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Picture on Left: Coláiste Fionnchua, Mitchelstown, overall winners of the Danone Schools 'Cook Off Competition' Lea Roche and Michelle Mullins with their teacher Ms. Julie O'Connor. Right: Competitors from St. Mary's Macroom, St. Brogans Bandon, Coláiste Fionnchua, McEgan College Macroom, Regina Mundi College Cork and Millstreet Community College. Pics. Peter Scanlan

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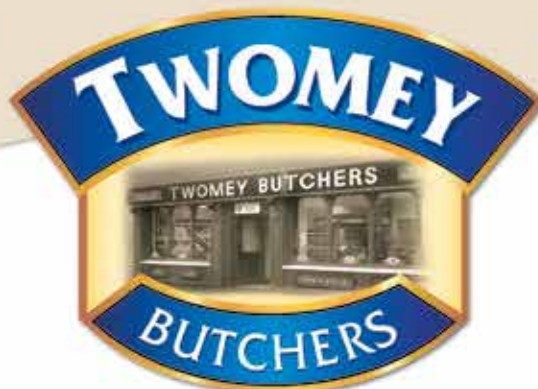
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We are a bi-weekly magazine; therefore, submissions must be on the Sunday
before publication at the latest, if you want a piece included in the following

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

As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne

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Macroom Food Festival Report 2025



The Macroom Food Festival returned this year with sunshine, smiles, and a strong sense of community spirit. A beautiful morning welcomed traders who arrived in high spirits, ready for a day full of flavour, fun, and festivity. The town quickly came alive with music, laughter, and the enticing aromas of food from near and far.

Sunday kicked off with the ever-popular Kids Cooking Classes, where young budding chefs enjoyed a hands-on culinary experience under the guidance of Chef Inga Luse. The children delighted in learning new skills, and their enthusiasm was a joy to witness. Families also enjoyed the Family-Friendly Treasure Hunt, organised by sustainable coffee company Fzin and its owner Sofia Kalfa. The treasure hunt added a playful and educational element to the day, highlighting environmental themes in a way that was engaging for all ages.

A regular event of the festival is the SECAD Multiculturalism Through Food event, which brought together 15 different nationalities who cooked and shared tasters of their traditional dishes. The food sampling created a warm and welcoming space for cultural exchange, with everyone engaging in

wonderful conversations and hearing personal stories behind each dish. It was a meaningful reminder of the rich diversity within the community and the power of food to bring people together.

Music played a central role in the festival's atmosphere, the Briery Gap had a full programme all weekend so plenty of variety. On Sunday the main entertainment provided by Finbarr Dennehy and family, whose traditional tunes had the crowd toe tapping and dancing in the streets. Their performance brought plenty joy to both the young and older generations. Children with brightly painted faces and laughter echoing from the merry-go-round captured the essence of a truly family-friendly day. The festival catered to all ages, offering a vibrant mix of activities and attractions.

The Danone Schools Cook Off was the main competitive event of the day. Judge Mark Doe of Just Cooking Cookery School praised the exceptional quality of dishes prepared by the young contestants. This year's winning school team came from Mitchelstown, proudly taking home the top prize after an impressive showing of talent and teamwork. Many craft stalls at the market added an additions

layer to the festival, showcasing handmade goods and offering small local businesses a platform to sell and gain exposure. These stalls were a wonderful complement to the food offerings and drew strong interest from visitors.

The festival extended beyond the main day, with many successful events hosted over the weekend by local businesses who generously supported this year's programme. Highlights included The Mulligan Room's Latvian Night, Granville's Jazz Session, Castle Hotel's Local Produce Tasting Night, and Pop Crowley's Pop-Up Wine Bar, along with many of the pubs hosting nightly music each adding their own unique flavour to the celebrations.

A heartfelt thank you goes out to the many volunteers and sponsors whose hard work and support make the Macroom Food Festival such a treasured event year after year. Their dedication is what brings this vibrant celebration to life and ensures it continues to grow and thrive.

Until next year—here's to great food, great people, and great memories in Macroom!



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ROSSMORE, KILBARRY, MACROOM, CO. CORK

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

AMV: €475,000



DROMANALLIG, BALLINGEARY, MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to offer this c.4.7 acre parcel of agricultural land. The property which is situated on the western outskirts of Ballygeary village, is currently under quality pasture and is recently fenced. The land has extensive road frontage within Ballygeary village, which is situated c.25 minutes west of Macroom town and c.45 minutes from Cork City.

AMV: €50,000



DERRYREAG, CLONKEEN, KILLARNEY, CO. KERRY, V93H009

Killian Lynch Auctioneers are pleased to offer this c.82.8 acre residential farm holding with a range of stone outbuildings. The property which is all in one block is of a mixed nature, suitable for sheep grazing or afforestation. The farmhouse which is situated centrally within the holding is of stone construction and is in need of renovation throughout. The farmhouse would also qualify for a renovation grant as it has been vacant for over 2 years. The property is accessed via a forestry roadway and is located c.10 minutes from Ballyvourney, c.20 minutes from Macroom and Killarney and c.50 minutes from Cork City. BER: G

AMV: €350,000



TOAMES WEST, MACROOM, CO. CORK, P12VA44

Killian Lynch Auctioneers are pleased to present this exceptional 5 bedroom property on c.0.75 acres of landscaped gardens and tarmac driveway. The property which extends to C.3,400sq ft living accommodation spread across 3 floors is in pristine condition throughout, having been maintained to a very high standard over the years. Constructed in c.2007 the heart of the property is its open-plan kitchen and living area with a seamless flow into the dining areas and south facing patio area to the rear, with all other rooms within the property being exceptionally spacious and bright. It also has a good BER rating of B3 making it an energy efficient house which qualifies it for a green mortgage. Located only a few minutes drive from the famous Gearagh nature reserve, c.10 minutes drive to Macroom town and a c.25 minute drive to Cork city. This is a family home opportunity not to be missed. BER: B3

AMV: €600,000



NO. 10 TO THE HEATHERS, CLASSES LAKE, BALLINCOLLIG, CORK, P31 CR90

Killian Lynch Auctioneers are pleased to offer this beautiful and well presented 3/4 bedroom house. The property which has been recently extended in 2021 comprises of C.1352 sq ft living accommodation. The property comes with landscaped gardens, patio and a shed to the rear situated within the development of Classes Lake adjacent to a large open space green area, within walking distance of Ballincollig town centre. Viewing is a must at this property. BER: B3

AMV: €485,000



SLEAVEEN EAST, MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to present this spacious 3 bedroom detached house on c.0.27 acres. The property which comprises of c.1420 sq ft living accommodation throughout is in turnkey condition & would be an ideal opportunity for a first time buyer or for someone looking for a family home. Located at the end of a cul de sac overlooking the beautiful Gearagh reserve, just a short 2 minutes drive to Macroom town centre & a c.30 minute drive to both Killarney & Cork city. Viewings advised. BER: E2

AMV: €220,000

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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

Our Active Retirement group activities are continuing, and about 25 members are enjoying Chair Yoga every Thursday evening. So much so that they have asked that it will continue on right up to Christmas and possibly beyond. There is a wide range of presentations to cater for the many and varied interests of the members.

Its fair to say that most of us in the Active Retirement Group were not born in the age of technology. Most of us grew up without even a telephone in our home, and when we did get this complicated looking device tucked away in some quite corner of the house, we were severely curtailed in its use, as most households could only afford to use it for any reason other than business or an emergency. In the 1980s we had the introduction of cordless phones, and if we were tempted to sneak a quick chat with our friends, we disappeared with it under the bedclothes. Next came mobile phones, which most of us remember were Nokia, so we couldn't believe our luck when we got our own personal phone. Then, there was a major step forward when smartphones were launched. But those of us that grew up with operator-assisted and rotary dial phones did not adjust too well to the functionality of these devices. To overcome our

difficulties and learn a few "new tricks", we called on the Girl Guides to come to our assistance. This proved to be an amazing experience from all sides. One of the Girl Guides sat down with one of the Active Retired members, and in a one to one, the members got instruction and guidance through whatever was causing them difficulty. Whether it be to add new contacts or set up a WhatsApp group, the queries were varied, and what was major challenging to those of us in the senior group was second nature and effortless to the girls. These girls were born in the era of modern technology and could answer anything that they were asked. They were the most helpful, mannerly and considerate bunch of young people, and it was so lovely to spend a night with them.

On Tuesday night last, Martin O'Mahony of Ballyvourney Nurseries gave a wonderful talk about perennials and the garden in Autumn. He demonstrated a very thorough knowledge of plants and the conditions favoured by them. He gave us some very useful advice about how to protect our plants from slugs and snails without the use of chemicals that are harmful to the birds and wildlife. He sells this mix, which he has formulated himself

using all natural products. If your garden is plagued by these creatures, and like most people now, who are conscious of the damage done by chemicals to the environment, a trip to the square on Tuesdays is well worthwhile. This magic formula sure doesn't smell very nice, but it seems the snails are equally upset about it as it sends them on their merry way to seek sustenance elsewhere, without killing them or any other creature. It's the perfect answer but somehow, it's a well-kept secret, because nobody attending had even heard about it.

Our next presentation coming up is Art through the medium of Watercolour. Carole Anne Floyd, an accomplished artist, is living in West Cork, where she draws inspiration from the natural beauty of her surroundings. She is an experienced teacher and, on the night, she will demonstrate a watercolour of a local landscape. She will guide us through the basic elements, such as mixing colours, perspective and composition and this is a great starting point if you are new to painting. There will be plenty hints and tips for those who have already dabbled in watercolour painting as she is excellent at encouraging people to discover their creative potential.



One to one tuition with members of Macrompian Community ARA and Girl Guides





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MACROOM GIRL GUIDES

Macroom Girl Guides and the Macrompian Community Active Retirement Group

The Hi Digital program is an intergenerational initiative which seeks to connect Irish Girl Guides with older adults in their communities to teach basic digital skills. Units can participate in a variety of ways whether it's one on one sessions with people they know in the community (grandparents, neighbours, older aunts and uncles), drop in sessions at a public place, group lessons in a community centres or retirements. There are plenty of options!

Partnered with Vodafone & ALONE Ireland, members of Macroom Guides have undergone training courses to become Digital Champions and develop their skills in collaboration to deliver this wonderful programme in their communities. Hi Digital is a pathway to communication not only through the technology but through the personal side of the meetings also.

On Friday, 19th of September, Ardilaun Guides and MacEgan Senior Branch partnered with the Macrompian Community Active Retirement Group for a Hi Digital session held in Fr. Ryan Hall. The Guides received a warm welcome and thoroughly enjoyed



Macroom Guides & Macrompian Community Active Retirement Group

meeting the members of the Active Retirement Group. Together, they shared stories and exchanged skills with the younger participants offering guidance on smartphone use over a friendly cup of tea. A big thank you to our new friends for a great evening - we're

already looking forward to the next session!

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



MacEgan Rangers pictured with SW Regional Commissioner, Mary H. O'Connor



Ladybirds proudly displaying their Book Lover badge work!

A FRESH START AT YOUTHREACH MACROOM

This month, Youthreach Macroom proudly welcomed back familiar faces and greeted new students joining us for another year of opportunity, growth, and second-chance education.

As part of our induction week, students took part in a dynamic workshop with Dr Caoimhe, who delivered an engaging session on healthcare and self-care. The workshop highlighted the importance of looking after both physical and mental wellbeing — a perfect foundation for the year ahead.

We also made the most of our local surroundings, taking time to explore Cork Public Museum in

Fitzgerald's Park, where students delved into the rich history and archaeology of Cork City. This was followed by a visit to The Glucksman at UCC, where learners engaged with visual arts and experienced contemporary exhibitions in an inspiring university setting.

It was a great start to the year — blending learning, wellbeing, and local culture — and we're looking forward to what's to come.

Would you like to join Youthreach Macroom?

Youthreach is a FET Centre for young people aged 16 to 20 who have left mainstream school early without

formal qualifications. It offers a flexible, supportive learning environment where learners can gain personal, social, and vocational skills. Participants work towards QQI qualifications in Levels 3 and 4 (the equivalent to the Junior and Leaving Certificates) and receive guidance to help them move on to further education, training, or employment.


If you think Youthreach is for you contact us on (087) 4130764 or (026) 43733. Alternatively, you can email Christina.Cronin@CorkEtb.ie, limited places available.



The visit to the Cork Public Museum



Dr Caoimhe Healthcare Talk

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LIVE MUSIC MEETS PODCAST 'A CLOSE ENCOUNTER' WITH MARY COUGHLAN & ULTAN CONLON SAT 18 OCT 2025 8PM	LIVE MUSIC TOMMY FLEMING THU 23 OCT 2025 8PM	LIVE MUSIC NIAMH REGAN WITH JULIAN BOLAND SAT 25 OCT 2025 8PM	MAGIC SHOW JOE THE MAGICIAN SUN 26 OCT 2025 3PM
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LIVE MUSIC BREEN RYNNE MURRAY WITH SPECIAL GUEST NELL NÍ CHRÓINÍN SAT 15 NOV 2025 8PM	LIVE MUSIC SEÁN KEANE 2025 FRI 05 DEC 2025 8PM	LIVE MUSIC KAREN UNDERWOOD THE MUSIC OF NINA SIMONE SAT 06 DEC 2025 8PM	FILM@BRIERYGAP ANDRÉ RIEU'S 2025 CHRISTMAS CONCERT MERRY CHRISTMAS SUN 07 DEC 2025 7:30PM

THE GARDEN FETE IN KILLARNEY ROAD



Ellen Lynch, Family and Friends who organized a Garden Fete at Killarney Road and raised €3770 for Macroom Senior Citizens



A small section of the large who attended Ellen Lynch's Garden Fete

By Ellen Lynch

My little garden, typically suburban with some influences of Irish cottage gardens is nothing special, but it is my Oasis. I was contemplating a fundraiser for a while as I realized that the location has a great advantage because the car park at the Auld Triangle is right beside me and the area out front of the house is the perfect place to have a 'Bring & Buy'. I had a conversation with Peggy and Pat O'Connell about it and the idea took root.

We put out a request asking people to de-clutter and bring along any unwanted gifts, homeware, ornaments, you name it, and the response was phenomenal. I had emptied out my garden shed in readiness for what would be brought in, but I was not prepared for the response from people. I was astounded by their generosity, realizing that all this stuff would make money for Meals on Wheels. My good friend Catherine Doherty got on her WhatsApp groups and she and her husband, Howard started bringing car loads of items that they collected from their friends. Goods were brought, some new in their box, anything 'from a needle to an anchor'.

I set about preparing, sorting and pricing, but I soon realized I'm not going to get through all this lot. In panic, I enlisted the help of three friends that also volunteered with me in NCBI. Ann Marie Corkery, Mary Barry and Noreen O'Donoghue were angels and worked their way through the mountains of goods. As it came together, it was all so interesting and many stories developed around it. A lovely lady, Chris arrived with a really old Military Box, dusty from being stored in her attic for the last 20 odd years. She related the story attached to it. It was owned by her uncle who was in the British Army and it was used to transport bombs and ammunition. I got onto the local Antique dealers, Michael and his wife Mary, who are a mine of information on all things vintage and they valued it at €40 to €60. Through word of mouth, it promptly sold for €50. This was the first and very encouraging transaction. Another lovely lady Louise, donated chinaware that was her grandmothers and had great sentimental value to her. Artist, Liam Forde brought one of his own lovely paintings of Gougane Barra, which was auctioned.

Only for my wonderful grandchildren, Jamie and

Daniel, I couldn't have done it without them. They came and stayed and worked early and late. When the Gazebos went up out front, the place took on the look of something about to happen. John Lyons and Jennifer O'Sullivan got to work, assisted by Daniel and Jamie and made the place look as if Fossett's had come to town. My daughter in law, Alma organized the decorations with lots of bunting and balloons, donated by Dave in Connections, creating a wonderful carnival effect.

Catherine L Murphy arrived with loads of tables, chairs and umbrellas, and the back garden was transformed. The one big worry was the weather, and with the typical Irish blustery days we had that week, it was 'broken'. Infant of Prague Statues were put out from Coachford to the County Bounds, and sure enough, the day dawned clear, and before long the sun was out. There was a crazy rush to get everything out and displayed, but all my fears were unfounded as people started to arrive early, looking for the bargain of the day and there were so many bargains. The delicious homemade cakes and jams disappeared in no time at all. Flowers donated by Mary of Sweet Magnolia, Sheila Murphy, Theresa O'Callaghan, Lidl, Catherine Sheehan, and many more green fingered friends were sold. Grace, Hannah, Andrew, Ava and Killian were selling the bric-a-brac, along with the many neighbours and friends who helped in every way they could in the spirit of giving.

In the back garden, tea, coffee and cakes were served, and people relaxed in the sunshine listening to the beautiful music of Jerome Coakley, Jer Wolfe and Kevin O'Brien. Other musicians and singers joined in, creating a wonderful atmosphere. We were lucky we had such generous sponsors for the Coffee Morning, as Supervalu, Aldi, Lidl and Dunne's sponsored the food and beverages and many people brought home baking. The kitchen ran smoothly under the expert direction of Peggy O'Connell along with Evelyn McSweeney, my daughter Majella and sister Margaret and thankfully many more ladies giving help throughout the day.

Paula and Ron took care of the Raffle ably assisted by Darragh and Aoife and other family giving a hand. 25 Prizes were donated by local business people and the raffle alone generated €950. My son Conor and my

brother Michael chipped in when and where they were needed.

My good friend and neighbour, Mary Ryan stood beside me every step of the way from start to finish, while planning the event and seeing that everything was going smooth on the day. "Mary, you are one of a kind".

When Pato and Evelyn arrived, they were like Royalty as everyone were delighted to see them. They both have done so much for the older people in this locality and they never get the credit they deserve for what they do, so I know people will join with me in saying to them "Thank you and well done for your many years of service to the community". The Meals on Wheels deliver about 70 meals to people in their homes every day, 7 days a week. This service, not alone provide a hot meal, but also social interaction with people who feel isolated and vulnerable. They are a truly worthy charity and I was so happy to be able to do a little bit. €3,770.00 was raised around this event.

Pat O'Connell stated that Macroom Senior Citizens would like to extend our sincere thanks to Ellen Lynch, her family, friends and all those who helped for the outstanding effort put into organising the Garden Fete and Tea Party at her home recently and we were blessed with a beautiful sunny day. Macroom Senior Citizens, which was founded in 1968, to provide Meals on Wheels for the elderly of Macroom, and, now, 57 years later it has expanded its operations to providing Sheltered and Residential accommodation, laundry service, Meals and Wheels to Macroom and Lee Valley Region, Social Activities for the elderly.

At present, we are delivering Meals on Wheels seven days, Monday to Sunday, and we prepared 1,418 meals a month in our kitchen. Over the past 12 months the cost of meat, fish, vegetables and groceries has increased considerably and we depend on fundraising to cover these costs. Events like the Garden Fete remind us of the wonderful Community Spirit, we share and the money raised, €3,770, will be a big help to our Meals on Wheels Service.



Musicians:left to right: Jerome Coakley, Ger Wolfe and Kevin O'Brien



Members of Macroom Cromptian Community ARA with Martin O'Mahony at recent Gardening Night



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Culture Night 2025

at The Briery Gap Marks One-Year Milestone in Spectacular Style

The Briery Gap came alive last week with a vibrant celebration of arts, culture, and community as part of Culture Night 2025.

Set against the backdrop of the venue's Launch Week, an exciting week-long programme culminated on Friday, September 19, with a double bill of freeentry events that included contemporary dance piece "Thin Places," and traditional music from the Céilí Allstars. These performances were projected in real time onto the building's exterior, transforming the town square into a shared cultural experience and bringing the magic of live performance to passers-by and attendees alike.

The week featured several standout events, including a screening and Q&A with the filmmakers of IFI's Christy, a book launch for celebrated musician Breannán Ó Beaglaioich's new memoir, a transformative audio/visual experience of Nomos: Ó Riada Reimagined by Ordnance Survey, and an animated performance by Aindrias de Staic in his captivating show, By the Light of the Silvery Moon. The week also featured a music workshop for children and a poetry workshop for adults. Briery Gap's Launch Week not only unveiled an exciting upcoming autumn programme, it also marked the one-year anniversary of the iconic venue's reopening. Throughout the week, the community came together to help commemorate the venue's successful first year, and one year on, The Briery Gap continues to fulfil its mission of connecting community through culture and the arts.

As part of The Briery Gap's Autumn 2025 Programme, audiences can look forward to upcoming highlights such as a night of folk music with Nollaig Casey, Niall McCabe & Mike McGoldrick (Oct 9), up-and-coming singer/songwriter Niamh Regan (Oct 25), and the muchanticipated The White Horse Guitar Club (Nov 1). Music lovers also won't want to miss Fiona Kennedy performing Natural Woman (Oct 4), or Mary Coughlan and Ultan Conlon's live podcast and performance (Oct 18), and the kids are in for an exciting sold-out afternoon with RTÉjr's Joe the Magician (Oct 26). Plus, fans of cinema can now enjoy IFI screenings twice a week, every Monday and Wednesday.

Culture Night 2025 not only celebrated the richness of Irish cultural expression, it also reaffirmed The Briery Gap as a central pillar of West Cork's creative life.

For media inquiries, interviews, or further event information, contact: marketing@brierygap.ie 086 153 2022 | www.brierygap.ie





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5 Simple Ways to Support Your Spine Daily



by Dr. Ben Martin
Optimal Chiropractic,
Ballincollig

Your spine is the foundation of your body. It supports every move you make, from walking and lifting to sitting and stretching. When it's healthy, you can move with ease and confidence. When it's not, everyday activities can become difficult or even painful.

World Spine Day, celebrated on October 16, is a global initiative to raise awareness of spinal health and the importance of prevention. With back pain being one of the most common health complaints worldwide, now is the perfect time to check in on your spine and take steps to keep it strong.

Here are five simple ways to support your spine every day:

1. Move Well

Your spine needs both safe movements and regular activity. Bend with your knees when lifting, keep objects close to your body, and engage your core. Plus, make time each day for movement like walking, stretching, or yoga to keep your spine flexible and strong.

2. Build Strength and Balance

- Practice getting up from the floor without using your hands.
- Climb stairs daily for fitness and heart health.
- Balance on one leg, eyes closed, to improve coordination and reduce fall risk.

3. Straighten Up

A few minutes of posture exercises each day can help reduce stiffness and prevent pain. **Follow us on FB or Insta this month to try these exercises yourself.**

4. Stay Consistent with Care

If you're under chiropractic care, follow your plan to maintain your results and keep your spine functioning at its best.

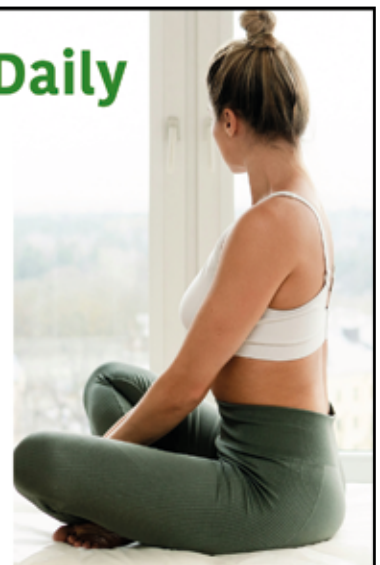
5. Make It a Habit

Small daily choices add up to long-term spinal health.

This World Spine Day, take a moment to thank your spine for all it does, then give it the care it deserves.

A healthy spine supports a healthy life. Start today, and your future self will thank you! Find lots of helpful videos and more tips on our socials!

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DE LA SALLE College Macroom



De La Salle College U14 Hurlers had their first session this season. Fourth year students Dan McCarthy and Chris O Leary are involved in coaching the team this year.

Environmental Initiative: "Every Bottle Counts"

Students from our Autism Hub, Student Council, and Transition Year came together last week to launch a Return Deposit Scheme at De La Salle College. In just the opening days, the initiative raised over €56 by collecting bottles and cans. All proceeds will be donated to Pieta House as part of our Mental Health Week celebrations on October 10th. This campaign has highlighted the teamwork, inclusion, and environmental responsibility of the entire school community—we encourage everyone to keep supporting this positive effort.

Successful Parents Association AGM & Empowering Workshop

There was an excellent turnout at the recent De La Salle College Parents Association AGM, held in Room 17. Attendees benefited from an informative presentation on "Parenting Teens in Education," which covered key topics such as communication strategies, building emotional resilience, establishing healthy routines for school, effective study skills and revision techniques, and promoting exam wellbeing. Parents engaged actively in discussions and feedback was overwhelmingly positive, reinforcing our shared commitment to supporting students' development both at home and in school.

BrainBox Ireland Motivational Seminar

Students in 3rd and 6th Year participated in a dynamic seminar with Evan Costigan from BrainBox Ireland. Evan's practical advice inspired students to enhance

their self-management skills, including motivational strategies, workload planning, note making, time management, revision techniques, and caring for exam wellbeing. These sessions were designed to equip our students with strategies for academic success and personal growth.

Celebrating Sporting Success: Markuss Bogdanovs Wins European Bronze

We are proud to celebrate the achievement of 5th Year student Markuss Bogdanovs, who won a bronze medal representing Ireland at the WAKO Europe Youth Kickboxing Championships in Jesolo, Italy. Markuss's dedication to his sport and studies makes him a true inspiration to his peers and a fantastic ambassador for De La Salle College. Congratulations, Markuss, on this remarkable accomplishment.

SNA Appreciation at De La Salle

In celebration of SNA Appreciation Day, De La Salle College extends heartfelt gratitude to our Special Needs Assistants, whose daily support and kindness make a real difference in the lives of our students and staff. Their dedication ensures that every student feels included and valued. Our school community is truly enriched by these outstanding professionals—thank you for your continued commitment.

Leaving Certificate Careers Presentation

Leaving Certificate students attended a highly informative careers presentation delivered by Caroline Kearney (MTU), helping students explore further

education options and pathways.

Golf Team Represents School with Pride

Congratulations to Tristan Mullane, Darragh Creed, Jack O'Shea, Cathal Lyons, William Burke, and Robbie Magee for representing De La Salle College at the Munster Irish Schools Boys Golf competition held in Mallow Golf Club.

U14 Hurlers Training and Transition Year Coaching

Our u14 hurling team has been training enthusiastically in recent sunshine, with Transition Year students Dan McCarthy and Chris O'Leary actively involved in coaching duties this year. The team is looking ahead positively to the upcoming championship season.

International Athletic Achievement: Finn Yore Shines for Ireland

De La Salle College is delighted to celebrate another outstanding international athlete in our midst. Finn Yore (5th Year) represented Ireland at the U20, 2025 World Mountain Running Championships in Canfranc, Spain. Finn, a proud member of the West Muskerry Athletic Club, has demonstrated incredible determination and skill by being the first Irish athlete home in the U20 race and 43rd overall. His achievement is matched by his dedication both in athletics and in the classroom, making Finn a fantastic role model for our school community. Congratulations Finn on this remarkable success.



Evan Costigan from BrainBox Ireland presented to both 3rd and 6th year groups in De La Salle.



Ristan Mullane, Darragh Creed, Jack O'Shea, Cathal Lyons, William Burke, and Robbie Magee, who represented De La Salle in the Munster Irish Schools Boys Golf competition in Mallow GC

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A heartfelt Thank You

TO EVERYONE WHO TOOK PART IN THE MEMORY WALK IN MACROOM!



Friends taking time to chat and walk at the Memory Walk



Great turnout at the Macroom Memory Walk

Macroom recently came alive with community spirit as families, friends, and neighbours gathered for the Alzheimer Society of Ireland's Memory Walk. The turnout was absolutely fantastic — with strong representation from Macroom town and surrounding communities.

It was truly moving to see so many families walking in memory of loved ones, united in support of people living with dementia. The atmosphere was filled with warmth, remembrance, and solidarity.

Deputy County Mayor Cllr Michael Looney joined the local community, reflecting on the incredible work being done by Friends of ASI Macroom to raise awareness and promote the vital supports available through the Alzheimer Society of Ireland.

Deputy Aindrias Moynihan TD commented on the importance of raising awareness and support for the thousands of families across Ireland affected by dementia, stating that The ASI Memory Walk is a chance to reflect, connect, and advocate for continued

investment in dementia care and services.

The Memory Walk was a wonderful reminder of the power of community and compassion. The Friends of ASI Macroom would like to thank everyone who walked, volunteered, and supported — your presence made a real difference.

For more information, contact Laura Curtin at 087 3736496 or email friendsofasi@alzheimer.ie.



Several families joined together to walk in memory of loved ones



Catriona Murphy, Katherine Kayne, Deirdre and Siobhan Ui Lionard and Maura O Riordan

MACROOM FLOWER & GARDEN CLUB

Macroom Flower & Garden Club hosted a Floral Demonstration on Thursday 11th September at Coolcower House. Jasmine O Gorman (AOIFA) (Ballincollig Flower Club) staged a beautiful Demonstration entitled "Autumn Colours". Her choice of flowers and plant material echoed the season. The audience were entertained with stories of visits to her favourite gardens in West Cork throughout the

summer as well topics on her Native New Zealand. The Sales table was well stocked with Plants and Containers suitable for Floral design. The next Club Meeting is Thursday 9th of October Gardening Talk with guest speaker from Future Forests, Kealkil, Bantry.. Visitors most welcome €10 non members further information 087-9821708.



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ST MARY'S NEWS



Our TYs at the Ploughing Championships

Senior Camogie

St Mary's Senior camogie team have had an excellent start to their season this year beating St Mary's Middleton and Sacred Heart Clonakilty in the county semi final and they now progress to the county final. Thank you to their trainers Liam Slattery, Mrs Lehane and Ms Maher for all their hard work and dedication so far this year.

Macrooom Food Festival

A huge well done to Amy Mulcahy and Ruth Burton on taking part in the Macrooom Food Festival Schools Cook Off. The girls were selected from a number of applications from schools throughout Cork and Kerry to reach the final 6 and take part in the Cook Off on Sunday 21st September. The girls displayed their culinary excellence by making salmon on puff pastry with potato and chorizo smash. Well done girls.

Open Evening

We were delighted to welcome sixth class students and their parents from our local primary schools to our Open Night which was held in School on Thursday the 25th of September. The night began with a beautiful performance from our school choir, then Mr McLaughlin introduced our First Year girls, Bríd O' Driscoll, Saoirse Dunne and Méabh Ní Thuama who spoke about their time in St Marys so far. The visitors then watched a video of a day in the life of a student in First Year which was produced by our TY Promo team. Then our couriers (from 4th and 5th year) took the students on a fun-filled tour of our school while Mr McLaughlin spoke to their parents. Thanks so much to all of our students who were so happy to show off our school on the night.

2nd Year Ecology

2A1 and 2A2 have been busy doing their habitat study in a grassland ecosystem. They have used pooters to find insects and used quadrats to calculate percentage cover of plants in the ecosystem.

TY Activities**TY Promo Team**

This creative crew will be capturing moments, telling stories, and keeping you up to date with everything happening in St Mary's. They will be working closely alongside Ms Foley and other teachers in our school, taking on everything from writing articles for the Lee Valley and designing posters to taking photos, making videos, and running our schools TikTok account. We're really looking forward to seeing all the amazing things they do this year! Back (L-R) Chloe Galvin, Liadan O'Regan, Eadaoin Kelleher, Ms Foley, Pippa Murphy, Orla O'Brien and Doireann Lucey. Front (L-R) Laura Moore, Sarah Neville, Lizzie Murphy, Melanie Spillane and Katelyn Cronin.

Ploughing

"On the 18th of September, we as St Mary's transition year students enjoyed a day out with the school at the Ploughing Championships in Tullamore. It was a day packed full of excitement, fun, laughter, learning, and lots and lots of free stuff along the way. Our day began bright and early, meeting outside Dunnes at half six. Although the journey was long, the atmosphere on the bus simply made it even more enjoyable. There was lots of music, chat, and even some sing-alongs on the way. On our arrival at the Championships, we were greeted with a sunny, dry day, the perfect weather for our day ahead. We put on our wellies and headed

into the busy crowds. Our teachers helped us know the plan for the day first while also giving us our own independence being able to adventure around and experience the ploughing on our own. We were able to roam the hundreds of stalls for hours, collecting lots of free goodies and of course, buying some new jerseys and bits of merchandise. There was something for everyone; agriculture exhibits, food tasting, sportswear, machinery, and even animals. We even had great fun enjoying some line dancing lessons. It was great to experience the sense of community that the Ploughing is known for. Thank you to our teachers for organising this trip for us and traveling with us on the day." Report by Pippa Murphy and Orla O'Brien, TY Promo Team

TY Buffalo Farm Trip

"On Wednesday 17th of September some of our TY students visited the Macrooom Buffalo farm as a trip to learn about running a business for their Mini Company projects. The trip started with a presentation from our guide Dorothy. The presentation taught us why the owners decided to start buffalo farming, how buffalo cheese is made, and the benefits of buffalo products. We then got a tour of the farm and cheese factory where we got to see the cheese being made, the milking parlour, to learn how the buffaloes are milked, interact with baby buffaloes, and got to see the buffaloes grazing in the field. The trip was finished off with a delicious tasting of some of the cheeses! Thanks to Macrooom Buffalo Farm and Dorothy for having us!" Report by Katelyn Cronin and Laura Moore, TY Promo Team



TY Promo Team with Ms Foley



TY Students visiting Macrooom Buffalo Farm for a tour

MACROOM SENIOR CITIZENS

A date for your diary! Mark your calendars for a fantastic community event! Macrooom Senior Citizens Fundraising Bring and Buy is happening on Sunday, 5th October from 3pm. Everyone Welcome! Whether you're looking for a bargain, or simply wanting to

support a great cause, this event has something for everyone. Come along and enjoy an afternoon of fun, friends, and fundraising for our beloved senior citizens. We can't wait to see you there!

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MCEGAN COLLEGE

Sensory Room Official Opening: On July 19th Una O'Donnell, Chairperson of the school Board of Management, and Finn Lucey, R22 student at McEgan, together cut the ribbon to officially open the newly refurbished Sensory Room. This was a labour of love for those involved.

A massive thank you to the community of Macroom & surrounding area, who so generously answered the call for donations to provide this very essential facility for the students of McEgan. The celebration was attended by the staff, R22 students along with their families and many of the donors whose funds made it possible.

Ploughing 2025: Staff and students enjoyed a fantastic day out at the National Ploughing Championship in County Offaly on Tuesday 16th September. Luck was on their side and the rain stayed away as the group explored the bustling exhibition stands and soaked up the lively atmosphere. It was a unique opportunity for students to learn about Ireland's agricultural heritage in a fun and interactive setting.

Macroom Food Festival: At this year's Festival McEgan students Ava Murray & Rhianna Noonan participated in the Schools Cook-Off. The pair prepared a colourful and flavoursome dish with a Thai influence – a spicy Thai Beef Salad given a local twist. Using Wagyu beef from Michael Toomey's Butchers in Macroom, along with organic tomatoes, fresh herbs, red onions and edible leaves from local grower Caroline Robinson, a dish that celebrated both international flavours and local produce. The competition's judge, well-known chef Mark Doe, praised the quality and balance of flavours. Thanks to the organisers of the Macroom Food Festival for running this event giving local students a chance to demonstrate their culinary skills.

Sport: McEgan College Basketball Update: Congratulations to our U16 and U19 boys' basketball teams on their successful opening round matches. Following last year's victory in the South-West Competition, the teams have moved up a grade this season, and it was excellent to see the players rise to the challenge. We look forward to their remaining



Staff and Students from McEgan college with coats and wellies all ready for their day at the Ploughing in County Laois

group games over the coming weeks. The u16 & u19 girls though each team battled hard they were both beaten in the first round of their respective competition.

TY News: Launch of the Student Enterprise Programme at Fota Education Centre. On Monday, September 23rd, students gathered at the Fota Education Centre for the official launch of the Student Enterprise Programme 2025. Students engaged in inspiring talks and interactive sessions designed to spark creativity and ambition. Guest speaker TJ Hegarty of Breakthrough Maths, spoke about the importance of resilience, problem-solving, and innovative thinking—qualities that are at the heart of entrepreneurship. Representatives from the Local Enterprise Office (LEO) were also on hand to guide students through the details of the upcoming regional Student Enterprise Programme competitions. The atmosphere was buzzing with energy as students left the launch full of ideas and motivation to start their entrepreneurial journeys. The Student Enterprise Programme promises to be a valuable and rewarding experience—helping students to gain new skills, confidence, and perhaps even launch the next big business idea.

First Aid: Out TY students had a great day with Karen

O'Sullivan from First Aid Coaching getting some basic skill which will help them should they be required to do so in an emergency.

Apprenticeships: It was a great honour to welcome two past pupils Don McCarthy of Solas and Daniel O'Sullivan of Daniel O'Sullivan plumbing who generously gave their time to discuss the route and experience of apprenticeship training with senior cycle pupils. Don gave the students an in-depth presentation on the broad range of apprenticeships now available. Daniel spoke about his experience in qualifying as a plumber and outlined in detail the different phases involved in the Apprenticeship Programme. Daniel is facilitating a student from the Leaving Cert Applied programme with work experience. This collaboration with local employers is invaluable to all in our school community and is very much appreciated as we are aware it is a huge undertaking for employers.

Students On Bikes: LCA and TY students attended a workshop at the Bicycle Engineering Academy in Limerick where they learned how to complete safety checks, repair punctures, true a wheel (make adjustments to the tension of the spokes), and got the opportunity to build a frame using the Brazing technique.



Past pupils Don McCarthy & Daniel O'Sullivan gave a talk to Senior Cycle students about Apprenticeship recently. Pictured from left to right are Mary B Manning (Guidance Counsellor), Ryan Coleman, Daniel O'Sullivan (of Daniel O'Sullivan Plumbing), Don McCarthy of Solas, Cian O'Donovan, Laurynas Lupandin & Noe Kollar.



McEgan College U19 Basketball Team. Back Row Noe Kollar, Diamond Salami, Tamer Alloush, Paul Dineen, Teteh Oluwafeyisayomi, Scot Forde, Ivan Penzov. Front row Jack Fitzgerald, Filip Pilarski, Laurynas Lupandin, Kristian Cermack, Zhenya Lisoyi.



McEgan TY students who recently completed a one day first aid course with Karen O'Sullivan from First Aid Coaching. The training equipped students with the confidence to respond effectively in emergency situations, both inside and outside of school.



Pictured at the opening of the Sensory room in McEgan College recently are Student Seanie Kelleher with his family Dad David, Mam Joan, brother Daithi, and Nana Mary Healy.



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McEgan College Students learning to true a bicycle Wheel in the Bicycle Engineering Academy in Limerick.



McEgan Students at the Bicycle Engineering Academy Back Row Svens Marins, Cecil van Stralen, Dian Moss, William Healy, Justin McSweeney, Front Row Ronan O'Neill, Finbarr Creedon, Ronan McGrellis, Ava Murray Rhianna Noonan & Shaleigh Richards.



10th Annual CARRIGANIMA RUN/ WALK : 6th September 2025 In Aid of Millstreet & Macroom Hospitals



10th Annual CARRIGANIMA RUN/ WALK : 6th September 2025 In Aid of Millstreet & Macroom Hospitals



Cathal Ó'Críodáin, An Gaeltacht, (Club Baile Bhúirne/Cuil-Aodha), Junior C. All Ireland Road Bowling champion. Pic le Greta Cormican.



A section of the large crowd who attended the Blessing of the Burial Ground at Crossnalanniv, Forrest near Coachford on Saturday night last. The blessing was performed by Fr. Kieron O'Driscoll, P.P. Kilmurry Parish



A rare aerial photograph of Macroom in possibly the 1950s - it is pre-mart and pre-St. Colman Park but post 1953 as the Palace Cinema (built in 1953) is visible. How small the town was then. Another feature is the sparsity of cars. Thanks to D. for giving me this, C. Kelleher.



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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 ó 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 www.colaisteghobnatan.ie

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PEIL NA GCAILÍNÍ

Tá cúrsaí peile ag tosú arís. Peil na gcailíní fé 14 - bhí cluiche dúshláin acu i gcoinne St. Mary's - bhí bua iontach acu! Tús maith leath na hoibre! Míle buíochas le Bean Uí Chuill

Le Claire Ní Aodha

Ar 23ú Meán Fómhar d'imir na cailíní Sinsearach in aghaidh an fhoireann ard chaighdeánach Coláiste an Chraoibhín. Comhscór ab ea an toradh. Míle buíochas le hIníon Ní Shúilleabháin agus Iníon Ní Bhuachalla!!

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Teicneolaíochta, atá ar fáil chun tacú le daltaí eile maidir le húsáid iPadanna sa seomra ranga. Mar chuid dá gclár Gaisce, tacaíonn siad le múinteoirí chun úsáid na foghlama digítí sa rang a uasmhéadú, agus a gcuid scileanna agus taithí féin a fhorbairt ag an am céanna. Le saíneolaithe breise sa seomra ranga, tá na buntáistí a bhaineann le ham a shábháil agus foghlaim piar leis na Seaimpíní Teicneolaíochta soiléir cheana féin.

CLÁR FIONTAIR MAC LÉINN

Thaistil Eoin Ó Céilleachair, Seán Ó Tuama, Matilda Ní Luanaigh, Katie Ní Chonaill & Caireann Ní Loingsigh le Bean Uí Bhuachalla chuig Fóite

TURAS STAIRE

le Alice de Brún

Thaistil muintir bliain a trí ar fad go Cloch na Coillte an Luan seo chaite, 22ú Meán Fómhair chun cuairt a thabhairt ar mhúsaem Mícheál O'Coileáin. Chaitheamar tréimhse fada ann ag féachaint ar déantáin ó Chogadh na Saoirse agus d'ínis Tim Crowley scéalta dúinn faoi stair na hÉireann. Thugamar cuairt ar suíomh Luíochán Cill Mhichíl agus Béal na Bláth chomh maith agus d'fhoghlaimíomar faoi na heachtraí a tharla ann. Bhaineamar an-taitneamh as an lá agus ba mhaith linn buíochas a ghabháil le hIníon Ní Chonchúir as é a eagrú dúinn agus Iníon Ní Chonchubhair a thaistil linn chomh maith.

IONAD OIDEACHAIS MARA AUGS ALLAMUIGH FASTNET

le Emma Duerr

Ón 10ú go dtí an 12ú Meán Fómhair chuaigh bliain a 4 go dtí Ionad Oideachais Mara agus Allamuigh Fastnet. Rinneamar a lán eachtraí difriúla, ar an chéad lá rinneamar roinnt cluichí grúpa chun eirí níos cóngaraí mar rang. Tar éis lón chuamar ag dreapadóireacht agus cadhcáil. Chríochnaíomar ár turas le siúlóid 15km agus

tine cnámh. D'fhoghlaimíomar conas rafta a tógáil agus chuamar ag clárcheaslóireacht chomh maith. Ag deireadh léimeamar ó ché. Bhaineamar an-taitneamh as an turas go dtí Fastnet. Míle buíochas le Iníon Ní Chonchúir a d'eagraigh an turas álainn seo.

GLOBE IRELAND – MONATÓIREACHT AEIR

Thosaíomar ar shuirbhé monatóireachta aeir chun cáilíocht an aeir a thástáil. Tá sé seo mar chuid de Fheachtas Cáilíochta Aeir Globe Ireland a bhfuil roinnt scoileanna páirteach ann ar fud na tíre. Fágfaimid na feadáin ina n-áit ar feadh ceithre seachtaine. Ansin bainfimid anuas iad agus cuirfimid amach iad le haghaidh anailíse Dé-ocsaíd Nítrigine (NO2). Déanfar comparáid idir na torthaí agus suíomhanna eile ar fud na tíre.

FOCLÓIR

- Oilimpiad Mata – Maths Olympiad
- cluiche dúshláin – challenge game
- comhscór – draw
- saíneolaithe – experts
- foghlaim piar – peer learning
- Clár Fiontair Mac Léinn – Student Enterprise Programme

Programme

- Fóite – Fota
- déantáin – artefacts
- Cogadh na Saoirse – War of Independent
- Luíochán – Ambush
- clárcheaslóireacht – paddleboarding
- monatóireacht aeir – air monitoring

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Daltaí ó bhliain ag glacadh páirte i Oilimpiad Mata - chun tosaigh (ó chlé go deas) Ben Ó Riordáin, Rionach de Faoite, Ide Ní Chárthaigh agus Eimear Ní Chiardha, ar chúil: Saoirse Ní Dhulchaointigh, Abbie Ní Scannláin, Sadhbh Ní Chroínín agus Eilbhlin Ní Bhriain



Na Seaimpíní Teicneolaíochta, chun tosaigh (ó chlé go deas) Naomi Ní Scanaill, Seán Ó Tuama, Caireann Ní Loingsigh, Chloe Ní Chríodáin, ar chúil Katie Ní Chonaill, Matilda Ní Luanaigh, Keely Ní Dhuinnín agus Traolach Ó Riordáin.



The Poets Corner

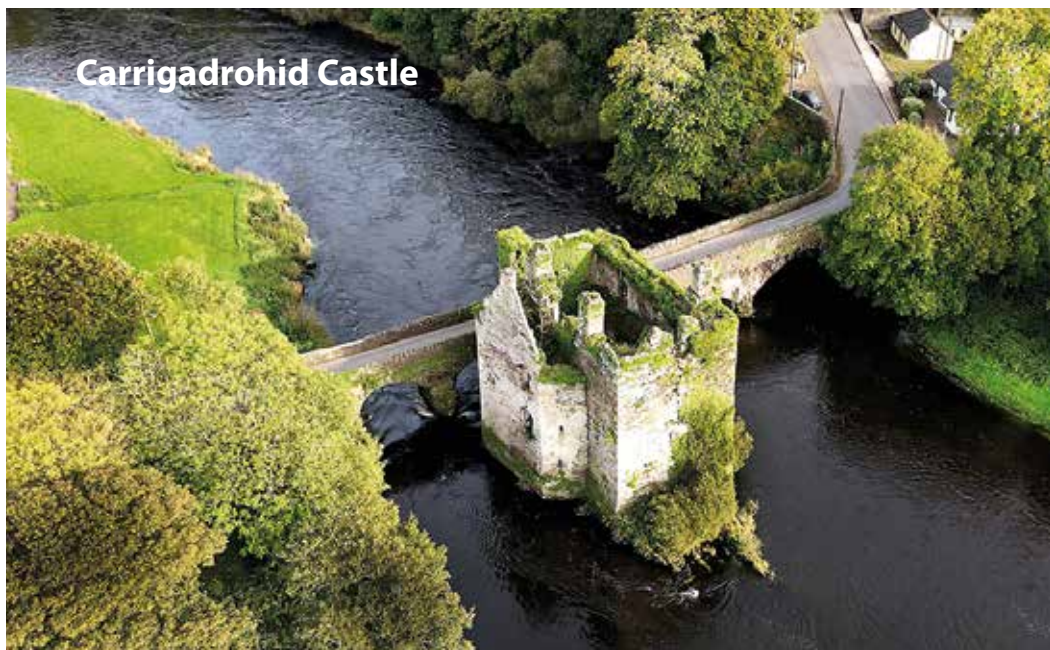
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Winners of the 2025 Irish - Language Book of the Year Publishing Awards Announced

On Tuesday, 30th September 2025 at a celebration of publishers and writers of Irish-medium books in the National Irish Language Theatre, An Taibhdhearc, Galway, An tOireachtas, in conjunction with Foras na Gaeilge, announced the winners of the 2025 Irish Language Book of the Year Publishing Awards.

Gradam Uí Shúilleabháin (Irish-Language Book of the Year for Adults), was bestowed upon Bódléar, a powerful and imaginative work by Darach Ó Scoláir, published by Leabhar Breac. Gradam Réics Carló (Book of the Year for Children), shone a spotlight on Éanna Corr by Antain Mac Lochlainn, also published by Leabhar Breac, a book that captures both youthful wonder and literary artistry. Gradam de Bhaldraithe (publications translated to Irish) was awarded to Tír Bheag, a finely wrought translation of French novel Petit Pays by Gaél Faye translated by Antain Mac Lochlainn, published by Barzaz.

This year's awards drew together a remarkable nineteen (19) shortlisted works, reflecting the breadth of talent and creativity in new Irish writing today. The 2025 winners received their awards from the Oireachtas President, Éamon Ó Cuív who paid tribute to the depth, artistry, and vibrancy of contemporary Irish-language publishing.

"These awards showcase the creativity, diversity, and richness of Irish-language publishing today", said Máirín Nic Dhonnchadha, CEO of An tOireachtas.

"I congratulate Leabhar Breac and Barzaz on their remarkable achievements this year. Tonight we celebrate not only the winners, but all the authors, translators, illustrators and publishers who continue to bring passion and excitement to the creation of new Irish writing."

The Irish-language publishing sector will also be recognized at the Kildare Readers' Festival in the Naas Library and Cultural Centre, Co. Kildare at 19:00 on Wednesday, 7th October 2025 when the winners of the 2025 Publishing Awards will join Tristan Rosenstock (RTÉ Raidió na Gaeltachta) for An Tolg Liteartha, an event to celebrate the abundance of excellent books for all age-groups as Gaeilge on the market today.

A host of new and established Irish-language writers will be recognized at the Oireachtas na Samhna festival in Belfast, from 29th October – 2nd November 2025, when the winners of 2025 Oireachtas Literary Competitions will be announced. The Presentation Ceremony is just one of a spectacular, multidisciplinary programme of events to be held during the course of the festival - others include: the Oireachtas Media Awards, performing arts competitions, seminars, book/CD launches, song and dance sessions, workshops, festival clubs, information sessions and so much more.

All up to date information can be found on www.antoireachtas.ie.



On Monday the 15th of September, five volunteers from Macroom Tidy Towns attended the Cork Co Co Anti-Litter Awards. We won the Town Most Improved Award on the night.

The top three in our category were Crosshaven, Mitchelstown and Clonakilty. We received 981.7 point out of a 1000 in the third judging period. The main problem areas again along the Main Street and the number of pieces of litter and cigarette butts found. The nominated housing estates fared very well, Sullane Weirs and Rás An Mhuilinn. A big well done to all who helped in any way throughout the competition in keeping their areas litter free. Here's hoping next year will be better for the town and that it gets full support in this competition from the start. The award is now in



Macroom Tidy Towns Volunteers outside Sip Coffee on the Morning of the Food Festival

display in our Shop Window on the Main Street next to Padraig O Callaghan's Butcher.

Well done to the Lee Valley Enterprise Board on running a very successful Food Festival over three days. Tidy Towns Volunteers contributed to this in a major way, in erecting the marquee in the square and doing cleans ups and traffic management. A big thanks to Evelyn McSweeney, Peggy O Connell, Marian Coughlan, Joan Dineen and Pat O Connell at Fr Ryan's Hall for the breakfast for the volunteers. Many asylum seekers from the Riverside Park Hotel, Penns Hotel and Inchigeela International Protection Residents prepared their traditional food for the Multiculturalism through food event in the square on the Saturday.

This year's Tidy Towns Competition winners will be announced at a ceremony in Croke Park on October the 24th and we are hoping to have retained our Gold Medal. The full results booklet will be posted to every Tidy Towns group. Volunteers will then meet up and discuss this in detail and see where improvements can be made for next year, so next year's work commences straight away, there is no let up.



Lisa Manning and Joe Cronin receiving Town Most Improved Award from Mary Lienehan Foley Cork County Lord Mayor with Councillor Kate Lynch and Cork Co Council CEO Moira Murrell

The season is just commencing for the planting of bare rooted trees; there will be work in taking down the summer hanging baskets and thoughts turning towards Christmas lights etc.

It has been a busy few weeks for Tidy Towns Volunteers with Litter Picking, cutting grass in the green areas on housing estates, General Maintenance around Town and the Fair Garden, flowerbed weeding and thinning, stewarding for an event with West Muskerry Athletic Club and keeping on top of usual work.

So many people compliment the work we do and admire what is been done but why not consider doing something small yourself in your own local areas, as this helps overall efforts, 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. If you have any questions, feel free to contact Lisa at 087-1434770.



Macroom Tidy Towns Volunteers Richard Manning, Liam Walsh, Sheila Murphy, Joe Cronin and Lisa Manning with Town Most Improved Award (1)

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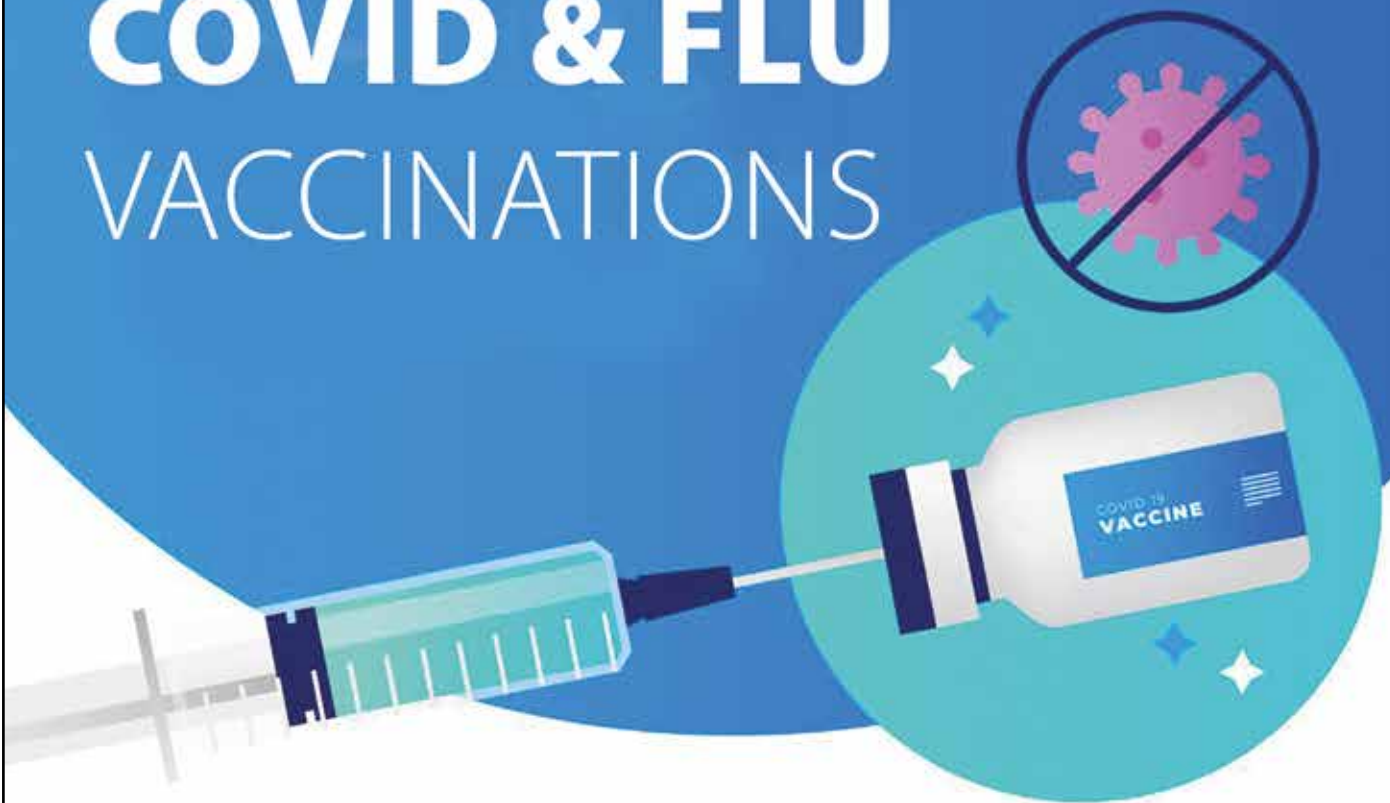
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Macroom Food Festival 2025



Lea Roche Coláiste Fionnchua, Mitchelstown with her family after winning the Danone Schools 'Cook Off Competition'



Mark Doe, Lea Roche and Michelle Mullins with their teacher Ms. Julie O'Connor after winning the Danone Schools 'Cook Off Competition'



Michelle Mullins Coláiste Fionnchua, Mitchelstown with her Mother after winning the Danone Schools 'Cook Off Competition'



Lea Roche and Michelle Mullins with their families and teacher Ms. Julie O'Connor, after winning the Danone Schools 'Cook Off Competition'



Macroom Food Festival



Happy faces enjoying Macroom Foodfest 2025



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Macroom Food Festival 2025

would like to extend our heartfelt thanks to all our incredible sponsors and supporters. Your generosity and commitment make it possible for us to deliver such a rich and varied programme of events each year. We are deeply grateful to:

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Thank you all we couldn't do it without you!



Annual AIB Coffee Morning in aid of Horizons Cope Foundation in Cork Communities



AIB Macroom will host their annual coffee morning in aid of Horizons on Friday 10th October from 10am - 2pm. We look forward to welcoming

everyone to the branch for tea, coffee and cakes. Please support our iDonate page or give what you can on the day. Funds raised will support

people in Macroom. www.idonate.ie/fundraiser/AIBMacroom1

FARRAN NS

Fond farewell to principal Gerard O'Donoghue

Scoil Naomh Muire, Farran bid a fond and fitting farewell to its principal, Gerard O' Donoghue, who recently retired after a remarkable 45-year career in education, the last 18 of which were spent dedicated to the children and community of Farran.

A lovely retirement function was held in his honour on Tuesday, September 23rd, bringing together members of his family, close friends, current and former staff, as well as members of the Board of Management and, most importantly, the children of the school.

The afternoon was a true testament to Mr. O' Donoghue's lasting impact. The children delighted guests with performances of songs and poems, culminating in a special song written uniquely for the occasion.

Formal presentations were made, acknowledging his long and distinguished service. Tributes and gifts were given on behalf of the staff, the Parents' Association, and the Board of Management, each expressing profound gratitude for his leadership, commitment, and kindness over the years.

Mr. O' Donoghue's 45 years in teaching represent an incredible legacy of dedication, marked by his passion for education and landmark achievements like the establishment of 3 special classes, "Nead na Coille." His positive influence on countless pupils and his commitment to a truly inclusive education for all children will be felt for many years to come.

We wish Gerard a long, happy, and healthy retirement. While he will be greatly missed by the entire school community, we thank him for his years of service. Best wishes, Mr. O' Donoghue!



Fond farewell to principal, Gerard O'Donoghue, who recently retired after a remarkable 45-year career in education, the last 18 of which were spent dedicated to the children and community of Farran.

DROMLEIGH NS

Students from Dromleigh N.S. were delighted to participate again this year in the Schools Cross Country races on September 16th. Many thanks to the West Muskerry Athletics Club for organising the event as well as to the Macroom Garda Community Bus for transporting our students on the day. Pupils were delighted to celebrate SNA Appreciation

Day on September 25th. It was an opportunity to thank Mrs Mary O'Connell for all her hard work and support all the year through.

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 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



Dromleigh N.S. participating in the recent Schools Cross Country races organised by West Muskerry Athletics Club recently.



Dromleigh N.S. students celebrating SNA Appreciation Day 2025 with SNA Mrs Mary O'Connell.



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CARRIGADROHID/KILLINARDRISH TIDY TOWNS

Carrigadrohid Tidy Towns Shine with Successful Community Clean Up

Carrigadrohid was looking brighter than ever after the recent Community Clean Up held on Sunday, September 28th. The Tidy Towns committee were delighted to see so many enthusiastic young faces from Canovee National School taking part. A special word of thanks goes to Ms. O'Driscoll and the 32 children in her classroom who, together with Mrs. Salmon, carried out a big clean up of the roads around the school on the Friday beforehand. Thanks also to our dedicated committee members, with particular mention for Vince, whose hard work and commitment ensured a huge area was covered.

In total, an impressive 64 bags of rubbish were collected. The Lyons family kindly stored the bags overnight before they were collected and disposed of by Macroom Council on Monday morning. Go raibh mile maith agaibh!

It was a beautiful day for walking and collecting, and the committee are deeply grateful for the support of everyone who contributed their time and effort. Community spirit was in full bloom, and it is heartening to see the younger generation so engaged. Even better news is that the local scout group have already volunteered to join in for the next Community Clean Up, which is planned for April 2026—promising to gather even more rubbish and

cover a wider area.

In other positive news, the Carrigadrohid Christmas Lights event will now go ahead this December. With new volunteers stepping forward to help erect the lights, everything is set to sparkle for the festive season. We are in the process of purchasing a whole new set of lights at the moment, as our current lights need to retire. The cost of these lights exceeds our current budget so we are fundraising with a GOFUNDME page. If you can spare a few euros to light up our village it would be greatly appreciated. <https://gofund.me/ae334bf26>

Community spirit is alive and well in Carrigadrohid—long may it last!



CARRIGADROHID Killinardrish Community Clean Up



CANOVEE NATIONAL SCHOOL

Busy Autumn Days at Canovee National School

As October approaches, all is going swimmingly at Canovee National School, where pupils and staff are enjoying a busy and vibrant start to the new school year.

Preparations are well underway for the sacrament classes. Children are attending Tuesday morning Mass with Fr. Kieron, taking an active role in the parish community. They will also be contributing to the Saturday evening Mass, where they will bring gifts to the altar, read the Prayers of the Faithful, and sing the entrance and recessional hymns with great enthusiasm.

The senior classes have been lending a hand around

the school grounds. 6th Class, in particular, have been hard at work weeding and tidying the gardens after a summer of growth, ensuring the school looks bright and welcoming once again. Meanwhile, Ms. O'Driscoll's class made a valuable contribution to the wider community on Friday, September 26th, when they joined forces with the local Tidy Towns committee for a Community Clean Up along nearby roads. Their efforts were greatly appreciated—well done to all involved!

In the junior rooms, Aistear is in full swing. The children are embracing imaginative play and role-based learning, making for lively and enjoyable lessons. Over in Seomra Elaine, the younger pupils

are exploring the nursery rhyme Humpty Dumpty—with plenty of giggles as they watched Humpty's inevitable fall!

On the sporting front, the school's Sciath na Scol team has made a strong start to the season, celebrating two wins in a row. Spirits are high as they prepare for their final clash against Rathpeacon, which will take place at home. The entire school community sends their very best wishes—Ádh mór oraibh, a pháistí!

With faith, community, creativity, and sport thriving, Canovee National School is embracing all the opportunities this new school year has to offer.



Canovee NS SNA appreciation Day 2025



1st & 2nd class doing their bit for the tidy towns community clean up



1st & 2nd class doing their bit for the tidy towns community clean up



Playing together in Seomra Elaine



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Know enough to act effectively!

After some procrastination and much soul searching my father, eventually, made his decision. She will have to go to the factory. The cow was old, that was the reality, and the vet, though not our usual one that he would have trusted more, did say it was very unlikely that she would be able to deliver her calf. She had brought him great joy down through the years. With some of her offspring he had won red rosettes and the silver medal at the Dublin bull show. Those good prices from the sale of prize-winning bull calves brought him satisfaction too. She had daughters as well, but none measured up to her, and he knew none would. This will mean the end to his purebred shorthorn breeding. Yet there was a slim hope, that unborn calf. The old cow lay down and despite all coaxing was unable to get up. His sympathy with the animal led to his decision. There she stayed in the byre equidistant from both three-foot wide doors. The day came. You may wonder how did we get the cow out of the building and loaded onto a neighbour's trailer? Easy, this was the sixties, a meitheal would always appear spontaneously and without the asking. Young men without experience trying to direct and then bemused older ones taking over.

When we arrived at the factory, I learned it was not a place for emotion. Even then factories had amazing efficiency at turning live animals into half carcasses. But my father's demands held up things. He wanted the calf. The vet arrived from somewhere else in the factory. The animal was stunned with a shot to the head and immediately slit open in one movement and the calf pulled out. Alive but weak the calf was put in the back of our van, and we headed away. On the way home my father gave me the job of looking after this calf. A suitable easy job for an eight- or nine-year-old. I would have to give him the finger to get him to drink the milk and do so every few hours of the day, last thing at night and first thing in the morning.

My father knew that 'beastings' (colostrum – the milk after giving birth for the first few days) was better for the calf than ordinary milk, and the mother would not be providing that. He travelled around our neighbours looking for anyone that may have a cow that had recently calved, so that he could get some of her milk. Unfortunately, nobody that he asked had such a cow or knew anyone that did. It was left at that. This story does not have a happy ending. Despite my efforts the calf died about three weeks later. About a week afterwards my father found me sleep walking at the top of the stairs. I believe it was the only time I have done so. He tried to get me back to bed but I kept insisting that I had to feed the calf.

You may wonder why I am relating this story sixty years later. It has come to my mind because we have been learning. Many of us have been engaged in our project on climate change over the summer. We have been visiting other communities who have got together and are acting. I have found them inspirational, and we have been learning from them. Many of us know we have not been doing enough. We know too that a legacy of a healthy environment to future generations is very important to us. Yet knowing does not always mean that we know enough or that we will act in accordance with what we know. We know too that it is often that we do not act in our own best interests, or in the best interests of our descendants.

My father knew that colostrum would be good for the calf. He made efforts to get some. They proved fruitless. It was years later that I learned that, unlike humans, calves do not get inoculated or immune protection against diseases and infections across the



Kilmurphy Active Retirement visit to Kinsale community garden



Kilmurphy Active Retirement visit to CECAS Leap

placenta from their mothers during pregnancy. They get it from the colostrum; they are entirely dependent on getting maternal antibodies from those first few drinks of a mother's milk after birth. Had my father known just how important it was I am sure he would have extended his search.

Humanity knows about climate change. But do we know enough to know not just how to act but to act effectively in our own best interests, and in the best interests of those who are following us. Unfortunately for humanity, our task has become more difficult as science is being undermined. Vested interests have gained much influence with some very powerful Western political representatives, representatives that seem to have forgotten that their duty to the public interest is paramount. But let's keep faith. Not long ago some were saying that climate action was pointless since China was upscaling fossil fuel burning at an alarming rate. They were, but now they are leading the world in renewables. According to the New York times, 'in just the first six months of 2025, China installed more solar capacity than the United States has managed in its history, and twice as much solar power as the rest of the world combined during those six months'.

Summer excursions

Our two most recent climate related summer excursions were to West Cork. On the 6th of August about thirty-five of us headed off to Kinsale. We headed straight for the coffee in Actons hotel, and such a pleasure that was. Then fuelled up we were ready to learn all about 'Transition town Kinsale', from Donal Chambers who was a trove of information. They have a community initiative running for 20 years. The transition is from being fossil fuel dependant to a low carbon future. They have many initiatives including a community garden which we were taken to see. They have also an interesting 'seed library' which is housed in the town library, (which itself is worth a visit, great credit to the architect). We then took a short walk around the town. Kinsale never disappoints.

The following climate excursion was on Wednesday the 10th of September. We headed west to the Centre of Excellence for Climate Action and Sustainability (CECAS) at Myross house, garden and wood outside Leap. The property is the ex-Missionaries of the Sacred

Heart Retreat centre. The group was set up in 2020, and given covid what it has achieved since is truly remarkable. It is a most attractive setting, incorporating natural woodland with some trees at least four hundred years old, and it runs down to the shoreline. Their manager, Ana Ospina, told us that in 2024 they had forty different community groups visiting, they had 18,500 visitors, they have one hundred volunteers and organised fifty events that year. Their expert on forestry, Mark, showed us the ancient wood, and Trish showed us their community garden, and the food and cakes – oh there were scrumptious. All was truly impressive, and we would recommend a visit.

This trip was subsidised by our climate grant from the Department of Climate, Energy and the Environment and Local link in Bantry were of great assistance to us. Many thanks to both.

Activities back

Bowls, Fit for the Future, Dance to Music, Tea/Coffee Chat, Floor Exercises, Aqua Aerobics, Buff Bones, Weights, Zumba Gold, Meditation, Guided Relaxing, Self Care, Reiki, Coffee crawl, Scootch, Bingo, Cards, Arts and Crafts. We are spoiled for choice, take your pick.

Considering joining us? You can try it out for the rest of this year for just fifteen euro, which is to cover insurance. Currently our association has ninety-five members. This makes it possible for us to have the wide range of activities, enabling each member to choose what best matches their interests. Our philosophy is that age makes no difference, but health does. We try to keep healthy and challenged in body and in mind, and together that is easier. You will be kept as busy as you choose to be and positively engaged in the community. We think you would enjoy it - if you enjoy connection, fun, friendship, fitness and wellbeing, new learning opportunities and social experiences.

There are several active retirement associations in the Lee valley. If you are interested in finding out more about an association, which is closer to you than we are, we can put you in contact with the right secretary for your locality, or if you are interested in starting an association, there is support for that too.

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

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Up skilling Courses in French for Primary School Teachers

A new series of up skilling courses in French for primary school teachers will commence on 4 October 2025.

The courses, which are fully funded by the Department of Education and Youth, will be delivered both online and in person at the Tralee Education Support Centre and The Avenue Hotel, Killarney.

The programme is designed specifically for registered primary teachers who wish to develop

their competence and confidence in French. Entry is available at levels A2.1 and B1 of the Common European Framework of Reference for Languages. Each course will run for a total of 20 hours, with both online and blended options available to suit varying schedules.

The courses will be taught by a registered native French teacher, ensuring a high standard of instruction that combines language development

with cultural insight. By participating, teachers will gain valuable skills to bring into their classrooms, supporting the Department of Education's strategy to broaden access to modern foreign languages at primary level.

The initiative is being coordinated by Hélène Olivier-Courtney of French for All - Killarney School of French, under the Languages Connect programme, which promotes foreign languages in education throughout Ireland.

Teachers wishing to register or obtain further information are invited to contact Hélène Olivier-Courtney directly at 087 799 8629 or by email at helene@frenchforall.ie

This initiative represents an important step in supporting teachers to expand their professional skills and in fostering a greater appreciation of language learning among Ireland's primary school children.

Visit frenchforall.ie - Other regular courses available online and in Killarney and Killorglin.



Back to School



Daltaí ó Scoil Fhionnbarra a ghlac páirt i rásaí tras tíre West Muskerry



Daltaí ó Scoil Fhionnbarra a ghlac páirt i rásaí tras tíre West Muskerry



Daltaí ó Scoil Fhionnbarra a ghlac páirt i rásaí tras tíre West Muskerry



Canovee NS: Busy at work in Seomra Elaine



Canovee NS: Poor humour dump in Seomra Elaine



Canovee NS: Speech and drama with Martina in Seomra Ms o Driscoll. Always a highlight !!

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NUAIGHT UIBH LAOIRE

**Gougane Sunday**

A huge number of pilgrims filled Saint Finbarr's island in Gougane lake on Sunday. And the good Saint, patron of our diocese, must have smiled down on us, because the day was blissfully warm with not a puff of wind. Frequent visitors to Gougane, on past Gougane Sundays, said that it was the biggest crowd they had ever seen. On this special jubilee year not only were there hundreds from the nearby parishes, but busloads and car loads came from Cork City, as in days gone by and many trekked over the mountains like their people before them. What was especially noticeable was the large number of young people who attended again this year. Bishop Fintan Gavin presided over the celebrations and he was joined by many priests from other parishes. In his homily he referred to Gougane Barra and he surmised that it was the beautiful, peace of this valley in the hills

which prepared St Finbarr for his mission along the Lee and to the harbour which is today Cork City. The Bishop drew our attention to the day's gospel where we hear of the man who spent his life in a wasteful pursuit of wealth and meaningless accumulation of worldly pleasures and who ignored his neighbour, who was crying out for help, at his gate. Bishop Gavan also referred to the meetings held in the families of parishes in relation to the future of the Church and he said that these meetings showed great hope for the future with more involvement of the people and the encouragement of the participation of the young generations in Church activity. The Béal Átha pipe band led the priests onto the island and played during intervals in the Mass. Our PP, Father Anthony, thanked all who participated in the ceremony and who worked to make it successful. All in all, a very pleasant and memorable occasion.

Inchigeela Hall

The hall committee is still providing great entertainment. PJ Murrihy and Jerome Coakley provided some lovely music on Sunday last and coming on Sunday 12th of October is Stacey Breen from Wexford. Stacey Breen is only 23 years and already she is an award winning country star and last year achieved Best Female Artist 2024. Bingo every Friday night with Jackpots and Snowballs. Cards on Sunday nights at 8.30pm. An annex to the hall is being used at present as a classroom while works are carried out at the Primary school.

Coffee morning

In Béal Átha, the family of the late Neanse Uí Laoire have thanked the people for the support shown at the recent fundraiser in her memory, in aid of Bantry Hospice. €11,000 in total was donated. Gníomh iontach ar fad. Maith sibh go léir.



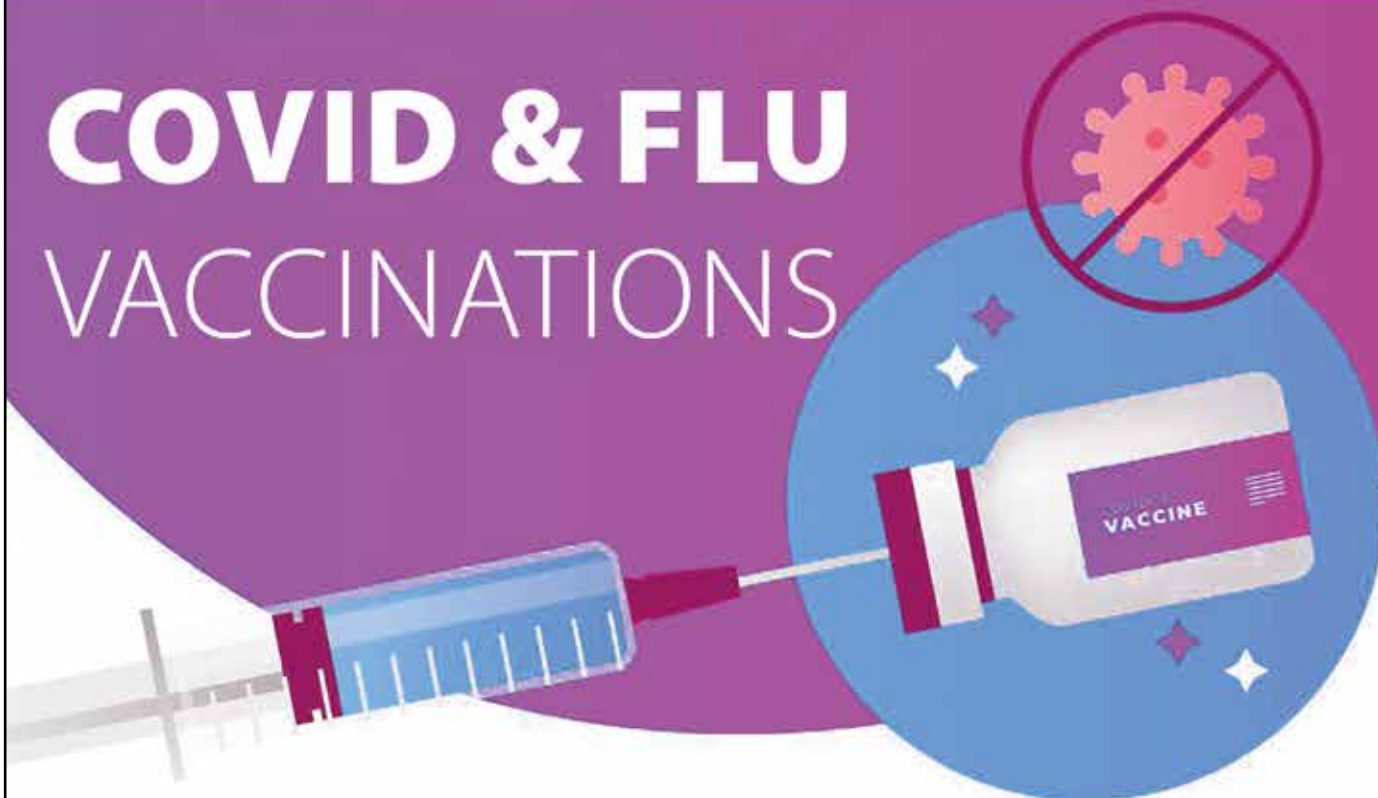


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CLONDROHID NEWS

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

LINE DANCING: Great that Line Dancing is back in Clondrohid.

It is on in the Community Hall on Thursday nights 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.

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 Oct 13 They would love to see you there.

LAOCHRA OG CHARITY TRUCK RUN 2025; This Sunday Oct 5, in aid of Pitch development and Blood Bike South. Meeting at CVRT and Repair Centre Ardnacrusha Clondrohid. €30 per truck, register on the day.

CARRIGANIMA DEV GROUP: A Coffee Afternoon will be held in the Pub Carriganima on the Bank holiday Monday Oct 27 at 4pm. All proceeds to their Development Group. Give it a shout, it will be appreciated

GAA NEWS: Well done to all of the Clondrohid players at the Neily Twomey U11 Tournament in Canovee on Sat Sept 27. They played three group matches vs Macroom, Kilmurry and Kilshannig. Not an easy task for them as it's a young team, 10 of the group yesterday still playing U10 football.

The final match of the day for them was the Plate Final against Canovee. They really gave it their all in what was a very exciting contest. It was close but Canovee

pipped them in the end for the win. Very proud of these players. Plenty of work ahead for them as they continue their football with the club, and no doubt there will be better days ahead. Thanks for all of the effort again to get them to all of their training sessions and matches over the year. Great to see and hear the support on the sidelines yesterday as well !!! Thanks to Canovee for hosting such a well run tournament - it was a great experience for our team.

LOTTO: Results for Sept 24. Jackpot of €1,000.

Heartiest congrats to Mary Twomey The Tce., on winning last week's jackpot. Enjoy treating yourself Mary

€70 Stephen Spillane Ballinagree, €20 Derry, Ciara, Darragh McCarthy Bealnamorrive, Kathleen O'Leary Clondrohid Village, O'Brien Family Caherkeegane



Clondrohid's u 12, who defeated Donoughmore in the Sheild Final last Sunday Sept 28 in Ovens.



Clondrohid u 11's who competed in the Neily Twomey u 11 Tournament in Canovee last Sat Sept 27



Kilmurry Museum 60th Anniversary Walk audience.

A large group collected on Sat. 20 September, 2025 for a walk through Kilmurry Village with stops at St Andrew's Church, the Catholic Church, The Old Graveyard, the Old Museum at the rear of Seán's Pub and the Grotto. Talks were given at each site. Pic Con Kelleher



Mushera platform committee presentation of €1000 to Ballinagree church roof fund



Macroom Food Festival Pics. Peter Scanlan

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Macroom History Group (Founded 2023)

Next Talk; 'Bishop Daniel Cohalan; Ambushes, Arson, and Excommunication in Cork, 1920', will take place on Monday 13 October 2025 in The Castle Hotel at 8.00 p.m. The speaker is Dr Therese O'Connell (Coachford) and Bishop Cohalan was the subject of her recently conferred Ph. D. thesis. Cohalan was from Gurraneigh, Kilmurry and his relatives still live in the area. He was Bishop of Cork from 1916-52.

The following sets out the context of the talk: On the evening of Saturday, 11 December 1920, Irish Volunteers ambushed an Auxiliary patrol at Dillon's Cross in Cork, resulting in the death of Cadet S. K. Chapman. By 10pm, the centre of Cork city was alight, as British Crown forces embarked on a campaign of arson, looting and lawless aggression, in retaliation for Chapman's death during the Dillon's Cross ambush earlier that evening. The Bishop of Cork, Daniel Cohalan, reacted swiftly. In his Sunday homily, delivered the following morning in the North Cathedral as Cork city centre still smouldered below, he not only condemned the violence of the previous night, but conferred a decree of excommunication on all those who chose to perpetuate violence thereafter through the practices of 'ambushes, kidnapping and murder.'

Cohalan was the only Irish Catholic bishop to confer such a decree during the War of Independence, and this singular initiative has informed a common perception of him as being, at the very least, unsympathetic, if not unequivocally hostile to Irish republicanism. This



Con Kelleher speaking during his talk on 'Macroom Town Hall - Its History', 9 Sept. '25 in the Castle Hotel, Macroom (Dr Tim Twomey, Ballingeary).

paper examines Cohalan's rationale in pronouncing this excommunication decree, focusing especially on the centrality of Volunteer guerrilla warfare and the



Bishop Daniel Cohalan

just war principle of proportionality to his thinking at this time.

Macroom History Journal I will be published in November 2025. Preparations are progressing well. The volume will include articles on talks given to Macroom History Group 2022-25 and other contributions.



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THE N22 BYPASS – A ROAD TO SOMEWHERE?

Hi Chris Barrett hereagain. Today we have the pleasure of hearing from Donal O'Leary of MDEG, the Macroom and District Environmental Group.

It is a relief, in more than one sense of the word, that the N22 Macroom to Baile Bhúirne bypass is now fully operational. It has brought a noticeable improvement to the levels of congestion and air and noise pollution in both Macroom and Ballyvourney/Ballymakeera and has hopefully contributed to a safer urban environment in these localities.

Along the bypass, the roadsides and roundabouts were planted with grass, trees, and shrubs. If the trees at the sides of the dual carriageway grow well, they will muffle the sounds and sights of traffic and create habitat and protection for wildlife. Perhaps one day soon the local owls, bats, and other winged animals can fly safely above the danger zone of fast-moving traffic instead of through it.

It must have cost a lot of money to plant trees along the entire length of the bypass. Unfortunately, some of these trees have already died. Some failed very soon after planting, which raises questions about how carefully they were planted. Some others died during the long dry spells that we had this year – these would have had a better chance of survival if a longer-term management plan was in place including mulching and watering. To look on the bright side, the trees that have survived until now will hopefully have a good chance of growing into maturity.

Speaking of spending money, the ongoing management of the roundabout at Coolcower has drawn the attention of Macroom District Environmental Group (MDEG) for a few years now. Before the opening of the first stage of the bypass, this roundabout was planted with Cherry Laurel, a highly invasive non-native species that is unfortunately still commonly sold and planted for hedging in Ireland. This species, like rhododendron, can out-compete native plant species and drastically reduce biodiversity in areas where it establishes. In 2022, MDEG contacted the public liaison office for the N22 road project to question the wisdom of planting the roundabout with Cherry Laurel and were informed that it would soon be removed and replaced with a suitable native species – this was shortly after the official opening by the Taoiseach. Was the Cherry Laurel only planted to look good for the big occasion? Did the authorities just plant something cheap and cheerless and realise later that it wasn't appropriate? Would a bike shed have done instead? So many questions that a curious citizen and taxpayer could ask. In 2024, further correspondence with the same N22 liaison office informed MDEG that "the main purpose of the hedging is to prevent glare from headlights approaching the roundabout from one direction impacting the vision of vehicles approaching from the opposite side of the roundabout" – indeed a worthwhile rationale, and if this is the objective then why has it not been implemented yet with an appropriate native and/or wildlife-friendly selection of plants?

Pollinating insects (bees, butterflies, hoverflies etc.) have been in sharp and worrying decline in Ireland and worldwide. A very important initiative to protect and support pollinators in this country has been the development of the All-Ireland Pollinator Plan, and anyone interested would enjoy studying the relevant website pollinators.ie for information and guidance on actions that we can take to protect their future and ours.



Cork County Council signed up to the All-Ireland Pollinator Plan in 2021. At the time, the Council Chief Executive was quoted as saying "The All-Ireland Pollinator Plan is asking all of us to take simple actions to help reverse the decline of our pollinator species. Cork County Council is happy to sign up and be a supporter. One of the actions is to manage our green spaces less intensively. This protects our existing natural habitats and allows wild plants to flower and set seed. The good news is that this approach often requires less physical effort and can be less expensive." In 2019, Transport Infrastructure Ireland (TII) collaborated with the All-Ireland Pollinator Plan on the publication of evidence-based guidelines for Transport Corridors including national roads. Recommendations included identifying and protecting existing pollinator habitats, reducing the frequency of mowing of grassy areas, pollinator-friendly planting, provision of wild pollinator nesting habitat, reducing the use of biocides to control weeds, promotion of the aims of the Pollinator Plan, and making staff aware of management plans for pollinators.

TII and Cork County Council are the organisations responsible for the management and maintenance of the N22 in County Cork. On the Macroom-Baile Bhúirne bypass this year, there has been frequent strimming and mowing of grass on roundabouts and verges instead of the transition to natural wildflower areas that is recommended for creating feeding and shelter areas for pollinating insects. Quite disturbingly, a local informed me last week that maintenance workers were cutting their way into the thickets of furze/gorse that have sprung up on the bare rock and soil around the roundabouts at Baile Bhúirne and were spraying the furze bushes with weedkiller. Killing these bushes can have no possible benefit to road safety or infrastructure management, and in the absence of a better explanation it can only be seen as a

desire to "clean up" around the road – notwithstanding that furze bushes provide such valuable support for pollinators, nesting birds, and many other wildlife.

How does this kind of management align with the aims of the Pollinator Plan? Actions that support pollinating insects are gentler to the environment, create softer and more colourful landscapes, and spend far less public money than the conventional, tired, wasteful and destructive approach that is driving so many species to the brink of extinction.

We are all learner drivers in the world. We make mistakes, and hopefully we learn from them and try to do better. In the case of the N22 bypass, the knowledge is there on how to manage it best for wildlife as well as for humans. The evidence shows that we can save money while providing a better environment without compromising the safety of road users – surely a win-win situation.

I would like to thank Donal for showing us how considered by-pass management could be a win-win situation.

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



TIPS TO CREATE POLLINATOR-FRIENDLY 6-WEEK MEADOWS

- **First cut after 15th April.** (this will allow Dandelions to flower. Dandelions are a vital food source for pollinators in spring)
- **Second cut at end of May.** (Cutting at the end of May and not again until mid-late July will increase the growth of important plants like Clover, Selfheal, Cuckooflower and Bird's-foot-trefoil).
- **Third cut in mid-late July.** (maximises growth of Clovers and other wildflowers)
- **Fourth cut end August.**
- **Fifth cut after mid-October.**



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Section of the large crowd who attended the 60th anniversary celebrations of the opening of The Terence MacSwiney Memorial Museum



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L - R Michael Herlihy, Mairead Herlihy, Dr John O'Mahony, Kathleen Ni Buachalla, Eileen Ni Buachalla



L - R Mary O'Sullivan, Jessica Kennedy, Ina Kennedy, Kate O'Reilly



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L - R Francis Long, Sinead Long, Elaine Long, Nora Finnegan, Declan Finnegan



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Councillor Michael Looney, Deputy County Mayor, speaking at 60th anniversary celebrations of opening of The Terence MacSwiney Memorial Museum



Councillor Margaret McDonnell, Deputy Lord Mayor, speaking at 60th anniversary celebrations of opening of The Terence MacSwiney Memorial Museum



Cathal MacSwiney Brugha, grandson of Terence MacSwiney, Lord Mayor of Cork, speaking at 60th anniversary celebrations of opening of The Terence MacSwiney Memorial Museum



Dr John O'Mahony, Patron of KHAA, speaking at 60th anniversary celebrations of opening of The Terence MacSwiney Memorial Museum



John Fitzgerald, President of KHAA, speaking at 60th anniversary celebrations of opening of The Terence MacSwiney Memorial Museum

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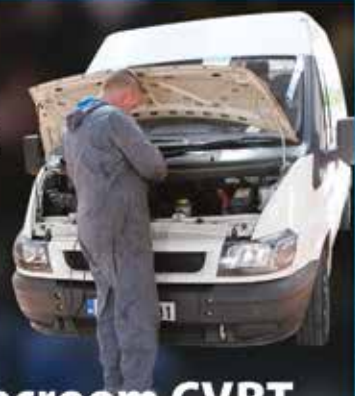


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HSE South West works with communities to mark National Breastfeeding Week in Cork



DOZENS of free events celebrating the benefits of breastfeeding will take place across Cork during National Breastfeeding Week, which runs from October 1 to 7.

The theme of this year's event is 'Hold Me Close: The Power of Skin-to-Skin Contact' which will also be reflected in the many events planned for Cork/Kerry. Olympic athlete Sonia O'Sullivan is backing National Breastfeeding Week, saying:

"I encourage everyone to be open minded about breastfeeding and see it as a natural thing to do. It's convenient, efficient, and really helps you as a mother to get back to pre-pregnancy shape in a very short time."

Sonia occasionally supports the HSE South West-run Cobh Breastfeeding support group in Cobh Primary Care Centre, and the team there are grateful for her support.

Anita Bane Public Health Nurse said:

"Sonia is a wonderful advocate for breast feeding and it is always exciting to meet her at the Primary Care Centre when she comes to chat with mums. Breastfeeding and expectant mums are welcome to attend our group in Cobh Primary Care Centre on Wednesdays at 11am, no appointment is required, just turn up and you never know who you might



meet on the day."

HSE South West is collaborating with local breastfeeding support groups, libraries, hospitals, and communities to host free family friendly events to celebrate and promote the importance of breastfeeding.

The full list of events is online and includes talks at local libraries; coffee mornings and celebrations at HSE Primary Care Centres. Free events are also taking place at Cork University Maternity Hospital and there will be online webinars for both the public and healthcare professionals.

Catherine Buckley, Infant Feeding Specialist Public

Health Nurse, HSE South West said:

"Breastfeeding is the perfect start in life. It provides optimal nutrition, strengthens the immune system and nurtures emotional connection. Skin-to-skin contact is a powerful way to begin, benefiting every baby and every parent"

For many families, community support makes the difference. Emma Ross a mother from Clonakilty, shared:

"In the early days, my local breastfeeding support group was my lifeline. The encouragement and understanding I found there gave me the confidence to continue breastfeeding."

HSE breastfeeding supports include maternity hospitals, infant feeding specialists, lactation consultants, public health nurses, practice nurses, general practitioners, online resources and local breastfeeding support groups.

Across Cork and Kerry there are more than 27 breastfeeding support groups, free to attend and open without booking. These groups offer professional guidance and peer encouragement for breastfeeding parents, and more information is available on mychild.ie.



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MJK Oils Junior A Hurling Championship

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

Semi Finals:

Donoughmore v Grenagh, Sunday October 5th at Blarney, 2pm

Inniscarra v Ballinora, Sunday October 5th at Ballincollig, 4pm

Points table after the group final round.

Group 1:

Donoughmore 7, Inniscarra 5, Ballincollig 4, Blarney 4, Aghabullogue 0

Blarney 2-13 Donoughmore 1-16

Donoughmore were already semi final bound before the ball was thrown in, Blarney needed to win to retain their hopes of advancement with scoring difference then to come into effect. As it transpired, the draw made scoring difference immaterial as Blarney finished third in the table and so exited the competition.

Donoughmore came into the contest with full points but are always very wary of their neighbours. The game was a very tight affair, Blarney benefitting from an early Cian Dunlea goal, Donoughmore leading at half time by 1-8 to 1-6 after a Colm O'Callaghan goal in the 23rd minute. Thus the pattern continued, tit for tat, Luke Kendellen boosting his side's hopes with a second goal for the Blarney men. Blarney led by a point after a Jack O'Keeffe point from the sideline in injury time but a late free for Donoughmore preserved their unbeaten record and they now play neighbours Grenagh in the Mid Cork semi final.

Scorers: Blarney: Cian Dunlea 1-6 (0-5f), Luke Kendellen 1-0, Ben Ahern 0-2 (0-1f), Jack O'Keeffe (0-2, 1 s/l), Joe Cronin, Mark Cummins, Cian Lawless 0-1 each.

Donoughmore: Adam Dinan 0-6 (0-4f), Colm O'Callaghan 1-1, Mark Lucey 0-2, David O'Connell 0-2, Gavin O'Sullivan 0-2, Shane Healy 0-2 (0-1f), Kevin O'Connell 0-1.

Blarney: Conor Murphy, Callum Donohoe, David Lordan, Darragh Kelly, Ben Ahern, Paul O'Leary, Kelvin Dunlea, Jack O'Keeffe, Vince O'Mahony, Mark Cummins, Cian Dunlea, Joe Cronin, Cian Lawless, Keith Costello, Luke Kendellen.

Subs: Tiernan Buckley for Darragh Kelly, Jack O'Keeffe for Cian Lawless, Darragh Rowley for Keith Costello, Kevin Cremen for Joey O'Dwyer

Donoughmore: Shane Sexton, Stephen Golden, Seán Broderick, Frankie Honohan, Rory Honohan, Josh Crowley, Shane Healy, Kevin O'Connell, Mark Lucey, Colm O'Callaghan, David O'Connell, Cian Buckley, Dara O'Shea, Adam Dinan, Jack Murphy. Subs: Dara O'Shea for Jack Murphy, Eoin McNamara for Gavin O'Sullivan
Referee: Tom Manley, Inniscarra

Inniscarra 1-19 Ballincollig 1-13

The last slot in the semi finals of the MJK Oils Mid Cork JHC was not filled until the last of the group stage games at Cloughduv on Sunday evening last. A draw would have sufficed for

Ballincollig, Inniscarra needed to win, which they did in the end after a tough battle and they now join Donoughmore, Ballinora and Grenagh in the last four, Ballinora v Inniscarra, Donoughmore v Grenagh the pairings.

Conditions at Cloughduv were excellent for this evening game which started in sunshine and finished under lights.

The teams were level at 0-3 each after ten minutes



Aghinagh Junior B team who defeated Cill na Matra in the Ballincollig Credit Union Plate and are through to the final against Canovee.

before Ballincollig broke the deadlock with a cracking goal from Shane Murphy. Inniscarra cut the gap to the minimum but Eoin Dwyer's point for Ballincollig made it 1-5 to 0-6 in his side's favour on 21. Ardal O'Connell and Conor Sexton swapped scores, as did Ciarán Buckley and Jerry Roche, the latter's flick over the advancing goalkeeper's head just going over the bar before Ardal O'Connell's third point and another from David Enright brought Inniscarra level before the interval, 0-10 to 1-7 and they were improving at that stage.

With the lights on, there was an excellent half hour's hurling in the second half. The sides were level at 0-13 to 1-10 on 47 and still locked together at 1-12 to 0-15 with eight minutes to go.

Inniscarra were on top in the closing phase, Ardal O'Connell, Colin O'Leary, Jack O'Mahony, Conor Geoghegan, all on points duty to open up a three point gap with Eoin Dwyer providing the only reply for The Village and deep into time-added Michael Murphy wrapped up the victory with a ferocious drive to the net to help his side to a semi final place.

Scorers: Inniscarra: M Murphy 1-2, A O'Connell 0-9, C O'Leary 0-2, D Enright 0-2, M O'Connell, J Roche, J O'Mahony C Geoghegan 0-1 each. Ballincollig: S Murphy 1-1, E Dwyer 0-5, (0-3f), C Sexton 0-2, C Buckley 0-2, J Murray, D Bowen and B O'Brien 0-1 each
Inniscarra: Kieran Rice: Seán Ahern, Colm Herlihy, Trevor O'Reilly: Mark Linehan, Shane Buckley, Jack O'Dwyer: Colin O'Leary, Michael O'Connell: Jack O'Mahony, Jerry Roche, Michael Murphy: Jack Shine, David Enright, Ardal O'Connell. Subs: Liam Buckley 42, Conor Geoghegan 47, Seán Quinlivan, Conrad Desmond 58.

Ballincollig: Ronan Cambridge: Ronan Power, Darragh Lee, Cillian Power: Cian O'Connor, Diarmuid Ward,

Brian O'Sullivan: Shane Murphy, Conor Sexton: Dave Bowen, Brendan O'Brien, Eoin Dwyer: Jack Murray, Karl Rodgers, Ciarán Buckley. Subs: Kevin O'Leary 29, George Howard 40, Rory O'Doherty 55, Tadgh Murphy 55.

Referee: Diarmuid Kirwan, Éire Óg.

Group 2:

Ballinora 6, (+24), Grenagh 6 (+16), Dripsey 6 (+13), Éire Óg 2, Kilmichael 0

Ballinora 2-17 Grenagh 0-11

Ballinora were a transformed outfit on their return to Ovens on Saturday last in the final round of Group 5 games in the MJK Oils Mid Cork Junior Hurling Championship. Two weeks earlier Ballinora, chasing their fifth Mid Cork title in a row, were shocked by the intensity of a Dripsey side fighting for their live championship survival and went under by a twelve point margin. This time round, Grenagh were the unbeaten side and Ballinora were fighting to remain in contention for the play-offs and there could be no faulting their commitment- a commitment which earned them not alone victory but also by a sufficient margin to give them the advantage in the Scoring Difference table which earned them a semi final berth. Grenagh also qualify as group runners up with Dripsey the unlucky team, equal on points with the two qualifiers but with an inferior scoring to both.

Ballinora inflicted near mortal damage on Grenagh in the opening minutes with two goals registered inside three minutes of the throw-in. The game had hardly commenced when a clearance from Ballinora wing back Colin O'Flynn was collected by James Keohane and the bustling full forward, who was to prove a handful for the Grenagh defence, lashed the sliotar to the net. Two minutes later Shane Kingston, operating



Aghinagh are the U14 Division 2A champions after defeating Ilan Rovers in Inchigeela this weekend.

at centre back for the champions, sent a high ball down on the Grenagh goal line and the ball was dropped back over the line to the dismay of Grenagh, now enduring the worst possible start.

Ballinora were inspired by these early goals and never lost control thereafter. Grenagh got an opening point from a Dan Twomey '65' but Keohane answered from play and when Grenagh scorer in chief Twomey pointed again, Liam Lyons and Keohane fired over for the champions to give them a 2-3 to 0-2 lead after ten minutes despite playing against the wind. This pattern continued up to half time, a Grenagh point twice answered by two for Ballinora giving the latter a 2-7 to 0-5 interval lead, playing with conviction and with the assistance of the wind to come.

Shane Morey had a Grenagh point on the restart, Ballinora hit back with two from Alan O'Shea, another thorn in the side of the loser's defence. Ballinora were on top and heading for victory but scoring difference now became a matter for attention and the winners never lessened their efforts. Points were exchanged and when Grenagh had two more from Twomey and Joyce, Ballinora hit back with another brace from O'Shea, 2-12 to 0-9 at the three quarter stage.

Danny Burns and Liam Lyons added points to the winners tally, Dan Twomey struck a superb free over from a distance into the wind for Grenagh, Ballinora replied with three in a row, two from substitute Ben Mayer. A Shane Morey late point for Grenagh finished the scoring with Ballinora jubilant at having secured their semi final spot.

Grenagh's fate at this stage was dependent on Dripsey's performance the following day.

Scorers: Ballinora: Js Keohane 1-2, S Kingston 1-0, A O'Shea 0-6, (0-4f), L Lyons 0-5, T Burns and B Mayer 0-2 each. Grenagh: D Twomey 0-6 (0-3f, 0-1 '65'), S Morey 0-2, D Kenny, K Cummins (f) and S Joyce 0-1 each.

Ballinora: Barry Crowley; Tim Forde, Neil Lordan, James Byrne; Mark O'Brien, Shane Kingston, Colin O'Flynn; Tommy Burns, Liam Lyons; Darragh Holmes, Danny Dineen, Darragh Corkery; Alan O'Shea, James Keohane, Seán Lyons.

Subs: Ben Mayer for Dineen 37, Kevin Murphy for S Lyons 49, Ivan Quirke for Burns 50, Conor Quirke for Corkery 58, Michael Quirke for Keohane 60.

Grenagh: James Walsh; Kevin O'Neill, Paul Barry Murphy, Alex Kiely; Jason O'Keeffe, Kelvin Cummins, Danny Warren; Jack Twomey, Ted Twomey; Darragh Kenny, Seán Joyce, Michael White; Robert Coleman, Shane Morley, Dan Twomey.

Subs: Cathal Cronin for White ht, Paul Ahern for O'Keeffe 47, Brian Walsh for Joyce 51, David Coleman for Kenny 55, Niall Coleman for Cronin (58).

Referee: David Cops, Ballyhea.

Dripsey 2-12 Éire Óg 0-12

When Dripsey faced Éire Óg at Kilmichael on Sunday afternoon the task facing them was known- win and by a margin of ten points to get ahead of Grenagh on scoring difference. Dripsey succeeded in their first task but came up short on the second front and so bow out of the championship for this season.

Dripsey got off to the perfect start with a goal from Eoghan Maher in the first minute. They had a gale force wind behind them but seemed top panic at stages and at half time led by a mere 1-5 to 0-5 having missed a number of scorable chances from frees and from play.

The second half was well contested but Éire Óg, who knew that they had no hope of progression, fought to the end. The Ovens side never looked like scoring a goal but it took a penalty by Mike O'Riordan late in the game to yield a second goal for Dripsey and their margin of victory was to prove insufficient to deny



Aghinagh Junior A team who defeated Ballincollig in the Ross Oil championship quarter final



Aghinagh Junior b team who lost out to Canovee in the Ballincollig credit union plate final

Grenagh a semi final spot.

Scorers: Dripsey: E Maher 1-2, 1-6 (0-4f, 1-0 pen), R Canavan 0-2(f), D O'Riordan 0-1(f), David O'Sullivan 0-1. Éire Óg: D Kirwan 0-3 (0-1f), J McCarthy 0-3 (f), B Thompson 0-2, D Coakley, K Beechinor, M Sheehan and J Sheehan 0-1 each.

Dripsey: Diarmuid O'Riordan: John Carey, David O'Sullivan, Cathal O'Connell: 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, Charlie O'Callaghan. Subs: Rona Canavan 43, Kevin Rock 55.

Éire Óg: Éoin O'Shea: Colm Clifford, John Kelleher, Kevin Cooper: Chulainn Malone, Kevin Beechinor, Micheál Sheehan: David Kirwan, Eoin Kelleher: Fintan O'Leary, Jack Sheehan, Brian Hurley: Josh McCarthy, Darragh Coakley, Brian Thompson. Subs: Daniel Dineen 49.

Referee: Jerry Masters, Kilmichael

Ross Oil Mid Cork Junior A Football Championship

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

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

Semi Finals: Éire Óg v Aghinagh: Grenagh v Donoughmore

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

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

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

Aghinagh 3-16 Ballincollig 1-11

Last year's beaten finalist Aghinagh are back into the semi final of the Ross Oil Mid Cork Junior football championship and a meeting with Éire Óg after an impressive win over Ballincollig at a sun drenched Ovens. Aghinagh were much the better side against a hitherto unbeaten Ballincollig.

Two goals in two minutes early in the second quarter were decisive and helped Aghinagh to an interval lead of 2-6 to 0-8. The third Aghinagh goal from Con Buckley two minutes into the second half was the killer blow though Ballincollig never ceased in their efforts to get back into live contention.

The opening quarter saw Ballincollig with a slight edge, a 0-4 to 0-2 advantage after 12 minutes. Ballincollig 'keeper Chris was powerless to keep out William Coakley's palmed finish to the net from Twohig's cross two minutes later in a move initiated by Mathew McCarthy's excellent turnover at midfield. Shane Corkery then kicked a superb two-pointer for Aghinagh and after Pete Kelly had his second point in

reply, Aghinagh struck for a second goal, TJ Buckley's pin-point pass to Thomas Morgans beautifully finished by the midfielder from close range, 2-4 to 0-5 now and the whole completion of the game altered in Aghinagh's favour. Ballincollig battled on, points were exchanged and at the break Aghinagh held a four point advantage, 2-6 to 0-8.

The winners had a great start to the second half. Liam Twohig kicked a two-point free over and Con Buckley then belted a loose ball to the Ballincollig net. Three goals clear now with less than three minutes played since the restart, Aghinagh were buzzing and were never going to lose that lead.

Scorers: Aghinagh: C Buckley 1-4, W Coakley 1-2, T Morgans 1-0, L Twohig 0-8 (2x0-2f, 0-1 '45', 0-1f)), S Corkery 0-2 (1x0-2). Ballincollig: O Dorgan 1-2 (0-1f), P Kelly 0-4, J Murray 0-2, D Murphy, M Oldham, and K Browne 0-1 each.

Aghinagh: Jason McCarthy: John Lynch, Donagh O'Riordan, Olan Cummins: Declan Ambrose, Luke O'Leary, TJ Buckley: Mathew McCarthy, Thomas Morgans: Jack Kearney, Con Buckley, Shane Corkery: William Coakley, Liam Twohig, Gearóid O'Sullivan. Subs: Seán O'Riordan 24, Aodh Twomey 48. Seán Cummins 50

Referee: Peter Cotter, Gleann na Laoi

Donoughmore 1-18 Béal Átha'n Ghaorthaidh 1-7

Donoughmore, as expected were too strong for the Béal Átha juniors in the second quarter final at Carrigadrohid and they moved confidently on to their semi final joust with neighbours Grenagh. It was obvious from an early stage that Donoughmore meant business they led by 0-9 to nil after 16 minutes. Declan Keating with 0-3, David McDonnell 0-2 and Gavin O'Sullivan, Jack Murphy, and Seán O'Hanlon with 0-1 each were the scorers as their Gaeltacht side struggled to contain the fleet footed constant attack of the winners. Béal Átha opened their scoring in the 21st minute from a Ronán Ó Loinsigh free and Tadhg Ó Laoire added three points before the break when Donoughmore led by 0-11 to 0-4.

Donoughmore points from Sean O'Hanlon and Kevin O'Connell on the restart further emphasised the Donoughmore supremacy and when Gavin O'Sullivan kicked a goal followed by two points victory was totally beyond the reach of the Béal Átha men. Micheál Long punched home a Matt Ó Riordáin cross for a Béal Átha goal on 43, Donoughmore introduced four substitutes simultaneously and the final quarter was even enough but there was no doubt about the outcome.

Donoughmore: Kevin O'Riordan: Frankie Honohan, Mark Foley, Seán Broderick: Rory Honohan, Josh Crowley, Kevin O'Connell: Seán O'Hanlon, Mark Lucey: Adam Dinan, Gavin O'Sullivan, Donnchadh Morrissey: Declan Keating, David McDonnell, Jack Murphy. Subs: Finn O'Callaghan, Paul Crowley, Colm O'Callaghan, Stephen Golden, all on 50, Jamie Twomey 53.

Béal Átha'n Ghaorthaidh: Barra Ó Súilleabháin: Danny Ó Súilleabháin, Gearóid Ó Creimín, Éanna Ó Céilleachair: Shane Ó Criodáin, Gearóid Ó Loinsigh, Brian Ó Duinnín: Colmán Ó Tuama, Liam Ó Coinceannain: Lúcas MacTomáis, Tadhg Ó Laoghaire, Barra Ó Buachalla: Rónán Ó Loinsigh, Matt Ó Riordáin, Derry Ó Tuama. Sub s: Aaron Ó Tuama and Micheál Long.

Referee: Pat O'Leary, Kilmurry.

Ballincollig Credit Union

Junior B Football Championship

Semi Finals:

Aghabullogue 2-19 Ballincollig 1-10



Foireann Fé16 Naomh Abán a bhuaigh Craobh Rebel Óg Thiar Roinn 1.



Foireann Sóisir B Naomh Abán a bhuaigh Craobh Sóisir B Muscraí.

Naomh Abán 0-12 Donoughmore 1-5

Final: Naomh Abán 0-13 Aghabullogue 1-8

Junior B Football Plate

Semi Finals:

Gleann na Laoi 2-8 Canovee 0-17

Cill na Martra 0-12 Aghinagh 2-13

Plate Final:

Canovee 2-7 Aghinagh 1-9

Cork GAA County Championship 2025

Football

Premier Senior Football:

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

Semi Finals: St Finbarrs v Ballincollig, Oct 12th: Nemo Rangers v Newcestown, Oct 12th

Relegation: Valley Rovers v Carbery Rangers, replay, Oct 11th.

Ballincollig 1-15 Duhallow 2-11

Duhallow led by 2-11 to 1-12 with ten minutes remaining. However, with eight of their players having lined out at club level already over the weekend, they tired and were not to score again.

Trailing by 2-6 to 0-8 at half-time, Ballincollig got on top in the third quarter. They had a penalty when O'Mahony was fouled and converted from the spot himself; then Liam O'Connell levelled and Luke Fahy's delivery led to O'Leary palming over. Donncha O'Connor levelled and O'Leary put Ballincollig back ahead – while Duhallow replied with three on the trot to take back the initiative. Ballincollig cut the deficit to a point in the first minute of injury time, then they were level as Seán Kiely was the provider for another replacement, Seán O'Neill and Tadhg O'Connell fisted over the winner.

Scorers for Ballincollig: D O'Mahony 1-2 (1-0 penalty), D O'Leary 0-3, P O'Neill, L O'Connell 0-2 each, L Fahy, S Kiely, B O'Connell, T O'Connell, D Dorgan, S O'Neill 0-1 each.

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

Subs: D O'Leary for S Murphy (13, injured), S O'Neill for C Dorgan (36), D Dorgan for Ahearne (51), T O'Connell for O'Mahony (57).



Captan Foireann Fé16 Naomh Abán, Peadar Ó Ceallaigh a bhuaigh Craobh Rebel Óg Thiar Roinn 1

Senior A Football

Quarter Final: Éire Óg v Bishopstown: Knocknagree v Kanturk

Semi Finals: Cill na Martra v Éire Óg 5.45pm: Béal Átha'n Ghaorthaidh v Knocknagree 7.30 pm. Both games on Saturday Oct 11th at Páirc Uí Chaoimh

Relegation: Fermoy 0-17 O'Donovan Rossa 1-18

Quarter-final:

Éire Óg 1-17 Bishopstown 1-13

Éire Óg were nine clear, coasting, when suddenly Bishopstown found the net, and Éire Óg were suddenly clutching at a lead that no longer felt safe.

from nowhere it was a three-point game on the hour, with four added minutes to play. A point for 'Town, two in it but then Éire Óg steadied themselves. Daniel Goulding, struck over a monster two-point free in the 64th minute – the only orange flag of the afternoon – to seal a four-point win and release the tension.

Scorers for Éire Óg: E O'Shea (1-2), J Murphy (0-5, 1f), D Goulding (0-3, 1tpf, 1f), C O'Callaghan (0-2), R O'Flynn, D Foley, H Murphy, B Hurley, D Clifford (0-1 each).

Éire Óg: C Kelly; C McGoldrick, M Brady, D McCarthy; H Murphy, M Griffin, C Clifford; D Clifford (c), C O'Callaghan; R O'Flynn, R O'Toole, E O'Shea; J Galvin, D Foley, J Murphy.

Subs: D Goulding for Foley (39), B Hurley for Galvin (45), J Kelleher for J Murphy (54), D Kelly for O'Callaghan (54-FT, temp) D Dineen for Brady (60).

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; Aghabullogue v Kiskeam

Semi Finals: Naomh Abán v Aghabullogue at Macroom, Sat October 11th 4pm

Uibh Laoire v Aghada at P Ui Rinn Sat Oct 11th at 2.30pm

Relegation play off: Bandon v Macroom

Aghabullogue 3-16 Kiskeam 0-12

Aghabullogue deservedly booked their place in the McCarthy Insurance Group Cork PIFC semi-final with an impressive victory over Kiskeam at Banteer.

The opening half was a compelling and close battle. However, after the break, Aghabullogue built up a strong surge of momentum which Kiskeam were unable to contain.

Aghabullogue started well with points by Colm Gillespie and Luke Casey. Kiskeam then responded before a Matthew Bradley point put Aghabullogue 0-4 to 0-2 ahead after 13 minutes, Kiskeam then edged into the lead courtesy of a pair of two-pointers, Bradley with a two-pointer made it level at 0-6 apiece. Aghabullogue hit for a goal in the 24th minute from Cialan O'Sullivan to lead at half time and started the second half in blistering fashion with goals from Luke Casey and Pádraic O'Sullivan. Aghabullogue did not let up, led by 3-11 to 0-6 after 40 minutes and ran out convincing winners.

Aghabullogue now meet Naomh Abán in a semi final show-down at Macroom.

Scorers for Aghabullogue: M Bradley 0-7 (1 2pt f, 1 2pt, 0-1 45), C O'Sullivan 1-2, L Casey 1-1, P O'Sullivan 1-0, E O'Sullivan 0-3 (0-1 f), C Gillespie, P Ring, A O'Sullivan 0-1 each.

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

Subs: C O'Sullivan for Corkery (8, inj), O O'Connell for B O'Sullivan (45).

PIFC Relegation Play off

Macroom 2-20 Bandon 2-19

Macroom achieved an amazing victory over Bandon in the McCarthy Insurances Premier Intermediate Football championship relegation play-off at Kilmurry. Bandon led by 1-7 to 0-0 after 14 minutes and even later in the game after a Macroom recovery, Bandon held a four point advantage, 2-19 to 1-18, in the 57th minute but the game took a late dramatic turn with Pa Lucey blasting home a penalty on 60 and a minute later Eolan O'Leary kicked over a lead point for the Mid Cork men which was the winning score. Macroom ace free-taker Pa Lucey finished with a



Macroom U10 LGFA team who were victorious when they played against their coaches & parents at their last training session & medal presentation night in Castle Grounds on Wed 24 September.

personal tally of 1-12 which included the conversion of no less than five two-point frees. His contribution was the main reason for the Macroom victory as his accuracy from long range had kept his side's hopes alive all through.

Nineteen minutes had elapsed before Pa Lucey opened the Macroom account with a two pointer, followed quickly by another, but Bandon hit back with two points 1-9 to 0-4 on 24. The scoreline was transformed in the minutes before the interval. Macroom's Mark Hunt's persistence won a ball which he parted to Óisín O'Sullivan to fire to the Bandon net, Eolan O'Leary added a point and Macroom kicked three two-pointers from Seán Kiely, Lucey and Shane Meaney respectively to go into an interval lead of 1-11 to 1-9, hardly an accurate reflection of the trend of the first half proceedings!

The second half was marvellously entertaining with the le fluctuating but Bandon looked to be secure, four points clear on 53, 2-19 to 1-18 before Lucey kicked a point from play on 57 and Macroom introduced two substitutes for a final push. In the last minute of regulation time Dylan Twomey fouled in the Bandon goal mouth, a penalty awarded and Pa Lucey levelled the scores from the spot kick. A minute later Fintan Goold fed Eolan O'Leary on the loop with a perfectly timed pass and the latter sent over the bar to give Macroom a sensational lead which they retained to the final whistle.

Macroom had the luck on this occasion but it was due a visit.

Scorers: Macroom: P Lucey 1-12 (1-0 pen, 5x0-2f, 0-1 '45', 0-1 f), O O'Sullivan 1-0, E O'Leary 0-3, S Kiely and S Meaney 0-2, 1x2pt each, C Donovan 0-1. Bandon: M Sugrue 1-4 (0-1 f, 0-1 '45'), T Twohig 1-0, D Crowley

0-7 (3x0-2f), M Cahalane 0-4 (1x0-2), J Mulcahy 0-2, C Calnan and P Callinan, 0-1 each.

Macroom: Declan Kiely; Paul O'Farrell, Mark Corrigan, Johnny Murphy; Shane Meaney, Rory Buckley, Tony Dineen; Cillian Donovan, Caleb Dinneen; Alan Quinn, Eolan O'Leary, Seán Kiely; Mark Hunt, Patrick Lucey, Oisín O'Sullivan. Subs: Don Creedon 38, Fintan Goold 43, Dylan Twomey and Mark Condon, both 57.

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 1-11 Ballinora 1-13

SF: Ballinora v Kilmurry at Ovens, Sunday Oct 12th 2pm

Ilken Rovers 2-12 Mitchelstown 1-10

SF: Adrigole v Ilken at Bantry Oct 11th.

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 2-8 Canovee 3-16; Inniscarra 0-14 Cobh 1-12.

Semi Finals: Buttevant v Canovee at Glantane, Sat Oct 11th 4pm: St Nicks v Cobh

Relegation: Millstreet 1-14 Ballydesmond 0-13



Canovee



Macroom LGFA U8 team at their medal presentation night on Wed 24 September in the Castle Grounds.

Canovee beaten by Kilmurry in the final last year are through to the semi final of the McCarthy Insurance Group Premier JFC after a comfortable win over Cullen at Donoughmore.

The Carrigmen proved too strong for Cullen at the quarter-final stage in Donoughmore on a scoreline of 3-16 to 2-8. Canovee had the benefit of a strong wind in the first half and led by 1-12 to 1-4 at half-time, the goal from Conor Dodd three minutes before the break. Sharpshooter Jack Kelleher finished with 0-8, Aidan Moynihan, with 1-3 and Daire McMahon returning from injury had a goal

Canovee: Ben Cheasty; Eoghan Lehane, Eoin McNabola, Cian Cronin; Conor Dodd, Ryan Delaney, Evan Cunningham; Aidan Murphy, Odhran O'Driscoll; Liam Kelleher, James Moynihan, Mark Healy; Aidan Moynihan, Conor O'Neill, Daire McMahon. Subs: Shane O'Riordan 55.

In the other quarter-final game, last year's County JAFC winners Inniscarra were beaten by a solitary point, 1-12 to 0-14, by Cobh at Grenagh. Cork senior hurler Seán O'Donoghue was the best player on the pitch and scored 0-9 of the 'Scarra total. Cobh led by a point at half-time, in what was always a tight encounter. The teams were level two minutes into added time but Cobh got the winner.

HURLING

Premier Senior Hurling

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

Group 2: Midleton 5, Charleville 4, Newcestown 3, Newtownshandrum 0

Group 3: Blackrock 6, St Finbarr's 4, Kanturk 1, Douglas 1

Quarter Finals: 1 Midleton 2-19 Glen Rovers 2-17, Sarsfields 0-22 Charleville 1-15, St Finbarrs 3-16 Imokilly 1-12, Blackrock a bye

Semi Finals: Blackrock v Midleton: St Finbarrs v Sarsfields

Relegation: Newtownshandrum 1-19 Erin's Own 1-14

Senior A Hurling

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

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

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

Quarter Finals: Bride Rovers 2-23 Inniscarra 1-18, Blarney 1-21 Na Piarsaigh 0-19

Semi Finals: Castletelyons v Blarney: Carrigtwohill v Bride Rovers:

Relegation: Courcey Rovers 0-16 Bishopstown 0-14

Bride Rovers 2-23 Inniscarra 1-18

Bride Rovers qualified for a fifth consecutive Senior A HC semi-final appearance

completely overwhelming Inniscarra in the opening half and dealing with a spirited 'Scarra second-half comeback. Bride led by 1-13 to 0-7, at the break.

The gap was eroded further when midfielder Frank Horgan goaled within 32 seconds of the restart and the third quarter belonged almost exclusively to Inniscarra. Five-in-a-row from Enright (0-3, two frees), Darragh O'Brien, and Holland (free) left the scoreboard reading 1-14 to 1-12 on 41 minutes but Bride weathered the storm and finished strongly.

Scorers for Inniscarra: J Enright (0-7, 0-5 frees); P Holland (0-5, 0-2 frees); F Horgan (1-0); S O'Donoghue (0-2, 0-1 free); N Buckley, D Murphy, D O'Brien, C Lynch (0-1 each).

Inniscarra: E O'Neill; D Keane, L Ryan, C O'Leary; B



Canovee 2-7 Aghinagh 1-9. Great win lads

Daly, S O'Donoghue, S Sheehan; C Dineen, F Horgan; J Enright, A McCarthy, N Buckley; D Murphy, P Holland, D O'Brien. Subs: S O'Mahony HT; C Lynch 35; J O'Sullivan, M Nagle both 52; S Murphy 55.

Blarney 1-21 Na Piarsaigh 0-19

Blarney took the lead in the first minute and led uncontested from the fourth minute to the final whistle.

Scorers for Blarney: C Barrett (1-4); M Coleman (0-5 frees); S Barrett, S Mulcahy (0-3 each); E Kirby, C McCarthy (0-2 each); D McSweeney, C Hegarty (0-1 each).

Blarney: P Hallissey; D Murphy, S Crowley, S Mullane; C Power, P Crowley, A McEvoy; O Hegarty, M Coleman; D McSweeney, S Barrett, E Kirby; S Mulcahy, C Barrett, C McCarthy. Subs: C Hegarty 52; J Murphy 58.

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 1-18 Valley Rovers 0-20: Ballincollig 1-21 Carrigaline 1-9

Semi Finals: Dungourney v Ballincollig at Caherlag, Sat Oct 4th at 4pm: Ballinhassig v Cloyne

Relegation: Castlemartyr 1-19 Mallow 0-19

Ballincollig 1-21 Carrigaline 1-9

An impressive performance from Ballincollig at Riverstick. They will now meet Dungourney in the semi final, their third semi final in a row.

Scorers for Ballincollig: B Keating 1-11 (0-9 f), D O'Sullivan 0-4 (0-1 f), M Oldham 0-2, B Coleman, T Morgan, C Dorgan, C O'Driscoll 0-1 each.

Ballincollig: J Linehan; F Denny, J Murray, B Dore; B Coleman, D O'Sullivan, D O'Leary; T O'Connell, T Morgan; C Dorgan, B Keating, D O'Mahony; M Oldham, C O'Driscoll, A Wills. Subs: S O'Neill 43, P Morris (55-58, temp), C Dalton 58, P Kelly for M Oldham 61.

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 1-18 Midleton 1-12: Bandon 3-19 Erin's Own 4-10

Semi Finals: Aghabullogue v Aghada at Ballyan ley, October 4th at 4pm

Bandon v Sarsfields at Riverstick 4pm

Relegation: Mayfield 1-16 Youghal 3-14

Aghabullogue 1-18 Midleton 1-12

Aghabullogue booked a semi-final berth in the Co Op Superstores IAHC following a tense but thrilling win over Midleton at Carrig na bhFear.

The Mid Cork side took advantage of the wind when four consecutive points gave them the perfect start after seven minutes and they went in at the break leading 0-10 to 1-6.

Aghabullogue brought far more physicality in the second half and when the game was there to be won, Aghabullogue raised the intensity and when the energetic Shane Tarrant split the posts, they moved three clear.

James Lane rose highest to catch a fabulous ball before showing a great burst of speed and finishing to the net.

Scorers for Aghabullogue: M Bradley 0-6 (0-4 f), J Lane 1-1, S Tarrant 0-3, J Foley, L Casey, J Corkery 0-2 each, S Furey, O O'Connell 0-1 each.

Aghabullogue: I Barry-Murphy; T Long, C Timmons, T J Buckley; C Gillespie, P Ring, P O'Sullivan; S Furey, O O'Connell; J Foley, J Corkery, S Tarrant; J Lane, M Bradley, L Casey.

Subs: J Buckley 48, C Furey 50, M Dennehy 59.

Premier Junior Hurling

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

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

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

Quarter Finals: Ballygarvan 1-18 St Catherine's 1-17: Cloughduv 3-18 Argideen Rangers 1-14

Semi Finals: Cloughduv v Glen Rovers Friday Oct 3rd at P Ui Rinn, 7.30 pm

Kilbrittain v Ballygarvan at Minane Bridge, Sat Oct 4th, 4pm

Relegation: Barryroe 1-21 Meelin 0-11

Cloughduv 3-18 Argideen Rangers 1-14

A magnificent hat-trick from Brian Verling helped Cloughduv see off Argideen Rangers in the Co Op Superstores Premier Junior A HC at Ballygarvan.

In a game dominated by the winners for long periods Argideen Rangers did battle to the wire but in truth they failed to match the accuracy and artistry of their opponents.

On a beautiful day for hurling, Cloughduv, with the aid of a stiff wind, looked sharper in the opening exchanges with Mark Verling leading the charge with three consecutive points.

The Mid Cork side went in at the break with a nine-point lead: 1-12 to 1-3.

On the restart, Cloughduv took only five minutes to register their second goal as Brian Verling ran off the shoulder of Aidan Murphy to place a terrific shot to the corner of the net.

Cloughduv stayed in control as their better-balanced outfit had too much firepower for Argideen Rangers. Scorers for Cloughduv: B Verling 3-2, M Verling 0-7 (0-5 f), S O'Leary 0-3, M Walsh 0-2, A Elliot, A O'Leary, A Twomey, M O'Leary (0-1 each).

Cloughduv: Stephen O'Donoghue; James Moynihan, Pádraig O'Driscoll, Liam Kelleher; Odhran O'Driscoll, Eoghan Clifford, Max O'Leary; Mark Walsh, Aaron Elliot; Brian Verling, Aidan Murphy, Mark Verling; Sean O'Leary, Aodh Twomey, Aidan O'Leary. Subs: Eoin McNabola 38, Colm O'Leary 47, Oisín McDonald 47, Darragh Ring 52, Ciarán Canty 52.

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 Cobh

Cork County Championship Fixtures

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

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

Oct 3rd - 5th PJHC SF Kilbrittain v Ballygarvan

Oct 3rd - 5th IAHC SF Sarsfields v Bandon

Oct 3rd - 5th IAHC SF Aghada v Aghabullogue

Oct 3rd - 5th PIHC SF Dungourney v Ballincollig

Oct 3rd - 5th PIHC SF Ballinhassig v Cloyne

Oct 3rd - 5th SAHC SF Carraigtwohill v Bride Rovers

Oct 3rd - 5th SAHC SF Castletyons v Blarney

Oct 3rd - 5th PSHC SF Blackrock v Midleton

Oct 3rd - 5th PSHC SF Sarsfields v St. Finbarrs y

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 Cobh

Oct 10th - 12th PJFC SF St. Nick's v Canovee

Oct 10th - 12th IAFC SF Adrigole v Ilen Rovers

Oct 10th - 12th IAFC SF Kilmurry v Ballinora

Oct 10th - 12th PIFC SF Uíbh Laoire v Aghada

Oct 10th - 12th PIFC SF Naomh Abán v Aghabullogue

Oct 10th - 12th SAFC SF Cill na Martra v Knocknagree

Oct 10th - 12th SAFC SF Beal Atha'n Ghaorthaidh v Éire Óg

Oct 10th - 12th PSFC SF Nemo Rangers v Newcestown

Oct 10th - 12th PSFC SF St. Finbarr's v Ballincollig

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

Oct 24th - 26th Club Cship Final County F&H Finals (Prov)



Congrats Cloughduv U14's who beat Blarney in their final Championship game on Sunday September 28th.



Cillian Newman (Canovee Captain) being presented with the Ballincollig Credit Union Junior B Plate after their final win over Aghinagh in Clondrohid on Septemeber 28th. Comhghairdeas buachaillí.



Our senior camogie team have had an excellent start to their season so far this year



Kilbarry NS West Muskerry Cross Country runners 2025.



Kilbarry NS pupil Cavan with the medal he won at the West Muskerry Cross Country races. Well done Cavan!

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A Word of Victory

"But the Wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of Mercy and the fruit of good deeds. It shows no favouritism and is always sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of Righteousness" (James 3:17-18).

Welcome back dear student often, when people are dealing with a crisis, or have to make a difficult decision they wonder 'how will I know what the right thing to do is?' This Scripture gives a key. We must seek God's Wisdom by asking Jesus to direct us onto the right paths – His path. Then by faith we receive – that means we trust Him and step out and take action. "My sheep hear My voice, and they follow Me" (John 10:27). Jesus noted that His sheep 'do not follow the voice of the stranger' (John 10:5). Having discernment to recognise the difference between God's voice and the enemy is vital, and it comes from spending time in God's Word and in prayer, talking and listening to Him – basically, getting to know Him (Hebrews 5:14). When we lean upon God He is Faithful to lead us to safety. Studying the lead verse above, the first result of God's Presence is Righteousness or purity, for God is Holy. When Isaiah saw the Lord in a heavenly vision the reaction of this man of God was how sinful he was (Isaiah 6:5). That is the state of all the human race – 'for all have sinned and fall short of the Glory of God' (Romans 3:23). All but One – for Jesus never sinned. That's how His sacrifice was accepted by God to pay the penalty for all our sins. The Sinless Blood of Jesus now lays upon the Mercy seat in Heaven before God's Throne. The innocence and purity of that Blood speaks Mercy on behalf of all believers in Jesus. It is because of Jesus that we can now come into the Presence of God reconciled as His children (Hebrews 4:16). So, Righteousness – or holiness, is the first aspect of the Presence of God.

The second is the level of Peace you get in the midst of the circumstances. Jesus is the Prince of Peace, and God's counsel brings Peace (Isaiah 9:5). When people go to the High Court they need a Senior Counsel to represent and advocate for them. The Holy Spirit is God's Attorney, His free gift to every believer! He is named 'Paraclete' in Greek which means the Advocate, the One Who stands beside you; the Comforter, Helper and Guide – the One Who leads us into the Truth (John 14:16-17). Holy Spirit is our powerful Partner and Friend. When the devil is involved in any situation, there is confusion, bitterness, jealousy and evil of every kind (James 3:15-16). But when the Spirit of God is in control, purity and peace result. This is how you can judge what the right move is. Is this decision from a pure heart? Do I have peace that this is the right thing to do? Others may not be happy, but we must obey God, not appease man (Acts 4:19).

The world promotes self-gratification, but in Jesus' Kingdom the opposite is true. God is not the author of chaos or confusion, but He is the God of Order and Love. This is another key into recognising what spirit is in control here. Is there order or chaos? Jealousy, bitterness and strife, or Gentleness, Mercy and Peace? It's a good exercise to write these things down in a 'pros and cons' type layout, and the answer becomes very clear (Proverbs 4:5-7). Seeking God's Wisdom will always preserve and protect you friend.

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Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

Meeting expectations

How do you respond to others' just expectations?

Quickly or slowly - reacting or responding, with panic or coolness?

Here's another personality classification. Buckle up!

According to the author Gretchen Rubin, you and I tend to be one of the following types of people. She classifies people as being Upholders, Obligers, Questioners, or Rebels.

Upholders are amazing. The kind of person who is going to have the job done by tonight or tomorrow. They follow up and follow through promptly. They don't forget what's asked of them. In many cases they have already anticipated your question or request. If they don't know the answer to your query they find someone who does - and get back to you without delay.

They are the ones who make a New Year's resolution and stick to it just till December 31st. And they don't break their Lent!

Obligers respond without question. They are like upholders in being very helpful. They readily agree and comply without question - which is a mixed blessing. They see the importance of duty, responsibility and accountability to others but rarely ask needed questions. They assume good will in what is being asked of them. Unlike the Upholders however they may need to be reminded of a promised task more than once. But the danger for them is that they can become doormats. They are Yes people, until they say No, and when they say No, run. "Hell hath no fury" like obliger rebellion if they find they have been manipulated.

Questioners question everything asked of them. If you want something from them, have your explanations and details ready. Lay out the pitch, the parameters and the sense of what you are asking of them. You need to anticipate. But once they see the sense of it for themselves they internalize and follow through. If you are a questioner, you've already questioned the rationale of this categorization!

Rebels pretend to agree with you and appear obliging, but they already have their own mind made up about what to do on their terms. They see a better way of doing things but they might not tell you in advance until the job is done. They reckon that their way is the best way. They see rules only as guidelines, to the horror of upholders and obligers. You cannot tell a rebel what to do, but you can make suggestions if you like.

Do any of these sound familiar? Self-awareness is the key as is anticipation of possible reactions to requests or expectations. You never know - you might prevent a misunderstanding and even learn patience with others, and with yourself!

I tend to be an obliger.

Which one are you ?

God bless. Fr Seán

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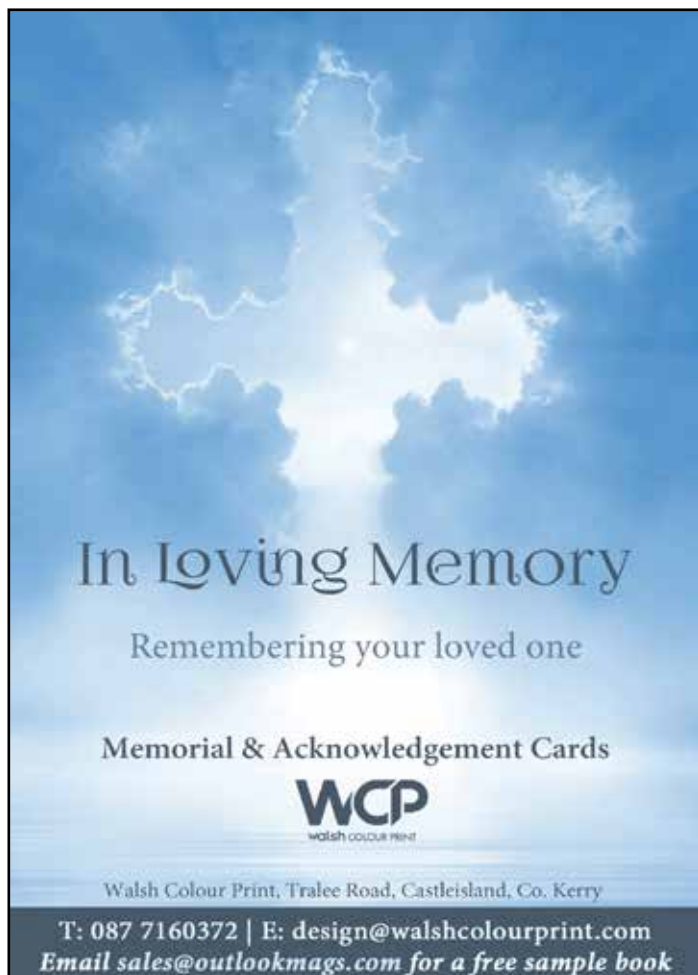


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THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your heart where your father sees it.
Then in his merciful eyes it will become your favour, not mine. Amen.

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

x

2ND ANNIVERSARY



In loving memory of

DENIS MANNING

Teernaspideoga, Inchigeela
Who died on 8th October 2023

*Gone from our sight,
but never our heart,
a soul so bright
will never depart.*

*In whispers of wind,
our memory stays,
guiding our steps
through life's quiet days.*



Sadly missed and always remembered by
Paddy, Eileen, Kevin, Lisa, Sinead, grand
nephew Hugo and grand nieces Paige
and Croia.

THE MIRACLE PRAYER



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

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4TH ANNIVERSARY



In loving memory of

**DER
HARTNETT**

Clonmacow and Kilbarry, Co. Cork
Who passed away October 5th 2021



Always remembered
Tim, Katherine and Jed

4TH ANNIVERSARY



In loving memory of

**DER
HARTNETT**

Kilbarry, Lissarda, Co. Cork
Who passed away October 5th 2021

*The world changes from year to year
And lives from day to day
But the love and memory of you
Shall never pass away.*



Always remembered by
Noel, Catherine and family.

5TH ANNIVERSARY



In loving memory of

**MARY T
O'SULLIVAN**

Annagannihy, Rylane and Killarney
who died on 10th October, 2020.

*A smile for all, a heart of gold.
One of the best, this world could hold.
Never selfish, always kind.
Those are memories you left behind.
We speak your name with love and pride.
We smile through tears we try to hide.
We thank you for the years we shared.
The love you gave, the way you cared.
Deep in our hearts, you will always stay.
Loved and remembered every day.*



Always remembered by her sisters,
brother, nephews, nieces,
grandnieces and grandnephews.

4th ANNIVERSARY



In loving memory of

**MARGARET
LYNCH**

6 Bellmount Place, Crookstown
Who died on the 12th October 2021

*So many things have happened
We wanted to share.
So many times we need you
And wished that you were there.
Your smile lit up brighter
than the sun,
You were both strong and gentle
both witty and fun.
Although we smile and make no fuss
No one misses you as much as us.*



Always remembered by Michael, Shelley,
Donny Ross and extended family.

We love and miss you every day.

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.

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

5th ANNIVERSARY



In loving memory of

**DONAL
O'LEARY**

Renaniree, Macroom
Whose 5th anniversary occurs
on the 7th of October.

*'Your photo stands in pride of place,
A lovely smile lights up your face,
You always seem to be so near
How I wish you were still here.'*



Sadly missed by your wife Maire,
Daughter Clíodhna, sons Colm, Noel,
Donal Og, and families.

13th ANNIVERSARY



Remembering with love

**BARRY
KIRBY**

23 St. Colman's Park, Macroom,
who died 29th September 2012

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



Sadly missed by your mother, Carmel
and all your family

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2ND ANNIVERSARY



In loving memory of

**STEPHEN
KEARNEY**

Ballymichael, Lissarda

Who passed away on the 15th
September, 2023

*You never said 'I'm leaving'
You never said Goodbye
You were gone before we knew it
And only God knew why.*



Always remembered by Ber, Paul, Seán,
Colm & Aoife

9th ANNIVERSARY



In loving memory of

**NELLIE
O'MAHONY**

Lee View, Macroom

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



Lovingly remembered by Tim,
Gráinne, Clare, Ellen, Ann Marie
and all her family and friends.

Anniversary Mass in St Coleman's Church
Macroom 19th October at 11:30

3rd ANNIVERSARY



In loving memory of

**JOAN
KELLEHER**

Farranavarrigane, Macroom

Who passed away on the 12th of
October 2022.

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

*Always in our thoughts,
Forever in our hearts.*



Lovingly remembered by your family.

5th ANNIVERSARY



In loving memory of

**MARY CUNNEY
(NEE O'LEARY)**

whose 5th Anniversary
occurs at this time.

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



Deeply loved, sadly missed and always
remembered by your loving husband
Liam, daughters Maggie, Joanne and
Tara, grandsons William and Vinnie,
granddaughters Elsie and Grace, Mother
Siobhan, siblings Helen, Tim and Joanne,
sons in law, parents in law Rita and Bill,
brothers and sisters in law and extended
family. Mary's late father Teddy O'Leary
also fondly remembered.

6th ANNIVERSARY



In loving memory of

**JIM
QUINN**

Sleaveen West, Macroom.

Who died on 3rd October 2019

*We hold you close within our hearts
and there you shall remain
to walk with us throughout our lives
until we meet again.*



Sadly missed and always remembered
by his loving family.

4th ANNIVERSARY



In loving memory of

DER HARTNETT

Kilbarry, Lissarda and Clomacow.

4th anniversary on October 5th.

*You can close your eyes and pray
That he will come back
Or you can open your eyes and see
all that he has left.
You can cry and close your mind
Be empty and turn your back
Or you can do what he would want
Smile, open your eyes, love and go on...*



From your baby sister
You're missed and loved everyday.
Anna, Noel, Joseph & Gemma O'Dowd
Aherla.

4th ANNIVERSARY



In loving memory of

DER HARTNETT

Kilbarry, Lissarda, Co. Cork

Who passed away on October 5th
2021

*Although we smile and make no fuss
No one misses you more than us
And when old times we often recall
That's when we miss you most of all.*



Forever in our thoughts.

Mary, Goalie, Martin, Mark, Julie and
their families.

3RD ANNIVERSARY



In loving memory of

**DENIS
MOYNIHAN**

Cahir, Ballingearry, who died on the
7th of September 2022.

Ar dheis Dé go raibh a hanam dílis

*A smile for all, A heart of Gold,
One of the best this world could hold,
Never selfish, always kind.
Beautiful memories of music, song and
laughter left behind.*



Lovingly remembered by his wife Joan,
daughters, sons, daughter in laws, son in
laws and grandchildren.
Our Lady Pray For Him.

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BIRTHDAY REMEMBRANCE



In loving memory of
DONAL LEHANE
Deshure, Terelton, Macroom

*Remembering Daddy
on his 90th birthday
which occurs on the 3rd of October.*

*Today is your birthday in Heaven above,
Our blessings we send
on the wings of a dove,
Not just today but each day hereof,
We think of you always with all of our love.*



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

9th ANNIVERSARY



In loving memory of
**BETTY
O'MAHONY**
Cloncud, Killnamartyra, Macroom
Who died 1st of October 2016

*You were always there
When we needed you
No task too great or small
With loving heart
And willing hands
For us you did it all*



Always in our thoughts and prayers
Your loving family.

7th ANNIVERSARY



In loving memory of
**SHEILA COONEY
(NEE LEHANE)**

Gurthinaden, Kilnamartyra
who died on the
27th September 2018.

Your gentle face and patient smile
with sadness we recall,
You had a kindly word for each
and died beloved by all.



Sadly missed by her daughters Siobhán
& Sheila, sister Kate, son in law Pat,
grandchildren Hannah, Bobby & Julie,
nieces, nephews, extended family,
neighbours & friends.

9th ANNIVERSARY



In loving memory of
**MARY
McSWEENEY**
Gortnascarte, Ballymakeera,
Macroom
Who died on 14th September 2016

*Memories are special,
they don't fade away.
We think of you often,
Especially today..
Though heaven and earth divide us
We are never far apart,
You are always in our thoughts and
prayers and forever in our hearts.*



Lovingly remembered by your husband
Michael and family

28th & 19th ANNIVERSARIES



In loving memory of
**OLAN
KELLEHER**

Who died 27th September 1997.

In loving memory of
**INA
KELLEHER**

Who died 28th September 2006.

Nettleville, Carrigadrohid, Co. Cork

*Sadly missed along lifes way,
Quietly remembered every day,
No longer in our lives to share,
But in our hearts you are always there.*



Always and forever remembered by your loving family.

35th & 28th ANNIVERSARIES



In loving memory of
**DAN
KELLEHER**

Who Died 10th October 1990



In loving memory of
**ABBEY
KELLEHER**

Who Died 11th October 1997

Bealick, Macroom, Co. Cork

*On their Soul, Sweet Jesus have mercy.
A loving nature, A heart of gold,
These are the memories we will always hold.*



Always remembered by their loving sons and daughters, son in law
and daughter in law, nephews, nieces & grandchildren.

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. **MC**

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ANNIVERSARIES



In loving memory of our parents

**MARY &
RAYMOND
MURPHY**

Late of Tullatreada
and Carriganine Macroom.

Mary died on Sept 22nd 2015
Raymond died on November 1st
1972

Padre Pio pray for us.



Lovingly remembered by Martina,
John P and families

2ND ANNIVERSARY



Treasured & loving memories of

**GOBNAIT
(GOBBIE)
O'REGAN**

Gurranneredmond, Donoughmore
Who died on the 7th of October 2023

*Those we love don't go away
They walk beside us every day
Unseen, unheard, but always near
Still loved, still missed and very dear.*

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



*Lovingly remembered and sadly missed
by your daughter Margaret grandchildren
Raymond, Margo, Conor, Jennifer and
families*

4TH ANNIVERSARY



In loving memory of

NELLIE CAHILL
Watergrasshill, formerly Cill na
Martra, whose 4th anniversary
occurs at this time.

*Our special memories of you
will always bring a smile,
If only we could have you back
for a little while,
Then we could sit and talk again,
just like we used to do.
You always meant so very much
and always will do too.*



Anniversary Mass in Watergrasshill
Church on October 18th at 7pm.

Codail go sámh i gcómhluadar na Naomh
sna Flaithis

2ND ANNIVERSARY



In loving memory of

CON KELLEHER

Mountmassey, Macroom
Who passed away 2nd October 2023

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



Sadly missed by his wife Mary, sons Paul,
Barry and Brian, his daughter Sinéad and
their families.

2nd ANNIVERSARY



In loving memory of

**TEDDY JOSEPH
MURPHY**

"Hillside" Kilnagurteen Macroom
Who died on 7th October 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 dad and always will.*



Lovingly remembered by Mairead,
Sheena, Teddy and their families.

10th ANNIVERSARY



In loving memory of

**DENIS (DEN)
O'REGAN**

Rusheen and Macroom
Whose anniversary occurs on 4th
October

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



Sadly missed by
Michael and Family

13th ANNIVERSARY



In loving memory of

**MARIE
BUCKLEY**

Laharn, Coachford.
Who died on the 2nd of
October 2012.

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



Sadly missed by your children Trish, Tim,
Martin, Sheila and Ger, and their families.

2ND ANNIVERSARY



In loving memory of

**DENIS
MANNING**

Teernaspodoga, Inchigeela
whose Anniversary occurs
on 8th October

*Every day in some small way
Memories of you come our way
Will those who think of Denis today
A little prayer to Jesus say.*



Always remembered by
John, Mary, Diarmuid & Mairéad

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