions answered and discover the opportunities that await you at De La Salle.

We look forward to welcoming you.



De La Salle College Club Gaeilge learned Line Dancing with Ms McSweeney



De La Salle Music Groups first practice session for 2025

NUACHT Ó CHOLÁISTE GHOBNATAN

FÁILTE

Ba mhaith linn fáilte a chur ar ár rúdaí Gearóidín Uí Bhuachalla a thosaigh linn le déanaí. Guímid gach rath ar Cháit Ní Fhuaráin atá ar shaoire mháithreachais faoi láthair.

TRÁTHNÓNA NA NGAIRMEACHA

Ar mhaith leat d'aistear gairme a roinnt le daltaí i gColáiste Ghobnatan? Táimid ag súil le Tráthnóna na nGairmeacha a eagrú don Déardaoin, 2ú Deireadh Fómhair, idir 18:00-20:00. Tabharfaidh an tráthnóna deis ag daltaí uile na scoile foghlaim faoin raon iontach gairmeacha amuigh ansan sa saol. Táimid ag lorg daoine áitiúla atá ag gabháil do phoist, nó slíte beatha, a mbeadh suim ag daltaí ann, chun bualadh leis na daltaí agus a gceisteanna a fhreagairt faoi (i ngaeilge nó Béarla). Más iarscoláire/ tuismitheoir/ fostóir/ duine i do chónaí nó ag obair sa cheantar thú, agus más mian leat bheith páirteach, cuir teachtaireacht go c.nichonchubhair@colaisteghobnatan.ie roimh an 20ú Meán Fómhair. Fáilte roimh chách! Ag súil le sibh a fheiscint ann!

Would you like to share your career journey with the

students in Coláiste Ghobnatan? We hope to run our second "Tráthnóna na nGairmeacha" (Careers Evening) on Thursday, 2nd October, between 18:00 and 20:00. This event will give the students of our school a chance to learn about the wide range of careers that are open to them. We are looking for local people who have jobs or occupations, or are studying courses, that students may find interesting, to meet with our students and answer their questions. If you are a past-pupil/parent/ employer/business person/a resident of the area, and you wish to take part, please send a message to c.nichonchubhair@colaisteghobnatan.ie before the 20th of September. All will be warmly welcomed

FOURTH YEAR ENGLISH

le Caireann Ní Loingsigh, Keely Ní Dhuinnín agus Chloe Ní Chríodáin

Fourth year English class are compiling a magazine project about characters we have studied in our junior cycle within a two week time frame. The magazine features interviews with characters, fashion pages and adverts. We are loving our project!

LÁ OSCAILTE

Beidh lá oscailte ag teacht suas ar 9ú Deireadh Fómhair. Beidh deis ag daltaí ó rang a sé blas de roinnt ábhair a fháil.

OÍCHE OSCAILTE – SÁBHÁIL AN DÁTA

Beidh ár n-oíche oscailte ar siúl Déardaoin 9ú Deireadh Fómhair idir 18.00 – 20.00 – fáilte roimh chách! Beidh eolas clárúcháin ar fáil ón Dé Céadaoin 1ú Deireadh Fómhair ar www.colaisteghobnatan.ie. Our open night will take place on Thursday 9th October between 18.00 – 20.00 – everyone is welcome! Enrolment Information available from Wednesday 1st October from www.colaisteghobnatan.ie

FOCLÓIR

- rúnaí – secretary
- aistear gairme – career journey
- blas – taste

ÁR MEÁIN SHÓISIALTA

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ST MARY'S NEWS



St. Marys at Gougane Barra

Principals Welcome

A Warm Welcome and Best Wishes for the Year Ahead – 2025

We extend a warm St Mary's welcome to all our new students who have recently begun their Secondary School journey in First Year and across other year groups. Our First Years have settled in wonderfully under the guidance of Ms Collins and our Transition Year Buddy students. The Buddies have played a key role in supporting our new students, helping them navigate their move to secondary school with kindness and care.

We also congratulate every single member of the Leaving Certificate Class of 2025 on their outstanding exam results. It is wonderful to see the commitment, resilience, and hard work of the past six years come to fruition, and we are very proud of their achievements. All students have now returned to school, and we are delighted to see school life in full flow once again. Sports, co-curricular and extra-curricular activities are up and running, bringing energy, fun and a strong sense of community back into the daily life of St. Mary's.

This year we also mark the retirement of Ms Bríd Kelleher, who has given 36 years of dedicated service as a Maths and PE teacher, and has been a wonderful colleague to us all. We extend our heartfelt thanks to Bríd for her commitment to generations of students and wish her every happiness in her retirement.

Finally, I would like to take this opportunity to wish every member of the St Mary's community the very best for the academic year ahead.

Stephen McLaughlin
Principal

1st Year Class 25/26

We are delighted to welcome 72 new First Year students to St Mary's this year, we hope that the girls will be very happy with us. Thank you to our fantastic group of fourth year Buddies who are helping our first years to settle into their new school environment. Our Buddies this year are: Grace Mehigan, Aoife Doyle, Réaltín Walsh, Katelyn Cronin, Doireann Lucey, Chloe Galvin, Laura Moore, Sarah Neville, Grace Duarte and Laoise Flynn; who have written this short report on their first week with the 1st years:

"On Friday, the first years took part in an induction day where they met their Year Head, Principal, Vice Principal and Buddies. They received their locker keys and school supplies, decorated the timetable in their new school journal and enjoyed a day of bonding activities including Just Dance. On Monday, the 1st years spent the morning labelling their new books and organising them into useful subject folders. In the afternoon they met the first of their teachers in their classes. On Tuesday evening they received their individual school Google accounts. Friday evening they had an evening of fun and games to celebrate

their first full week in St Mary's."

The Buddies are a massive support to the first years and we thank them for their commitment to St Mary's. TY Activities Reported by the TY Promo Team:

Gougane Barra Hike

"The 4th years headed off on their first TY trip of the year to Gougane Barra. They completed the horseshoe hike with Mr Galvin as their leader, also accompanied by Mr Ronan, Mr Quill and Ms O'Leary. The group had an enjoyable day taking in the views and hiking the often challenging trail. The fourth years eventually arrived back at school, tired, muddy and with a sense of achievement."

LEO Visit

"Gráinne Carmody, the Local Enterprise Office Coordinator for the Student Enterprise Programme, came into the school to talk to the 4th years about their Mini Companies and the competition. Gráinne gave them some great information on how they can successfully come up with a great business idea and how to execute it. The talk was extremely informative and we hope to see many new businesses starting up in the coming weeks. Thank you to Mr Galvin and Mr Ronan for organising this informative talk for us."



St. Marys TY Buddies 25_26



St. Marys 1st Year 25-26

HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie

ST. MARY'S

SECONDARY SCHOOL, MACROOM

T: 026 41544



OPEN NIGHT

Thursday 25th September 2025 6.00pm – 8.00pm

Principal's Address at 6pm

Céad Míle Fáilte

Applications can be submitted from Monday, September 29th

Closing date for applications Friday, October 24th

ADMISSIONS POLICY AVAILABLE ON OUR WEBSITE

www.stmarysmacroom.ie



*Congratulations to our Leaving Cert. Class of 2025 on their fantastic results.
We wish you all the best for the future*

MCEGAN COLLEGE

Cyberbullying Awareness: On Tuesday, September 2nd Colette Dinneen, McEgan College School Completion Programme Coordinator, together with Garda Damian White, Juvenile Liaison Officer delivered a presentation to the 1st & 2nd year students on the topic of cyberbullying and the safe and responsible use of mobile phones and social media. The presentation was received very well by all students who engaged in and contributed to the conversation. A particularly important and relevant reminder for all as they make a positive start to the new academic year. The main takeaway message to students was to behave respectfully, responsibly, and safely on all social media & networking platforms, in short, "Think Before You Post".

1st Year Bonding Trip to Airtastic: A Day of Fun and Friendship. Our 1st Year students recently enjoyed an exciting bonding trip to Airtastic, where they took part in a range of fun activities including the Bounce Zone, bowling, and crazy golf. The trip was a fantastic opportunity for students to relax, have fun, and most importantly, start building new friendships as they

begin their journey in secondary school. It also gave them a chance to get to know their class tutors Ms. Mc Carthy and Ms. Galvin in a more informal setting. Year Head Ms. Morris and SNA Deirdre Cronin also accompanied students. The energy and laughter throughout the day made it clear — the trip was a big success!

TY Students Enjoy Bonding Trip to Ballyhass Lakes: Transition Year students Macroom recently set off on an exciting bonding trip to Ballyhass Lakes Coachford. Students also engaged in team-building exercises, encouraging them to work together, support one another, and build trust in a fun and relaxed setting. The trip was a resounding success, with students returning home tired but full of stories and laughter. A special thanks was also extended to the staff at Ballyhass Lakes for their guidance and encouragement, ensuring that everyone had a safe and enjoyable experience. This bonding trip marks the beginning of an exciting year ahead for the Transition Year group, who are looking forward to many more opportunities for personal growth, new challenges, and shared adventures.

McEgan College Welcomes European Exchange Students: Once again this year McEgan College has welcomed a group of international students for the current academic year. Under the coordination of the International Student Officer, Mr. O'Connor, the school is hosting students from Italy, Spain, Germany, and Belgium. These students have come to improve their English language skills and to enjoy the Irish cultural experience. The visiting students are engaging fully in the academic and extracurricular life of the College, while also sharing elements of their own cultures and languages.

SPORT: Sport training has begun. Gaelic fixtures are kicking off immediately, with the first Boys U17 championship game scheduled for last week of September. Best of luck to all the students who will represent the school in football, basketball, soccer & cross country running throughout the year and thank you to the staff who give time to train them.



McEgan College Students at Ballyhas, Coachford recently.



1st Years enjoying Airtastic recently. Victoria Latsko, Fardusa Abdulqadir, Nina Blavin, Faye Kelly, Lilly McCarthy and Daire Murphy O'Brien in the back jumping.



Mr Adrian O'Connor, co-ordinator with the 2025 group of International Students who have come to study at McEgan College for the Year. Students this year hail from Belgium, Germany, Spain, & Italy.



McEgan 1st year students enjoying the fun at Airtastic Cork, Faye Kelly, Alanna O'Driscoll, Katherine Robinson, Nina Blavin, Lilly McCarthy



McEgan College 1st Year students enjoying a day out in Airtastic.



Mc Egan Student Lily Barret who got 1st place for Concertina at the Munster Fleadh recently

McEgan College

OPEN NIGHT

2025

**ENROLL
NOW**

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Principal's Address: 8pm

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TO ALL**



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Baile Mhic Íre, Co. Chorcaí

Scéim Aitheantais mar Scoil Ghaeltachta



Clárú do Scoilbhliain 2026/2027 Enrolment for School Year 2026/2027

Oíche Oscailte Coláiste Ghobnatan **Coláiste Ghobnatan Open Night**

Am / Time: 18:00 - 20:00

Dáta / Date: Déardaoin 9ú Deireadh Fómhair 2025 / Thursday 9th October 2025

Focal ón bPríomhoide: 7.00pm / Principal's Address: 7.00pm

Eolas clárúcháin ar fáil ón

Dé Céadaoin 1ú Deireadh Fómhair 2025

Spricclá d'iarraitais: Dé Céadaoin 22/10/25

Enrolment Information available from

Wednesday 1st October 2025

Application Deadline: Wednesday 22/10/25



Príomhoide /Principal: Máirtín Ó Colmáin • Leas-Phríomhoide/Deputy Principal: Máiréad Uí Liatháin

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ST JOSEPHS NATIONAL SCHOOL

A huge welcome to all our new pupils, especially our fabulous Junior Infants who rush in the gate each morning to meet their friends and have lots of fun with their new teachers, Ms. Kelleher and Ms. O'Sullivan.

All those Summer days are fading into memory as we embrace a brand-new year full of fun learning activities. 6th class have already been making a splash in the pool as they return to the Castle Hotel for their last blast of swimming lessons.

We are delighted to give a sneak peek of our new "Secret Garden" which has seen the transformation of a piece of unused ground at St. Joseph's. Thanks to a huge team effort by the school's Board of Management, Parents' Association, staff and local businesses we have been able to turn the area into an outdoor classroom and leisure space over the Summer break that will be enjoyed by all pupils in the school long into the future. Not fully complete yet, there are lots of further additions to be made to make the space fully usable.

A particular thank you to Alice da Silva, Chairperson of Cairde Naomh Íósaf, who kept the development on track and liaised with all involved; especially



Kieran Desmond, Plant and Haulage who completed all the ground works, parent Ted O' Riordan of Tedz Gardenz who did a fantastic job of fencing off the area, schoolgrass.ie who supplied and fitted the astroturf and we are also grateful to Anthony O'Connell tree care for creating extra space.

We are very grateful to local businesses also, whose kind donations will help enhance the area and allow for the completion of the initial phase of the garden. We would like to thank Cygnum for the creation of two

large picnic tables which have been a great addition to the space already. Thanks to the staff involved and to Trish and past pupil Peter McSweeney for organising the tables and their delivery. Thanks also to Roadstone and Inver.

The development could not have happened without the funds raised by the Parents' Association over the last few years through events such as our Halloween Walk, Bake Sales and raffles as well as our ever-popular weekly Lotto fundraiser which is supported by parents, past pupils, grandparents and the wider community. Go raibh maith agaibh go léir!

The return to school was a peaceful one with the completion of our new school street just in time for school re-opening. The removal of traffic from directly outside the school has ensured that pupils can walk to school and from school from all over town in a safe manner. We look forward to the addition of some playful road markings and furniture to keep everyone busy while they wait for the gate to open in the mornings. Thanks to Macroom District Council, An Taisce, Green Schools and Safe Routes to School for their input on the development.



Ms Kelleher's Junior Infants



Our new garden in St Joseph's!



Ms O'Sullivan's Junior Infants



Thanks to Cygnum for their generous donation of two lovely tables for our new garden.

MUINEFLIUCH NS



Some pupils from Muinefliuch are busy preparing for our Pop-Up Garden Shop sale

GRANVILLES

Castle Street - Neighbourhood Bar & Restaurant



SATURDAY, SEPTEMBER 20TH

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Mods & Minis: *Your Go - To Destination for Kidswear & Gifts in Killarney*

For over two decades, Mods & Minis has been a go-to store in Killarney, proudly serving families with stylish, sustainable children's clothing up to 12 years and thoughtful baby gifts. Now located centrally in Killarney Outlet Centre, this vibrant store is more than just a shop, it's a trusted destination for everything from newborn gifts and essentials to Communion wear for boys and girls.

With four additional stores across Munster, Mods & Minis continues to grow while staying true to its roots.

Founder and Killarney native Deirdre McCloskey recently spoke with the Killarney Outlook about the values that have shaped the brand's success.

"Our brand is all about offering quality at a fair price," Deirdre shares. "Whether it's back-to-school basics, cosy seasonal jackets, occasion wear, or the perfect gift for newborn, we've got it covered. What sets us apart is our exceptional customer service and the experienced team behind it."

That personal touch is especially evident during Communion season, when staff take the time to help each child find the perfect outfit - ensuring comfort, confidence, and great value.

Mods & Minis unveiled a beautifully redesigned store in the Killarney Outlet Centre in 2023, adding even more brands for newborn gifts and creating an inviting shopping experience. Deirdre adds:

"We're so grateful for the continued support from our local customers since the move. Shopping local really does make a difference and we invite readers to visit us this season and help keep independent retail thriving."

Visit Mods & Minis at Killarney Outlet Centre, Fairhill.

Open 7 days a week.

Call the store at 064 663 7476

Browse online at www.modsandminis.ie

Follow on Instagram and Facebook for the latest arrivals and exclusive offers.



Right now, the hanging baskets are in full bloom. Thanks to those premises in the town that have put up some nice floral displays on their buildings this year. These greatly enhance the streetscape and there's room for more. The judging for this year's Tidy Towns Competition is coming to an end. We would ask all business premises to stand back and have a look at their own premises, from the path below to the roof above. Is your own premises free of grass, weeds, cigarette butts etc and painted adequately. Five minutes of regular attention would greatly improve matters in some cases and greatly assist the volunteers who must look after so many other things and public areas.

Cork Co Co Anti-Litter Competition 2025 Awards Ceremony took place on September 15th in County Hall. Five volunteers attended on the night. Our next article will have a more comprehensive report on the night.

From September 19th to 27th Sustainable Development Goals Week takes place. There are seventeen Sustainable Development Goals which reflect Economic, Social and Environmental dimensions of Sustainable Development. When the Tidy Towns Application form is been completed annually, each of the eight sections must link to one or more of the seventeen sustainable development goals.



The development goals are made up of the following:

1) No Poverty, 2) Zero Hungry, 3) Good Health and Well Being, 4) Quality Education, 5) Gender Equality, 6) Clean Water and Sanitation, 7) Affordable and Clean Energy, 8) Decent Work and Economic Growth, 9) Industry, Innovation and Infrastructure, 10) Reduced Inequalities, 11) Sustainable Cities and Communities, 12) Responsible Consumption and production, 13) Climate Action, 14) Life Below Water, 15) Life on Land, 16) Peace, Justice and Institutions, 17) Partnerships for the Goal. Some local initiatives that we can use in our application and link in with SDGs Include: Local Shoe Box appeals, Book Swaps, community driven festivals, local markets' planting.

These Sustainable Goals also give credits to 2nd hand shops, and Macroom has several as well as repair shops such as Olan Buckley's in the Mall and the computer shop on the square.

Santa's Grotto in the Tiny Feet Fairy Garden will not be returning this year which will disappoint many. This due to Scheduling Conflicts, unusually high sleigh

running costs, elf vacations overdue, Santa's Workshop expansion and Pre Production Planning this year. We would like to say a big thanks to the hundreds of kids that have supported us, the volunteers that helped out and the local sponsors, it was very much appreciated. Another area where change is coming will be the change to grass cutting arrangements in many housing areas, those estates where the Tidy Towns have been managing the grass cutting. This has become unsustainable and is being looked at in great detail by the Cork Co Co who will be issuing information and guidance on this in due course.

As always Tidy Towns volunteers have been busy with Litter Picking, General Maintenance around Town, cutting grass in the green areas of housing estates, weeding, planting, pruning, working in the Fairy Garden, Clearing and Maintenance in St Coleman's Park Amenity Area.

Some other Tidy Towns groups cease work later in the year and take a break for the Winter and resume in Spring. Macroom Tidy Towns however continue to work all year round and have monthly meetings every month also. Many people compliment and admire the work we do and admire but why not consider doing something small yourself in your own local areas if you are not already involved. This helps overall effort, inspires others and there is a feel-good factor. We in Tidy Towns will support you in whatever way we can. You may also like to come along and join us some Saturday Morning at 9am at our base in Masseytown as we are always open to new people joining in and helping with the work, you can complete an application form online at our website or you can contact Lisa at 087-1434770 if you have any questions.

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60th Anniversary Weekend



Join us in Kilmurry-Celebrating the 60th Anniversary of the opening of the Terence MacSwiney Memorial Museum

Friday 19 September

Our celebrations will begin with a special Mass at St. Mary's Church Kilmurry at 7:30 pm followed by the official unveiling of our 60th Anniversary Exhibition- a journey from 1964 to present day, honouring the dedicated individuals who helped shape the museum we know today. Light refreshments will be served in the museum afterwards.



Saturday 20th September

Join us for our walking tour of Kilmurry village, highlighting key sites of historical significance. The tour will depart from the museum at 3pm sharp and will be followed by a social gathering in Seano's bar to celebrate our shared heritage and achievements.





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Join Us for a Coffee Morning!

You're warmly invited to our

Charity Coffee Morning

in support of Jack and Jill Children's Foundation.

Date: September 18th Time: 10.30am onwards
Location: Railway view Life Pharmacy, P12 K306

Come along for a friendly morning of tea, coffee, delicious cakes, and good company – all while raising funds to make a difference in children's lives.

Every slice of cake and every cup of coffee helps us bring hope, support, and brighter futures to children. Bring your friends, family, a big appetite (and maybe some loose change!) and together, we can make a real impact!

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AUTISM ASSISTANCE DOGS IRELAND (AADI) LAUNCHES A NATIONAL "HOWL-O-WEEN" CAMPAIGN FOR SCHOOLS, CRÉCHES AND WORKPLACES

Autism Assistance Dogs Ireland today announced the launch of **Howl-O-Ween**, a nationwide fundraising campaign inviting schools, crèches and workplaces across Ireland to host a dress-up day to raise vital funds for life-changing autism assistance dogs.

Participating groups can sign up at <https://www.idonate.ie/event/Howl-O-Ween>, receive a free activity booklet and earn a certificate of completion for taking part in the charity's Autumn campaign.

Howl-O-Ween encourages communities to celebrate while raising awareness of the charity's work. Each participating school, crèche or workplace is provided with a downloadable activity booklet filled with themed classroom activities and a printable certificate to recognise their contribution at the end. Organisers are asked to collect donations via the dedicated iDonate page, ensuring easy, secure giving and a simple sign-up process.

Autism Assistance Dogs Ireland trains and places specially matched assistance dogs with autistic children and their families across Ireland. The charity receives no government funding and it costs €25,000 to train a single assistance dog over a two-year period. Funds raised through Howl-O-Ween will directly support training the new generation of future assistance dogs, veterinary care and ongoing support for matched families nationwide.

"Every euro raised through Howl-O-Ween brings us closer to providing another family with the safety and independence that an autism assistance dog provides," said Erin McEveney, Community Fundraising Lead at AADI. "By dressing up and fundraising together, schools and workplaces can make a real, measurable difference, and learn about autism in a fun, inclusive way."

The campaign is designed to be flexible: schools and crèches can build a themed day into their curriculum while workplaces can hold an inclusive dress-up event



or team activity during the month of October. Organisers signing up through the iDonate page will receive step-by-step instructions, promotional materials and tips for maximising engagement and donations. The charity recommends a suggested minimum donation per participant but welcomes any amount. All funds raised go straight to training and supporting assistance dogs and their families.

Autism Assistance Dogs Ireland is a national charity supporting families across the country with highly trained assistance dogs. The organisation's services include matching, intensive two-year training, handover and continued support once a dog is placed. Howl-O-Ween is one of several community-facing campaigns designed to boost funding and awareness while giving children and adults a positive, educational experience

about autism and assistance dogs.

Boilerplate: Autism Assistance Dogs Ireland is a national charity dedicated to training and placing assistance dogs for autistic children and their families across Ireland. The organisation provides accredited, family-centred services including two-year training of dogs, matching and ongoing support to ensure safe, sustainable partnerships. Autism Assistance Dogs Ireland operates without government funding and relies on community support, donations and fundraising to cover training, veterinary care and programme delivery.

Contact: Press enquiries - Autism Assistance Dogs Ireland
Email: erin@aadi.ie Phone: +353 085 8783280 Sign up and donate: <https://www.idonate.ie/event/Howl-O-Ween>
Website: <https://www.autismassistedogsireland.ie/>



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• **20th September** On Saturday night after 6.30pm Mass, in Canovee Church, our parish priest Fr Kieron

O'Driscoll will bless the burial site at Crossnalanniv – all welcome

• **20th September** Musical Bingo in Clondrohid Tavern :8:30pm sharp All Welcome

• **21st September** Muskerry Vintage Club will hold its Annual Charity Run on Sunday 21st of September. Registration from 10am, to 11:45 in the college Car Park next door to the Abbey Hotel Ballyvourney. Refreshments at registration and at Midway Stop. Proceeds to local charities. Contact Lar at 087

2268752 for more information.

• **Thursdays** Line Dancing every Thursday Clondrohid Community Hall 7pm-8.30pm. All welcome

• **28th September** Gougane Sunday Sunday 28th of September. The pilgrimage day has come round again on this special Jubilee year in the Diocese of Cork. Confessions at the island at 1.30pm Rosary at 2.30pm and mass at 3.00pm

CANOVEE NATIONAL SCHOOL

The new school year is well underway at Canovee National School, and everyone is settling back into the routine of schoolwork and extra-curricular activities.

We are delighted to have Speech and Drama with Martina back on Thursdays and Irish Dancing with Deirdre on Fridays. Both activities are hugely popular and give the children a chance to learn new skills while having great fun.

Our footballers have also returned to action in Sciath na Scol. Their opening game took place on Thursday, September 11th, against Scoil Naomh Muire, Farran, in Éire Óg. Both the boys and girls displayed fantastic teamwork and some lovely football skills. Although they were unlucky on the day, the experience has

given them plenty to build on, and we look forward to the next few matches.

The Junior Infants have been busy discovering their new environment and making lots of new friends. On Tuesday, they joined forces with 6th Class for a nature hunt around the school grounds, which was a wonderful way to explore and learn together. Meanwhile, Ms. O'Driscoll's class have been enjoying their weekly visits to Mass with Fr. Kieron. They are also playing an important role in helping prepare 2nd Class for their First Holy Communion next May.

All in all, there is plenty happening in Canovee National School, and it promises to be a super first term filled with learning, teamwork, and fun.



Canovee 6th class and Junior infants



Canovee NS Seomra Ms O Driscoll



Canovee 6th class and Junior infants

BALLYVONGANE NS

We are delighted to be back for a new school year and to welcome our new Junior Infants to Ballyvongane NS. We wish them many years of happiness here with us. We celebrated returning to school with First Friday Mass in Bealnamorriwe Church with Fr. Roberts which was a lovely way to begin the year together.

Over the summer, we developed our school woods by bringing in a tree surgeon to cut a path and make the area more accessible. We now have a lovely trail that leads through the trees and a log circle in place which will serve as an outdoor classroom. In the garden, some climbing plants have been set and will soon add colour to the yard.

We have a busy schedule of activities at the moment. On Fridays we are attending swimming lessons in Macroom, and on Mondays we have started boxing sessions with our new coach, Mike. Students have also started learning Irish Dancing.

This year is a particularly special one as we celebrate the 180th anniversary of Ballyvongane NS. The school was founded at the height of the Great Irish Famine, which makes its survival and growth an incredible achievement. Throughout the year, we will be learning more about the history of our school and we hope to hold a celebration at the end of the year to mark the occasion. You can follow us on Facebook and Instagram to see more of what we get up to.



First Day at school at Ballyvongane NS



First Friday Mass at Bealnamorriwe Church



Back to school at Ballyvongane NS



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Inchigeela Walks

Relaunch of Inchigeela Walks by Croí na Laoi

On Sunday September 7th last; a set of walks were relaunched in Inchigeela. These walks are of varying levels and distances and are suitable for all walkers, cyclists and runners. The event was launched at 1pm with the unveiling of the new mapboard in River Island car park. The walks were put together by Nora O'Riordan and Theresa Cotter in 2014 and more work was completed on the trails in the past year to get them Sports Ireland approved with the inputting of a vast amount of way markers and a new mapboard in the island with detail on five walks along with a QR code for phone/digital access to the map. The walks offer a huge variety of distances and difficulty to cater for all levels through very different landscapes which are all offered from the one trail head. All these routes are on quiet country roads but offer very different viewing and majestic unspoilt landscape on every route. One route called Céim Daunt is a short 4 km loop through an indigenous and ancient oak woodland, another carries you on a 10 km sharp incline through the mountains that is akin to the Scottish Highlands with heather moorland and majestic views over the mountainscape and lake country on offer while it offers another route along a series of lakes on the River Lee called the South Lake Road. This route is similar to a coast road even though it is along fresh water. The relaunch was attended by local politicians John Paul O'Shea TD, Andrias Moynihan TD, Senator Eileen Lynch, Councillor Kate Lynch and Councillor Gobnait Moynihan. Chairman Tim Maher spoke about the importance of community work and commended the vast amount of work completed by the sub committee. Shane Galvin led the sub committee of Croí na Laoi who delivered the project where they worked on this for the last year. Galvin spoke about the importance of the team involved in the project and

outlined the process in getting these walks nationally approved by the State. Andy Wells, Dan Kelleher, Neasa Ni Laoire, John F O Callaghan, Anthony Murphy and Tim O'Shea were all part of that team and all were pivotal to the success of the project. There were two walks completed on the day in aid of West Cork Rapid Response who were in attendance at the event. Liam Slattery and Kate Crowley of the organisation spoke at the event about the importance of what they do and the voluntary nature of their emergency service to West Cork residents. The 4km loop was led out by the West Cork Rapid Response 4x4 and another group tackled the slopes to do the Derennagig Linear 10 km walk. A large crowd attended the event where refreshments and music were provided in Creedons Hotel afterwards. Croí na Laoi is a very active Tidy Towns and Development Society and has lots of exciting projects in progress which will benefit the community in the long term. They are actively working on another forest trail / walk with panoramic Lake views at the Holy Year Cross and are seeking to redevelop the local community hall as well as a walking bridge crossing the river Lee. The walks are now available in Inchigeela which is a beautiful part of the upper Lee Valley in a hidden corner of West Cork. Why not try them out and explore this hidden gem.

Litter Challenge

The Tidy Towns Groups of Inchigeela and Ballingearry have been invited to the Litter Challenge awards presentation in the Country Hall. Let's hope that there's good news for both villages. The competition to keep your town or village litter free was held during six weeks in mid summer and villagers made a serious effort see that everywhere was spotless during that time.

Garda Clinic

A Garda will attend at the Parish Office on Monday 22nd of September from 11am to 12 noon. The Gardaí will gladly help you with security advice, passport applications, or any other matter you wish to discuss with them. Please feel free to avail of this service. If the service isn't availed of, there may be a danger that it could be withdrawn

Active Retired

The Scooch game equipment will be available to members in Inchigeela Hall starting on Tuesday 23rd of September from 11am to 1.30 pm. And there has been great take for the Chair Yoga and Health and Wellness classes in Cúan Barra. Two very good activities to enjoy for winter time.

Guagan Barra

It has just been announced that the Guagán Barra Hotel has been included in the top 10 best hotels in Ireland for 2025. The competition is overseen by the Independent Newspaper, which chooses the 100 best establishments in Ireland. To get into the top 100 is a great achievement but to be picked among the 10 best is cause for great celebration. Congrats to the owners, the Lucey family and to their staff.

Gougane Sunday

Sunday 28th of September. The pilgrimage day has come round again on this special Jubilee year in the Diocese of Cork. Confessions at the island at 1.30pm Rosary at 2.30pm and Mass at 3.00pm



Inchigeela Walks



Croí na Laoi members and guests at the unveiling of the new walking routes map.

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INDEPENDENCE MUSEUM KILMURRY

Independence Museum Kilmurry will be hosting a series of events over the weekend of 19th & 20th of September to celebrate the 60th anniversary of the opening of the original museum in the village (The Terence MacSwiney Memorial museum).

The schedule of events is as follows (all free to attend and everyone welcome)

Friday, 19 September 2025

- A Commemoration Mass at St. Mary's Church, Kilmurry at 7.30 pm. Fr. Michael Kelleher with Choirs from St. Mary's and St. Andrews's churches, Kilmurry singing a selection of hymns, and Peadar O'Riada, musical composer from Cúil Aodha singing the final

hymn.

- Following Mass, a plaque will be unveiled at Independence Museum Kilmurry acknowledging that the site for the new museum was generously donated by Domhnall Ua Buchalla and family.

- An exhibition will be launched in the Heritage Room in the museum featuring a 60-year timeline with pictures and information on the founding members, people and events of Kilmurry museum from 1965 to the launch of the new Independence Museum Kilmurry. Tea, coffee, and refreshments will be served after this event.

- Kilmurry Parish Schools artwork will also be displayed

which will focus on the theme of the original museum and life in the 1960s.

Saturday, 20 September 2025

- A walking tour of the village will commence at 3 pm from Independence Museum. This tour will include St. Andrew's Church, St. Mary's graveyard, the original museum building, local businesses, Kilmurry Grotto and St. Mary's Church. Local historians and museum guides will give a brief talk at each location. The duration of the walking tour will be approximately 90 minutes.



Former Lightkeeper Gerald Butler giving a talk on the Lighthouses of Southwest Ireland



Karen Lally, Kieran Fitzpatrick, guest speaker Gerald Butler and Meria Butler



Karen Lally, Mary O'Mahony, guest speaker Gerald Butler and Meria Butler

DROMLEIGH NS

Dromleigh N.S. students were delighted to host a presentation for Mr and Mrs John and Eileen Collins on September 12th on the occasion of their retirement.

John and Eileen have been at the heart of our community for decades operating the Kilmichael Shop and Post Office. They have been a constant support to Dromleigh N.S. throughout that time. The staff and students of Dromleigh wish them both many years of health and happiness as they embark on their next chapter.

Many thanks to Ms Anne Bradley for leading our students on a guided tour of the locality recently. Students thoroughly enjoyed learning about nature as part of the Heritage in Schools Project.

Dromleigh N.S. will host a clothes recycling collection again this autumn. Clothing will be accepted on October 15th, 16th, 17th and 20th between 9-9:30am and 2-3:30pm. We accept clothing, paired shoes, handbags and belts. We do not accept single shoes, pillows, duvets, school uniforms or clothing in poor



Students from Dromleigh N.S. exploring their locality with Ms Anne Bradley as part of the Heritage in Schools Project.

condition (wet, mouldy, ripped, completely worn). P12DY26 Contact 026-46212 for further information.

Follow us on Facebook 'Dromleigh N.S Kilmichael' or online www.dromleighns.ie



John and Eileen Collins celebrating their recent retirement from The Kilmichael Shop and Post Office with pupils from Dromleigh N.S.



Jim & Nora Cohalan raised €7205 at our Coffee Morning on July 19th. In the Photo are Rachel Stevenson CEO of the Mercy Foundation, Jim Cohalan and Nora Cohalan

New depot! Recently opened
in Kilmichael

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CLONDROHID NEWS

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

MOVEMENT OF CONTINUOUS PRAYER MARRIAGE AND FAMILY LIFE: Next 24 hours is Saturday Sept 27 to Sunday Sept 28.

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

It is on in the Community Hall from 7pm to 8.30pm. Everyone welcome, contact Ann 087 2385112, or Felicity on 087 6361893

BINGO: Continues every Wed night at 8.30pm. Thanks to all who help to organise and run it, Well done. Everyone welcome. Your support is much appreciated.

BLOOD DONOR CLINIC: 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 22. They would love to see you there.

CLONDROHID PARISH ACTIVE RETIRED: They held their first get together last week after a short Summer

break. A big crowd turned up to the Coffee morning, great chat and banter, and all were given a list of events for the next couple of months. Thanks to all members and welcome to some new members. Looking forward to the next meet ups.

CLONDROHID DEV GROUP: This group continue with clean ups. A big Thank You to James.

Please continue to keep an eye on weeds and rubbish especially around your own residential area. Thanks to all who have helped this group especially with watering during the summer, those hanging baskets really looked well all summer and continue to do so ,well done. The flowers throughout the village and at the graveyard are still gorgeous. Well done. As they say 'many hands make light work'

MUSHERA PLATFORM DANCING: Come and join the fun and craic for this last dance of the season, this Sunday Sept 21 in Ballinagree village P12PF66 at the back of the Laine Bar. Music by Jerry McCarthy and Autumn Gold. Great evening guaranteed. Enquiries to 0860647381.

JACKIE'S SCORAIOCHT: This night of great entertainment singing, storytelling etc will be held in The Laine Bar Ballinagree on Wed Sept 24. Everyone welcome.

GAA NEWS: Rebel Og West U16 Division 2 Championship.

Clondrohid U16 team played their final championship game at home on Monday evening against Boherbue

Knocknagree Plunketts.

Both teams started with great intensity and with 10 minutes gone Clondrohid led by 1-4 to 4 points. Then Clondrohid got 2 excellently taken goals to push the lead to 9. Plunketts fought back with a goal of their own before the break and Clondrohid went in at HT leading by 3-04 to 1-05.

Clondrohid continued to play with great determination in the 2nd half and kept Plunketts from scoring that needed goal.

Great credit has to be given to both teams for a very exciting game. Final Score

Clondrohid 4-10 BK Plunketts 1-08.

Thanks to BK Plunketts for travelling, to the Clondrohid parents and supporters for again cheering on the lads and also thanks to our sponsors Tim Lyons Eng.

Well done to our Clondrohid U11s who took part in the Mick Goold U11 Invitational Tournament in Macroom Sat Aug 30

They played three matches against Canovee, Duarigle Gaels and Macroom. A very young team showed great teamwork, spirit and their skills are really improving.

Thanks to Macroom GAA for hosting a great tournament and for all of their hospitality on the day

LOTTO: Results for Sept 10. Jackpot €1,400

Denny Dineen Clondrohid, Liam Cotter Kilvoultra, Davie Tarrant Dromtariffe, Ned Hubbard Bealnamorrie, Cath McCarthy Bealnamorrie



Clondrohid u 16 team who defeated BK Plunketts last week



Clondrohid u 11 s who took part in the Mick Goold u 11 Tournament recently

CROSSNALANNIV (Forrest townland)

In Ireland, unbaptized babies were historically buried in unconsecrated areas known as cillíní (children's burial grounds) The graves were often simple, marked by small stones, and burials occurred discreetly, sometimes at night, which may have been an attempt to deter Grave robbers, who up to the late 1800's stole bodies from fresh graves and sold them to medical schools for research. Cillíní were also used for rapid mass burials during times of crisis, like the Great Famine. Cillíní were also often sites of an earlier church, and the site at Crossnalanniv may well have been such a site, as the field south of the road is called the 'Kil field', meaning the field of the Church For centuries in Ireland, from the medieval period on, babies who died before, at, or shortly after childbirth were buried separately from older people, in what was usually in unconsecrated ground though sometimes it could be within the grounds of an ancient church. Often these sites were at crossroads, on boundaries between townlands and away from houses.

Crossnalanniv is on the boundary between Rathonoane (Forrest) and Knockavullig. A short distance away and close to Canovee Church is



Pat Cremin(An Post) with Eileen and John Collins.

Kilcoulaghta Burial Ground which is also on the boundary between two townlands, Killinardish and Coolnasoon. So this would suggest that Crossnalanniv was really a burial ground in the vicinity of Church

Crois na Leanbh' is a common enough placename which you will often see on the old Ordnance Survey maps. While unbaptised infants were mainly buried at such places, sometimes toddlers were buried in them and even the occasional adult. In Britain there was a

practice where the baby's body was placed in the coffin of an adult for burial, though rarely recorded in the Parish records. (I am not sure how widespread this practice was)

The report into the Organ retention audit some years uncovered a number of cases in Cork Hospitals where there was no record of the burial a small number babies in the 1980's

So the problem in Irish society of dealing properly with infant deaths, whether baptized or not may be a lot more common than previously though.

Throughout Ireland today many cillíní have been restored, sometimes with simple monuments, to remember and honor the lives of these forgotten children and to provide a sense of dignity and acknowledgment for the families affected.

On Saturday night the 20th of September after 6.30pm Mass, in Canovee Church, our parish priest Fr Kieron O'Driscoll will bless the burial site at Crossnalanniv

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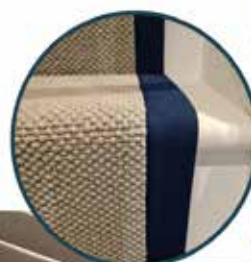


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Macroom History Group (Founded 2023)

Annual General Meeting: This took place in Murray's 1 September before a modest attendance. Chair Con Kelleher welcomed all and thanked the proprietors and all those who contributed to the group's work during the year.

He warmly thanked those who are retiring from the committee for the coming year. Without support from those who attend meetings and walks, the group could not continue. Gratitude was expressed to the Castle Hotel and its staff for providing a lovely venue and to Mick Walsh and The Hope Centre personnel for delivering posters. Mick, Catherine, Margaret, Gabriel and Juliet made valuable contributions. Affirming the group's important work, the chair was satisfied that the group is in a good position to continue its activities for the new season.

Secretary Douglas Kidd outlined the group's activities for the year: seven talks, many town history walks, a field excursion to Ballingeary/Inchigeela, progression of a Memorial project in Macroom Hospital Ground, running a Macroom's Second-level History Exhibitions, schools' visitation, participation in Macroom Lion's

Club 'Meet The Clubs Day', publishing books and articles and participation with West Cork Hist. Soc. Assoc., especially our colleagues in Kilmurry, Coppeen, Inchigeela and Ballingeary.

Brendan O'Brien outlined the group's healthy financial situation. He thanked our members, attendees for financially backing the group. He expressed appreciation for grants from the Lee Valley Enterprise Board and the Macroom-Millstreet Municipal Council (Cork Co. Co.). Expenses include hotel rent, speakers' fees, insurance, printing, web-set maintenance, buying a new camera etc. This year the group will publish a Macroom History Journal. More members would be helpful, support-wise and financially. Vice-Chair James O'Callaghan outlined his contact with 'iCAN' that provides IT and other assistance. He outlined the difficulties of advancing the Hospital Grounds Memorial Project.

Following a good discussion, the group looks forward Election Of Officers: Chair, Dr Con Kelleher, Vice-Chair, James O'Callaghan, Secretary, Douglas Kidd, Treasurer Brendan O'Brien; committee – Ann Counihan, John



O'Brien, Pat Shhehy, John Vaughan, Mary Healy-Crowley and Gerry Kelleher.

A.I.B. Collection. The group thanks Ms Michele Carey, Manager, and her staff for allowing the group to have a stand and collection in A.I.B. Macroom which yielded much needed funds for the group. Richard Brown and Edmund Neville were very helpful.

Coming events:

1. Talk, 'Bishop Coholan' by Dr Therese O'Connell, UCC, Mon. 13 Oct. '25, Castle Hotel @ 8 pm.
2. Talk, 'The Mercy Nuns Contribution to Macroom' by Ms Mary Crowley-Healy, Castle Hotel @ 8 pm.
3. Macroom History Journal will be published this December.
4. Membership is available - €20 for season '25/'26 with the benefit of reduced entry to talks. Con Kelleher, Chair.

GOUGÁN BARRA I n-AIMSEAR EABHARDACH (Gougane Barra in Edwardian Times)

Tadgh Ó Cúill-Maonlaí

Le linn ré na hEadoair, sheas Béal Átha Ghaorthaidh amach mar lárionad gníomhaíochta cultúrtha, in ainneoin a shuímh iargúlta shuaimhní sna Cnoic Shéithe. Bhí cáil ar an sráidbhaile agus ar na gleannta máguaird mar shiombail den athbheochan ar an nGaeilge agus ar an traidisiún Gaelach, rud a mheall cuairteoirí, scoláirí agus oilithrigh. Sa tírdhreach ciúin seo lán de lochanna agus de shléibhte, áit a raibh an Ghaeilge fós beo, bhí féilte, feiseanna agus ceiliúrtha reiligiúnacha lán le féiniúlacht náisiúnta agus bród cultúrtha.

Thug tuairisceoir an 'Cork Examiner' faoi deara i 1902 nár deineadh cruinniú chomh mór céanna i nGougán Barra riamh agus a tháinig le chéile don fhéile bhliantúil Naomh Fionnbarrá. Bhí an lá breá gréine: bhí na sléibhte, na gleannta agus na srutháin ar a ndícheall, agus léirigh an loch spéir ghorm agus na sléibhte dorcha arda ar gach taobh. Ar an Oileán Naofa, in aice leis an sean-dhúnta ciorclach, sheas séipéal beag a thóg an tAthair Hurley as Inse Geimhleach. Cé go raibh sé fairsing don áit, ní raibh sé ábalta freastal ar na sluaite móra. Fuair an scríbhneoir solás spioradálta ag féachaint ar mhuintir na háite ag síleadh isteach óna dtithe sléibhtiúla iargúlta, agus mhínigh sé iad mar chineálacha fíor-Chéilteach - mná óga, lán fuinnimh, in éineacht le fir láidre oibre. Tháinig go leor i gcairtí agus i ngluaisteáin ó bhaile i bhfad i gcéin, ach dar leis, ba i an radharc ba mhó tionchair ná na rothaithe iomadúla a líon gach spás ar fáil. Luaigh sé go raibh oilithrigh tagtha ó Mhaigh Chromtha, Inse Geimhleach, Béal Átha Ghaorthaidh, Baile Bhúirne, Cill Garbháin, Gleann Garbh agus An Chaolchoill.

I 1903, chuir 'An Claidheamh Soluis' síos ar Ghougán Barra mar cheann de na háiteanna ba bhreátha agus ba uaigneacha i gCorcaigh Thiar, agus mar cheann de na cúpla ceantar sa chontae arbh fhíor-Ghaeltacht a d'fhéadfaí a thabhairt air. Luaigh an scríbhneoir dhá chomhartha annamh lasmuigh den Déise agus de Ghaeltacht Chiarraí—páistí ag labhairt Gaeilge agus Gaeil gan Bhéarla. Roghnaíodh An Gúgán mar láthair scoil samhraidh, agus measadh gur áit iontach a bhí ann. Thug siad faoi deara go raibh Inse Geimhleach agus Béal Átha Ghaorthaidh b'fhéidir ar na sráidbhaile ba Ghaelaí i gCorcaigh. Bhí lóistín ar fáil sna bailte seo, i dtithe feirme, nó san óstán in aice leis an loch.



Cuireadh béim ar ról an Athar Dr. Daly ó Mhailbourne, a bhí le feidhmiú mar shagart ar an séipéal beag a thóg an tAthair Hurley. Bhíothas muiníneach go meallfadh aer úr, radharcra sléibhtiúil agus fuaim shruthán an Laoi Gaela go leor mac léinn.

I mí Dheireadh Fómhair 1904, tháifead an 'Donegal News' ceiliúradh Fhéile Fhionnbarrá i nGougán Barra. Léigh an tAthair Walsh as Corcaigh an Ard-Aifrinn, agus thug an tAthair Dr. Daly óráid Ghaelach ar onóir an naoimh os comhair pobail beagnach uile-Ghaelach. Faoi 1905, bhí an 'Irish Independent' ag tuairisciú ar ról méadaitheach na háite san athbheochan. Rugadh an tAthair Dr. Richard O'Daly in Astráil, le tuismitheoirí as an gceantar, agus cuireadh oideachas air i Róimh. Tháinig sé go hÉirinn chun a chuid Gaeilge a fheabhsú agus chabhraigh sé le oilithrigh i nGougán Barra. Sa samhradh 1905, bhailigh sé scoláirí ó gach cearn d'Éirinn agus ón gceantar áitiúil, rud a mheastar gur tús leis an gColáiste Gaeilge.

Thosnaigh na laethanta le hAifreann agus urnaíthe i nGaeilge, an Choróin Mhuire agus an tAingeal Dé. Bhí ranganna i dTigh Óstán Uí Chrónín, agus siúlóidí chun comhrá a dhéanamh i nGaeilge leis an bpobal áitiúil. Bhí cruinnithe tráthnóna gach lá agus seanmóin Ghaelach ar an Domhnach. An fhómhar sin, ag Féile i mBaile Bhúirne, gheall an tAthair Goulding as an Nua-Shealainn síntiús bliantúil don Choláiste. Tháinig cúnadh ón gConradh i Londain agus i mBaile Átha Cliath freisin.

De bharr srianta lóistín i nGougán, roghnaíodh Béal Átha Ghaorthaidh ina áit. Bhí halla léachta ann, scoileanna Gaelacha, agus lóistín fóirsteanach. D'oscail an Coláiste dhá sheisiún samhraidh i 1906 faoi stiúir Dhiarmada Uí Fhoghlú, le cabhair ón Dr. O'Daly agus T. A. Ó Scannláin. Bhí ranganna ar fhóinéit, ar fhílocht

Ghaeilge, ar leabhair scoile, ar chomhrá agus ar stair na hÉireann. Úsáideadh an Ghaeilge i gcónaí.

Bhailigh os cionn fiche scoláire ag gach seisiún - sagairt, ollúna, múinteoirí náisiúnta agus eagraithe de chuid an Chonartha. D'imigh siad go léir le brón, agus le súil fillleadh. Scaip tionchar an Choláiste go sciobtha, agus admhaíodh go raibh baint mhór aige leis an athbheochan. Bhí páistí áitiúla ag múineadh Gaeilge ar fud na tíre. Rinneadh pleananna le haghaidh níos mó léachtóirí agus lóistín. Tháinig Ard-Easpag Chaiseal, Easpag Chorcaí agus na hEaspag Mumhan eile ina bpátrúin, agus bhronn siad síntiús. Bhí súil ag go leor go bhfillleadh an Coláiste lá éigin ar an seanláithreán i nGougán Barra.

Faoi 1907, bhí obair an Chonartha i mBéal Átha Ghaorthaidh daingean. Ag an gCruinniú Bliantúil sin, faoi chathaoirleacht an Athar T. Ó Murchú, d'fhreastail múinteoirí, comhairleoirí dúiche agus clanna áitiúla.

Mhol an tAthair Ó Murchú tacaíocht láidir an cheantair don athbheochan, ag maíomh go raibh freagracht ar leith ar Bhéal Átha Ghaorthaidh mar go raibh an Ghaeilge fós forleathan ann. D'áitigh sé gur chóir don phobal an Ghaeilge a dhéanamh ina teanga laethúil arís. Dúirt sé gur ghlac an ghluaiseacht Ghaelach gné chultúrtha, mhorálta agus phatriótach, ag tabhairt prionsabail, ionracas agus bróid do dhaoine.

D'iarr sé ar thuismitheoirí Gaeilge a labhairt lena gclann, ar sheandaoine Béarla a sheachaint, agus ar gach teach a bheith ina scoil bheag. Mhol sé ranganna áitiúla Gaeilge, bunú scoil oíche agus seomra léitheoireachta. Chuir sé béim ar rath Choláiste na Mumhan mar chruthúnas ar thábhacht náisiúnta an cheantair. Luaigh sé freisin gluaiseacht an staonadh, ag tabhairt faoi deara go raibh go leor oíge tar éis éirí ina n-astantaigh iomlána, ag tabhairt sampla maith don phobal.

Tagairtí (References):

- Cork Examiner 30/9/1902
- An Claidheamh Soluis 16/5/1903
- Donegal News 8/10/1904
- Irish Independent 8/2/1905
- Southern Star 21/12/1907

Yours sincerely,

Tadgh Quill-Manley BA (Hons), CIP, QFA, CUA/CUC/CUG, PTP. Studying at King's Inns
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Hi! Chris Barrett Back again. Today we hear from Donal O'Leary and Bernadette McCarthy who are both members of MDEG, The MACROOM & DISTRICT ENVIRONMENTAL GROUP whose achievements I wrote about in a recent article.

Badgers, with their distinctive black and white heads, are one of Ireland's most recognisable wild mammals. They generally eat lots of earthworms as well as insects and invertebrates, small prey animals, carrion, fruit, vegetables, grains and seeds. They are shy and elusive creatures, and they have a highly advanced social structure among their family groups. Adult female badgers are known as sows, adult males are called boars, and the young are referred to as cubs. Badgers live in dens called setts, which are networks of tunnels with numerous entrances. If undisturbed, badgers can continue to use a sett for very long times – there is one in Germany that has been estimated to be in use for 10,000 years, although this is of course difficult to verify.

Badgers are protected in Ireland under the 1976 Wildlife Act. However, they are also subject to culling by the Department of Agriculture. This is because some badgers become infected with bovine tuberculosis (bTB) and can pass it onto cattle. The badgers are culled by trapping and shooting by licenced operators. The cost to the Irish state of wildlife control to reduce incidence of bTB was €9.2 million in 2024, €7.7 million in 2023, and €6.4 million in 2022. Several thousand badgers are killed in the culling programme each year. The use of snares to trap badgers causes untold pain to the badgers and other wild and domestic animals that get caught in them.

From Wikipedia: Bovine tuberculosis is a chronic infectious disease that affects a broad range of mammalian hosts, including humans, cattle, deer, llamas, pigs, domestic cats, wild carnivores and omnivores; it rarely affects equids or sheep. The disease can be transmitted in several ways; for example, it can be spread in exhaled air, sputum, urine, faeces, and pus, so the disease can be transmitted by direct contact, contact with the excreta of an infected animal, or inhalation of aerosols, depending on the species involved.

Outbreaks of bTB in cattle herds can be financially and mentally devastating for farmers. The Irish Farmers' Association estimates that the costs to farmers in Ireland for bTB testing, loss of productivity and loss of genetic gains, disinfection, and all other expenses may have reached a total of over €155 million for 2024.

The cost to the Exchequer is also very high – in 2024, the Department of Agriculture spent €101 million on bTB control including compensation payments to farmers. This figure also includes the €9.2 million spent on wildlife control, including badger culling, already mentioned.

It is scientifically established that badgers are a wildlife

reservoir and vector for transmission of bTB to cattle, and this knowledge has been used to justify culling programmes in Ireland and some other countries. However, it is questionable whether culling is effective compared to other scientifically grounded strategies for controlling bTB, and whether the gains in reducing bTB outbreaks in cattle outweigh the financial costs and the suffering caused by culling methods.

A study in Britain was carried out by the Independent Scientific Group to advise the government on how best to tackle the problem of bTB. This study, called the Randomised Badger Culling Trial, published its final report in 2007, and contained the following findings: In a stable badger population, there is limited movement of badgers from one area to another. This is because the animals form social groups, and each group maintains its own territory. In this scenario, badger setts harbouring high levels of bTB infection tend to remain relatively separate. When most badgers are removed from a cull area, a new territory opens up allowing badgers to come in from the surrounding areas. Badger movements around and beyond the infected area increase. Newly arrived badgers tend to pick up the infection from abandoned setts and from uncultured infected animals. As well, because of the reduced population of badgers in an area, the ones that remain will move around much more than they did before the cull. This is called the perturbation effect.

Because of this dynamic of changed badger behaviour due to perturbation, the benefits of culling are undermined. Any short-term reduction in bTB being spread by badgers in a small area will quickly disappear.

Instead, a more efficient use of resources may be to (1) focus on reducing the spread of bTB from cattle to land and from cattle to other cattle, and (2) increase the programme of vaccinating badgers in areas that may harbour the risk of infection.

(1) Vaccination of cattle using the Bacillus Calmette-Guerin (BCG) vaccine has been shown in trials to hugely reduce transmission of bTB between cattle – in one study conducted by the University of Cambridge, reported by Agriland in 2024, the reduction was almost 90%. Unfortunately, current EU rules do not allow for large-scale BCG vaccination of cattle as the vaccination can confound the testing procedures used for bTB and can result in false positive results. There is surely a strong argument for changing the laws to allow greater protection of herds, livelihoods, and taxpayers' money, if vaccination is more effective than testing.

The literature also advises frequent cleansing and disinfecting of anywhere that cattle share space and making sure that uninfected animals do not come in contact with potentially infectious cattle.

bTB is spread around the land by movement and

grazing of infected cattle (and other infected animals). It is also distributed when infected slurry is spread, and this is a likely reason why many badgers become infected in the first place. Badgers will not approach cattle, though they may drink or feed from available sources of water or ration. However, if the earthworms in the soil where they forage have been in contact with bTB bacteria, then it is difficult for them to avoid infection. It is more likely that cattle, being much larger animals and naturally very curious, will approach badgers and their setts than the other way around.

(2) The BCG vaccine can reduce transmission of bTB from badger to badger, and from badger to cattle. This approach has been trialled in Ireland and found to be significantly effective, and the number of badgers being vaccinated is being increased. Vaccination must replace culling entirely to protect the population of badgers and to prevent spread of bTB through the perturbation effect described earlier.

Bernadette tells us of a number of studies which have shown that badger culling is ineffective in the long term in that the surviving badgers, once their setts are destroyed will travel long distances to form new setts and potentially increase possibilities of contact with cattle. For example, a study using GPS collars to map badger activity showed that badgers travelled further due to disruptions in their behaviour in areas where culling was taking place and thus increased opportunities for contact with bovines (Woodroffe et al., Journal of Applied Ecology 43 (1), 2006).

Therefore as well as being inhumane and damaging to biodiversity, culling is a threat to the well-being of cattle and the dairying industry. It should be noted that deer, many of which are non native are also responsible for the spread of bovine T.B.

Research since the early 2000s has focused on a more humane and sustainable alternative: badger vaccination. A study by Rosie Woodroffe and colleagues published in 'People and Nature 6(5) 2024', has shown that vaccinating badgers is more effective than culling. Over four years, researchers vaccinated 265 badgers across 12 farms in Cornwall. They found the percentage of badgers testing positive for bTB fell from 16% to zero.

In a more large scale study based in Ireland, Professor Eamonn Gormley of Veterinary School of Medicine in UCD has been conducting the Badger Vaccination Project. The project started with field trials in Kilkenny in 2019 and bovines from the area were monitored in subsequent years. The project has demonstrated that vaccination of badgers with the BCG vaccine generates high levels of protective immunity against bovine TB. Badger vaccination is now an integral part of the Irish TB Eradication Programme. According to Minister for Agriculture, Martin Heydon, 3,830 badgers were vaccinated in Ireland last year. Badger vaccination is thus being substituted for continued culling of



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badgers such that a significant reduction in the numbers of badgers killed can be achieved over the coming years while still maintaining effective control of the risk posed to cattle. The vaccination Programme initiated in 2019 is gradually being rolled out on a county by county basis but does not as yet appear to have reached Cork.

Now that policy is shifting in favour of vaccination, which is seen as more humane and progressive, why is culling still ongoing? the vaccination Programme deserves greater funding and resourcing so as to end the cruel and ineffective process of culling badgers, It should be highlighted that husbandry is also an important element of preventing bovine T.B.

For example , fencing off badger setts allows the management of contacts between badgers and cattle. Badgers tend to keep away from cattle by nature but cattle are naturally nosy and will nose around the sett increasing the risk of contact.

As the size of the national herd has increased significantly in recent decades, and farming practices have become more intensive, the risk of cattle-to-cattle transmission of bTB has grown larger. It is estimated that 94% of bTB transmission is between cattle. While badgers may rightly be considered to be a reservoir and vector for infection of cattle, this contribution to the problem is very small compared to cross-infection between cattle and distribution of infection

by spreading of slurry and contamination of water. Farmers are under pressure to manage their stocks, their resources, and their waste, and there is a need for a responsible and well-informed consideration of how to ensure that farming is supported to be sustainable, both economically and environmentally.

i would like to thank both Donal and Bernadette for their painstaking research in bringing us the very latest information in proving that badger culling as a bovine TB control measure is both inhumane and ineffective. If you or anyone you know would like to respond to this article or contribute a similar article, please contact me chrisleevalley@gmail.com

SUMMER FROLICS AND TRIPS TO THE SEASIDE

By PO'C

Growing up in the rural Ireland in the 1950's travel was a far cry from the modern roadworks of today. Indeed, in those Summer school days we walked to Gurrane National School in our bare feet and this did not pose a problem on the un-tarred roads. It was not until the late 1950's that the Ballyvourney to Clondrohid road was tarred properly but the road from "The Junction" to our laneway at Baratanaknuck took a few years longer. With few cars on the road the bicycles plus horse drawn carts, traps and sidecars were still very much in demand.

When Clondrohid N.S. played their Ballyvourney counterparts in the mid '50s they travelled West in Kelleher's lorry while for the return game at Clondrohid the Ballyvourney team made the journey in Lucey's lorry. Incidentally that game was played in the field behind the Clondrohid Tavern and it was my first time to see a team playing in the proper jerseys of Ballyvourney. One of their star players was Tony Kelleher who also donned a peaked cap for good measure. Close on seventy years later his grand-nephew Liam Kelleher of the Douglas GAA Club was Captain of the Cork Minor Hurling team in 2024.

Back to the 1950's school holidays included meeting our school friends and cousins and cycling to the sports days at Macroom, Kilnamartyra and Ballinagree. Of course there were the day trips to Macroom Show and the Whitsun at Ballyvourney and the week long Carnival at Clondrohid. Excursions to the seaside were a rarity so we had to settle for the Banks of the Sullane and the Foherish rivers. About that time also a group of locals including my dad, Con Walsh Snr., Johnny Twomey, Eddie Walsh Snr. and Bob Murphy made the annual trip to Killorgan for Puck Fair.

Around 1960, I travelled to Killorgan with Con Walsh Snr, my dad plus our chauffeur Con Walsh Jnr. Making a brief stop at Joy's pub at Killorgan we took advantage



The beach at Ballyheigue.

of the fine weather and journeyed to Glenbeigh and to the seaside resort of Rossbeigh. I remember being fascinated by the waves drifting towards the coastline. Con Walsh Jnr enjoyed a swim in the sea and for me it was my first time dipping my feet in the salt water. Roll on the years and in 1982 we made the trip to Ballyheigue in North Kerry for a week long holiday by the coast. The excellent beach, the pleasant 3 mile seaside walks to "The Rock" and the friendly welcome of the local people kept us coming back. This practice has continued for the last forty years and the journey is now much easier with the much improved roadway, embellished by the recently completed Macroom and Ballyvourney bypass. For us Ballyheigue had it all including the 10 mile cycle around Kerry Head and the GAA pitch adjoining our Caravan Park where Hurling, and Hurling only, was played 'til dusk. The children

enjoyed the Funfair and the Merries each evening and we all rounded off the days with sing songs at "The Castle Arms" and "Flahives". The years have moved on so quickly and now we still make the annual trips to Ballyheigue. We look forward to meeting old friends and creating new memories for the next generation. Little has changed on the beach and the GAA pitch is still attracting the future Hurling stars but personally the cycle around Kerry Head is proving much more difficult – oh the ravages of time!! The "Castle Arms" is no more but "Jimmy Brown's" and "Flahives" are still going strong. Many familiar faces are gone for their eternal holiday in the skies while us, the fortunate few, recall our happy times together. Plans are already made to return again next year and before we know it the holiday is over.



The Rock on Ballyheigue beach



Eddie Walsh, Johnny Twomey and Denis Corkery enjoy some refreshments on a day out.

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Back to School



Marty Morrissey with the pupils of Scoil Naomh Muire Farran on a recent visit.



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Students from Scoil Réidh na nDoirí baking and eating an apple tart.





Féile na Laoch 2025 *Festival of Heroes* An Clabhsúr *The Closing*



Dé hAoine, 3ú Deireadh Fómhair

Friday, 3rd of October

20:00

Fuinneamh na mBan - Halla na Laoch (Áras Eamon Mac Suibhne, Cúil Aodha)
The Female Energy

Le Cainteoir Catherine Connolly, Amhránaithe Lisa O'Neill agus Nell Ní Chróinín, agus Cór Ban Cúil Aodha ag cuir i láthair 'Laoi na Laoithe' / With guest speaker Catherine Connolly, acclaimed singers Lisa O'Neill and Nell Ní Chróinín, and Cór Ban Cúil Aodha performing 'Laoi na Laoithe'

Dé Sathairn, 4ú Deireadh Fómhair

Saturday, 4th of October

12:00

An Ród sa Romhainn go 2032

The Road Before Us to 2032

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21:00

Dúnadh Féile na Laoch 2025 - Halla na Laoch (Áras Eamon Mac Suibhne, Cúil Aodha)
Féile na Laoch 2025 Closing

Coirm Ceoil le Ceoltoirí Chualann, Cór Cúil Aodha, Cór Ban Cúil Aodha agus na Léitheoirí. Múchadh an Lóchrann agus dúnadh Cófra na Laoch go Lá Bealtaine 2032.

Concert with Ceoltóirí Chualann, Cór Cúil Aodha, Cór Ban Cúil Aodha and the Readers. Followed by the quenching of the Torch and closing of Cófra na Laoch until May Day 2032.

Dé Domhnaigh, 5ú Deireadh Fómhair

Sunday, 5th of October

11:00

Aifreann - Séipéal Ghobnatan, Cúil Aodha

Mass - Coolea Church

Aifreann in omós do Sheán Ó Riada agus leagadh bláthfhleasc ar a uaigh i Reilg Ghobnatan / Mass in memory of Seán Ó Riada and laying of wreath in Reilg Ghobnatan afterwards.

Féile na Laoch 2025

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 - Keep accurate records of tasks completed
 - Complete training as required
- To undertake all allocated maintenance tasks as directed by the Maintenance Supervisor.

For a full job description and requirements for the role, please email louise.fadden@egis.ie

All applications for this position must be emailed to louise.fadden@egis.ie including a copy of CV and accompanying cover note.

The closing date for receipt of applications for the position is 5pm on 26th September 2025.



A Word of Victory

"Praise the Lord. Praise God our Saviour! For each day He carries us (our burdens). He daily bears us up. Our God is the God Who saves....our Rescuer from death" (Psalm 68:19).

Welcome back dear student, what a tragedy last week to witness a young vibrant man sharing the Truth of the Love of God, be shot down in cold blood in the US. Charlie Kirk was an upright godly man, not a hate filled bigot as some media have portrayed him. It's sad that some quote stuff they've read online without ever checking the truth for themselves. Ungodly people take things out of context in order to further their agenda, their hate, and to incite violence and disorder. The enemy targets those who stand up for what is right, those promoting God's Truth, using dirty tactics to discredit them. Jesus revealed that the devil is a liar, a murderer, a thief, and robber who comes to steal, to kill and to destroy. Charlie is gone home to glory – prematurely taken out - but his family is consoled knowing that he is with Jesus. God promises that the followers of Jesus open their eyes in the Presence of God instantly upon death (2 Corinthians 5:8). What a precious comfort to know that our eternal future is guaranteed. How? By believing in the Lord Jesus - that He is the Son of God, that He lived a sinless life, and took our sins upon Himself; that He paid the penalty due for our sins, bringing us freedom from curse, death, and hell (Romans 10:9-13). Then God raised Him from the dead as the grave could not hold Him (Acts 2:24). Jesus is alive and is calling people to Himself (John 15:1-16). When one confesses aloud that Jesus is Lord and lives for Him – inviting Him to come into their life: yielding everything to Him, that one's life is never the same. Living in relationship with God through Jesus is a precious, secure, and transformed life.

God used Charlie to minister to young men and women in college campuses preaching the Gospel, explaining spiritual things in a simple manner, and showing them a different way. The pressure on kids today is tremendous. There are all kinds of traps set up by Satan to destroy them. Charlie established meeting places out in the open where they could discuss, debate, and ask him anything. He was a courageous role model and leader among these generations who can be struggling with the transition from childhood to adulthood. We need more like him, and the devil has overplayed his hand on this one, for now we are seeing multitudes of young and old stirred up to stand up for the Truth, to expose the lies and propaganda of wickedness and globalism, and the destruction it has wrought. Folks of all ages have been affected by the craziness, and people are waking up to its nonsense and are fighting back, by sharing their faith in Christ, and reclaiming their communities. What a wonderful thing to see the march in London this past weekend – tens of thousands of regular people who came out to put their feet on the ground in a calm and respectful way. It's time for Ireland to do the same. Next Saturday September 27th, the March for Jesus Dublin takes place at 2pm from the Garden of Remembrance to Stephen's Green. We are hoping 50,000 people will travel to lift up the Name of Jesus. Our heritage as a Christian nation is being undermined by an ungodly, compromised government, and it's time we stood peacefully together with courage and dignity. It will be an awesome family day out - well worth your time friend. Please spread the word to others

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MUSKERRY JUNIOR CHAMPIONSHIPS 2025 - ROSS OIL MID CORK

Junior A Football Championship

Two teams from each group to progress to play-off stages – 6 teams: top two to semi final stage and the other four to quarter final stage.

Quarter Finals: 1 Donoughmore v Béal Átha'n Ghaorthaidh: 2 Ballincollig v Aghinagh

Semi Finals: Éire Óg v 1: Grenagh v 2

BUT NOTE: No repeat of earlier pairings in semi finals (Grenagh/Aghinagh)

Group 1

Points table: Ballincollig 6 Donoughmore 4 Dripsey 2 Blarney 0

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

Rd 3: Ballincollig 0-17 Dripsey 1-9: Donoughmore w/o Blarney conceded

Ballincollig 0-17 Dripsey 1-9

Ballincollig completed the group stage with full points after their win over Dripsey at Coachford. Ballincollig started the game well started well and after the first quarter led by 0-8 to nil. Dripsey then came into the game in the second quarter, outscoring the winners by 0-5 to 0-3 and at half time Ballincollig led by 0-11 to 0-5.

Dripsey started the second half well, boosted by an early point followed by a 33rd minute goal from James Cotter to leave only two points between the sides. After ten scoreless minutes, Ballincollig got a vital two-pointer from Darren Murphy in the 44th minute to which Jack Murphy quickly added a point to open up a five point gap. The winners added a further two points in the closing ten minutes, Dripsey replied with three late points in a row from James Cotter, two from frees, before Jack Murray had a final point for Ballincollig.

Dripsey: Jack Casey: Cathal O'Connell, Colm O'Connell, Tom Griffin: Dean O'Sullivan, Shane O'Riordan, Martin O'Sullivan: Michael O'Riordan, Mark O'Connell: Kevin Rock, Eoghan Maher, James Cotter: George Feeney, Mark O'Sullivan, Ronan Canavan. Subs: Charlie O'Callaghan, Adam Casey, David O'Sullivan.

Group 2

Points table: Grenagh 6, Aghinagh 2, Kilmichael 2, Clondrohid 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

Rd 3: Grenagh 2-10 Kilmichael 0-12: Aghinagh 1-16 Clondrohid 0-12

Grenagh 2-10 Kilmichael 0-12

A gale blew from goal to goal at Carrigadrohid and Grenagh had the benefit of it in the first half. Their interval lead of 0-6 to 0-1 did not leave them in a secure

position but they held their own in the third quarter and two goals in quick succession ten minutes from time and stout defending gave them the cushion to withstand the late Kilmichael onslaught and advance to the semi final stage.

Aghinagh 1-16 Clondrohid 0-12

Aghinagh and Clondrohid met at Kilmurry in what was effectively a knock out game for both. Aghinagh were without a point and had to win; Clondrohid could have advanced with a point from a draw but could not afford to lose given the tight situation in the group.

Aghinagh played against the wind in the first half but led at half time by 1-8 to 0-6, Declan Ambrose with a superb goal in the 17th minute giving them great impetus. Both teams served up a rousing second half with Clondrohid giving as good as they got but Aghinagh had the advantage from the opening half and kept their noses in front. They were relieved to hear the final whistle enjoying a seven point margin of victory which gave them the edge over Clondrohid and Kilmichael for the second qualifying spot, all three on two points.

Group 3:

Points table: Éire Óg 6, Béal Átha 4, Kilmurry 2, Ballinora 0

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

Rd 3: Éire Óg 3-18 Ballinora 0-5: Béal Átha 0-11 Kilmurry 0-7

Éire Óg 3-18 Ballinora 0-5

This final Group 3 game at Cloughduv in rally nasty weather conditions worked out as expected. Ballinora were without a point and had no hope of progression, the Ovens men were unbeaten and assured of a place in the knock out stages but scoring difference could decide the straight entry to the semi final so every team has to keep going to the finish even when victory is secured.

Éire Óg were 1-3 top 0-1 in front after the first quarter and Michael Murphy added his second goal to help make it 2-7 to 0-2 at half time – game effectively over. In the second half Éire Óg had a third goal from David Casey and piled on the points to emerge big winners. Béal Átha'n Ghaorthaidh 0-11 Kilmurry 0-7

The last game played in the group saw Béal Átha'n Ghaorthaidh get the better of Kilmurry in a very tight game played in nasty weather at Kilmichael. The teams were level at 0-4 each at half time and were again level at 0-7 each in the 51st minute when a massive two-pointer from a Tadgh Ó Laoghaire free kick broke the deadlock and inspired Beal Átha to drive on. The winners, holding Kilmurry scoreless, added points in the final minutes to seal their win.

Béal Átha will now play Donoughmore in the quarter final.

Ballincollig Credit Union

Junior B Football Championship

Quarter Finals

Donoughmore 1-13 Iveleary 0-9

Aghabullogue 4-12 Éire Óg 1-12

Ballincollig 1-16 Inniscarra 0-17

Semi Finals:

Aghabullogue 2-19 Ballincollig 1-10

Naomh Abán 0-12 Donoughmore 1-5

Junior B Football Plate

Semi Finals:

Gleann na Laoi 2-8 Canovee 0-17

Cill na Martra 0-12 Aghinagh 2-13

MJK Oils - Muskerry Junior A Hurling Championship

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

Points table after Round Four, the final 5th round to be played

Group 1: Donoughmore 6, Ballincollig 4, Inniscarra 3, Blarney 3, Aghabullogue 0

Rd 5: Ballincollig v Inniscarra: Donoughmore v Blarney

Group 2: Grenagh 6, Ballinora 4, Dripsey 4, Éire Óg 2, Kilmichael 0

Round 5: Ballinora v Grenagh: Dripsey v Éire Óg

Round Four produced a massive shock result last weekend, Dripsey defeating Ballinora by a 12 point margin, which has thrown open the group, leaving champions Ballinora with a tricky encounter against unbeaten Grenagh. A win for Grenagh gives them a semi final place and means possible elimination for the reigning champions.

Donoughmore in Group 1 are now the only club assured of a place in the semi finals.

Group 1

Donoughmore 0-19 Ballincollig 0-15

Inniscarra 6-13 Aghabullogue 1-13

Donoughmore 0-19 Ballincollig 0-15

Donoughmore were made work very hard by Ballincollig for eventual victory in miserable weather conditions at Blarney on Saturday afternoon last and so the league champions remain unbeaten after three rounds and are guaranteed a place in the semi finals, the only team in the MJK Oils Muskerry Junior Hurling Championship presently so assured. Donoughmore were strongly fancied against the Ballincollig second team but after leading by four points at half time



Ciaran Murphy and Concubhar Murray at The recent Macroom GAA Golf Classic



Tim Holland, Lance O'Donovan and Concubhar Murray on the Ross oil Team at the recent Macroom GAA Golf Classic



Cathal Ó Criadáin, All Ireland Junior C. road bowling champion 2025, competition final held in Drogheda, Co. Louth. Picle Nóra Uí Luasa.

having played with the elements, the gap was down to two points 0-16 to 0-14 in the 52nd minute and there was every chance of an upset. In the closing stages however, Donoughmore rattled over three points in a row to ease their situation and they will have benefitted from this tough challenge as they face neighbours Blarney before the knock out stages.

Saturday afternoon's rains had commenced to fall before throw in and intensified over the course of the hour making the efforts of both sides all the more commendable. Ballincollig marksman Eoin Dwyer pointed a '65' after two minutes, David O'Connell quickly replied and Kevin O'Connell, Mark Lucey and Colm O'Callaghan added points to put the winners in front, 0-4 to 0-1. A 9th minute point from Dwyer interrupted the run of Donoughmore scores which resumed with points from Scott Barrett, Kevin O'Connell and Seán O'Hanlon before The Village scored, again from Eoin Dwyer, 0-7 to 0-3 after 13 minutes. In the second quarter eight points were shared evenly between the sides, Donoughmore scoring three in a row to 0-8 clear but being reined in by an improving and competitive Ballincollig side which left only four points between the teams at the break, 0-11 to 0-7 in favour of Donoughmore.

On the resumption Ballincollig, with Eoin Dwyer in impeccable form succeeded in reducing the deficit further to 0-14 to 0-11 by the 41st minute and looked capable of further chipping away at the Donoughmore lead. A Jack Murray point from a Ballincollig '65' reduced the gap to two points but Colm O'Callaghan gave Donoughmore a welcome score before Shane Murphy had a further Ballincollig point which again was answered by O'Callaghan on 53 to keep a three point lead.

Eoin Dwyer cut the deficit for 'Collig from a free after a foul on Rory O'Doherty in the 54th minute and the outcome was now anything but certain. When the need was greatest, Donoughmore held their heads, redoubled their efforts and were rewarded with successive points from Daniel Holland, Jack Murphy and Adam Dinan to secure their position and a Brendan O'Brien point for Ballincollig improved his side's scoring difference but could not change the outcome in this encounter.

Scorers: Donoughmore: C O'Callaghan 0-4, K O'Connell 0-3, A Dinan 0-3 (fs), D O'Connell, M Lucey, D Holland 0-2 each, S Barrett, S O'Hanlon, J Murphy 0-1 each. Ballincollig: E Dwyer 0-9 (0-6f), B O'Brien 0-2, C Sexton, B O'Sullivan, J Murray, S Murphy 0-1 each.

Donoughmore: Shane Sexton: Seán Broderick, Mark Foley, Frankie Honohan: Rory Honohan, Josh Crowley, Sean O'Hanlon: Kevin O'Connell, Scott Barrett: Colm O'Callaghan, Mark Lucey, Daniel Holland: David O'Connell, Adam Dinan, Gavin O'Sullivan. Subs: Jack McCarthy and Liam O'Sullivan both on 42, Jack Murphy 53, Shane Healy 55, Cian Buckley 59. Ballincollig: Ronan Cambridge: Ronan Power, Colin Moore, Cillian Power: Kevin O'Leary, Diarmuid Ward, Brian O'Sullivan: Conor Sexton, Shane Murphy: David Bowen, Brendan O'Brien, Eoin Dwyer: Jack Murray, Karl Rodgers, George Howard. Subs: Darragh Lee h/t, Rory O'Doherty 46, Tadgh Murphy 46, Alan Cronin 53, Ciarán O'Sullivan 58.

Referee: Jerry Masters, Kilmichael

Inniscarra 6-13 Aghabullogue 1-13

Inniscarra kept alive their chances of qualifying for the semi final stage with an expected victory at Grenagh on Sunday evening last over Aghabullogue, who now finish their championship campaign without a win.

The outcomes in the final group games, Inniscarra v Ballincollig and Blarney v Donoughmore, will be needed to determine which of the three sides joins Donoughmore in the semi finals.



CLOUGHDUV U12 SQUAD AT CROKE PARK BLITZ

Inniscarra: Kieran Rice: Seán Ahern, Colm Hegarty, Trevor O'Reilly: Jack O'Dwyer, Shane Buckley, Mark Linehan: Colin O'Leary, Sean Quinlavin: Darragh O'Brien, Jerry Roche, Jack O'Mahony: Ardal O'Connell, David Enright, Jack Shine. Subs: Michael Murphy 15, Mikey O'Connell 40, Conor Geoghegan 50, Conrad Desmond, Daniel O'Connor.

Aghabullogue: Finny Foley: Denis Quinlan, Aidan Barry-Murphy, Daniel O'Leary: Oisín O'Connell, Killian Barry-Murphy, Jerome Corkery: Michael Dennehy, Shane Birmingham: Barry Kendellan, David Hartnett, Arghdhal O'Buachalla: Aodán Healy, David Thompson, Paudie Twomey. Subs: David Dineen, Jimmy O'Connor and Tadgh Bradley.

Scorers: Scorers: Inniscarra: Michael Murphy 3-1, Darragh O'Brien 1-5, Jack Shine 2-1, Ardal O'Connell 0-3, Jack O'Mahony 0-1, Jerry Roche 0-1, Colin O'Leary 0-1. Aghabullogue: Paudie Twomey 1-2, Aodán Healy 0-3, Michael Dennehy 0-3, Tadgh Bradley 0-2, Oisín O'Connell 0-2, Arghdhal O'Buachalla 0-1

Referee: Robert Whelan, Gleann na Laoi

Group 2

Dripsey 4-13 Ballinora 1-10

Grenagh 2-14 Kilmichael 1-11

Dripsey 4-13 Ballinora 1-10

Few expected a Dripsey victory in this Group 2 encounter – no one could have anticipated a 12 point winning margin for the challengers, up against a team seeking a fifth consecutive Mid Cork title. The rains poured down at Ovens, the wind blew strongly from goal to goal, Dripsey had the advantage of the elements in the first half and did they make use of them!

Points from Ronan Canavan and Mark O'Sullivan got Dripsey off to a good start and they were mightily boosted in the third minute when the evergreen Mark O'Sullivan banged in a goal. Five more points followed with no score yet for Ballinora- Dripsey 1-7 to nil for the champions who eventually got their opening point in the 13th minute. Within a minute they were hammered by a second Dripsey goal, Michael O'Riordan the scorer who followed up with a point and as the opening quarter ended it was 2-8 to 0-1 for Dripsey, a deficit of 13 points for the champions to make up.

A bemused Ballinora side were being hurled off the field by the rampant Dripsey men who now realised clearly that they had victory within their grasp and they tore into every tackle with a massive determination that Ballinora could not match. Ben Mayer, scorer of the lone Ballinora point added another and Liam Lyons also got on target but the Dripsey defence with David O'Sullivan, John Carey and Shane O'Riordan magnificent were simply unyielding and with Mark O'Connell powerful at midfield the Dripsey attack continued to get a good supply and continued to

make use of it. Further goals from Michael O'Riordan and Mark O'Sullivan were bookended by a brace of points from Canavan and when Diarmuid Kirwan blew the half time whistle Dripsey were leading by 4-10 to 0-3 and they were never going to lose a lead of 19 points.

Ballinora introduced four substitutes for the start of the second half in an effort to get their side moving, Shane Kingston with three points and Alan O'Shea with two more improved their situation but Dripsey with points from Canavan and Eoghan Maher kept the situation under control, 4-13 to 0-8 at the three quarter mark. Kevin Murphy got the badly needed Ballinora goal in the 51st minute but the resolute Dripsey defenders were not conceding anymore and Ballinora could only manage points from Kevin Murphy and Alan O'Shea frees before the final whistle.

Scorers: Dripsey: Mark O'Sullivan 2-3, Michael O'Riordan 2-1, Ronan Canavan 0-7, Eoghan Maher 0-2. Ballinora: Kevin Murphy 1-0, Alan O'Shea 0-4, Shane Kingston 0-3, Ben Mayer 0-2, Liam Lyons 0-1.

Dripsey: Diarmuid O'Riordan: Cathal O'Connell, David O'Sullivan, John Carey: Dean O'Sullivan, Shane O'Riordan, James Cotter: Colm O'Connell, Mark O'Connell: Shane Burke, Eoghan Maher, George Feeney: Michael O'Riordan, Mark O'Sullivan, Ronan Canavan. Subs: Kevin Rock, Sam Manley, Adam Casey. Ballinora: Barry Crowley: Pat Fitton, Colin O'Flynn, Tim Forde: Mark O'Brien, Neil Lordan, James Byrne: Shane Kingston, Conor Quirke: Danny Dineen, James Keohane, Liam Lyons: Darragh Corkery, Darragh Holmes, Ben Mayer. Subs: James Lordan, Kevin Murphy, Robert Quirke, Alan O'Shea, all half time: Seán Lyons.

Referee: Diarmuid Kirwan, Éire Óg

Grenagh 2-14 Kilmichael 1-11

On a Saturday afternoon of shocks, much fancied Grenagh survived a very strong Kilmichael challenge at Cloughduv to remain unbeaten before they face Ballinora in the final group round. Kilmichael have been desperately unlucky in this year's competition but they went down battling here and had Grenagh under pressure to the very end, the clinching second Grenagh goal coming very late in the game.

The sides were level early on at 0-2 each before Kilmichael hit the front with three points. Each side then exchanged three points before a goal from Conor McCarthy minutes before the break gave Kilmichael a six point lead at half time, 1-8 to 0-5.

Grenagh were worried and had reason to be, and emerged with renewed determination for the restart. They fired over three points in quick succession and drew level in the 36th minute with a Darragh Kenny goal, 1-8 apiece. Kilmichael did not die however and only two points separated the sides when Grenagh had the goal in the 56th which settled the issue, Brian

Walsh the scorer.

Conor Cotter had 0-7 for Kilmichael, Brian Cronin 0-3 and Andrew Kelleher 0-1.

Grenagh: James Walsh: Kevin O'Neill, Paul Barry Murphy, Alex Kiely: Jason O'Keeffe, Kelvin Cummins, John Lehane: Jack Twomey, Ted Twomey: Darragh Kenny, Seán Joyce, Michael White: Robert Coleman, Shane Morley, Dan Twomey. Subs: Cathal Cronin, Brian Walsh, Paul Ahern.

Kilmichael: Stephen O'Leary: Tom Downey, Shane Foley, Cormac Burke: Danny Horgan, Eoin Murphy, Conor Horgan: Brendan Cotter, Michael Downey: Brian Cronin, Conor Cotter, Adam O'Leary: Shane O'Donoghue, Andrew Kelleher, Conor McCarthy. Subs: Cathal Foley, Finbarr Buckley.

Referee: Tom Manley, Inniscarra

Round 5: Ballinora v Grenagh: Dripsey v Éire Óg

Cork GAA County Championship 2025

Football

Colleges/Divisions Final: Duhallow 4-9

Muskerry 0-13

NOTE: No repeat pairings in semi finals

Premier Senior Football: Scoring Difference (+/-)

Group 1: Newcestown 6, Castlehaven 4, Mallow 2, Valley Rovers (-27) 0

Group 2: Carrigaline 4, St Finbarr's 6, Clonakilty 2, Carbery Rangers(-17) 0,

Group 3: Nemo Rangers(+10) 6, Douglas 2, Ballincollig 3, St Michael's(-28) 1

Quarter Final: A St Finbarrs v Castlehaven, B Newcestown v Carrigaline, C Ballincollig v Duhallow

Semi Finals: Winners of A v Winners of C: Nemo Rangers v Winners of B

Relegation: Valley Rovers v Carbery Rangers

Ballincollig 1-10 Douglas 0-11

Ballincollig have qualified for the knockout stages of the McCarthy Insurance Group Premier SFC after grinding out a victory over Douglas at Ballygarvan. They did trail by two points at half-time after having played against the wind.

The city team had a strong wind advantage in the opening 30 minutes, but the opening quarter yielded no scores for either team.

Douglas got the first score of the game after 16 minutes when hurler Shane Kingston kicked a two-pointer helped by the strong wind. It was followed by a Conor Russell 45.

Ballincollig got their first score after 24 minutes when Cian Dorgan converted a close range free.

Two minutes later, Dorgan slotted away a penalty into the back of the net after Ben O'Connell was pulled down in the square, 1-1 to 0-3.

A two-pointer gave Douglas the lead again until a Dorgan free drew Ballincollig level. Another two-pointer handed Douglas a 0-7 to 1-2 half-time advantage.

Ballincollig had a gale of a wind with them for the new half but Douglas went three points clear after 36 minutes.

A Luke Fahy point and a Dorgan two-point free tied proceedings, 1-5 to 0-8.

Ben O'Connell and Seán O'Neill efforts gave Ballincollig a two-point buffer after 50 minutes, the sides swapped points, JP Murphy point gave the winners a 1-10 to 0-10 lead going into added time and a late point was enough to save Douglas.

Scorers for Ballincollig: C Dorgan 1-6 (1-0 pen, 1x2pt f, 0-3 f), JP Murphy, L Fahy, B O'Connell, S O'Neill 0-1 each.

Ballincollig: J Gibbons; JP Murphy, L Jennings, S Murphy; L Fahy, F Down, D Desmond; S Dore, S Kiely; B O'Connell, L O'Connell, P O'Neill; H Ahearne, C Dorgan, D O'Mahony. Subs: S O'Neill 43, D O'Leary 53, T O'Connell 63.

Senior A Football

Quarter Final: Éire Óg v Bishopstown: Knocknagree v Kanturk

Cill na Martra and Béal Átha'n Ghaorthaidh to semi finals direct

Relegation: Fermoy v O'Donovan Rossa

Group 1: Éire Óg 4, Kanturk 3, Kilshannig 2, Newmarket 3

Group 2: Cill na Marta 5, Knocknagree 5, Clyda Rovers 2, Fermoy 0

Group 3: Béal Átha'n Ghaorthaidh 5, Bishopstown 4, Dohenys 2, O'Donovan Rossa 1

Éire Óg 1-14 Kilshannig 0-12

A fine win for Éire Óg at Donoughmore and a place in the quarter finals against Bishopstown as a reward for the Ovens men. It was 0-5 each on 24 and Éire Óg led by 0-8 to 0-6 at the interval, Brian Hurley and Chris Kelly with 0-3 each. Éire Óg went 0-13 to 0-7 up within seven minutes of the restart, Darragh Clifford and Chris Kelly with 2 pointers and they were still four poiunts clear when Dylan Foley celebrated his birthday with a 56th minute goal to smooth the path to victory for his side.

Scorers: Dylan Foley 1-0: C Kelly 0-5 (2x0-2fs, 0-1 '45'), B Hurley 0-3 (0-2f), D Clifford 0-3 (1x0-2), E O'Shea 0-2, C Clifford 0-1.

Éire Óg: Chris Kelly: Colm Clifford, Matt Brady, Conor McGoldrick: Hugh Murphy, Colm O'Callaghan, Daire McCarthy: Mark Griffin, Darragh Clifford: Rian O'Flynn, Ronan O'Toole, Johnny Galvin: Dylan Sexton, Eoin O'Shea, Brian Hurley.

Cill na Martra 0-15 (0-4-7) Clyda Rovers 0-12 (0-2-8)

A comfortable win for Cill na Martra over Clyda Rovers in the McCarthy Insurance Senior A football championship clash at Páirc Uí Rinn, the Gaeltacht Mhuscraí men are straight through to the semi-finals, on the other side of the draw to rivals Béal Átha'n Ghaorthaidh.

The strong wind was in Cill na Martra's advantage in the first half and after Clyda opened the scoring in

the third minute, the Muskerry outfit responded with consecutive Jason Mac Carthaigh two-pointers. As the half matured, Cill na Martra continued to dominate and their accurate kicking continued as they added another brace of two pointers from Mac Carthaigh and full forward Damien Ó hUrdail.

Amazingly Cill na Martra didn't score in the second quarter, Clyda only added one white flag and Cill na Martra enjoyed a 0-9 to 0-2 interval lead. In the second half Cill na Martra were always looking the likely winners and they booked their place in the semis in comfort style.

Scorers for Cill na Martra: J Mac Carthaigh 0-7 (3x2pt, 0-1 f), D O hUrdail 0-5 (0-1 f), D O Conaill, C O Meachair, C Duinnín 0-1 each.

Cill na Martra: M Ó Deasúna; D Ó Conaill, T Ó Corcora, F Ó Faoláin; C Ó Meachair, S Ó Foirréidh, C Ó Foirréidh; A Ó Cuana, G Ó Goillidhe; D Ó Duinnín, C Ó Duinnín, J MacCarthaigh; E Ó Conaill, D Ó hUrdail, S Ó Duinnín. Subs: C Ó Foirréidh 43, A Ó Duinnín for S Ó Duinnín 62.

Béal Átha'n Ghaorthaidh 3-9 Bishopstown 1-12

Béal Átha are into the knockout stages of the McCarthy Insurance SAFC following their win over Bishopstown at Coachford.

They came into the tie on three points, the victory moves them straight into the semi's, while Bishopstown now face Éire Óg.

Béal Átha got three goals, one from a penalty, while at the other end their goal line led a charmed life.

Bishopstown had the strong wind at their backs in the first half and were soon in front. Conchur Ó Loingsigh scored a magnificent point to get them off the mark and with 10 minutes gone they were back on level terms as he set up Nollaig Ó Laoire for a goal, to make it 1-1 each. The Town led by 1-6 to 1-3 at the break.

A minute into the second half and Ballingearry had their second goal, when Ó Loingsigh was fouled and they were awarded a penalty, which Donagh Seartan slotted home. Ó Loingsigh added a point from the restart and MacThomáis was also on target as they made it 2-5 to 1-6 after 33 minutes.

The sides level after 45 minutes, 2-6 to 1-9.

MacThomáis and Ben Seartan scored to put Ballingearry back in front and on 50 Donagh Seartan and Gavin Ó Laoire combined to set up Ben Seartan for their third goal, 3-8 to 1-10.

Scorers for Béal Átha'n Ghaorthaidh: D Seartan 1-2 (1-0 pen), B Seartan 1-1, N Ó Laoire 1-0, C Ó Loingsigh, D MacThomáis 0-3 each.

Béal Átha'n Ghaorthaidh: Darren Ó Coill; Peatsai Ó Tuama, Seán Ó Donnchu, Ciarán Ó Nuanáin; Eanna Ó Duinnín, Gavin Ó Laoire, Barra Ó hArgáin; Daire Ó Briain; Séamas Ó Tuama; Daire Ó Ceallacháin, Conchuir Ó Loingsigh, Nollaig Ó Laoire; Diarmuid MacThomáis, Cian Ó Duinnín; Donagh Seartan. Subs: Ben Seartan 43, Seán Ó Muimhneacháin 45, Diarmuid Ó Ceallacháin 48, Diarmuid Ó Laoire 53.



Foireann Sóisir B Naomh Abán atá cáilithe do Cluiche Ceannais Craobh Comórtas Sóisir B Muscraí.

Premier Intermediate Football

Group 1: Aghabullogue 6, Aghada 2, Bantry Blues 2, Nemo Rangers 2

Group 2: Naomh Abán 6, Glanmire 3, Rockchapel 2, Bandon 1

Group 3: Iveleary 6, Kiskeam 3, Castletownbere 2, Macroom 1

Quarter Finals: Glanmire v Aghada (Winners v Uibh Laoire):

Aghabullogue v Kiskeam (Winners v Naomh Abán)

Relegation play off: Bandon v Macroom

Aghabullogue 1-13 (1-2-9) Aghada 0-10 (0-3-4)

Aghabullogue saw off Aghada in a very competitive Premier Intermediate Football Championship tie at Ballincollig. The contribution of Luke Casey, who finished with an impressive 1-4 from play was a vital factor in the winners victory.

Aghada started well, Aghabullogue reined them in, 0-2 apiece after 10 minutes, Evan O'Sullivan and Aaron O'Sullivan for the Mid Cork men. A two-pointer followed from captain John Corkery and on 15 they punished Aghada with a goal of sheer class from Casey. Aghada hit back with two points and with the final kick of the half got a two-pointer to leave Aghabullogue leading 1-6 to 0-6 at the interval.

Three consecutive points from Aghabullogue in the opening 10 minutes put them back in pole position, Evan O'Sullivan and two from Luke Casey, making it 1-9 to 0-6 on 41. It was 1-12 to 0-8 with ten minutes remaining but Aghada put in a super last ten minutes revival, Aghabullogue conceded a penalty which was missed and lost a defender to a black card. Aghabullogue held out though and are through to the Quarter finals. ...

However, Aghada managed to book a quarter-final berth on total scoring tally, despite only winning one group game.

Scorers for Aghabullogue: L Casey 1-4, E O'Sullivan 0-4 (0-2f), J Corkery 0-2 (2pt), M Bradley 0-2 f, A O'Sullivan 0-1.

Aghabullogue: John Buckley; Conor Smith, Dhani Merrick, Tom Long; Paul Ring, Shane Tarrant, Breandan O'Sullivan; Colm Gillespie, Adam Murphy; Aaron O'Sullivan, John Corkery, Pauric O'Sullivan; Mathew Bradley, Evan O'Sullivan, Luke Casey. Subs: Oisín O'Connell 16, Cialan O'Sullivan 49, Paul Dilworth 56.

Naomh Abán 1-18 Bandon 1-7

Four first-half two-pointers were major factors in enabling Naomh Abán to cruise into the semi-finals of the McCarthy Insurance Group Premier IFC at Kilmichael.

Naomh Abán started with a two pointer from Darragh Ó Laoire but suffered an early set back after a 45 for Bandon travelled all the way to the net. By half-time they were leading 0-11 to 1-2, the four two pointers vital. The lead was extended further on the resumption and Darragh Ó Laoire's goal on 38 minutes settled the

issue and the Gaeltacht men could add the points to earn their place directly in the semi final.

However, the three-way tie of teams on two points in Group 2 meant that Bandon could not avoid the play-off against Macroom.

Scorers for Naomh Abán: D Ó Laoire 1-5 (2 2pt), E Ó Mír 0-7 (2 2pt), D Ó Ceallaigh 0-2, M Ó Criad, S Ó Riordáin, M Ó Duinnín (0-1 f), M Ó Liatháin 0-1 each.

Naomh Abán: Eoghan Ó Luasa; Séamus Hendy, Criostóir Ó Deasúnaigh, Colm de Róiste; Jack Ó Donnchú, Darragh M Ó Loingsigh, Éanna Ó Criadáin; Seán Ó Riordáin, Caoimhín Ó Donnchú; Marc Ó Criad, Maidhc Ó Duinnín, Donnadh Ó Ceocháin; Donal Ó Ceallaigh, Darragh Ó Laoire, Ed Ó Mír. Subs: Colm de hÍde and Micheál Ó Liatháin, both 39, Niall Ó Ceallaigh 44, Wayne Mac Cárthaigh 48.

Uibh Laoire 2-17 Macroom 1-17

Uibh Laoire finish on top of the group with three wins, Macroom finish bottom with a single point from a draw and are in the Relegation play off against Bandon as a consequence.

Two Seán O'Riordan second half goals were decisive in earning Uibh Laoire a semi final berth but while the Uibh Laoire man is lauded for his quick reactions, Macroom will ponder long on how both goal opportunities were gifted.

Macroom selectors started with six changes from the programme line out, and the gamble almost paid off as the town team finished the first half level at 0-8 to each side. The teams appeared evenly matched in that first half.

A goal for Uibh Laoire in the 36th minute changed everything. It was a very soft score and when Ian Jones added a point it appeared that Uibh Laoire would go on to a comfortable win. Macroom however came back strongly, Seán Kiely's two-pointer on 37 followed by a point from Alan Quinn and then a marvellous goal from Pa Lucey, 1-11 to 1-9 now in favour of Macroom on 40. Barry O'Leary countered with a two-pointer for Iveleary, Chris Óg tacked on a point, Macroom came back to level with a points from Oisín O'Sullivan 47. Cathal Vaughan edged Uibh Laoire back in front and then Seán O'Riordan was on hand to tap a loose ball home for a killer second goal for the winners. Pa Lucey pointed a Macroom free, Timmy Roberts kicked a two-pointer for Uibh Laoire and Chris Óg and Cathal tacked on a point apiece before two late points from Pa Lucey frees had the deficit down to a goal before the final whistle brought different emotions to each camp.

Scorers for Uibh Laoire: S O'Riordan 2-0, C Óg Jones 0-6 (0-2 f), T Roberts 0-3 (1 2-pt f), K Manning, B O'Leary (1 2pt), C Vaughan (1 45') 0-2 each, D O'Riordan, I Jones 0-1 each.

Macroom: P Lucey 1-8 (1 2pt, 2 2-pt f), A Quinn (1 2pt), S Kiely (1 2pt) 0-3 each, E O'Leary 0-2, O O'Sullivan 0-1.

Uibh Laoire: Joe Creedon; Barry Murphy, Daniel O'Donovan, Daniel O'Riordan; Kevin Manning, Ciarán O'Riordan, Ciarán Galvin; Timmy Roberts, Conor O'Leary; Seán O'Riordan, Cathal Vaughan, Barry

O'Leary; Seán O'Leary (c), Chris Óg Jones, Ian Jones.

Subs: Sam Pickering 51, Aaron O'Donovan 57.

Macroom: Declan Kiely; Cormac Burke, Mark Corrigan, Johnny Murphy; Tony Dineen (c), Rory Buckley, Shane Meaney; Caleb Dineen, Cillian Donovan; Mark Condon, Eolan O'Leary, Mark Hunt; Alan Quinn, Patrick Lucey, Oisín O'Sullivan. Subs: Don Creedon 25, Sean Kiely 33, Michael Cronin (blood sub) 35/38, Fintan Gould 48, Dylan Twomey 54.

Referee: Conor Lane (Lyre/Banteer)

Intermediate A Football

Group 1: Adrigole 6, Ballinora 3, St Finbarr's 2, Glanworth 1

Group 2: Gabriel Rangers 5, Mitchelstown 4, Kildorrery 3, Dromtariffe 0

Group 3: Kilmurry 5 (+25), Ilken Rovers 5 (+12), Boherbue 2, St Vincent's 0

Quarter Finals:

Gabriel Rangers v Ballinora - winners play Kilmurry

Ilken Rovers v Mitchelstown - winners play Adrigole

Adrigole 2-14 Ballinora 1-10

The Beara side were always on top against Ballinora and are the only team to win all three group matches at this grade. Adrigole were already qualified prior to the game, but made sure of a direct route to the last four with a 2-14 to 1-10 win.

Charlie and Ben O'Sullivan were the highest point scorers with 0-3 each while Connie O'Shea and Neil O'Sullivan bagged a goal apiece.

Robert Quirke was Ballinora's main threat with 1-3.

Kilmurry 2-11 Boherbue 0-9

Kilmurry, Premier JFC champions last season, booked their place in the knockout stages of the McCarthy Insurance Group Intermediate A Football Championship against Boherbue at Clondrohid.

Boherbue made the early running with two points, Kilmurry responded with a Liam Wall score.

Boherbue led 0-4 to 0-1 at the quarter of an hour mark, Ruadhán Ó Curraoin then responded with a free for Kilmurry, followed by another Boherbue score. After 23 minutes, Kilmurry were level back level after Ó Curraoin and Alexander Asling set up Rory Duggan to finish to the net. A point by James O'Mullane then edged Kilmurry into the lead. But Boherbue got back on level terms, Kilmurry's 1-3 to 0-6 for Boherbue at half time.

Kilmurry went back in front on the resumption as Joe O'Mullane pointed, a two-pointer had the Duhallow back in front. Kilmurry levelled things up again at 1-6 to 0-9, with Sean O'Leary getting a good point against the wind on 48 and the Flourishing States finished strongly.

Ó Curraoin and Rory Duggan had finely taken points and in stoppage time, as William Ronan charged forward and finished to the net from close range.

Scorers for Kilmurry: R Duggan 1-2, W Ronan 1-0, R Ó



Uibh Laoire U14 Football League Champions celebrating with Premier Intermediate players in Inchigeela.



Uibh Laoire U14 footballers who defeated Kanturk in the league final. Uibh Laoire 6-07 Kanturk 2-05.



Foireann Príomh Idirmeánach Naomh Abán atá cáilithe do Cluiche Leath Cheannais Craobh Príomh Idirmeánach Chorcaí.

Curraoin 0-3 (0-2 f), S O'Leary 0-2, James O'Mullane, Joe O'Mullane, D O'Mullane, L Wall 0-1 each.
Kilmurry: Jason McDonnell; Eoin Keane, William Ronan, Brian Hinchion; Tomás Collins, Kyle Kelleher, Alexander Asling; James O'Mullane, John O'Mullane; Rory Duggan, Ruadhán Ó Curraoin, Llyod Asling; Seán O'Leary, Liam Wall, Denis O'Mullane. Subs: M O'Leary and Joe O'Mullane, both h-t

Premier Junior Football

Group 1: St Nick's 5, Canovee 4, Urhan 2, Ballydesmond 1

Group 2: Cullen 4, Cobh 4, Na Piarasigh 2, Kinsale 2

Group 3: Buttevant 6, Inniscarra 4, Glenville 1, Millstreet 1

Quarter finals: Cullen v Canovee; Inniscarra v Cobh.

Semi Finals: St Nicks and Buttevant and 2 QF winners

Relegation: Ballydesmond v Millstreet

Canovee 3-9 Ballydesmond 1-5

On a dreadful night weather-wise in Macroom, Canovee assured themselves of a place in the quarter finals with win over Ballydesmond.

After an early goal from Mark Healy gave Canovee the perfect start, Jack Kelleher and Aidan Moynihan added points to make it 1-2 to 0-1 after the first quarter. Scoring was difficult in the torrential rains and each side only added a score apiece in the second quarter, 1-4 to 0-2 at half time.

A penalty for Ballydesmond yielded a goal for Donnadh O'Connor on 40 to make it 1-5 to 1-2 and the Duhallow side added a point to cut the deficit to two points but a goal from Conor O'Neill on 43 gave Canovee a major boost, Jack Kelleher added a point to put the Carrig men six points clear, 2-6 to 1-3. Ballydesmond fought back with two points before Jack Kelleher had another point followed by another from James Moynihan, 2-8 to 1-5 on 55. Mark Healy had his second goal three minutes later, James Moynihan added a point and the Carrig men were assured of a quarter final slot.

Canovee: Ben Cheasty; Eoghan Lehane, Eoin McNabola, Liam Cronin; Conor Dodd, Ryan Delaney,

Evan Cunningham: Aidan Murphy, Denis O'Sullivan; Liam Kelleher, James Moynihan, Mark Healy; Aidan Moynihan, Conor O'Neill, Jack Kelleher. Subs: Paul Healy, Evan Dodd, Patrick Buckley.

Buttevant 3-12 Inniscarra 3-10

Inniscarra and Buttevant were both fighting for a semi final place, both already assured of advancing. After a very close hard fought battle, the North Cork men won and go straight into the semi finals, Inniscarra face Cobh in the quarter finals.

Buttevant recovered from a slow start to defeat last year's County JAF C champions Inniscarra at Mourneabbey, 3-12 to 3-10. The North Cork men were shaky in defence in the opening 30 minutes, shipping three goals with Liam O'Connor, Seán Sheehan and Steve Dorman scoring for Scarra who led by 3-3 to 0-4 in the 25th minute. They were hit bb 2-1 before the break however when they led by 3-4 to 2-5. It was 3-7 apiece at the three quarter mark, 'Scarra took a one point lead but Buttevant finished strongly to book their place in the semi finals direct.

HURLING

Premier Senior Hurling

Group 1: Sarsfields 6, Glen Rovers 4, Fr O'Neill's 2, Erin's Own 0

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

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

Quarter Finals: 1 Midleton v Glen Rovers, 2 Sarsfields v Charleville, 3 St Finbarrs v Imokilly, 4 Blackrock

Relegation: Erins Own v Newtownshandrum

Senior A Hurling

Group 1: Carrigtwohill 6, Fermoy 2, Na Piarasigh 2, Killeagh 2

Group 2: Castlelyons 6, Inniscarra 4, Ballyhea 2, Bishopstown 0

Group 3: Blarney 4, Bride Rovers 4, Watergrasshill 4, Courcey Rovers 0

Quarter Finals: Bride Rovers v Inniscarra, Blarney v Na Piarasigh,

Relegation: Bishopstown v Courcey Rivers Inniscarra 1-18 Castlelyons 2-18

Castlelyons finished their group programme in the Co-op Superstores Senior A Hurling Championship with a win over Inniscarra in their top of the table clash at Páirc Uí Rinn.

Castlelyons go through to the semi-finals, while Inniscarra will meet Bride Rovers in the quarter finals.

The scoreline at 0-12 to 0-5 at the interval in Inniscarra's favour.

On the restart, Castlelyons slotted over four points without reply, before Daniel Murphy responded for the Muskerry side. The East Cork men then had a point followed by a goal, 1-11 to 0-13 on 49. Castlelyons then outscored 'Scarra 0-4 to 0-2 before netting their second goal early in the final quarter. Five minutes from time, Holland got Inniscarra's goal direct from a 20-metre free.

Scorers for Inniscarra: P Holland 1-4f; J Enright 0-6 (0-4f); N Buckley, D Murphy 0-2 each; F Horgan, D Murphy, S Sheehan, S O'Donoghue, A McCarthy 0-1 each.

Inniscarra: E O'Neill; D Keane, C O'Leary, I Ryan; B Daly, S O'Donoghue, C Dineen; J Enright, F Horgan; J Keane, S Sheehan, C Lynch; N Buckley, A McCarthy, P Holland. Subs: D Murphy for Keane (15), M Nagle for D Murphy (41), S O'Mahony for Enright (52)

Blarney 3-17 Courcey Rovers 0-7

Blarney had a comfortable win at Newcestown over Courceys in a game played in dreadful weather conditions and they qualified to now meet Na Piarasigh in the quarter-finals.

They laid the foundation in the opening half, leading by 12 points at half time, 1-12 to 0-3.

The rain got heavier after the interval, but Blarney drove on regardless.

Scorers for Blarney: M Coleman 1-5 (0-5 f, 1-0 pen), E Kirby 0-5, C McCarthy, D McSweeney 1-2 each, S Barrett 0-2, S Mulcahy 0-1.

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.



Well done to the St. Vals U15's on a great win in the Summer League on September 10th!! Well deserved after a fantastic team performance



Well done to the seniors on a great win over Clonakilty today in their final group game. The result puts us in to a County Semi Final in two weeks time. Great stuff girls

Subs: C Hegarty 46, J Murphy 51, D Hanlon, M O'Leary, both 55, W Crowley 61.

Premier Intermediate Hurling

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

Group 2: Ballinhassig 4, Ballincollig 4, Kilworth 2, Castlemartyr 2

Group 3: Dungourney 6, Valley Rovers 4, Lisgoold 2, Mallow 0

Quarter Finals: Cloyne v Valley Rovers: Ballincollig v Carrigaline

Relegation: Mallow v Castlemartyr

Éire Óg 3-14 Cloyne 0-15

Goals from Daniel Healy, Oisín O'Shea and Colm O'Callaghan ensured Éire Óg avoided a relegation playoff in the Co-Op Superstores Premier IHC as they defeated Cloyne by eight points in Mayfield.

With two wins already secured from their two previous games, Cloyne knew they were assured of progress into the knockout stages as Group 1 winners although a win here would see them march straight into the semi-finals.

Éire Óg knew they need a win here to have any chance of avoiding a potential drop in grades. They started brightly but they hit seven wides in the opening quarter, but still led 0-3 to 0-2. The match truly sparked into life five minutes later when Daniel Healy drilled Eoin O'Shea's handpass into the top right corner of the net.

Cloyne responded impressively and trailed by two at the break, 1-7 to 0-8.

Éire Óg had a superb third quarter. A super catch and finish from Oisín O'Shea followed by two points from distance by Eoin O'Shea and David Casey gave them a 2-13 to 0-10 lead by the 48th minute.

Cloyne struck four points without reply but it wasn't enough for Cloyne and a brilliant individual run and finish to the net from Colm O'Callaghan in injury time ensured Éire Óg claimed an important triumph.

Scorers for Éire Óg: C O'Callaghan and O O'Shea (1-2 each), E O'Shea (0-5, 3f), D Healy (1-0), D Casey (0-2), C McGoldrick, K Hallissey, D Foley (0-1 each).

Éire Óg: C Sheehan; D Herlihy, M Kelleher, D McCarthy; D Dineen, C McGoldrick, M Brady; D Clifford, J Galvin; K Hallissey, D Foley, E O'Shea; D Healy, C O'Callaghan, O O'Shea. Subs: D Casey 24, J Kelleher 51.

Ballincollig 3-22 Castlemartyr 0-18

Ballincollig are through to the knockout stages of the PIHC after an outstanding victory over Castlemartyr at Carrigtwohill.

They'll face Carrigaline in the quarter-final as Ballinhassig's comeback against Kilworth saw them snatch top spot in the group on the head-to-head rule and an automatic place in the semis. Castlemartyr must beat Mallow in the relegation playoff to avoid the drop.

This was a real team performance from the victors,



Well done to our U16s who had a great win today beating @newtownshandrumcamogie in Prem 1 championship on a scoreline of 2:13 to 1:8 with Sarah Coleman and Isabelle O'Callaghan scoring the goals

with Cian O'Driscoll and Brian Keating grabbing the headlines up front with 3-5 between them.

Coach Ronan Curran has brought a tigerish attitude and this Ballincollig victory was very much built on some outstanding defending where Jordan Murray, David O'Sullivan and Barry Coleman stood out.

It was 0-5 apiece after 15 minutes, aided by the breeze, Ballincollig dominated the second quarter and a terrific team move resulted in the lively Cian O'Driscoll smashing to the net and The Village led by 1-11 to 0-6 at the break.

On resumption, the Ballincollig defence dealt with the early onslaught, Brian Keating enjoyed a superb second half and he landed an excellent score to leave six between the sides, 1-14 to 0-11 after 41 minutes. The game was effectively ended as a contest when Keating smashed a penalty low and hard to the net after O'Driscoll had been fouled.

Following a disastrous start to this campaign after a very heavy defeat to Ballinhassig, this has been a remarkable turnaround for Ballincollig, who have been defeated by Kilworth and Carrigaline at the semi-final in recent seasons.

Scorers for Ballincollig: C O'Driscoll 2-1, B Keating 1-4 (1-0 pen, 0-1 f), C Dogan, B Coleman, A Wills 0-3 each, T Morgan, S Wills, M Oldham 0-2 each, T O'Connell, D O'Sullivan 0-1 each.

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, P Morris. Subs: S O'Neill ht, M Oldham 45, C Dalton 55, P Kelly 55.

Intermediate A Hurling

Group 1: Midleton 4, Bandon 4, Russell Rovers 4, Mayfield 0

Group 2: Sarsfields 6, Aghabullogue 4, Blackrock 1, Youghal 1

Group 3: Aghada 5, Erin's Own 4, Kildorrery 2, Ballygiblin 1

Quarter finals: Aghabullogue v Bandon; Midleton v Erins Own

Relegation: Mayfield v Youghal

Sarsfields 3 - 13 Aghabullogue 2 - 13

Sarsfields took the direct route to the semi-finals of the Co-op SuperStores IAHc, securing a third Group 2 win with victory over Aghabullogue in Ballymaw.

Both sides were already guaranteed progression after wins over Blackrock and Youghal and the game was to determine which of them would finish top of the group.

Aghabullogue had the benefit of the strong wind in the first half and led by 0-5 to 0-2 after the opening quarter, Mathew Bradley 0-3, Shane Tarrant and Luke Casey 0-1 each their scorers. Sars got in for a crucial goal on 18 but Aghabullogue led by 0-8 to 1-4 at half time with further points from Tarrant, Odhran O'Connell and James Foley.

Aghabullogue got a major boost on the resumption, James Foley with a goal in less than a minute. Sars added points and struck for their second goal on 48 to lead by 2-7 to 1-8. Two more Sars points were answered by one from Mathew Bradley, and Matty's point from a free on 48 left a goal between the teams, 2-10 to 1-10. Sars matched Sean Furey's point for Aghabullogue before Mathew Bradley had a goal for Aghabullogue in the 50th minute to level the scores once again.

Luke Casey put Aghabullogue in front, Sars levelled on 55, James Foley restored the lead for Aghabullogue, Sars hit back with a killer goal on 59 to take a two point lead and added a point in time-added.

Aghabullogue - champions in the IAHc two years ago only to be the unfortunate side relegated from the Premier IHC in 2024 after six clubs finished on two points each - now face into a quarter-final tie with Midleton.

Aghabullogue: Ian BarryMurphy: Tom Long, Cillian Timmons, Breandán O'Sullivan: Colm Gillespie, Pauric O'Sullivan, TJ Buckley: Odhran O'Connell, Paul Ring (capt.): Luke Casey, Shane Tarrant, James Foley: Mathew Bradley, John Corkery, James Lane. Subs: Sean Furey 37, John Buckley 47, Cianie Furey 50, Brian Dineen 56.

Premier Junior Hurling

Group 1: Glen Rovers 5, St Catherine's 4, St Finbarr's 3, Meelin 0

Group 2: Kilbrittain 6, Cloughdub 4, Nemo Rangers 2, Barryroe 0

Group 3: Ballygarvan 4, Argideen Rangers 4, Milford 2, Tracton 2

Quarter Finals: Ballygarvan v St Catherine's: Cloughdub v Argideen Rangers

Relegation: Barryroe v Meelin

Cloughdub 1-25 Barryroe 1-9

A comfortable 16-point win for Cloughdub over Barryroe at Páirc Uí Rinn and they now advance to the knockout stages where they will meet Argideen Rangers.



Captain of the st Vals team Orla O'Brien



Canovee NS girls Sciath na Scol team who played Scoil Naomh Muire Farran, on Thursday Sept 11th.



Macroom U8 LGFA team at the Lidl LGFA Blitz in Passage West on Sat 06 Sep



Foireann Fé13 Naomh Abán a bhuaigh Sraith LGFA an t-samhraidh le deanai.



Macroom LGFA U10 LGFA team at the Lidl Blitz in Passage West on Sat 06 Sep



Macroom U12 LGFA team at the Lidl LGFA Blitz in Passage West on Sun 07 Sep

Barryroe scored an early point but then Cloughduv settled with points from Aodh Twomey and Aidan O'Leary and Mark Walsh and led 0-5 to 0-2 on 8. Two minutes later, Aidan O'Leary finished calmly to the back of the net and Cloughduv led by 1-9 to 0-2 on 20 and by 1-12 to 0-6 at half-time.

The one-sided nature of the contest continued in the second half.

Scorers for Cloughduv: B Verling 0-8 (0-4 f), M Verling 0-6 (0-4 f), A O'Leary 1-1, M Walsh, C O'Leary, A Twomey 0-2 each, O O'Driscoll, E McNabola, M O'Leary, A Murphy 0-1 each.

Cloughduv: Stephen O'Donoghue: James Moynihan, Pádraig O'Driscoll, Liam Kelleher: Eoghan Clifford, Odhran O'Driscoll, Max O'Leary: Aaron Elliot, Mark Walsh: Eoin McNabola, Aidan Murphy, Mark Verling: B Verling, Aodh Twomey, Aidan O'Leary. Subs: Oisín McDonald 45, Ciarán Canty 48, Colm O'Leary 52, S Barry 53, Seán Curzon 57.

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.

County QF: Ballincollig v Douglas, winners v Beara

U21 B Football: Final: Donoughmore 2-10 Inniscarra 0-3

County QF: Carraigtwohill v Donoughmore: s/f: Robt Emmet's or Ballymartle

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

QF: Blarney/Rathpeacon v Kildorrery: S/F; Winners play Cogh

Cork County Championship Fixtures

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

Fri, Sept 19th @7.30pm IAHC Rel PO Mayfield v Youghal in Ovens

Fri, Sept 19th @7.30pm PSHC QF Midleton v Glen Rovers in Páirc Uí Rinn

Sat, Sept 20th @4pm PJHC QF Ballygarvan v St. Catherine's in Riverstown

Sat, Sept 20th @4pm PIHC QF Cloyne v Valley Rovers in Ballincollig

Sat, Sept 20th @4pm PIHC Rel PO Mallow v Castlemartyr in Glanworth

Sat, Sept 20th @4pm IAHC QF Aghabullogue v Midleton in Carraig na bhFear

Sat, Sept 20th @5.30pm IAHC QF Bandon v Erin's Own in Ballinhassig

Sat, Sept 20th @5.30pm SAHC QF Bride Rovers v Inniscarra in Páirc Uí Rinn

Sat, Sept 20th @7.30pm SAHC QF Blarney v Na Píarsaigh in Páirc Uí Rinn

Sun, Sept 21st @2pm PJHC QF Cloughduv v Argideen Rangers in Ballygarvan

Sun, Sept 21st @2pm PJHC Rel PO Meelin v Barryroe in Blarney

Sun, Sept 21st @3pm PIHC QF Ballincollig v Carrigaline in Riverstick

Sun, Sept 21st @3pm SAHC Rel PO Bishopstown v Courcy Rovers in Bandon

Sun, Sept 21st @3pm PSHC QF Sarsfields v Charleville in Castletownroche

Sun, Sept 21st @4pm PSHC QF Imokilly v St. Finbarr's in Midleton

Sun, Sept 21st @4pm PSHC Rel PO Erin's Own v Newtownshandrum in Mourneabbey

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

Sat, Sept 27th @4pm PJFC QF Cullen v Canovee in Donoughmore

Sat, Sept 27th @4pm PJFC QF Inniscarra v Cobh in Grenagh

Sat, Sept 27th @4pm IAFC Rel PO St. Vincent's v Dromtarriffe in Macroom

Sat, Sept 27th @4pm PJFC Rel PO Millstreet v Ballydesmond in Boherbue

Sat, Sept 27th @4.30pm IAFC QF Ilen Rovers v Mitchelstown in Bandon

Sat, Sept 27th @5pm PIFC QF Glanmire v Aghada in Lisgoold

Sat, Sept 27th @5pm PSFC Rel PO Carbery Rangers v Valley Rovers in Enniskeane

Sat, Sept 27th @5pm SAFC Rel PO Fermoy v O'Donovan Rossa in Ballinhassig

Sat, Sept 27th @5pm SAFC QF Knocknagree v Kanturk in Kilbrin

Sat, Sept 27th @5.30pm IAFC QF Gabriel Rangers v Ballinora in Rossmore

Sat, Sept 27th @5.30pm PIFC QF Aghabullogue v Kiskeam in Banteer

Sun, Sept 28th @2pm PIFC Rel PO Bandon v Macroom in Kilmurry

Sun, Sept 28th @3pm PSFC QF St. Finbarr's v Castlehaven in Clonakilty

Sun, Sept 28th @3pm SAFC QF Eire Og v Bishopstown in Ballyanley

Sun, Sept 28th @2pm PSFC QF Newcestown v Carrigaline in Páirc Uí Rinn

Sun, Sept 28th @4pm PSFC QF Duhallow v Ballincollig in Páirc Uí Rinn

Mon, Sept 29th Rebel Óg Finals Minor Football Premier 1 & 2 Finals

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

Oct 3rd - 5th PJHC SF Glen Rovers v Cloughduv / Argideen Rangers

Oct 3rd - 5th PJHC SF Kilbrittain v Ballygarvan / St. Catherine's

Oct 3rd - 5th IAHC SF Sarsfields v Bandon / Erin's Own

Oct 3rd - 5th IAHC SF Aghada v Aghabullogue / Midleton

Oct 3rd - 5th PIHC SF Dungourney v Ballincollig / Carrigaline

Oct 3rd - 5th PIHC SF Ballinhassig v Cloyne / Valley Rovers

Oct 3rd - 5th SAHC SF Carrigtwohill v Bride Rovers / Inniscarra

Oct 3rd - 5th SAHC SF Castlelyons v Blarney / Na Píarsaigh

Oct 3rd - 5th PSHC SF Blackrock v Midleton / Glen Rovers
 Oct 3rd - 5th PSHC SF Sarsfields / Charleville v St. Finbarrs / Imokilly
 Oct 3rd - 5th U21 F QF County U21 Football Quarter Finals
 Oct 3rd - 5th U21 A FC QF Douglas v Ballincollig
 Oct 3rd - 5th U21 A FC QF Mallow v Ibane Gaels
 Oct 3rd - 5th U21 B FC QF Robert Emmets v Ballymartle
 Oct 3rd - 5th U21 B FC QF Carrigtwohill v Donoughmore
 Oct 3rd - 5th U21 B FC QF St. Nick's v St. Colum's
 Oct 3rd - 5th U21 C FC QF St. Peter's v Ilen Rovers
 Oct 3rd - 5th U21 C FC QF Kildorrery v Blarney-Rathpeacon

Mon, Oct 6th Rebel Óg Finals Minor Hurling Premier 1 & 2 Finals Tues, Oct 7th @8pm
 Oct 10th - 12th Club Cship SF County Semi-Finals
 Oct 10th - 12th PJFC SF Buttevant v Inniscarra / Cobh
 Oct 10th - 12th PJFC SF St. Nick's v Cullen / Canovee
 Oct 10th - 12th IAFC SF Adrigole v Ilen Rovers / Mitchelstown
 Oct 10th - 12th IAFC SF Kilmurry v Gabriel Rangers / Ballinora
 Oct 10th - 12th PIFC SF Uibh Laoire v Glanmire / Aghada
 Oct 10th - 12th PIFC SF Naomh Aban v Aghabullogue v Kiskeam
 Oct 10th - 12th SAFC SF Cill na Martra v Knocknagree

/ Kanturk
 Oct 10th - 12th SAFC SF Beal Atha'n Ghaorthaidh v Éire Óg / Bishopstown
 Oct 10th - 12th PSFC SF Nemo Rangers v Newcestown / Carrigaline
 Oct 10th - 12th PSFC SF St. Finbarr's / Castlehaven v Ballincollig / Duhallow
 Oct 17th - 19th Club Cship Final County F&H Finals (Prov)
 Oct 24th - 26th Club Cship Final County F&H Finals (Prov)



Foireann Fé10 Captaen Foireann Fé10 Naomh Abán, Daniel Ó Cuill & Conor Ó Cuill a bhuaiigh an Comortas TJ Lyons le deanaí. a bhuaiigh an Comórtas TJ Lyons le deanaí.



Captaen Foireann Fé10 Naomh Abán, Daniel Ó Cuill & Conor Ó Cuill a bhuaiigh an Comortas TJ Lyons le deanaí.



EPH Muskerry GAA Awards night in Lee Valley Golf and Country Club; Mark Coleman - Cork Hurling, Colm O Callaghan - Cork Football, Danny Miskella - Muskerry U21 Football with Ballincollig. Pics. Anne O Riordan, Muskerry GAA PRO



Cathal Ó Criadáin, An Gaeltacht, (Club Baile Bhúirne/Cuil-Aodha), Junior C. All Ireland road bowling champion. Pic le Greta Cormican.



Captaen Foireann Fé16 Corcaigh, Peadar Ó Ceallaigh (Naomh Abán) a bhuaiigh an "Fr Manning Cup" i gcoinne Foireann Ciarraí.



Uibh Laoire under 14 team and management after their recent league winning success against Kanturk.



Laochra Óg U14 Camogie v St. Fanahan's 14th September 2025



Laochra Óg U14 Hurling Sheild v St. Mark's 9th September 2025 03

CLOUGHDUV U12 SQUAD AT CROKE PARK BLITZ

The Cloughduv U12 hurling squad enjoyed a memorable outing on July 28th as they travelled to Croke Park to take part in a Munster GAA blitz.

To help cover the costs of the trip, the panel of 24 boys and their coaches organized a hugely successful fundraising carwash. In just four short hours, over 150 cars were washed – a brilliant team-building experience that brought players, parents, and supporters together.

The Croke Park day itself was a huge success, both

on and off the pitch. Highlights included a fantastic, guided tour of the stadium – just 24 hours after the Senior Football Championship final – before taking to the hallowed turf themselves to showcase their skills.

The boys looked the part too, proudly wearing their new squad gear bags, half zips, and socks, kindly sponsored by District 11 Kitchen + Public House, Glanmire (T45 DH05), and Underground Eye Drain Services, Lissarda.

A massive thank you goes to all the parents, friends,

and community members who gave their time and support to make this unforgettable experience possible for the boys.

In addition, thank you to the U12 coaches -Finbarr, Aidan, Brian, Garry, and to Gabriel McNabola, Club Chairman, Leo Murphy, James and Paddy from the Juvenile section, who helped us in many ways. Their work in the background ensures days like this are achieved.



CLOUGHDUV U12 SQUAD AT CROKE PARK BLITZ

LAOCHRA ÓG

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 .

6th September 2025

U13s Camogie team won Irene O Keffe Shield in Inniscarra today by winning all 3 matches!! They played against Inniscarra Camogie Club Sarsfields Camogie Club Cork Aghabullogue Hurling Football &

Camogie Club.

7th September 2025

It was wet and windy but that didn't slow the Laochra Og lads down.

We had a full house in Ballymacorcoran this morning for our U8 blitz with Kilmichael and Millstreet.

Our lads played exceptionally well in all of their games and should be really proud of themselves for working so hard in tough conditions.

Thanks to all the parents for braving the weather and thanks to Niall O Callaghan for organising another very successful blitz.

And last but certainly not least thanks to our sponsors Folláin for their continued support.

Well done to our U16 girls who played their third match in the Championship at home to Fr. O'Neill's Official Camogie Club. It was a great game with plenty of scores by both sides and fantastic team work ,with the home team taking the win at the final whistle . Thanks to all for supporting on the day and to our team sponsors Healys SPAR.

Well done to our u10s who enjoyed three great games of camogie with Killavullen and Millstreet on Friday evening. Great skills and effort by all teams. Thanks to team sponsors Macroom Tidy Towns and to Millstreet Camogie Club for hosting and to our First Whistle Referee Mary Lou.

Great success with the U9/10 Hurling blitz this morning. Thanks to Milstreet, Uibh Laoire, Kilmichael

and Laochra Óg. Some fine hurling on display by all teams. Special mention to our lads who some have only picked up a hurley this year and would give Cú Chulainn a run for his money.... Warriors all. Special thanks to Pat for the pitches as they were unbelievable... Thank you to Liam, Heber and Kevin for the parking.

Well done to the U8s on the training pitch with their blitz

LAOCHRA ÓG ABU.

9th September 2025

U14 Shield Championship Final Winners!

Our U14 hurlers were crowned Shield Champions last night after a fantastic victory over St. Marks on home soil in Ballymacorcoran.

It took our lads about five minutes to settle into the game, with St. Marks missing a couple of early chances from frees. Once we found our rhythm, though, we never looked back. An early goal from Rory O'Shea settled us into the contest, and the team battled hard all over the pitch. The work rate, tackling, and support play were outstanding, with every player making a vital contribution.

The second half was a real test as St. Marks pushed hard, but our defence stood strong. Crucial scores came with brilliant goals from Danny Lynch and Conor Angland, along with well-taken points from Rory O'Shea, Cole Twomey, Conor Angland, and Oscar Hickey Grace to keep us well in front. When the final whistle blew, scenes of pure joy erupted, a deserved reward for the effort and commitment this group has shown all season.

Thanks also to the parents for always being there on the sidelines.

A special word of thanks to Pat Healy for the outstanding condition of the pitch – his dedication to keeping Ballymacorcoran pristine is greatly appreciated.

And finally, thank you to our team sponsors M&J Kelleher Oils for their continued support.

This team has grown with every game this year, and now they finish the night as Shield Champions, a proud moment for everyone involved, and extra special to do it in Ballymacorcoran. And the season isn't over yet... with a League Final still to play, there's plenty more to look forward to!

14th September 2025

Well done to our u11 camogie team who enjoyed some great games of camogie yesterday on a lovely sunny autumn afternoon in Ballymacorcoran. Fantastic skills and determination shown by all the teams. Thanks to Millstreet Camogie Club and Sliabh Rua Camogie Club for travelling to us. Thanks also to our First Whistle Referees Mary Lou and Grace who did a great job refereeing the games and to our sponsors Macroom Tidy Towns Group.

Our u14s travelled to Mitchelstown this morning to play St Fanahans in their second championship game. In lovely sunshine, both teams played some fantastic Camogie but Laochra Og came away with the win on this occasion. Thanks to St Fanahans for a very sporting game and the welcome refreshments after the game! Thanks to the parents for travelling and supporting the team and to our sponsors James Hickey and family. Next fixture for this team is at home Saturday 20th September against St. Mary's Enniskeane.



Laochra Óg U10 Hurling Blitz 7th September 2025 02



Laochra Óg U10 Camogie Blitz 7th September 2025 02



Laochra Óg U11 Camogie Blitz in Ballymacorcoran 14th September 2025 01



Laochra Óg U13 Camogie 6th September 2025



Laochra Óg U8 Hurling Blitz 7th September 2025

Kilmichael Pitch and Putt



France's O'Riordan & Jo McCarthy 1st in ladies scramble 2nd and Philip Dawson.



Frances O'Riordan ladies singles nett prize and Philip Dawson.



Ann Barrett ladies singles gross prize and Philip Dawson.



Ronan O'Callaghan singles competition and Philip Dawson.

HSE South West Launches New Women's Health Podcast to Empower and Educate



HSE South West today launched a 'Women's Health Podcast – Your Body, Mind and Baby', a new series from the Ireland South Women and Infants Health Directorate in conversation with Dr Doireann O'Leary. The podcast is designed as a valuable resource for women and families, offering expert insights, advice and support across obstetrics, gynaecology and newborn health. It will cover a wide range of important topics including complex menopause, menorrhagia, pelvic floor dysfunction, supporting families through the NICU, breastfeeding support, birth reflections, perinatal mental health and the early days with newborns.

The series launches with two episodes. In the first, 'The First 6 Weeks – Take the Help', Dr Aisling Garvey and Dr Neidin Bussmann, Consultant Neonatologists at Cork University Maternity Hospital (CUMH), join Dr Doireann O'Leary to share their personal experiences of early parenthood. They discuss breastfeeding challenges, vaccinations, the RSV immunisation, and the physical and emotional toll of the newborn period. Neidin also reflects openly on her own postnatal struggles, describing how she felt as though she was "walking through a fog."

The second episode, Birth Reflections, features Senior Midwives Gillian Walsh and Alex Campbell from CUMH, who highlight the positive impact of the



Birth Reflections service in supporting women after childbirth.

Dr Mairead O'Riordan, Clinical Director at CUMH, welcomed the launch, saying:

"We are passionate about putting the patient at the heart of our service. Our priority is to educate and empower women to ensure they receive the best and most appropriate care. Across our health service, we have incredible professionals dedicated to delivering expert care every day, but we also want to reach women where they are. The HSE is a trusted source for healthcare, but care does not need to happen only in hospital. We need to bring our experts to women,

complementing and supporting their care plans."

She also highlighted the contribution of Dr Doireann O'Leary:

"Dr O'Leary brings a wealth of knowledge and insight not only through her work as a GP but also through her strong digital presence. She is deeply passionate about self-care and was the ideal partner for this project. We hope that by tuning in, women will gain valuable information they can incorporate into their own treatment plans, empowering them to make informed decisions about their health and well-being."

'Women's Health Podcast – Your Body, Mind and Baby from the HSE' is now available for free on Spotify and Apple Podcasts. New episodes will be released fortnightly, giving listeners the flexibility to tune in at their convenience.

You can find the podcast here:

Spotify: <https://open.spotify.com/show/2wXY0H51CcmbPde0sXf75r?si=hrem4qDgTJmWZQBdhp2mAA>
Apple Podcasts: <https://podcasts.apple.com/ie/podcast/hse-womens-health-podcast-your-body-mind-and-baby/id1837388720>

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Your temperament

I love to 'people watch.' When I'm in a public place like at a café, park bench, waiting in line at an airport or in slow traffic I observe how people interact. What is striking to me is seeing seemingly mismatched couples holding hands. A hulk of a male rugby player may tower over a petite diminutive lady but she's boss! A beauty and a beast scenario. You ask yourself how did they ever match up. You might well ask what some people may see in each other.

What fascinates me is that opposite personalities attract! We complement each other. A pacemaker marries a peacemaker, an accelerator marries a brake, a spender marries a saver, an extrovert marries an introvert, precocious person marries someone who is precautions!

It doesn't always go smoothly, however. If you find yourself saying "if only he/she would ..." then keep reading!

According to the ancient Greeks there are four possible temperaments. These are known as choleric, sanguine, melancholic and phlegmatic. To the Greeks these were 'humours' or moods under the influence of bodily fluids, as the names suggest.

But they do come close to life experience when we examine them. The four dominant personalities can be compared to modes of transportation - the choleric person is like a bulldozer, a sanguine like a rollercoaster, a melancholic like a punctual train, and a phlegmatic person glides like a gondola. The choleric person is direct and to the point, the sanguine is the party animal, the melancholic is the painstaking perfectionist, and the phlegmatic is laid-back. We can be a mixture of two of these but the opposite temperaments of choleric and phlegmatic don't feature together in one individual, nor do melancholic and sanguine tendencies.

Each temperament has their place in a relationship but each is in danger of becoming extreme and needs to be checked from time to time.

Cholerics are at their best in a crisis - decisive and brilliant in directing emergencies - they think on their feet and manage well until the crisis is over. But they are confused as to their role in calmer waters. They can be brutally undiplomatic. They need to learn tact and an awareness of how their directness may come across as insensitivity.

Sanguines are the party animals, extroverts, social planners, with hectic social calendars. The glass is half-full. But as colourful butterflies they never land anywhere too long and may come across as superficial, lacking identity, depth or seriousness. They need to learn consistency and follow-through.

Melancholics are precise, accurate, measured. They are neat, tidy and pay attention to detail. They are the aircraft designers and engineers. Hugely trustworthy, but need to look up and lighten up socially. They see the downside and disadvantages and the glass is usually half empty for them.

Phlegmatics' favourite word is 'mañana.' There's no urgency for them. They take their time coming to a decision, sometimes maddeningly so. They have to weigh all their options. They meet every deadline on the final day - or ask for an extension. "Pressure is for tyres." They need to be reminded or nagged. But they will usually put on the kettle before making a decision.

Opposites attract. So the combination in couples can be frustrating or hilarious. What's recommended though is to develop practiced awareness that we don't all see the same thing in precisely the same way. Know your temperament. See that your family members have varying temperaments - often polar opposite ones. We don't all operate the same. Communication is key, and learning what makes them tick or 'switch on.' And in the process being able to laugh at yourself.

Which type are you?

For further reading and self-diagnosing your temperament, I recommend.

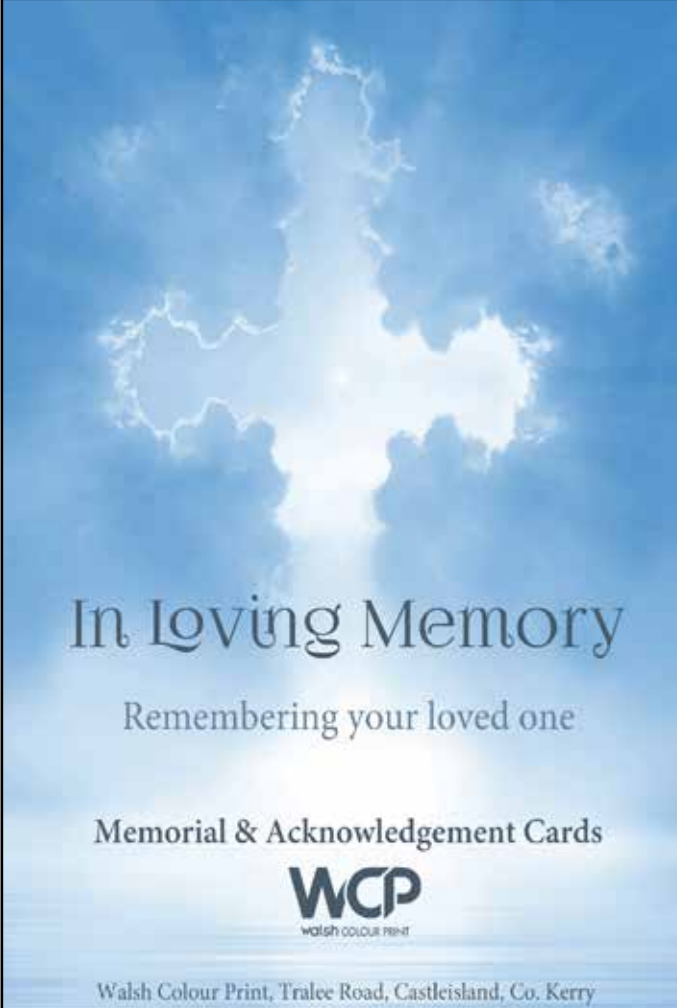
"The Temperament God Gave You"

By Art and Laraine Bennett

(PS I'm sanguine-phlegmatic)..

God bless. Fr Seán

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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.

x

POWERFUL NOVENA



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This novena is to be said at the same time every hour for nine consecutive hours - one day. Promised publication, never fails.

x

8th ANNIVERSARY



In loving memory of

**SHEILA
KELLEHER**

Cornera, Inchigeela

Passed away 27th September 2017

*We won't forget the face we loved,
or the memory of your smile
or the countless things you did for us
to make our life worthwhile.
You shared in all our ups and downs
and helped to see them through.
You made the good things better
by what you'd say or do.
You were someone we could talk to
and on whom we could depend.
You were more than just our Mother,
you were also our Best Friend.*



"Always in our Thoughts and in our Prayers"

Fondly remembered by her loving sons Dan
& Michael, daughters Sheila & Margaret and
all the family.

22ND ANNIVERSARY



In loving memory of

**THOMAS
KELLEHER**

**3 Knocknagown Place, Rylane
Who passed away on the 13th
September 2003**

*Today's a difficult day
that always makes me sad
because it's just too late to say
the things I wish I had.
You see, I wish I'd told you
far more often that I cared
and that I was so grateful
for the happy times we shared.
And time's passed since the day you left
but still I'm asking why
you couldn't have stayed for longer
and we had to say goodbye.
So on the day you went away
all there's left for me to do
is hope that heaven lets you know
how much I'm missing you.*



Loving you and missing you always from
Mam Geraldine and Dad Pat your sisters Helen
Martina and Antoinette and brother Patrick.
Your adoring nieces and nephews and grand
nephews and nieces

30th ANNIVERSARY



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Always remembered, Anne,
FitzGerald family and friends

9th ANNIVERSARY



In loving memory of

**KITTY
O'DONOGHUE**

**O'Connor Park, Masseytown,
Macroom, Who died on 29th
September 2016**

*A million times I've needed you
A million times I've cried
If love could have saved you dear
You never would have died.
Things we feel most deeply
Are the hardest things to say
My dearest Kitty I loved you
In a very special way.
If I could have one lifetime wish
One dream that could come true
I'd pray to God with all my heart
For yesterday and You.*

*God knew that she was suffering
That the hills were hard to climb So he
closed her weary eyelids And whispered,
Peace be thine.
Away in the beautiful hills of God
By the valley of rest so fair
Some day, we know not when
We will meet our loved one there.*



Loved, remembered and missed everyday
by her loving husband Danny, daughter
Liz, sons Anthony and Gary, son-in-law
Jer and Kitty's three angels Jamie,
Zara & Charlie.
We never wanted you to be a memory.
We also remember Kitty's
daughter-in-law Caroline.

May they both rest in peace.

PRAYER TO ST. JUDE



St. Jude, glorious apostle, faithful
servant and friend of Jesus, the name
of the traitor has caused you to be
forgotten by many, But the true church
invokes you universally as the patron of
situations despaired of.

Pray for me, for I have despaired; pray
for me, that I may finally receive the
consolations and assistance of heaven
in all my necessities, tribulations and
sufferings

(Here make your request)

and that I may praise God With you
forever.
Amen. EG

NOVENA TO THE
SACRED HEART

Dear Heart of Jesus, in the past, I have
asked for many favours. This time I ask
for a very special one. (Here mention
your request.)

Take it, dear Jesus, and place it within
your own heart, where your Father
sees it. Then, in his merciful eyes, it
will become your favour and 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.

EG

2ND ANNIVERSARY



In loving memory of

MARY COLLINS

Massytown, Macroom

Died on 16th September 2023

*Though absent you are very near,
Still loved, still missed and very dear,
You left a place no one can fill,
We miss you Mam, and always will.*



Always remembered and deeply missed
by her son Billy, daughters Elaine and
Marie.

NOVENA TO THE SACRED HEART



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

THE MIRACLE PRAYER



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

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
TED LORDAN
Knocknagoul, Coachford, Co. Cork
Who died on the 15th of September
2024

As we mark the first anniversary of Ted's passing, his family would like to take this opportunity to express our deepest gratitude and appreciation to all those who supported us and sympathised with us on our sad loss.

We would like to thank all those who attended the funeral, sent Mass cards, and online condolences.

To Fr. John McCarthy for celebrating a lovely Mass, and to everyone who participated in it.

A special thank you to Billy and the staff of Fitz-gerald's undertakers for their kindness and professionalism.

Thank you to the staff of the Lee Valley Golf Club for providing refreshments after the funeral.

*We thought of you with love today,
But that is nothing new,
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name,
All we have are memories,
And your picture in a frame.*



Sadly missed & remembered by
your family and friends.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
NOREEN DINEEN
(NEE O'DRISCOLL)
Knockanure, Ballymakeera, Cork
who died on the 22nd September
2024.

As we lovingly remember Noreen on her first anniversary her husband Teddy, son Gerard, brother Michael, nieces and nephews would like to thank all who attended her funeral and all the neighbours and friends who supported us. Thank you to Fr Jim Greene, Sacristan and choir. Thank you to McCarthy undertakers for your professionalism and help. Please accept this acknowledgment with deepest gratitude. Mass will be offered for your intentions.



First anniversary mass will be held on
Saturday 20th September, 2025 at St
Gobnats Church, Ballyvourney at 11.a.m.

5TH ANNIVERSARY



In loving memory of a special Dad
TIM O'SHEA
Kilpatrick, Macroom

*Many happy memories unfold
As I think of you,
Such a caring person
A nature warm and true,
I hold you within my heart and
there you will remain,
To be with me throughout my life
As I walk down memory lane.*



Lovingly remembered by your son Conor

8th ANNIVERSARY



In loving memory of
MARGARET
(PEG) BURKE
Rahoon, Ballymakeera, Co. Cork
Died 20th September 2017

*Though your smile is gone forever
And your hand we cannot touch,
Still we have so many memories
Of the one we loved so much
Your memory is our keepsake
With which we will never part,
God has you in his keeping
And we have you in our hearts*



Sadly missed by your loving family
Liam, Siobhan, Jack and Joanne

Mass on Sunday 21st September in
Ballyvourney Church at 11.30am

2ND ANNIVERSARY



In loving memory of
SHEILA
SHEEHAN
Mountmassey, Macroom, Cork
Who passed away on 10th
September 2023

*Your life was a blessing
Your memory a treasure.
You are loved beyond words
And missed beyond measure.*



Sadly missed by her husband George
and all the family

6th ANNIVERSARY



In Loving Memory of
TIMOTHY
KELLEHER
Slievareagh, Ballyvourney
Who died on the
26th September, 2019

*Death leaves a heartache
no one can heal,
Loves leaves the memories
no one can steal.*



Loving you today and always Tim
Mom and Anthony
XXX
Anniversary Mass on Saturday 27th
September at 6pm in St Gobnats Church
Ballyvourney

2ND ANNIVERSARY



In loving memory of
SHEILA
SHEEHAN
Mountmassey, Macroom, Cork
Who passed away on 10th
September 2023

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



Sadly missed by Norma, DD, Sheila, Claire,
Carmel, Eoin, Denise, Scott and Grace

NOVENA TO THE SACRED HEART



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

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75TH ANNIVERSARY



SACRED HEART OF JESUS
HAVE MERCY ON THE SOUL OF

**DANIEL
MURPHY**

Cooligrenane, Inchigeela

Who died on September 20th, 1950
(Holy Year) Aged 45 years R.I.P

*He bid no one a last farewell,
He raised his hand to none;
His spirit flew before we knew,
That he from us had gone.*

*Good was his heart in friendship sound,
Loved and respected by all around;
A beautiful life came to an end.
He died as he lived, everyone's friend.*

*Farewell dear children, I must go,
And leave you in this world of woe;
Weep not for me, nor sorrow take,
But love each other for my sake.*



Sadly missed and always remembered
by his loving family.

Anniversary Mass on 28th September 2025
(Holy Year) at 11.30am in Inchigeela Church

2ND ANNIVERSARY



In loving memory of

**MICHAEL
KELLEHER**

Coolihane, Macroom, Cork
11th September 2023

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



Always loved and remembered
By his wife Sheila sons Tim, Pat & Michael,
and daughter Alice. Son-in-law Martin,
daughters-in-law Noelle & Andrea
and his beloved grandchildren.

15th ANNIVERSARY



In loving memory of

**EVELYN
O'RIORDAN**

Curraghaneearla, Macroom
Whose anniversary occurs on the
27th September

*Time and years slip quietly by,
But love and memories
never die.
In our hearts you will
always stay,
Loved and remembered
every day.*



From all your loving
family and friends.

4TH ANNIVERSARY



In loving memory of

**DENIS (DENNY)
CORKERY**

Gortnapeasta, Clondrohid, who died
on 24th of September 2021.

*They say that times a healer,
But we don't think that's true,
For every year that passes by,
We love and miss you more.*



Forever loved, sadly missed every day,
Your loving wife Geraldine, son Jerome,
Grandaughter Saoirse, Sisters and Brother
and extended family.

Anniversary Mass Sunday September 21st
at 9:30am in St Abinas Church Clondrohid.

15TH ANNIVERSARY



In loving memory of

**MARGARET
O'CONNELL**

Shean Dair, Ballymakeera, Co. Cork
Whose anniversary occurs on
25th September

*You are more than a memory silently kept,
you are part of our lives
we will never forget
Everyday in some small way,
memories of you come our way.*



Sadly missed by her loving husband Tadhg,
her children, her cherished grandchildren,
extended family and friends

17TH ANNIVERSARY



In loving memory of

**CON
KELLEHER**

Lissacreasig, Macroom
Co. Cork

Who died on 20th September 2008.
Aged 47 years

*A silent thought,
A quiet prayer,
For a special person,
In God's care.*



Always remembered by your loving wife
Joan, Diarmuid, Sean and Siobhan.

8th ANNIVERSARY



In loving memory of

ANN DUNLEA

Loughleigh, Carrigadrohid, Co. Cork
17th of September 2017

*O Lord, Support us all the day long,
'Till the shadows lengthen and the
evening comes,
and the busy world is hushed,
and the fever of life is over
and our work is done.
Then, Lord, in your mercy
grant us a safe lodging,
a holy rest, and peace at the last,
through Christ Jesus, our Lord.*



Inár gcroí go brách, inár gcuimhne
go buan
Michael and family

ANNIVERSARIES



In loving memory of

**JOHN &
KITTY RING**

Carriganima, Macroom.

John who died on the
27th September 1997

Kitty who died on the
23rd September 2007

Always in our thoughts and prayers



Your loving families

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