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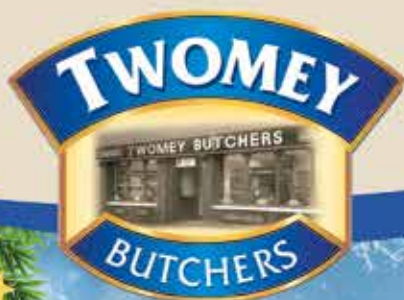
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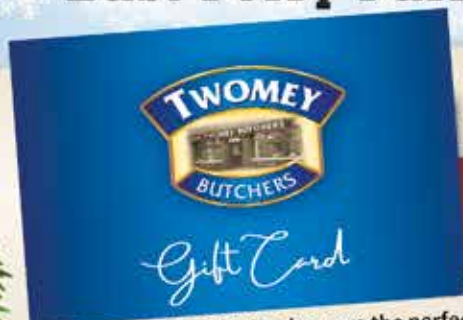




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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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

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

As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne

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Please note Des has a new number

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MACROOM GIRL GUIDES

Eurochild NOVA (Network of Online Visionaries in Action) Council

Ruth Burton, a member of MacEgan Senior Branch, represents Irish Girl Guides on Eurochild's NOVA (Network of Online Visionaries in Action) Council. Over the past five months, she has been working with 7 other children from Ireland, Romania, Bulgaria, Croatia, and Malta aged between 13 and 17 to advocate for children's safety online.

Ruth's report: We have had a few online meetings every six weeks over the past five months at which we discuss issues regarding child safety in the use of AI, content moderation and addictive content online.

On Friday 10 October I traveled to Brussels to attend the Eurochild NOVA Council's first-in person meeting. Our initial activity on Saturday afternoon was an icebreaker to get to know everyone. This was followed by some child participation training where we learned what it means and why it's important to all children when they are online. We then walked into the city to the Museum of Illusions as a fun activity to bond and get to know each other better.

On Sunday we spent the day in the Eurochild office. During the morning, we discussed different situations and how children should deal with them. Then, we drafted our message to EU policy makers about the different issues that children face online and why it's important to tackle them. That afternoon, with the help of some of the Eurochild staff, we filmed our video which was shown at an event on the following Thursday.

Monday morning saw us preparing for our meeting with Donatella Nembrini. She is a member of the

European Commission and is working on the "Safer Internet for Children" project. We discussed the future plans of the project as well as the areas of online safety about which we are passionate. We each got a chance to ask questions. Afterwards we had lunch and concluded with a feedback session with the staff of Eurochild. Everyone there was so nice and helpful and it was an enjoyable weekend. I am looking forward to my next year on the NOVA Council and a further event in Brussels where we will present our project to the EU Ministers.

National Guiding Awards Ceremony Day UCD

Over 160 members of the Irish Girl Guides gathered at University College Dublin on 11 October to celebrate the National Guide Awards and the Silver Gaisce Awards.

National Guide Award

Emily Murphy from Ardilaun Guides received a distinctive gold pin from IGG President Deirdre Henley and a National Guide Award certificate from Amanda O'Sullivan, Chief Commissioner. Emily has been working towards this milestone for the past four years, taking part in many outdoor activities and camps, learning new lifeskills, completing several SDG goals and supporting and encouraging the younger Guides in her role as Patrol Leader. All these activities have contributed to Emily's personal development and leadership skills.

Deirdre Henley, President of Irish Girl Guides said in her speech that each National Guide Award represents more than a certificate, it is a story of perseverance, adventure, and leadership. The Guides have shown what can be achieved when young women are

encouraged to dream big and support each other along the way.

Silver Gaisce Awards

Katie Cronin and Aileen O'Leary were among the Senior Branch members who received their Silver Gaisce Awards from Avril Ryan, CEO of Gaisce - The President's Award in UCD. Their challenges for this award included undertaking training to become a Guide Leader, pilates, learning to knit, partaking in the Defence Forces Challenge and a research exploration in Norway.

The Gaisce Awards are linked to the Senior Branch programme as part of the Dual Award - both SBs have completed the Silver Moon challenges of the IGG section and are now heading for Gold. Congratulations to both Katie and Aileen

Macroom Girl Guides Cake Sale

Dara, Katie and Emily of MacEgan Senior Branch, would like to thank everyone who supported their fund-raising cake sale last weekend. We have been selected to represent Irish Girl Guides on a Leadership and Service project to Sangam, India - one of the Guide World Centres. We will work with some of the outreach projects while in Sangam and partake in Leadership training sessions. Thanks to the generosity of our supporters, we have raised €1110.00 towards this event.

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



Ruth Burton pictured with Donatella Nembrini.



Aileen O'Leary pictured with Avril Ryan & Deirdre Henley



Emily Murphy pictured with Deirdre Henley

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CINEMA



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IT WAS JUST AN ACCIDENT
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LIVE MUSIC



SEÁN KEANE
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8PM

LIVE MUSIC



KAREN UNDERWOOD
THE MUSIC OF NINA SIMONE
SAT 06 DEC | 8PM

CONCERT ON FILM



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SUN 07 DEC | 7:30PM

LIVE MUSIC



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Macroom retains its GOLD MEDAL STATUS



This year's Tidy Towns Results were announced on Friday October 24th in Croke Park, and Macroom retained our Gold Medal. We were represented on the day by Shelia Murphy, Liam Walsh and Michael Crowley. Results showed an 8-point increase from last year which appears good but just keeps up in line with other towns improvements. Macroom received 386 marks with the winner, Carrick on Shannon on 400 points.

Adjudicators commented: " Our shopfront on the Main Street as an excellent initiative, it is also most encouraging to see John Lyons acting as a Climate Ambassador – a recommendation often made to groups but not always achieved in practice. Maith an fear, John!

Your major project this year, the Tom Creedon Cycle Path, is a truly valuable addition to the town and will provide long-term benefit to the community. There are some lovely murals around the town, particularly on gables and in the lane to the vets, and I especially like the house decorated with daisies in Masseytown. Continue these creative projects where possible, including on service boxes. Despite the number of closed shops, the Main Street still presents as a colourful and clean thoroughfare. The Town Park is truly a jewel in the centre of Macroom, and its value cannot be overstated. The walks through the castle grounds are a wonderful amenity. The new cycleway is an excellent project, and the provision of bins and well-stocked Mutt Mitt dispensers is praiseworthy.

The Gearagh Nature Reserve, the biodiversity garden in Colman's Park, and the wooded grounds below the castle provide wonderful opportunities for biodiversity to flourish, and the information displayed on site is both informative and engaging.

Your continued engagement with local schools and the addition of a climate ambassador is invaluable in ensuring that biodiversity awareness and practice are carried into the future. The success of the students from St. Mary's in reaching the Young Environmentalists Finals is a great achievement—well done and best of luck in the competition.

Your partnership with Danone is also commendable, particularly in terms of their support on renewable energy and the auditing of savings achieved through the solar farm, which will serve as clear evidence of the practical benefits of sustainability.

There was no litter to be seen, and all the bins were well

maintained. The Mutt Mitt stations were fully stocked, and the parks and green areas were free of debris. Visible initiatives, like the new road sweeper, make a noticeable difference. A well-organised team, working alongside the TUS and RSS workers, is achieving a high standard.

The residential streets of your town present a colourful and eclectic mix of houses, with some particularly attractive terraces, such as those in Masseytown, adding great charm. Gleann an Fia is well maintained with attractive tree planting, Ros Alainn is welcoming, with a fine bank of native trees at the entrance and a well-maintained green space. An Gortin Rua demonstrates how effective tree planting can soften a housing estate, while the new estate Rás an Mullan looks very well with good tree planting and neat presentation. the roundabout at Hartnetts Cross looked particularly well—thanks are due to Cygnum for their sponsorship here. It is encouraging to see local businesses supporting your work, The continued efforts of Foroige at the graveyard are much appreciated".

Grass cutting arrangements in many housing areas, those estates where the Tidy Towns have been managing the grass cutting for years now is about to change. This has become unsustainable on the part of Tidy Towns volunteers and scheme workers, and doesn't happen in other towns like Ballincollig, Carrigaline and around the County where residents' groups in private estates organise and pay for the cutting themselves. Cork Co Co who will be issuing information and guidance on this in due course.

Macroom Credit Union have sponsored our new Hi Viz jackets, mile buíochas. A Big thanks to the young residents from Meadowlands who picked up 15 bags of leaves for the Tidy Towns, along with residents from Dan Corkery Place and Coleman's Park. These bags of leaves will be used by the Tidy Towns to make compost which will be used in our planting programme in flower and shrub beds throughout the town.

Climate Conversations, a SECAD initiative will take place in Macroom Pitch and Putt Club from 11-1 on Nov 4th and 11th. The workshops will include Understand and manage household energy consumption, Food Waste, Active Travel and Transport, Circular Economy, Biodiversity and Citizen Science. Topics being covered include Understand and manage household energy consumption, Food Waste, Active Travel and Transport, Circular Economy, Biodiversity and Citizen Science. To book either email at kloxtan@secad.ie or Phone at 083 3355114.

Macroom Tidy Towns volunteers have been busy over the last few weeks with Litter picking, Removing Leaves, Planting along the Bowl Road, Planting in St Coleman's Biodiversity Area, Cutting Grass in the



The Back of the New Hi Viz Sponsored by Macroom Credit Union



The 15 Bags of Leaves picked up the Young residents of Meadowlands for use by Macroom Tidy Towns

green areas on housing estates, General maintenance around town and in the Fairy Garden and Keeping on top of usual work.

So many people compliment the work we do and admire what is 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.



Martin Coughlan and Joe Cronin with Seamus Hogan from Macroom Credit Union with the Hi Viz Jacket they sponsored



Macroom Tidy Towns Volunteers Shelia Murphy, Liam Walsh and Michael Crowley at the Super Value Tidy Towns Awards in Croke Park on October 24th



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The new Macroom Gift Card

The new Macroom Gift Card was launched yesterday the 29th October in the Castle Hotel.

This is a very exciting project for the town and surrounding villages, as Macroom and neighbouring villages are collaborating on a new high-tech gift card for the Lee Valley region to drive in-person sales for local businesses and encourage connection between people and places.

Backed by Macroom Business Association, the Grá Macroom Gift Card will replace the previous paper Macroom Shopping Voucher and offers significant benefits for the businesses accepting the card and recipients spending them.

With over 80 businesses from Clondrohid, Béal Átha an Ghaorthaidh, Guagán Barra, Inchigeelagh, Ballyvourney, Ballymackeera, Coachford, Dripsey, Lissarda, Kilmurry and Macroom are all now eligible to accept the card, commission free, including shops, restaurants, attractions, pubs and cafés. Macroom and surrounding areas will be the first in County Cork to utilise Town & City Gift Card technology to create our

own high-tech physical and digital gift card.

A big call out to all EMPLOYERS in the area to support the Grá Macroom initiative for a number of reasons, with Grá Macroom Gift Card, you can offer unbeatable local choice for your staff through one Gift Card, while providing a tangible cash injection to your local economy. Full tax relief is available from the Small Benefit Exemption scheme which allows an organisation to give their staff five small non-cash benefits, tax free, each year of up to €1,500, such as a Grá Macroom Gift Card. The Grá Macroom Gift Card is easy to purchase online or at outlets in each village and in Macroom town. See the adverts in this edition

for the details.

We are excited to see the progress of the Grá Macroom Gift Card, and how it's going to make a positive difference in the local economy over the coming months and years.



A FRESH START AT YOUTHREACH MACROOM

Maths Week at Youthreach Macroom

This October, Youthreach Macroom proudly joined in the celebrations for #MathsWeek2025, a nationwide event that highlights the fun and creativity of mathematics in everyday life.

Throughout the week, students took part in a variety of exciting and interactive maths-based activities designed to make learning both engaging and practical. From fast-paced Maths Circuits that got everyone thinking on their feet, to Rice Krispie Maths where measuring, counting, and teamwork came together in a delicious way, there was something for everyone to enjoy. The week also featured a lively game of Maths BINGO, which added a competitive edge and plenty of laughter to the classroom.

A group of students also represented Youthreach Macroom in an inter-centre Maths Week Quiz, competing virtually with other Youthreach students from across the county. The quiz tested their problem-solving skills, logical thinking, and teamwork — and provided a great opportunity to connect with other centres while having fun.

Maths Week was a huge success, helping students see that maths isn't just about numbers on a page — it's a skill we use every day in real life, from cooking and budgeting to games and problem-solving. The activities encouraged confidence, creativity, and collaboration, showing that learning maths can be both enjoyable and relevant.

Well done to all the students and staff who took

part and helped make Maths Week 2025 such a memorable event at Youthreach Macroom!

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.



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MCEGAN COLLEGE



Staff and students who dressed in Costume for the traditional LCA fundraiser event. This year the proceeds from the fundraiser will go to local charity Sullane Haven, the adult sheltered accommodation in Macroom.



MacEgan Student Council

PUBLIC SPEAKING:

On Friday 17th October the first-year students of the Public Speaking Club recently took part in an exciting in-house competition. The students presented in front of their peers and staff members. The judges on the day were impressed with their confidence, creativity, and delivery on a range of engaging topics. The standard was so high that a tiebreaker was needed to decide the winners! Congratulations to Lily, Eli and Grace, who went on to represent McEgan College in the Speak Up Public Speaking competition held in LeChéile, Ballincollig. Lily and Eli delivered their speeches with confidence and enthusiasm, impressing the audience and adjudicators alike. Grace took on the important role of adjudicator, engaging in thoughtful discussions with students from the other schools to help debate and decide the overall winner. It has been a fabulous learning experience for the students helping them to develop Communication and leadership skills. Well done to all who participated.

SPORT:

Football: On Thursday 16th October our ladies football team took on Nagle Rice, Coláiste an Ghobnatan, Scoil Mhuire and Bishopstown Community College in a Blitz in The AstroTurf in Bishopstown GAA. The girls put on a great display of skills and teamwork in their performances. There is a lot of skill within the team which we will build on as the year progresses. Well done to all girls involved.

Basketball: U-19 Girls Basketball Match Report McEgan College vs Beara Community School. Our U-19 girls basketball team put in a strong effort in their recent game against Beara Community School. Despite a determined performance, McEgan fell short with a final score of 30-16. The girls showed excellent teamwork and resilience throughout the match, displaying great defensive play and commitment on the court. While the result didn't go our way, the team's spirit and sportsmanship were commendable. Notable Performances: Orla O Sullivan had some really excellent shots; Katie Cronin Amy Cronin & Arienne Toth are developing some really valuable defensive moves. Other notable performances were from Laura Casey and Ciara McSweeney. Well done to all the players for representing McEgan College with pride. The team will take valuable lessons from this match as they prepare for their next fixture.

ENTERPRISE:

McEgan College students recently attended an Enterprise Workshop at Munster Technological University (MTU). The event focused on team-building and innovation, giving students the chance to develop key entrepreneurial skills in a collaborative setting. During the day, students took part in engaging activities that encouraged teamwork and problem-solving. They also delivered presentations on innovative ideas linked to the UN Sustainable Development Goals (SDGs), exploring how enterprise can help

address global challenges such as sustainability and climate action. The workshop proved both inspiring and educational, helping students gain practical experience in creativity, teamwork, and responsible business thinking.

Life Saver Talk with Garda Orla Doyle:

On Tuesday, 14th October, Garda Orla Doyle delivered the Life Saver talk to our Transition Year students. The session focused on the vital topic of road safety, raising awareness about the importance of responsible behaviour on the roads.

Students were highly engaged throughout the presentation, gaining valuable insights into how small actions can save lives. McEgan College would like to sincerely thank Garda Orla Doyle for taking the time to speak with our Transition Year group and for sharing such an important message.

LCA:

Congratulations to the 6th yr LCA students after the presentation of results published by the Department of Education for coursework completed and assessed in 5th year. The practical focus of the LCA places particular emphasis on preparation for the world of work and life-long learning. There is less emphasis on the final examinations as coursework is assessed throughout the two years. LCA students also organised a Halloween Costume Day on Thursday 23rd to raise funds for the Local Charity Sullane Haven Macroom.



McEgan College 1st Year student Public Speaking Club after doing individual presentations for the first time, with teachers Eimear McCarthy & Shauna Ni Éalaithe.



Students Lily McCarthy, Eli Burns and Grace Barry represented McEgan College at the Speak Up Public Speaking Competition in Le Chéile, Ballincollig on Thursday 23rd October. Pictured with their English Teacher Eimear McCarthy.



Community Garda Orla Doyle presenting the Life Saver programme to the TY Students at McEgan recently. The focus was Road Safety.



McEgan TY students William Casey and Ronan O'Neill were part of the TY group who learned valuable First Aid Skills as part of the TY programme.



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DE LA SALLE College Macroom



DLS U14 Hurling Panel at their hurling blitz in Dunmanway



Brother Tommy Walsh and Mr. Eunan Whyte with the 5th Year Lasallian Animation Committee.

UCC Guest Speaker Inspires 6th Year Students

Our 6th Year students were delighted to welcome Dr. J.P. O'Connor from the College of Arts, Humanities and Social Sciences at UCC for an engaging and thought-provoking presentation. Dr. O'Connor spoke about the wide range of study options available within the humanities and the many career paths they can lead to — from law and politics to journalism and the arts.

TY Students Interview Local TD Aindrias Moynihan

Our Fourth Year students — Michael Kelleher, Seán Kelleher, Ryan Mahumutsha, and Oliwier Krzepina — had a fantastic opportunity to interview local TD Aindrias Moynihan, discussing everything from community issues to national policies. A big thank you to Deputy Moynihan for his time and openness!

A Great Day of Geography in Action

Our TY students recently brought their classroom learning to life as they explored Economic Geography in the local area. The group investigated the primary, secondary, and tertiary sectors through fascinating visits to Kilnamartyra Buffalo Farm and The Toy Soldier Factory. Students also carried out an urban geography study of the village itself, observing patterns of land use, local services, and transport links.

De La Salle Takes on Gaelge24!

We're delighted to announce that De La Salle College will take part in Gaelge24 for the first time on 11 November 2025! This nationwide event challenges students to speak Irish for 24 hours — in school, at home, and around town. For just €12, students get a goodie bag and enjoy fun activities with Conradh na Gaeilge. Beatha teanga í a labhairt — the life of a language is to speak it!

Wellbeing Week 2025

This year's Wellbeing Week at De La Salle focused on gratitude, movement, and healthy living! Students created a Gratitude Tree filled with thankful messages, joined Mr. Quinn's energetic Boot Camp, and took part in several Wellbeing Walks to start the day on a positive note. An HSE nurse spoke to First Years about healthy lifestyles, the dangers of vaping and alcohol, and the importance of balance and exercise. 1A, guided by Ms. O'Brien, wrote letters to their future selves — a lovely

reflection on their first year. Second Years enjoyed quizzes and an inspiring talk from Colm O'Carroll of Macroom Massage & Holistic Clinic, who shared advice on avoiding injuries and caring for both mental and physical health. The week wrapped up with more Wellbeing Quizzes and plenty of smiles — a fantastic celebration of health, gratitude, and positivity across the school!

Spooktacular Halloween Celebration!

The DLS and Bishop McEgan special classes came together for a spooktacular Halloween celebration — a heartwarming morning filled with friendship, laughter, and smiles! Huge thanks to Bishop McEgan for organising such a beautiful party!

Lasallian Visit!

We were honoured to welcome Brother Tommy Walsh and Mr. Eunan Whyte, Communications Officer for Lasallian Schools, to De La Salle College on Tuesday, 14 October. They brought with them a copy of Reflections on a Lasallian Journey — a beautiful new book compiled by Eunan Whyte, Pat Walsh, Brother Terry Collins, and Brother Laurence Hughes. They met with school management, staff from our Animation Committee, and our 5th Year Lasallian student leaders for a discussion filled with reflection, inspiration, and Lasallian spirit. It was a reminder of our shared values of faith, service, and community.

Careers Event Success

Well done to our 5th and 6th Year students who attended the Careers Event in Rochestown Park Hotel today. Organised by the Cork Branch of the Institute of Guidance Counsellors, the event gave students a valuable insight into college courses, apprenticeships, and future career opportunities. It was an excellent chance for students to ask questions, gather information, and start thinking seriously about their next steps after the Leaving Cert.

Maths Week Fun!

Maths Week 2025 at De La Salle was a huge success, filled with enthusiasm, teamwork, and plenty of problem-solving! Students across the school took part in quizzes, riddles, puzzles, and challenges, showcasing their logical thinking and creativity. A

special congratulations goes to our First-Year quiz teams — Acute Triangle and Mighty Multipliers — for their brilliant collaboration and sharp reasoning. Well done to William Burke and Luke Kelly, winners of the "Sweets in the Jar" competition, and to all our Daily Maths Riddle champions. Thank you to everyone who got involved and helped make Maths Week such a fun and engaging celebration of numbers!

Student Achievement Spotlight

A huge well done to Third Year student, Alex Sheehan, who recently showed great initiative by entering an international short story competition. His story, "First Dates," was highly commended by the judges, earning well-deserved recognition for his creativity and writing talent. We are incredibly proud of Alex and have no doubt that this is just the beginning of many future successes for this talented Macroom writer.

A huge congratulations to Fifth Year student, Finn Yore, on his incredible achievement representing Ireland at the World Mountain & Trail Running Championships in Canfranc-Pirineos, Spain. Competing 1,700 athletes from 70 countries in the stunning Pyrenees, Finn showcased his remarkable talent, determination, and endurance on the world stage. We are so proud of Finn's success — an outstanding accomplishment and an inspiration to all at De La Salle!

DLS Students Shine at the Stripe Young Scientist Exhibition!

We're thrilled to announce that five De La Salle students — Riordan O'Driscoll, Jack O'Donoghue, William Murray, Peter King, and Michael Kelleher — have qualified for this year's Stripe Young Scientist and Technology Exhibition! Their projects explore vital topics such as farm safety, animal welfare, and sun protection, showcasing incredible creativity, innovation, and problem-solving. We're so proud to see DLS represented on a national stage — stay tuned for more on their brilliant projects!

Lasallian Student Leadership Programme 2025

Our 5th Year Lasallian Leaders — Simon Condon, Robbie Magee, Donagh Moss, and Darragh Donovan — represented DLS with great pride at this year's Lasallian Student Leadership Programme



DLS 1A & their Wellbeing letters!



DLS 5th Year Lasallian Leaders & their teacher Mr. Murphy.



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Busting Common Myths About Back Pain



by Dr. Ben Martin
Optimal Chiropractic,
Ballincollig

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

Myth 1: Rest is Always the Best Remedy for Back Pain.

While taking it easy can help with acute back pain, prolonged inactivity often makes the problem worse.

Gentle movement, stretching, and low-impact exercises are usually more effective in promoting recovery and preventing stiffness.

Myth 2: Severe Back Pain Means Severe Damage.

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

Myth 3: Back Pain is Always Caused by Spinal Problems.

While spinal issues can contribute to back pain, they're not the only cause. Stress, poor posture, muscle imbalances, and even psychological factors can play a significant role. Addressing these aspects holistically can lead to better long-term relief.

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

Athletes and physically active individuals can develop back issues due to overuse, improper technique, or undetected underlying conditions. Proper body mechanics and recovery strategies are key.

Myth 5: Surgery is the Only Sure Cure for Back Pain.

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

Conclusion: Find the Right Approach for Your Back Pain

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



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DLS Gaelic Studies wrapped with a full Irish breakfast!

in Castletown, Co. Laois. Over two inspiring days, the students took part in workshops focused on leadership, faith, and teamwork, and delivered an impressive presentation on Servant Leadership to peers from other Lasallian schools across Ireland. Their initiative to introduce First and Second Years to the Five Core Principles was warmly received and highly praised. The boys returned home proudly with their certificates of completion, full of motivation and new ideas to strengthen student leadership and further promote the Lasallian ethos within our school community.

Gaelic Studies Module

We wrapped up our Gaelic Studies Module with a delicious full Irish breakfast cooked to perfection by Mary & Nikki in the canteen! Throughout the module, students explored a wide range of topics including Cultúr na hÉireann, Seanfhocail, Rince, an Seanchaí Eddie Lenihan, an t-údar Manchán Magan, Spórt, and bia na hÉireann. Mile buíochas to 4A for their enthusiasm and participation in such fun and engaging classes.



"Sweets in the Jar" winners — William Burke and Luke Kelly.

DLS Sport: Hurling Highlights:

U14 Hurling Blitz:

A huge well done to our U-14 hurlers who enjoyed a brilliant day in Dunmanway, winning both matches in their blitz! The lads showed fantastic teamwork, determination, and sportsmanship throughout the day. Their skill and spirit are a real credit to the school — well done, boys!

U17 Munster Second Round:

Final Score: DLS 2-10 | Roscrea 2-15

After a tough first half against a strong wind, the lads showed real fire and determination after the break. Micheál Creed was solid in goal, while Cal O'Driscoll, Dylan O'Shea, and Charlie Murphy were rock steady in defence. In midfield, Rory O'Sullivan and Chris O'Leary led by example, with Chris scoring superb points and Rory grabbing his first-ever championship score.

Up front, Tommy McCarthy, Tom McCullagh, and Ruadhán Doherty linked up brilliantly, driving the team forward, with strong support from Dan McCarthy, Alex Waugh, Rory Eklof, and impactful subs Aled Hopkins, Micheál Twohig, and William Murray.

It was a brave, spirited second-half performance —



DLS first years at their Wellbeing quiz.

every player played their part. The result didn't go our way, but the lads can be proud of their effort and teamwork. Well done to all involved!

Football Highlights:

Senior Football: Final Score: DLS 2-08 | Hamilton 2-07

After a slow start, our senior footballers showed outstanding grit and determination to edge out Hamilton in a thrilling contest on October 17th. Adam Long's leadership and vital save kept the lads in it, while Sam Leavy, Cathal Neville, Eoghan Healy, Robert Fitz, James Cuddihy, and Thomas Hopkins were rock solid at the back. In midfield, Jack O'Shea and Ruadhán McKenna worked tirelessly, and up front, Billy Murphy and Colin Kelleher drove play forward as Tim Sweeney struck two crucial goals. The forward line of Dylan O'Shea, Cian McCarthy, and Ruairí Ó Sé shone in the second half, with Rory O'Sullivan and Daniel Keane adding real impact off the bench.

A fantastic team effort from start to finish — huge thanks to Mr. Ryan, Mr. Landers, and Mr. Doherty for their guidance, and to Macroom GAA for the use of their excellent facilities.



DLS 1st Year Maths Quiz Winners - Mighty Multipliers



DLS second years at their Wellbeing quiz.

CELEBRATING CREATIVITY AND ACHIEVEMENT IN MACROOM

The Cork College of Further Education and Training, Sullane Centre, Macroom, hosted a vibrant Art Exhibition and Certificate Awards Night Friday October 3rd at Chapel Hill School of Art.

The exhibition featured over 120 stunning pieces created by learners under the guidance of tutor

Christina Dervin, showcasing a wide range of crafts including mosaic, ceramics, felting, sketching, and decoupage. The evening also celebrated academic success, with over 200 QQI certificates presented across subjects such as language and literacy, IT, customer and retail service, office and business administration,

horticulture, art and design, craft, ceramics, relaxation techniques, personal development, and ESOL. The event was a wonderful celebration of creativity, learning, and community spirit.

For more information on upcoming courses, contact the Sullane Centre on 086 823 9097.



A section of the Artwork on display at the presentation of Certs Ceremony at the Sullane Centre Chapel Hill Convent . Pic. By Yuri.



Section of the large crowd who attended the presentation of Certs Ceremony at the Sullane Centre Chapel Hill Convent Pic. Peter Scanlan

**The Macroom Branch of the Irish Guide Dogs
invites you to join us for an exciting Bingo Night
Fundraiser**



**on Friday, 8th November at 7:30 PM
in the Castle Hotel, Macroom.**

The evening will feature **10 rounds of bingo**, plus a **Jackpot Round**, with all proceeds supporting the incredible work of the Irish Guide Dogs.

This event is organised by the **Macroom Branch**, and promises a night of fun, prizes, and community spirit! Mark your calendars and bring your friends for a great cause!



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ST MARY'S NEWS



Our Leaving Cert Class dressed up as Smurfs with their Year Head Ms Murnane as Papa Smurf and Mrs Lehane as Gargamel.

Travel Flag - Green Schools Committee

On Tuesday the 14th, we had a flag raising ceremony for our Green Schools Committee who were awarded the Travel Flag. Over 2 years, St Mary's Green Schools Committee worked hard to achieve the Travel Flag by promoting sustainable and safe travel. With support from local sponsors, they ran various competitions and awareness events. "Walk on Wednesday" and "Park and Stride" days encouraged students to walk part or all of their journey to school. A poster competition on sustainable travel was held for junior classes, and Chloe Lehane won a national banner competition. Six students became #andshecycles ambassadors, with Ellen Murray named "Outstanding Ambassador" at the National Awards. Chloe Lehane and Emily Mehigan also joined the Irish Sustainable Schools Network, designing a six-class TY module on environmental issues. TY students received a road safety talk from the National Roads Safety Authority, organised by Ellen O'Donoghue. Ms Hickey's Geography class measured nitrogen dioxide from idling cars to track improvements in air quality. The Promo Team (Amy White, Aisling Lehane, Clodagh Browne) helped publicise events and attended weekly meetings. In May 2024, all Macroom schools joined a "Call to Action" meeting with MEPs, TDs, and council staff. St Mary's students presented on travel safety, leading to real improvements in school access for all students across Macroom. A huge thank you to Ms Gray and Ms Murphy for all their time, support and guidance provided to the girls during this time.

Basketball Matches

We travelled to Kanturk recently for three league games. Our U19s put up a great fight against Scoil Mhuire, going into the third quarter all tied up. Despite their best effort they couldn't get it over the line. Such a brilliant game to watch between the two teams. Our U16 team was able to hold off another strong Scoil Mhuire side, coming away with the victory after showcasing their composure and

determination on the court.

After a short journey from one school to the next, our U19s warmed up again for a brilliant performance against Colaiste Treasa Kanturk. It was back and forth in the second and third quarter between the two well matched teams, but the girls pulled away in the fourth quarter to get the win! A great day out for all players and fantastic team effort seen in all three games. Well done to you all and a big thanks to both Scoil Mhuire and Colaiste Treasa for hosting the games. Huge thank you to Ms Hickey and Mr O'Connell!

Student Council 5km

"On October 10th the St Mary's Student Council and Ms O' Donoghue hosted a 5K fun run in aid of Childhood Cancer Ireland and in support of past pupil Aoife Lucey who is running 10 half marathons for Child Cancer Ireland. As a child Aoife was diagnosed with leukemia she is partaking in these half marathons to celebrate being 10 years cancer free. We made over €1,500 from the non-uniform day, selling raffle tickets and selling pins." Report by Laura Moore, TY Promo Team Catherine McAuley Awards. We were absolutely delighted to host our annual Catherine McAuley Award ceremony in School on Friday the 17th of October. A highlight in the school calendar year, teachers and parents took time to celebrate the enormous achievements of our students in so many disciplines. We were exceptionally proud to invite back one of our Distinguished Past Pupils, Lisa O' Riordan, Lisa, along with teachers presented awards to students on the night. Students were acknowledged on the night for their participation in and commitment to both in school extra curricular activities to a national level. As well as this, Catherine McAuley awards were received on the night by those students who by word and example exemplified the characteristics of Catherine McAuley, the founder of the school in the last school year. Among Catherine McAuley's qualities were kindness, generosity, friendliness, courtesy to all and



Geraldine McCarthy (LC Class of 2025) receiving the CEIST Award at our Catherine McAuley Awards night

leadership skills. We would like to congratulate all of our fantastic, well deserved recipients and their parents.

Halloween Fancy Dress

Our staff and students enjoyed a Halloween themed no uniform day on the last Friday of term to help fundraise for our Young Scientists that have qualified for the exhibition in January. Well done to everyone for the effort they put in. There was a fun sense of spirit around St Mary's to send us off into the mid-term break.

Stripe Young Scientist

Congratulations to our 9 projects that have qualified for the Stripe Young Scientist and Technology

Exhibition

which will be held in the RDS January 7th to 10th 2026. We also have 3 projects on the reserve panel should space become available. Roughly 2000 projects apply and only 550 are selected to compete by the judges, so this is a huge achievement for our small school. These 21 students will be hard at work over the next few weeks preparing for the competition. Details of the qualified and reserve projects will be released in the coming weeks.

TY Activities: Kilfinane OETC

"Our Ty's recently enjoyed a trip going to Kilfinane outdoor education centre. Where they spent three days taking part in activities such as archery, rock climbing, orienteering, kayaking, mountain biking, and high ropes. They had a great time while being independent, trying out different things and stepping outside their comfort zone. This trip really helped them bond. They have loved this experience and enjoyed bonding with each other!" Report by Melanie Spillane, TY Promo Team



Our U19 basketball team who were successful vs Colaiste Treasa in Kanturk recently



Our Green Schools Committee, Ms Gray and Ms Murphy raising their Travel Flag

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COMHAIRLE NA NDALTAÍ

le Naomi Ní Scanaill

Tá Comhairle na nDaltaí i bhfeidhm arís i mbliana i gColáiste Ghobnatan. Bhí buachaill agus cailín ó gach bliain tofa mar ionadaí don bhliainghrúpa sin. Is eard atá i gceist le Comhairle na Daltaí ná, bíonn cruinniú gach coicís le Bean Uí Dhonechú ina chuireann na hionadaithe smaointí an ranga ar aghaidh chun iad a phlé ag an gcrúinniú. Pléimid conas gur féidir cúrsaí scoile a fheabhsú agus cuirimid imeachtaí ar siúl chomh maith chun airgead a bhailiú le haghaidh rudaí nua don scoil agus do charthanachtaí éagsúla. D'eagraigh an Chomhairle Lá na nGeansaithe ar an 10ú Deireadh Fómhair le haghaidh an carthanacht GOAL. Bhailíomar €300 do GOAL. Chomh maith leis sin bhí bord ag an gComhairle ag Oíche Oscailte Cholaiste Ghobnatan inar líon daoine amach tráth na gceist chun a bheith curtha isteach i gcrannchur. Bhuaiigh Cillian Ó Cinnéide as bunscóil Ré na nDóir an ciseán de mhílseán. Anuraidh ag deireadh na bliana cheannaigh an chomhairle bord púil leis an airgead a bhí bailithe acu i rith na bliana. Tá daltaí na scoile ag baint taitnimh as é a úsáid i láthair na huaire.

SEACHTAIN MATA

Eagraíodh roinnt gníomhaíochtaí le haghaidh Seachtain Mata an tseachtain seo caite.

COMÓRTAS MAGGIE GOUGH: Ghlac roinnt daltaí ó bhliain 2 agus 4 páirt i gcomórtas mata Maggie Gough. Reachtladh an comórtas ar líne agus bhí sé eagraithe ag Cumann Múinteoirí Matamaitice na hÉireann. Bhí 23,200 iontráil ó 232 scoil ar fud na tíre – le 416 trí Ghaeilge. Na daltaí a ghlac páirt ná Eibhlín Ní Bhriain, Eimear Ní Chiardha, Saoirse Ní Dhulchaointigh, Traolach Ní Riordáin, Naomi Ní Scanaill agus Seán Ó Tuama.

Ghlac daltaí ó bhliain a 2 páirt i dTráth na gCeist – na buaiteoirí ná Abbie Ní Scannláin, Muireann Ní Shuibhne agus Eimear Ní Chiardha. Ghlac daltaí ó bhliain a 1 páirt i dTráth na gCeist – na buaiteoirí ná Méabh Ní Chéilleachair, Jay Ó Murchú agus Maresa Ní Thuama.

Bhí comórtas póstaer mata ag muintir na hidirbhliana. An treoir a tugadh dóibh ná póstaer a chruthú faoi mhatamaiticeoir Éireannach. Bhí póstaerí áille déanta ar mhatamaiticeoirí ar nós William Rowan Hamilton, Siobhán Vernon (as Maigh Chromtha), John Lighton Syne, Maggie Gough agus Sophie Bryant. Na daltaí a bhuaiigh Ceist an Lae ar idirlín ná Keith de Grant, Keely Ní Dhuinnín agus Daire Ó Tuama.

Comhgairdeas libh go léir! Míle buíochas le hIníon Ní Riordáin a d'eagraigh na gníomhaíochtaí ar fad.

TRAENÁIL CPR

Tá bliain a ceathair ag glacadh páirte sa scéim CPR4Schools a ritheann The Irish Heart Foundation. I rith mí Dheireadh Fómhair d'éirigh leo an cúrsa CPR a



Bhailigh Comhairle na nDaltaí €300 do GOAL ó Lá na nGeansaithe

dhéanamh iad féin agus comh maith leis sin thraenáil siad muintir bhliain a haon faoi conas athbheochan chardascamhógach (CPR) a thabhairt Bhain na daltaí sult agus taitneamh as an éispéireas fiúntach sin. Tá sé mar sprioc acu anois an traenáil a dhéanamh le muintir na dara bliana roimh Nollaig.

CISPHEIL NA GCAILÍNÍ FAOI 16 & 19

le Leah Ní Dhuinnín & Keely Ní Dhuinnín

Ar an Luan 13ú Deireadh Fómhair bhí cluichí cispheile ag na cailíní fé16 agus fé19 i gcoinne Choláiste Bhrógáin Naofa. Lá fada a bhí ann lán de chluichí mar bhí ar na fé19 dhá chluiche a imirt i lá amháin agus bhí cluiche ag na fé16 freisin. Cluichí den chéad scoth a bhí ann, lean na cailíní ar aghaidh ag obair go dian go dtí an deireadh. Faoi dheireadh bhí an bua ag Coláiste Ghobnatan sna trí cluichí. Lá iontach a bhí ann!

Ar an 16ú lá de mhí Dheireadh Fómhair thaistil foireann cispheile faoi 16 Choláiste Ghobnatan chuig Dúnmanmhaí. D'imir siad i gcoinne Mount Saint Michael ó Ros Ó gCairbre. Cluiche den scoth a bhí ann. Ní raibh níos mó ná ciseán amháin idir na foirne ag deireadh aon cheathrú. Níor chaill Coláiste Ghobnatan an lámh in uachtar in aon chor. Ba é an scór deiridh 16-14. Tá an fhoireann faoi 16 anois ag bogadh ar aghaidh go dtí an chéad babhta eile. Míle buíochas le hIníon Ní Bhriain agus Iníon Ní Chonchúir a fhreastalaíonn ar na cluichí leo.

IDIRSCOILEANNA SCEILIG

Le Chloe Ní Chríodáin agus Caireann Ní Loingsigh

Chuarar síos go dtí Sceilg Sport Horses ar an Aoin 17ú Deireadh Fómhair. Bhíomar mar ionadaithe do Choláiste Ghobnatan ag an gComórtas Idirmheánach Seoléimní. Bhí Caireann Ní Loingsigh ag léimnt na 70cm ar a capall Mist ó Coachford Equestrian Centre. D'éirigh go maith léi. D'fhoghlaimaíomar a lán agus bhaineamar an-taitneamh as agus táimid ag tnúth go mór leis an gcéad comórtas eile!

TORTHAÍ IONTACHA

Cúpla seachtain ó shin fuair ár ndaltaí torthaí iontach sa tSraith Shóisearach. Na gráid atá ar fáil ná: Gradam 85 - 100%, Ardtuillteanas 70 < 85%, Tuillteanas 55 < 70%, Gnóthaithe 40 < 55%, Páirtghnóthaithe 20 < 40%, Gan Ghrádú 0 < 20%.

In Eacnamaíocht Bhaile fuair 100% dár ndaltaí i gColáiste Ghobnatan Gradam (10.7% = staitistic náisiúnta) Tá sé seo dochreide! In Innealtóireacht bhí na torthaí go hiontach chomh maith – 70.8% de dhaltaí na scoile a fuair Gradam (10.8% = staitistic náisiúnta). I Stair fuair 27.27% de na daltaí i gColáiste Ghobnatan Gradam (9.7% = staitistic náisiúnta). In Eolaíocht fuair 20.5% Gradam (9.9% = staitistic náisiúnta) agus fuair 41% Ardtuillteanas (30.4% = staitistic náisiúnta). Fuair 75% Gradam i nGnó (9.2% = staitistic náisiúnta), Sa Grafaic fuair 12.5% Gradam (10.2% = staitistic náisiúnta) agus fuair 50% Ardtuillteanas (33.5% = staitistic náisiúnta).

Ba mhaith linn tréaslú leis na daltaí ar na torthaí iontach agus ba mhaith linn buíochas a ghabháil leis na múinteoirí as a gcuid oibre ar fad.

CNUASLÁ – OIDE

Ar an Luan 20ú Deireadh Fómhair d'fhreastail na múinteoirí ar chnuaslá le hOide. Thaistil múinteoirí áirithe chuig Gaelcholáiste Mhuire AG agus bhí múinteoirí eile lonnaithe i gColáiste Ghobnatan. Bhí deis ag na múinteoirí bualadh le múinteoirí eile atá ag múineadh trí mheán na Gaeilge. Bhí béim mhór ar na hábhair Ardeistimeireachta atá i dtráinse a haon agus dó.

CAREER OPTIONS

Ar an gCéadaoin 15ú Deireadh Fómhair d'fhreastail muintir bhliain a chúig & sé ar Career Options i gCorcaigh. Míle buíochas le hIníon de Brún, Iníon Ní Bhuachalla, Iníon Ní Chríod agus Iníon Ní Riordáin a thaistéal leo.

GLUAIS

- bord púil – pool table
- seoléimní – show jumping
- Gradam – Distinction
- Ardtuillteanas – Higher Merit
- cnuaslá – cluster day
- tráinse – tranche

ÁR MEÁIN SHÓISIALTA

Leanaigí ár gcuntais le haghaidh an nuacht is déanaí!

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Peadar Ó Ceallaigh, Saoirse Ní Uidhir agus Aaron Ó Laighin ag baint sult as Career Options



Comhairle na nDaltaí 25/26 faoi stiúir Bean Uí Dhonechú. osach (ó chle go deas): Rónán Ó Donnchú (bl 5), Orla Ní Mhurchú (bl 5), Éabhaoin Ní Loingsigh (bl 1), Aisling Ní Cheilleacháir (bl 3), Róisín Ní Thuama (bl 2), Naomi Ní Scanaill (bl 4), Keelan Ó Críodáin (bl 1) Cúl: Claire Ní Aodha (bl 6), Conall MacSuibhne (bl 6), Traolach Ó Riordáin (bl 4), Seán Óg Ó Scanaill (bl 3)

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Friday 31st October

5:30pm - 8pm Coachford Branch, Macrooom Credit Union



Treats
for the little ones



Photo Booth
for spooky snaps

All children need to be accompanied by an adult.



Don't miss this fang-tastic community night out!
We're proud to support local and bring the spirit (and the spirits) to Coachford.

31st CORK LISSARDA BEAVERS, CUBS AND SCOUTS

Our Beavers and Cubs had a special night of celebration on Tuesday 21st October. We gathered for a special Investiture Ceremony, where our new recruits made their Promise and officially became members of our Scout Group.

Beaver Promise:

"I promise to be a good Beaver Scout, to love the world and to love one another"

Cub Promise:

"On my Honour, I promise that I will do my best to do my duty to God, to serve my community, to help other people and to live by the Cub Scout Law"

We were delighted to welcome 6 new Beavers, 10 new Cubs and 3 new Leaders.

Our more experienced Cubs were awarded some badges they'd recently earned.

We also recognised the commitment of our Scout Leaders on the night. Group Leader, Patrick Crowley,

presented a special gift to Patrick Leahy, in recognition of his dedication to 31st Cork Lissarda Scout Group. Patrick Leahy has been a Scout Leader in Lissarda since it opened 10 years ago. Service awards were also presented to Leaders Tom Wyper and Bernard Lyons. Family and friends joined us for tea, biscuits and friendly chat after the ceremony. We're all looking forward to more fun and adventures as the Scouting Year continues.

31st Cork Lissarda have weekly meetings at Crookstown Hall (when we're not exploring the outdoors). Our Beavers are 6-8 year olds, Cubs 9-11 year olds, Scouts 12-15 year olds and Ventures 16-18 year olds. We're always looking for adult leaders for each section (training is provided). If you'd like to get involved, contact us on 31corklissardawaitinglist@gmail.com or on Facebook at "31st Lissarda Scouts".



Patrick Crowley presenting a special gift to Patrick Leahy, in recognition of his dedication to 31st Cork Lissarda Scout Group. Patrick Leahy has been a Scout Leader in Lissarda since it opened 10 years ago.



Welcoming 6 new Beavers and a new Beaver Leader to Lissarda Scout Group



Welcoming 10 new Cubs and 2 new Cub Leaders to Lissarda Scout Group

BALLYVONGANE NS



Halloween Time at Ballyvongane NS



A visit by Aghinagh u14's to Ballyvongane NS

It's been a very enjoyable first half-term here in Ballyvongane NS. We continued our boxing, Irish dancing lessons and Gaelic football.

We did a block of swimming lessons at the Castle Hotel in Macroom and made great progress in the water. We took part in the West Muskerry Cross-Country competition, where all the children represented the school admirably.

The Senior Room students completed a project to mark 180 years of education in Ballyvongane NS. It has been fascinating to look back at the establishment of the school during the height of the Great Famine and to study how schooling has changed since our foundation in 1845. We will hold a celebration on the 24th April to mark this special occasion.

We have been learning all about autumn and the changing of the seasons. We celebrated Maths Week with lots of fun problem-solving challenges and puzzles. We hosted our Book Fair and were

delighted to welcome Rowena's pre-schoolers who came to visit. We also welcomed the Aghinagh U14 Gaelic Football treble-winning team, who visited the school with their trophies. We were proud to enter our scarecrow, the Ballyvongane Banshee, into the Ballinagree Scarecrow Competition.

Looking ahead, we're excited to once again host our Lego Club which will run every Monday throughout November. In addition to this, we will host a Duplo Lego Club open to all Year 1 or Year 2 Pre-Schoolers. See our Facebook page for details or email lego@ballyvonganens.com.

On Tuesday November 4th at 7:30pm, Herbalist Siobhán Norton will give a talk at our school entitled Herbs for Winter Wellness with information about herbal remedies for winter chills and sniffles. Bookings can be made via email at fundraiser@ballyvonganens.com. €15 with all proceeds going to Ballyvongane NS Parents Association.



Ballyvongane NS Junior Room with their Castle



TEAM HOPE
Christmas shoebox appeal

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In our now distant school days with Máistir Sean O Loingsigh at Gurrane National School much of our time studying geography was spent examining the wall maps of Ireland and that of the world.

In his distinctive clear voice he taught us the names of the Continents, the Oceans and of course the Capital cities of the various Countries. He also explained to us the variation of temperatures and time but it all seemed a pipe dream and so far away.

We learned of the French Riviera on the banks of the Mediterranean and he advised us that it was the place to visit if the occasion ever arose. With some close family residents residing in the city of Nice on the French Riviera I could not resist the prospect when the trip was suggested. Taking an early morning flight from Cork to Stanstead Airport on the outskirts of London it was onwards from there as we embarked on a flight of two hours approximately to Nice.

It was a fantastic experience as we touched down at the Airport on the edge of the Mediterranean. The sun shone brightly, with a temperature of 29 degrees, and our clocks went forward by one hour as we

reached our accommodation. Nice, Capital of the Alps Maritimes Department of the French Riviera sits on the pebbly shores of the Mediterranean. It was founded by the Greeks and was later a retreat for the 19th Century European elite. It is well known for its beautiful seafront promenades, historic old town, artistic heritage and lively cultural festivals. From relaxing on its famous beaches to exploring local markets and enjoying Riviera cuisine the City offers an unforgettable blend of seaside charm and urban sophistication.

Having checked in at our hotel, we were but a one hundred yard walk to the promenade, where we relaxed with a coffee as we viewed our breathtaking surroundings. Before long it was time to get ready for our evening meal with our relatives. The food was delicious, the wine flowed freely and we chatted about Clondrohid and of course the school days at Gurrane National School. We recalled old stories and anecdotes about neighbours and friends, many of whom are now scattered far and wide, and we regretted that the magnificent new Clondrohid School came too late for us all. It was a fabulous reunion and far too quickly it

was time to retire for the night.

Rising at 6am next morning we had some continental breakfast on the prom before collecting our bikes for a 20km cycle along the excellent cycle lanes on the verge of the ocean. It was a relaxing journey and the scenery was magic with the Mediterranean on one side and the holiday accommodation including the many hotels on the other. We cycled out to the Airport and back before returning our bicycles and enjoying the rest of the afternoon as we swam in the sea and observed the crowds of holidaymakers stroll by.

It is interesting that the open air street markets that operate from early morning to afternoon sell fruit, vegetables etc are then transformed into restaurants catering for all tastes in food, wine and beverage until late. Another beautiful evening meal after which we got ready for our homeward journey. The flights to Stanstead and Cork brought us safely home and we thank the good God Lord who gave us a very enjoyable holiday.

Moladh Mor le Dhia Na nGlorra

THE MACROMPIAN COMMUNITY ARA

The activities of the Macrompian Active Retired group are varied, so as to cater for the diverse interests of the members. One such event was an Art night with Carol Anne Floyd.

She did a watercolour painting of Gougane Barra for the group, while throughout her demonstration, she explained what colours she was using, how to mix the paint, and how to blend the colours on the artpaper. Her calm, soothing voice helped the members to relax and enjoy the journey that she took us through that many places throughout the world that she lived in her lifetime, before eventually settling in West Cork. The group thoroughly enjoyed our evening with Carole Anne Floyd, and some have expressed a wish to meet her again.

The members were very enthusiastic about a presentation given by Regina Moore, coordinator of ALONE, and by Aisling from Age Friendly Ireland. Regina told us that we are not alone, and outlined various ways to help older people, whether they live alone or with family. Alone help and support people to live independently at home, for as long as they wish. She gave us information about Housing Support, National Phone Line, Befriending visits, Assistive Technology, such as helping people who have difficulty using their phone or laptop and a whole range of practical support to help older people through various challenges. Once you've made the contact, ALONE staff will work with you to find solutions



Members of the Macrompian ARA enjoyed a very informative presentation from Regina Moore, coordinator of Alone and from Aisling all about Age Friendly Ireland

to your challenge.

Aisling from Age Friendly Ireland outlined that they can assist you when applying for grants, accessing resources, and advising on the things you need to do to help you stay in your own home with dignity and independently for as long as possible. If you are over 65, you can request your Age Friendly Homes Coordinator to call to your house to assist you and advise you on grants, services and resources, and this is a free service provided by the Department of Health, HSE and the County Council. They provide professional help and advice on the Fair Deal and help you plan for

the Fair Deal.

Chair Yoga is on every Thursday evening, coordinated by Peggy O'Connell, and members requested that the class would be continued right up to Christmas.

We are looking forward to a music trip away shortly. The members are all up for a night away to a Michael English Concert and overnight stay in Tullamore Court hotel. This trip away has been organised by Paddy O'Sullivan ably assisted by Evelyn Mc Sweeney. After that we have a Christmas Shopping Trip to the Crescent. So there is a lot going on.



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CANOVEE NATIONAL SCHOOL



Halloween in Canovee NS



Amazing awards given out at assembly on Thursday 24th of October. Comhghairdeas go léir

Scoil Náisiúnta Cheann Mhaí

Bhí na páistí i Rang a Sé an-ghnóthach i rith an téarma seo.

Gach seachtain, théadh beirt pháistí ón rang go dtí an linn snámha in éineacht leis na páistí i seomra Elaine. Thugaidís cabhair do na páistí óga a bheith ullmhú don rang. Is mór an spórt a bhíodh acu go léir sa linn snámha.

Chomh maith leis sin, théidis amach ar an gclós ag súgradh le páistí sna Naíonáin Shóisearacha. Bheadh na páistí óga ag foghlaim cluichí nua. Tá siad in ann a lán cluichí a imirt anois Gach seachtain, chaitheadh na páistí uair an chloig ag seinm an ghiotár. Is breá bheith ag éisteacht leis an gceol is féidir leo a sheinm anois. Leanaigi ar aghaidh leis an obair iontach!

Taitníonn garraídoireacht go mór leis na páistí i Rang a Sé. Gach seachtain, bhídís ag obair go dian ag bailiú na duilleoga atá ag titim go tiubh ag am seo den bhliain. Tá an ghairdín agus an clós glan agus néata anois. Maith sibh!

An tseachtain seo caite, ghlac foirne ón rang páirt i gcomórtas díospóireachta. Cé nach raibh an bua acu, bhaineadar taitneamh as an obair.

I rith an téarma, bhí Sciath na Scol ar siúl. D'éirigh go maith leis na foirne go léir. Táimid an-bhródúil as sibh! Cé nach raibh an bua ag na buachaillí, bhuaigh na cailíní an cluiche leathcheannais. Beimid go léir ag

súil go mór leis an gcluiche ceannais anois. Go n-éirí go geal le Ceann Mhaí ar an lá!!!

We had a spooktacular Halloween week full of fun and laughter! The children came to school in their scary costumes, witches, K Pop demon hunters, superheroes, and monsters everywhere!

Our spooky walk was a nice adventure to Jack Murphy's farm with treats along the way. Everyone enjoyed plenty of treats and Halloween games, making it a week to remember.

Happy Halloween from 1st and 2nd class!

5th class recently had a visit from members of

Kilmurry Active Retirement. The class had prepared a presentation and display for them outlining some simple ways how their members could save energy in their homes. Some of the recommendations made included closing doors after you, turning off lights when leaving a room, checking seals around doors and windows, turning down the temperature dial by 1 degree, air drying clothes and not leaving electrical items - such as the tv, on standby. The children were able to find out information about the group and activities they run in the area for their members.



'RIP Jack'



Our spooky walk was a nice adventure to Jack Murphy's farm with treats along the way.



Canovee 1st and 2nd class



Members of our CliMates sub-committee who went to Canovee national school

ST JOSEPHS NS



Halloween fun in St Joseph's!





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Time: 5:45pm

Investment: €90

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5 Week Beginner Yoga Course:

Date: Tuesday 4th November

Time: 6:30pm

Investment: €90

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Starting from Sunday 9th November

Time: 5pm

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KILMURRY NS

A Busy and Exciting Term at Kilmurry National School! It's been a fantastic start to the school year here at Kilmurry National School, with so many exciting activities and achievements to celebrate!

Our new Junior Infants have settled in wonderfully and are already an important part of our school community. They especially love spending time with their 6th Class buddies, who have been helping them feel at home in our school.

This term also saw the election of our new Student Council and Green Schools Committee. Both groups have been full of enthusiasm and great ideas! The

Student Council has been very busy, organising a fun-filled movie afternoon, starting up a Crochet Club, and promoting our "Yay Box", a lovely initiative that recognises pupils' achievements and positive contributions around the school.

Meanwhile, our Green Schools Committee is focusing on the theme of Biodiversity this year. They've been working hard on this theme this term.

We also enjoyed a beautiful autumnal wellbeing walk in the local woods. It was a perfect opportunity to take a break, enjoy the crisp autumn air, and appreciate the changing colours of the season.

In sports news, both our boys' and girls' teams did us proud in the Sciath na Scol competition, showing great teamwork and determination. We also celebrated fantastic success in the West Muskerry Cross Country competition—well done to all who took part!

To finish off the term in style, we held our much-anticipated annual Halloween Party, brilliantly organised by our hardworking 6th Class pupils. There were amazing costumes, fun games, and plenty of spooky treats—it was the perfect way to end a busy and exciting term!



West Muskerry Cross Country participants



Kilbarry NS Infant pupils 2025.



Kilmurry Green Schools Committee



Kilmurry Student Council hard at work

DROMLEIGH NS

Students from Dromleigh N.S. enjoyed a busy lead up to their Halloween break on October 24th.

Pupils thoroughly enjoyed a delightful community event before their holidays commenced with their Halloween Disco organised once again by the Parents Association.

Our hurling team were out and ready to display their skill by attending another Sciath na Scol blitz in Kealkill on October 21st.

Students had a wonderful time engaging with activities, games and projects to mark Maths Week which was celebrated throughout the country this year from October 11th to 19th.

Follow us on Facebook 'Dromleigh N.S Kilmichael'



Junior pupils from Dromleigh N.S. all style before their Halloween Disco on October 24th

Image right: Dromleigh N.S. hurlers all set for their recent blitz in Kealkill.



Dromleigh N.S. got very creative constructing 'Maths hats, shields and monsters' to celebrate Maths Week 2025.



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*Light Up
A Memory Mass*



Sacred Heart Church, Western Road, Cork
will host their
Annual Light up a Memory Mass
1st November 2025 at 6.30pm All welcome

FARRAN NS

The halls of Scoil Naomh Muire were absolutely buzzing with excitement and colour this week as students and staff embraced the spooky spirit ahead of the midterm break!

Our pupils truly outdid themselves this year, arriving at school in a wide variety of colourful and imaginative costumes. From superheroes and storybook characters to spooky classics, the parade was a delight to behold.

We were especially impressed by the level of skill and effort poured into the homemade costumes, which demonstrated incredible creativity. It was clear that a lot of thought and hard work went into making this year's outfits the most unique yet!

Not to be outdone, the teaching staff also got into the Halloween action by participating in a highly engaging, day-long game modelled after the popular

TV show, 'The Traitors'. The episode was filled with suspense and dramatic tension, right up until the final moment which culminated in a victory for the Traitors over the Faithful!

It was a fantastic day of fun, creativity, and competition for the whole school community. What a great way to head into the midterm break!

Happy Halloween everyone!



Daltaí gléasta suas do Oíche Shamhna i Scoil Naomh Muire, Farran.



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Kilmurry Active Retirement

Canovee National School Help Out

On the 14th of October Mary and I, members of our CliMates sub-committee, went to Canovee national school. We had been with them a very short time earlier and had asked for their help. We had received a call from Aisling, the teacher of their fifth class. They were ready for us. We did not know what to expect. We were surprised by the effort they had gone to. They had prepared a wall poster, a collage with all sorts of ideas that people of our age could do to reduce our impact on the environment. It incorporates sound ideas and art. After we recovered from our surprise, we were told by the pupils, that they had brain-stormed and together they had come up with the ideas. They explained and answered all our questions. We then had a very lively discussion. We did concede that we were a little older than they were, but to be honest, when with them and seeing such contagious enthusiasm, I felt younger than I felt when I was in fifth class myself. We had taken bookmarks with us which we recently had printed. We asked them for another favour, to show the bookmarks to their grandparents and ask them to suggest one thing that we could add, and one we could take away, so that we can improve upon it, should we have another print run. We had enough bookmarks for all the children in that school, so if your grandchild goes there – be prepared.

Trip to the Glen Resource and Sport centre

On the 15th of October, twenty-eight of us headed to the Glen resource centre in Cork city. Our guide was Barry Hickey, who works with the HSE, but also volunteers a lot of his time and expertise there. The HSE gave support to activities there down through the years. Barry recounted what we need to live healthy lives, such as physical exercise, good wholesome food, and engagement with others which is supportive of our mental health. He feels that gardening, and in particular gardening together ticks many boxes. They have a most impressive community garden there, or rather a series of community gardens using every available place in and around the sports facilities and

beyond. But the garden is only the starting point. They have a gardening creche, supply food to seventy families each week, provides supports for longer-term unemployed and they facilitate thousands of visitors that, like us, go there to see and to learn. The wholesome natural food is offered to residents of the area at supermarket prices or alternatively for whatever donation their customers choose. They have three composters there, costing 7k each. They have been very successful in sourcing grant funding. Barry advised us not to let lack of funding inhibit us embarking on worthwhile climate related projects. If you are considering visiting them, know that there is also a beautiful 54ha park adjoining. Many thanks to Barry for a most impressive experience. We then had our tea, coffee, scones and niceties in the Address hotel nearby. If you could not go and feel you missed out, you did!

Climate Actions and SEAL grants

On the 21st of October we gathered in the Heritage room Kilmurry museum to hear a great presentation from Kieran Lettice. He was representing SEAL (the Sustainable Energy Authority of Ireland) on the night. Kieran gave an information packed presentation and paced to suit our taste. There followed several questions and then after the meeting more discussion ensued. At the end of his presentation his recommendations were to start now by: - Doing the free or low-cost things: turning off lights, appliances, heating (where comfortable and safe to do so!) - See if you qualify for a Fully Funded Upgrade (Warmer Homes Scheme). If you do – apply online. - If you don't, start with an assessment: BER assessment or Home Energy assessment. - Usually "fabric first" – insulating and fixing leaks saves the most energy and money- Renewable energy – solar pv or heat pumps may be an attractive option for some. - Share information. Don't we have lots of food for thought now.

Ongoing Activities

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. Lots of choice, take your pick.

Our Arts and Crafts course is soon ending. It focused on card and candle making, and our participants were very happy with Helen Quill Googan. Thank you, Helen. We also wish to acknowledge and thank Cork County Council, who through its Art Grant Scheme supported these craft activities.

On November 5th we will be travelling to Coachford college; there we are hoping to get some help in calculating our carbon footprints.

Then follows an important members' meeting on the 18th of November. Our current project is drawing to its end, and this meeting is to determine whether our membership wish to wind down, continue, or expand our involvement in climate change activities in 2026 and 2027.

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-nine 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 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. Contact us at kilmurryactive@gmail.com or Aidan at 0894057676.



Trip to the Glen Resource and Sport centre



Gathering for the climate action SEAL talk

ST JOSEPHS NS



Halloween fun in St Joseph's!



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NUACHT UIBH LAOIRE



Iveleary junior B hurling team who recently won the mid cork junior B hurling 2025 final defeating Ballinora.

GAA

Great excitement in and around in Inchigeela Village as we await the final of the Premier intermediate county football competition where Uibh Laoire take on a Aghabullogue in Park Ui Chaoimh. It takes place next Sunday, November 2, throw in at 3:30pm and tickets necessary. Big crowds are expected and the local club have asked people to come out on the day and show their support for our footballers. Already, the village is ablaze with red and white flags and bunting. We wish this great bunch of lads and their mentors every success and we are very proud of you. The Uibh Laoire AGM will take place in the clubhouse on November 26 at 7pm and new members are

welcome.

Tidy Towns

The results of the competition are just published and our two villages did very well. Inchigeela got an extra 15 marks and the adjudication was very positive. Beal Átha'n Ghaorthaidh did well also, gaining 8 extra marks and their second bronze medal. Since time hasn't permitted a full analysis of the long reports, we will attempt a summary of them in next issue. Congrats and great work done by u all. Take a big bow.

Croí na Laoi Newsletter.

The popular annual newsletter is being planned at present and hopefully will be out before Christmas.

The planning group are welcoming contributions from anybody who has a story to tell, or who wishes to publish a poem or song or any thing especially of local interest. They are also interested in old pictures, letters etc. Sponsorship by Businesses and individuals will be very welcome.

Ranganna

Beidh 6 rang cocaireachta roimh Nollaig I Scoil Mhuire ag tosnú arábú de Mí na Samhana. Cuir glaoch ar 085 8406811. Beidh Ranganna fúala ag tosnú comh maith. Fón 085 8826002 Beidh na Ranganna tré Gaeilge.

CLONDROHID NEWS

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

NEW PLAYGROUND BEING PLANNED FOR CLONDROHID: An open invitation to all to attend an Information Coffee Morning on this Sunday Nov 2 at 11am in the Community Hall to find out more about this exciting project.

CLONDROHID PARISH ACTIVE RETIRED: They had their Autumn/Winter day out last Saturday. They travelled to Skibereen to the open day Market, and a trip around to some lovely shops with some nice refreshments. The sun shone all day, what more can you ask for!!! A beautiful lunch was served in the West Cork Hotel. They travelled on to Leap to see all the Scarecrows. Both sides of the village and surrounding roads were a treat to see. Great chats and banter was had by all throughout the day. Thanks to McCarthy Buses and Dan for all his attention

CARRIGANIMA NATIONAL SCHOOL PARENTS ASSOC: Clothes collection in the school on Thurs Nov 13. A great opportunity to recycle any unwanted

clothing items.

LOTTO: Results for Oct 22 - Jackpot €1,800

€70 Michael Lucey Gortnalicka. €20 Anne Marie O'Sullivan Danganasillagh, Paul Caulfield MCP, Mary Egan The Glebe, Teresa Coakley New York

GAA NEWS: Clondrohid GAA will hold their AGM on Friday Nov 7 in the Community Hall at 8pm. All club members welcome. The Juvenile Parish League, boys and girls 9 to 12 was a great success on Sunday Oct 19. 4 teams took part, playing as the 4 All Ireland Finalists this year, Cork, Tipperary, Kerry and Donegal. Great excitement for all the matches. Well done to organisers, and all who helped and of course to all the players who played some great football, with some great scores

30TH ANNIVERSARY 1995 MID CORK CHAMPIONSHIP REUNION.: In the Mills Ballyvourney on Sat Nov 29 at 7.30pm. Tickets €40. Dinner and Entertainment. For more info, contact Dan Creedon, Pat O'Connor, Noel McDonagh, Pascal Buckley and Darren O'Brien.

Rebel Og West U16 Division 2 Championship Shield Final. Clondrohid U16 team travelled to Newcestown on Saturday last and played Tadhg na nGael were leading the game by 1-2 with the aid of a strong wind. Clondrohid took control of the game for the 2nd quarter and scored some lovely points to bring the game back to a 1 point difference. Halftime score Tadhg na nGael 1-02 Clondrohid 0-04. Midway through the second half Tadhg na Gael led by 7 points, Clondrohid kept attacking in the last 10 minutes and trailed by 2 points with 5 minutes left. Clondrohid never gave up and pushed hard for a late goal but unfortunately time ran out. Great credit has to be given to both teams for a very exciting game. Final Score Clondrohid 1-07 Tadhg na nGael 2-07. Thanks to the Clondrohid parents and supporters for again cheering on the lads and also thanks to the sponsors Tim Lyons Eng.

MACROOM FOWER & GARDEN CLUB

Macroom Flower & Garden Club hosted a Gardening talk on Thursday 9th of October at Coolcower House. Guest Speakers Mattie & John from Future Forests (Kealkil) were excellent highlighting Autumn Colour in the garden with some magnificent Tree Specimens, including Parrotia Perica, Euonymus Europaeus, and plants suitable for Autumn planting. Members as well as visitors enjoyed the evening after which President Winifred Lynch proposed a vote of thanks to our Guest Speakers. Our Next Club meeting is Gala Floral Demonstration by Melanie Harris (AOIFA Judge

and Demonstrator) (Ballincollig Flower Club) entitled "Christmas Traditions" on Thursday 13th of November at Coolcower House 8.00pm. supporting Horizons Cope Foundation Macroom Admission €20. Congratulations to Winifred Lynch and Marie O Sullivan who qualified in the AOIFA Floral Art Inter-Club Heats held on Saturday 11th of October at the Firgrove Hotel Mitchelstown. We wish them the very best in the Association of Irish Floral Artists (AOIFA) National Competitions which will be held April 2026.





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THE 3 MARKETEERS PRESENT

MARKETING MADE SIMPLE, NO JARGON, JUST RESULTS, 3 EXPERTS, ONE TOOLKIT TO DRIVE CHANGE IN YOUR BUSINESS IN 2026.



SME business owners seeking marketing results in 2026 can't afford to miss this dynamic, half-day workshop led by three industry leaders: Sandra Maybury (Founder, Maybury Marketing), Eimear McDonnell, and Brigeen O'Sullivan (Co-Founders, Match Marketing).

These renowned experts are joining forces to deliver a highly engaging event filled with actionable strategies to help you navigate competitive markets, grow your customer base, and build lasting brands with your customers.

The event will be hosted in the Biery Gap Theatre, Macroom, Cork, on the 13th of November from 9:30 am to 1:30 pm.

Why Attend?

- Gain direct, practical advice tailored for the SME sector
- Learn evidence-led marketing strategies that create measurable change
- Build a roadmap for confident business growth in 2026

This engaging workshop promises real-world insights and proven frameworks—not theory or jargon—so that every attendee walks away ready to implement new approaches that deliver results.

Meet The Event Leaders

Sandra Maybury, Founder, Maybury Marketing
A consultant and mentor with 20 years of experience, Sandra specialises in Marketing, PR, and Event Management across multiple sectors. As the 2024 President of Network Ireland West Cork, Sandra brings deep sectoral knowledge and a reputation for delivering practical change for her clients. Sandra has broad sectoral experience working with SME



clients and is an experienced business mentor and trainer. Sandra brings this keen understanding into her marketing strategies when working with clients to build effective campaigns.

Eimear McDonnell, Co-founder, Match Marketing

Eimear is an expert in communications and behaviour change campaigns and has worked extensively with SMEs helping them to create marketing strategies that deliver sales and enable growth in their business. Her skills include digital and offline marketing strategies and monitoring for measurable outcomes. She excels in business and marketing training and evidence-led project delivery.

Brigeen O'Sullivan, Co-founder, Match Marketing

With 25 years' experience, Brigeen is a seasoned project and communications manager who has worked extensively with SMEs, creating effective campaigns, multi-channel marketing, and stakeholder

consultation while ensuring messages are accessible and effective for every business owner. Brigeen brings a multi-sectoral background with clients, so she keenly understands the needs of each client and how they need to create marketing campaigns that connect with their ideal clients. Brigeen is a highly experienced business mentor and trainer.

Event Highlights

- Action-focused sessions led by experts in business growth, communications, and branding
- Insights for competitive advantage in today's market
- Tools to scale your SME for the year ahead

This event is an unmissable opportunity for SME leaders who want to rebuild, refocus, and accelerate growth with the guidance of Ireland's top marketing minds.

Tickets are available now at <https://mayburymatch.clr.events/event/139130:the-3-marketeers-marketing-workshop>

KILCREA FRIARY

Muskerry Local History Society members are looking forward to a very interesting presentation on Kilcrea Friary on Monday, 3 November, at 7.00 pm in Ballincollig Rugby Club P31 DA38.

The presenter, Denise Sheehan, is an expert in medieval ecclesiastical archaeology and has published

a book on Kilcrea Friary. This Franciscan friary was founded on an earlier Christian site in the middle of the 15th century by Cormac Láidir MacCárthaig, Lord of Muskerry. The Rennes Manuscript was written here and it is also the burial site of Art Ó Laoghaire.



COFFEE MORNING

Country Markets will have a fund raising coffee morning in the GAA Hall Macroom in aid of the moderate general learning class in Mc Egan College from 11.15am to 1pm on Tuesday the 11th November. *"Your support will be greatly appreciated"*



Daidí Na Nollag

2025

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SANTA DATES

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Saturday Dec 6th - 12-8pm
Sunday Dec 7th - 12-8pm
Friday Dec 12th - 4-9pm
Saturday Dec 13th - 12-8pm
Sunday Dec 14th - 12-8pm
Friday Dec 19th - 4-9pm
Saturday Dec 20th - 12-8pm
Sunday Dec 21st - 12-8pm
Monday Dec 22nd - 12-8pm
Tuesday Dec 23rd - 10am-6pm

Bookings taken

Mon-Fri 10am - 4pm

Monday-Friday 10am-4pm - 026/45237

Professional Photo €10 per family

Adults Free

€25

Per Child
including
present

Maximum
2 adults
per booking

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The Mills Inn Ballyvourney 026/45237



Macroom GAA Club

Dear Macroom GAA Supporters,

We at MACROOM GAA & MACROOM LGFA are excited to announce that we will be launching a new Club Lotto commencing on the 4th of November 2025. This new Lotto format offers a grand prize of a €20,000 JACKPOT EVERY SINGLE WEEK.

Macroom town, aided by the recent completion of our long-awaited by-pass, is expected to expand significantly over the next few years and we at Macroom GAA want to be ready to welcome new members into our club and we want to create a home that everyone can be proud of with top-class facilities. With this in mind, we have developed plans to completely overhaul and re-develop our home in the historic Castle Grounds. Planning permission has been obtained from Cork County Council and we invite you to have a look at these plans on the Cork County Council website <http://planning.corkcoco.ie/ePlan/searchexact>. Reference No.: 244543. This project will see new modern dressing rooms and a state-of-the-art gym being installed in the Castle

Grounds which it is hoped will benefit all members of Macroom GAA & LGFA for generations to come.

Macroom GAA & LGFA currently caters for over 350 juvenile players with approximately 150 adult players also registered. The money raised from our Club Lotto will go towards this new development in the Castle Grounds and allow us to cater for all the boys and girls representing Macroom Gaelic football teams long into the future.

We are asking for your support of €2 a week while giving yourself the opportunity of winning a fantastic jackpot of €20,000. Further details will be published in the local community and on social media over the coming weeks.

TICKETS CAN ONLY BE PURCHASED ONLINE FROM THE 4TH OF NOVEMBER AND CAN BE ACCESSED USING THE QR CODE AT THE TOP OF THIS PAGE OR VIA THE FOLLOWING LINK - <https://member.clubspot.app/club/macroom-gaa/fundraisers>.

Thank you for your generous and continued support of our club,
Macroom GAA Lotto Committee



Liscarrigane Cross LOCAL PUMP HOUSE RESTORED

On Sunday the 19th of October over 100 neighbours and friends gathered for the opening of the restored local pump house at Liscarrigane Cross.

This is situated in a valley in the Boggeragh mountains, east of Ballyvourney, west of Clondrohid and south of Carriganimma. It is steeped in local history and folklore from St Gobnait in the 6th century, to an tAthair Peadar O Laoire who lived locally and featuring this area in his work "Mo Sceal Fein" to George Curtin and his poetry.

Six local friends came together last year with the aim of improving and developing the area. A number of projects were identified, with the pump house the first to be completed. This could not have been achieved without the help and support of their families. The water pump was stolen over 20 years ago which had been a source of water for many a neighbour in years gone by. It became a stopping point for a weary walker, a bus shelter and a bike shed! The house had fallen into disrepair but a temporary roof was fixed on it in 1983, by Jerry "Stephen" Lucey to stop the decay. A new pump was sourced and is in its rightful place, fitted with an Airtag, along with a new solar panelled roof to operate the pump. No need for elbow power anymore! The house is also lit thanks to solar panels. Seating has been included to help the walker or cyclist who take the time to stop and even read a book or two that can be found there.

Tom Healy spoke on behalf of the friends who worked on the project about the importance of developing and upkeeping the area and its history. He hoped people would get enjoyment from the pump house and the three new seats installed locally. He thanked



Photo of ribbon cutting, L-R Clr Michael Creed, Clr Ted Lucey, Margaret Lucey, Jim Lucey, Sean Stephen Lucey, Declan Seehan, Tom Healy

all who helped including those who sponsored including SSE Airtricity, Kelliher's Electrical, Pat McDonnell Paints, Tus Geal Teo, MCP, along with Cork Council and Macroom Town Hall for their assistance. Councillors Ted Lucey and Michael Creed both spoke at the event, outlining the importance of local communities working together. Both recalled passing the pumphouse in years gone by and how fundamental it was to the local community long go. Both thanked the large group of people who were there and commented on how lucky we were with the weather after the orange weather warning had passed earlier that morning. It was a pleasure to see everyone, young and not so young enjoying themselves. Introductions were done all round to people who previously only waved at each other passing in cars.



Photo of the Lucey Family, L-R Jim Lucey, Clr Michael Creed, Declan Seehan, Sean Stephen Lucey, Margaret Lucey, Ted Lucey, Aoife Lucey, Caroline O'Donnell, Conor Lucey

Councillor Gobnait Moynihan sent her apologies as she was unable to attend due to prior arrangements. Jim Lucey spoke on behalf of the Lucey family thanking the group for dedicating the pump house to the memory of Jerry Stephen Lucey and hoped people will enjoy the new amenity.

Celebrating his 18th birthday on the day Sean Stephen Lucey, Grandson of Jerry Stephen cut the ribbon to officially open the newly renovated pump and pumphouse. All the people stayed on for a chat when proceedings finished and were delighted to have met friends at the newly restored pumphouse. The group of friends have other projects ongoing, Bug hotels and bee hives being some, so keep a look out for these in the area.



MACROOM GAA



NEW LOTTO JACKPOT

€20,000

EVERY WEEK

ENTRY IS ONLINE ONLY, PLAY NOW:



CONTACT THE BELOW IF HELP NEEDED

UNA HORGAN: 087-9878055; LYNDIA O'KEEFFE: 086-1258972;

CLAIRE CREEDON: 086-8730486

INTRODUCING THE GRÁ MACROOM GIFT CARD



Be a part of the solution to make local shopping a way of life, lock money into your community and help Macroom to really thrive.

The Grá Macroom Gift Card is the ultimate 'shop local' Gift Card, providing customers and employers with an easy way to choose local. This Gift Card program is a proven method to help drive traffic and spending to Macroom and neighbouring village businesses.

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LOCAL IMPACT. The Grá Macroom Gift Card can be accepted by all types of local businesses, across a range of sectors and can only be redeemed in Macroom by participating merchants. The cards cannot be redeemed anywhere else!

PROVEN. The Grá Macroom Gift Card is part of the award winning Town & City Gift Card concept from Miconex, supporting 200 towns and cities globally, 20,000 businesses, and with over €53 million in local spend delivered.

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Questions? Contact us at: info@macroom.ie

TOWN & CITY

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Use the Small Benefit Exemption scheme to help your team

The Small Benefit Exemption scheme allows an organisation to give their staff five small non-cash benefits, tax free, each year of up to €1,500, such as a Grá Macroom Gift Card.

Bonus Comparison	Payroll	Gift Card
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Income Tax @ 40%	€1252.60	n/a
USC @ 8%	€250.52	n/a
PRSI Employee @ 4.10%	€128.39	n/a
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PRSI Employer @ 11.15%	€349.16	n/a
Total Employer costs	€3480.67	€1,500.00

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Preserving Carrigadrohid Castle: A Unique Landmark of the Lee Valley

Arising from the wide expanse of the River Lee in the deepest heart of mid Cork, stands Carrigadrohid Castle. Perched on a large rock, the building leans imperiously onto Carrigadrohid bridge, an ancient thoroughfare, which connects the eastern side of Canovee and Killinardish with the road leading onward towards Macroom. To call it a castle isn't strictly to do it justice, from an architectural perspective. In truth, it's what is referred to as a Tower House, a large, multi-storey building, narrower in its construction than a traditional castle, but none the less, equally as imposing on the landscape as any castle existing today. But regardless of what architecture students might argue of what type of building it is, the simple fact is it's a singularly and unique structure which you will not find anywhere else on the island of Ireland nor in any quantity any further afield across the U.K. and Europe. Its hewn into the rock and the river beneath it, and here it has stood since 1465.

Built by the McCarthy family, to protect their interests in the area, it functioned as their main residence in this part of the county until the Cromwellian wars saw them removed violently from their abode. The siege which preceded this eviction in 1650 was a bloody one, culminating in the murder of the local Bishop Boetius McEgan who had been brought to the siege site from nearby Macroom to plead with the McCarthy forces to surrender to Cromwell's invading army. When he chose instead to exhort his flock within the walls to not give up, he was hung from a tree by the reins of his horse in full view of the distraught soldiers within. The siege ended shortly afterwards, and the building and surrounding McCarthy lands were given to Cromwellian loyalists (in this instance the Bowen family, the ancestors of the great Anglo Irish novelist Elizabeth Bowen).

The Bowen family remained in the Tower House until the 1850's when they relocated to a modern residence in nearby Oak Grove Estate. By this time the building had stood for almost 400 years, and had been remodelled and extended within- it was now a three storey building, though the external footprint remained unchanged. In the years before the Bowen's relocated (or traded up in modern estate agent parlance) a more organised settlement had grown up around the bridge and the "castle" area a number of houses and streets were laid out, giving the village the look it retains to this day, driven by a local landowner R.B. Crooke. Through all of this, the



Our magnificent castle is crumbling while we helplessly watch

dominant structure on the landscape was the Tower House and the adjacent bridge.

The building itself started to fall into disrepair towards the late 19th Century, as fashion and architecture moved on and modern estate houses became the desirable type of property of the local landed gentry and estate owning families.

Which is what you see today, when you are greeted by the tall sentinel on the bridge. This building has withstood war, siege, attack, natural disasters, tidal erosion, flooding (both natural and manmade). The harnessing of the River Lee by the ESB at nearby Inniscarra in the 1950's meant changes for the entire Lee Valley and Carrigadrohid was no exception. The change in weather patterns has been something that this proud building has withstood, and will hopefully continue to withstand.

So that brings us to where we are today. This structure is now 560 years old this year. Or indeed 575 years old, if you wish to take the date building commenced. Tower Houses still exist in varying levels of condition all around the country. Nearby, Kilcrea Castle is an example of what a fully land based tower house looked like, and if you venture further up the west coast to Galway, you will find in Shop St, Lynch's Castle, a tower house that functions today as a bank



branch. But these other sites cannot compare with Carrigadrohid in terms of its unique location on the water, built on an island rock in the centre of one of the most storied rivers in the country.

But the castle needs help, if it is to survive and thrive for another 575 years. Other than some very basic remedial repairs at the base of the building, and the closing of the entrances to prevent public access it has remained untouched and therefore is quietly slipping away in plain sight. Given the age of enlightenment that we now live in, in terms of preserving our built heritage, we cannot let a unique structure like this vanish from the landscape. But that fear is real, given the precarious state of the building and the pressure it is now under from both its advancing age and the elements (the river in reality being its greatest adversary).

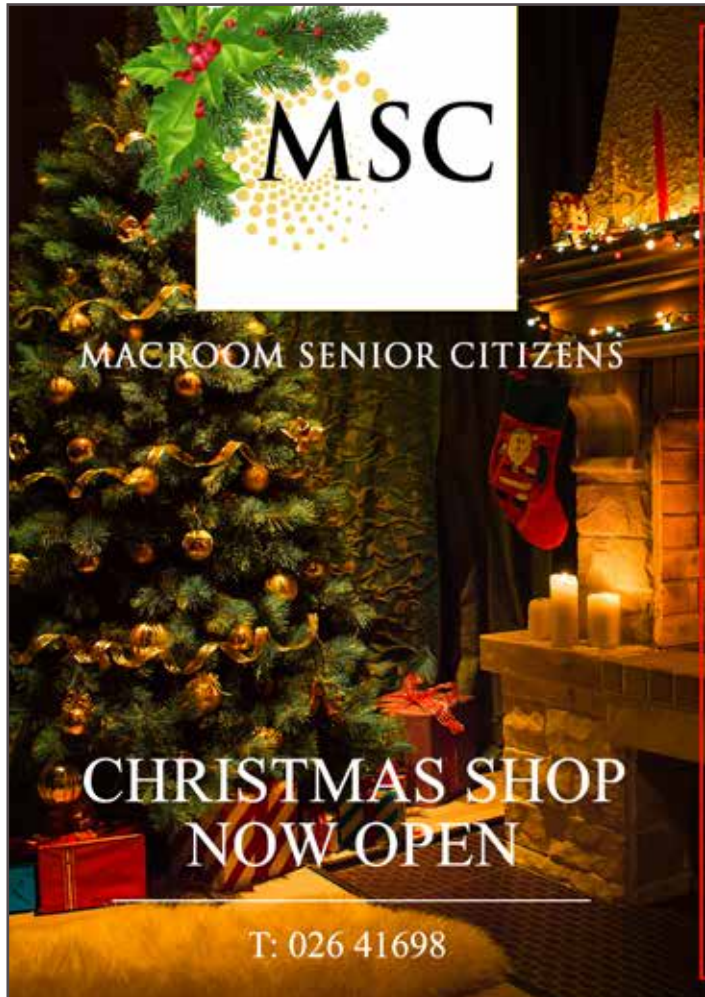
So this is a call to neighbours, friends, local people (and those far away), historians, architects, conservationists and most importantly our public representatives at local, national and European level to please pay heed to the future of this beautiful, scenic and historically important building before it is too late. Any observations, suggestions, directions and assistance as to how we preserve the beating heart of our area are most welcome.



Halloween at Kilbarry NS.



Cornelius O'Mahony, Crookstown House, age 99 on his way to cast his vote in Crookstown Hall, in the Irish Presidential election. He was 12 years old when Douglas Hyde was inaugurated as the First President of Ireland.



MSC

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MACROOM MARKS CLIMATE ACTION WEEK

WITH COMMUNITY SPIRIT

Connecting with Nature: Macroom Marks Climate Action Week with Community Spirit Macroom, Co. Cork — October 18th, 2025. T

The town of Macroom came together on Saturday for a special celebration of Climate Action Week, as community leaders and volunteers launched two new brochures under the theme "Connecting with Nature." The event, hosted at Macroom Library, highlighted the town's growing reputation as a model for local climate action and biodiversity. A Shared Mission for a Greener Macroom The event opened with warm words from Cllr Martin Coughlan, Chairperson of Macroom Tidy Towns, and Cllr Michael Looney, Chair of Macroom Municipal District. Both praised the tireless work of local volunteers whose hands-on efforts continue to shape a cleaner, greener town. John Lyons, representing both Macroom Tidy Towns and serving as a Climate Ambassador, led the proceedings. After initial introduction in Irish, John spoke passionately about the urgency of climate change and the importance of local action. "Global warming is no longer a distant concern — it's something we're all witnessing," he said, pointing to the rise in extreme weather and record-breaking temperatures. "But the good news is that communities like ours can make a difference, starting with awareness, education, and small everyday actions." Macroom's Decarbonisation Journey John reminded attendees that Macroom has been chosen by Cork County Council as the county's pilot Decarbonisation Zone, giving the town a central role in Ireland's climate transition. A chapter of the Council's Climate Action Plan focuses specifically on Macroom town, underscoring its position as a testing ground for sustainable initiatives. Reducing fossil fuel use and expanding renewable energy are key goals, but Lyons stressed that biodiversity is equally critical. "The loss of habitats and species is directly linked to global warming," he said. "Our challenge is to protect what's left and help nature recover — one park, one garden, one tree at a time." Tidy Towns Leading the Way Macroom Tidy Towns has become synonymous with environmental leadership. Over the years, the group has planted hundreds of native trees, developed wildflower meadows, and transformed public green spaces into living classrooms. In Masseytown Park, a Biodiversity Garden now doubles as an outdoor classroom used by local schools, preschools, and the WildWork programme. In Colman's Park, a 1.4 hectare green open space has been transformed into a biodiversity and recreation area, complete with groves of native trees, fruit orchards, nut orchards and a wildflower



Group at launch

meadow. Educational signage, designed by Rosanna Lenci, adds an interactive layer to these spaces, helping visitors identify tree species and understand pollination and wildlife. The Tidy Towns group has also installed a swift tower, bird boxes, bat boxes, owl boxes and dipper boxes supporting local biodiversity and birdlife. Funding and Future Projects In 2024, Macroom Tidy Towns secured €110,000 in Climate Action Fund grants to extend walkways along the riverside at Tom Creedon Park — encouraging more people to walk, cycle, and reconnect with nature. Further funding applications are underway, including one for energy upgrades and another for biodiversity management which will further enhance the town's amenities and sustainability. Another major step forward is the Biodiversity Action Plan for Macroom, prepared by ecologist Karen Loxted through SECAD. The comprehensive 100-page report will serve as a blueprint for future biodiversity efforts and is set to be launched publicly soon. Brochures That Inspire Action The new brochures unveiled on Saturday — colourful, bilingual, and designed to educate and inspire — showcase biodiversity-rich sites around Macroom. Each brochure includes challenges, facts, and a little bit of Irish, with the aim of encouraging families and schools to explore the town's green spaces. The publications also align with several UN Sustainable Development Goals, including Good Health and Wellbeing, Quality Education, Sustainable Cities and Communities, Climate Action, and Life on Land. Distribution will begin immediately, with copies reaching local schools, tourism office, and homes across Macroom and its surrounding villages. "We want everyone — especially new residents — to know about these beautiful spaces," John

said. "It's about pride of place, understanding our environment, and finding joy in it." The message of the day was clear: "More greentime, less screentime, Connect with Nature" Gratitude and Collaboration John Lyons thanked Macroom Library for hosting the event, the Tidy Towns Volunteers for their dedication over the years, and funders including An Pobal and FuturEnergy Ireland (FEI) for their vital support for this project. FEI sponsored the printing of 2,500 copies of each brochure, noting that the project aligns closely with their renewable energy and sustainability goals. He outlined some of the projects that are being progressed by FuturEnergy Ireland in the hinterland and the revenue that will accrue for the local communities and also for the Council from these developments. Special recognition was given to Rosanna Lenci, the creative force behind many of Macroom's environmental visuals — such as the Tidy Towns logo, murals, educational display boards and the striking poster for this launch itself. Her passion for language, design, and environmental education earned her the title of Honorary Member of Macroom Tidy Towns. "I'm so proud to be part of this," Lenci said. "It's inspiring to see how much can be achieved when a community cares — not just for today, but for the generations to come." The event concluded with closing remarks from Cllrs. Coughlan and Looney, reflecting a shared optimism about Macroom's environmental journey. Macroom's Climate Action Week celebration was more than a brochure launch — it was a statement of intent. A small town making big moves, one tree, one trail, and one conversation at a time.



Brendan Twomey representing Sponsors FuturEnergy Ireland, Cllrs Martin Coughlan, Michael Looney, and John Lyons. Climate Ambassador and Macroom Tidy Towns.



Cllr Looney, Chair of Macroom Municipal District, Rosanna Lenci Brochure Designer, John Lyons, Climate Ambassador and TT Member, Cllr Martin Coughlan, Chair of Macroom Tidy Towns

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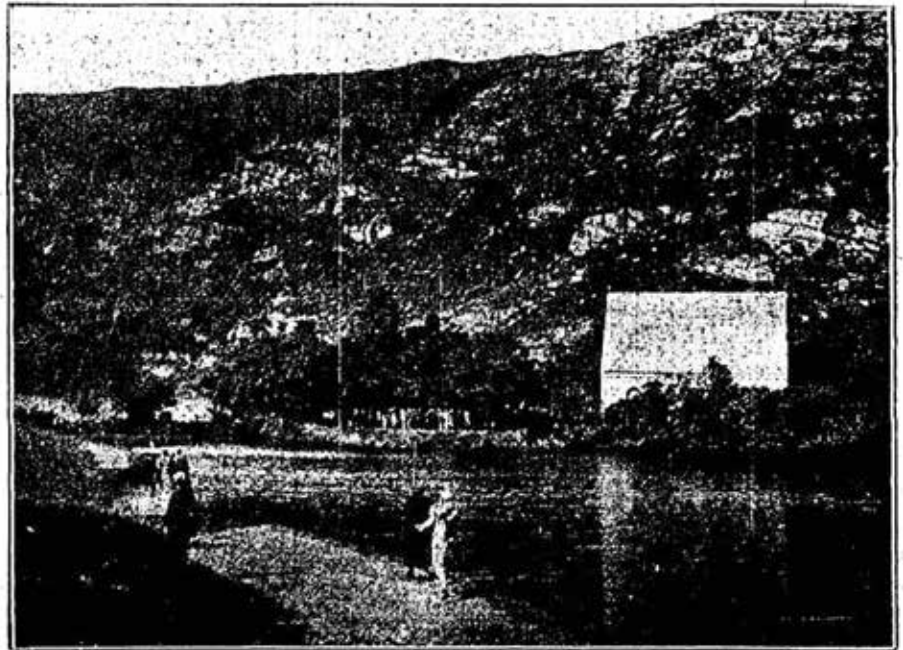
I bhfolach i gcnóic shuaimhneacha larthar Mhúscraí, ba áit shíochánta agus an-ghrámhár í Gúgán Barra agus a timpeallacht, a mheall lán-duilli agus uisci síochánta bothanaigh agus cuairteoirí aron. Ar feadh na gcéadta bliain, d'oibrigh an cheantar mar lárionad beo na beatha cultúrtha agus reiligiúnach, áit ar spreag oidhreacht Naomh Fionnbarra dílseacht agus foghlaim. Thar a áilleacht nádúrtha, tháinig an láithreán ina phointe cruinnithe do scoláirí Gaeilge, do scoileanna samhraidh agus do thurasóirí, ag meascadh naomhóireachta spioradálta le hathbheochan na Gaeilge agus na traidisiúin. Sa choirnéal iargúlta ach go fóill ghrámhár de Chnoc na Seithe, chonacthas creideamh agus cultúr le chéile i gcomhréireacht bhuan céad bliain ó shin. Bheadh sé nádúrtha, dá bhrí sin, go ndearna 'Irish News' trácht ar Gúgán Barra mar áit "clúiteach i gcanadh agus scéal" i gCéadaoin an Earraigh 1925.

I mí Lúnasa 1925, thuairiscigh 'Cork Examiner' go rachadh turas chuig altóir Naomh Fionnbarra faoi bhráid Chumann Gaelach Chorcaí ar an Domhnach dar gcionn. Ag an am sin, bhí an bóthar chuig bunaitheoir naofa Chorcaí tuairiscithe mar áille, agus gealladh go dtugfadh an turas i gcarrthaer deiseanna do thaistealaithe taitneamh a bhaint as na radharcanna ag athrú ar an mbealach. Bhí ticéid, lena n-áirítear soláthar béile, inacmhainne, agus meastar go mbeadh éileamh ard más maith an aimsir.

Ag an am céanna, thuairiscigh iriseoir 'Southern Star' ar staid Gúgán Barra. Ar an drochuair, thug an t-iriseoir faoi deara nach raibh fiú altóirí a raibh meas orthu in Éirinn coimeáda i gceart go minic. Bhí ballaí briste, féar ramhar agus féar ailseach i bhfad neamhaird, agus bhí deisiúcháin thógála riachtanacha neamhairdithe go minic, rud a chruthaigh tuiscint ghinearálta ar dhóiteán agus ar chur amú. Chonaic an t-iriseoir go raibh áiteanna cuairte na hÉireann i bhfad faoi bhun na n-áiteanna ar an gContinent, áit a dhéantar gach iarracht chun iad a chomhnuíos agus a mhaísiú. Cé go raibh Gúgán Barra níos iomláine ná go leor altóirí Éireannacha, níor éalú sé ón neamhaird seo. Bhí crainn móra ag fás trí dhíon an ermitéir Naomh Fionnbarra, ag bagairt struchtúr ársa. Bhí na Stáisiúin den Chros go dona damáiste; bhí go leor de na figiúirí briste, mar a bhí a bhfoirgnimh áille - gné riachtanach den tseipéal beag Híbear-Rómhánach a thug go leor de charachtar an láithreáin. Tháinig an t-iriseoir ar an gconclúid go raibh deisiú práinneach ag teastáil ón altóir.

Chuir scríbhneoir an 'Cork Examiner' síos ar Lá Féile Naomh Fionnbarra a bhí á cheiliúradh i Gúgán Barra i rith Mheán Fómhair. Thug sé faoi deara go raibh tóir an chairr mhótar tar éis turais fhada a athrú go turais comparatavely gearra. Bhí imeall na locha, ar a raibh embankment álainn déanta le déanaí, líonta le céadta carr, rothaí, agus carrthaer, go leor acu ó Chathair Chorcaí, cé go raibh cuid tar éis taisteal fada. Chuir an scríbhneoir i gcomparáid é seo le hamanna roimhe sin, nuair a shroich na coisrítheoirí Gúgán ar an traein go Maigh Chrom agus ansin ar charrthaer nó wagonette - turais fhada, ach ní gan taitneamh. Déantar na searmanais i ndiaidh lón, cé go raibh báisteach throm ag cruthú droch-choinníollacha, agus leanta an tais ar feadh an tráthnóna. Déanadh Aifreann sa seipéal beag ag Athair Burns, P.P., Iveleary, agus tugadh Beannacht an tSioraí Bheannaithe ón ailtéar. Tógadh an seipéal ar dhóithre stairiúla, agus léirigh sé proof na seirbhíse luath Naomh Fionnbarra thar na céadta bliain. Bhog cuairteoirí "timpeall na stáisiúin," ag iarraidh idirdhealú bunaitheora Eaglais

FESTIVAL CELEBRATION AT GOUGANE BARRA.



Large crowds from all the surrounding countryside visited Gougane Barra yesterday, in connection with the celebration of the annual religious festival. Our photograph is a view of the island in the lake, on which is situated the Shrine of St. Finbarr, where pilgrims visited the cells of the ruined monastery and the holy well, near by. It was taken during the celebration of Mass in the Oratory, a comparatively new building on the island.

Chorcaí. Thug an scríbhneoir faoi deara cruthaitheacht agus dílseacht reiligiúnach leathan, agus thug sé faoi deara go raibh tionchar cumhachtach aige. D'ardú sé saol agus saothair Naomh Fionnbarra don Eaglais, go háirithe i gCathair agus i gContae Chorcaí, agus thug sé faoi deara go ndearna a chumhacht agus a thionchar míorúiltí. Chuir an t-iriseoir i gconclúid go raibh an Féile ceiliúradh go cuí i "Gúgán Barra Fhórainn," áit a bhunaigh an naomh a chill féin, agus mhol sé na cnóic timpeall, an t-uaineolas, na huiscí gléigeal, agus áilleacht an radharcra.

Thug tábhacht an cheantair don gheilleagar áitiúil le fíor ag cruinniú Chomhairle Contae Chorcaí i Nollaig 1925. Thacaigh Uas. T.J. Ó Murchú, T.D., M.C.C. (Lucht Oibre), le moladh £250 a chaitheamh ar an mbóthar ó ó Chéim an Aigh go Gúgán Barra a dheisiú agus a leathnú, ag tabhairt faoi deara tábhacht stairiúil agus turasóireachta an bhealaigh. Bhí an bóthar go mór i mbearna i rith an tsamhraidh agus meastar go raibh sé contúirteach ina staid reatha. Rinneadh an moladh a cheadú, le tacaíocht ó chomhairleoirí eile, mar chuid de na hoibreacha is riachtanaí sa chuid sin den chontae.

I mí Iúil 1926, thuairiscigh 'Leinster Leader' ar sheisiún samhraidh Choláiste na Mumhan, Béal Átha an Ghaorthaidh, a d'oscail le déanaí agus a gheall rath mar a bhí ar aon cheann eile ó bunaíodh an coláiste i 1904. Ag cruinniú Coiste Bainistíochta, faoi uachtaránacht Uas. Tadhg Ó Tuama, thuairiscigh an Rúnaí, Uas. Liam de Róiste, go raibh iarratais iomadúla ó mhic léinn atá ag iarraidh freastal. Tháinig cead ó Roinn na Talmhaíochta Teicniúla do chúrsaí Gaeilge do mhúinteoirí iarbhuinscoile agus teicniúla agus do oifigigh. Thacaigh Oifig Oideachais Náisiúnta le rang speisialta "Teangnach" i mí Iúil do mhúinteoirí laici Scoileanna na Dea-Bhraithre, le 25 go 30 i láthair. Bhí cúrsaí i mí Lúnasa dírithe go príomha ar mhúinteoirí

na Scoile Náisiúnta, agus, de réir iarratais na hOifige, tugadh aird speisialta ar amhránaíocht agus ceol na Gaeilge, á mhúineadh ag an Mháire Ní Chuill. Bhí an Coláiste faoi stiúradh Rev. Dr. Nolan, Ollamh Gaeilge, Má Nuad, a chríochnaigh Gramadach na Gaeilge Nua-Aimseartha, a raibh súil leis a bheith mar threoir chaighdeánach sna scoileanna agus coláistí. Thug baill an Choiste faoi deara le sásamh feabhsúcháin i lóistín agus compord do mhic léinn, lena n-áirítear Tadhg Ó Tuama, P.O. Suibhne, D. Suileabháin, Tadhg Ó Scannail, Liam de Róiste, Máire Ní Chuill, Ollamh Éamonn Ó Donnchadha, agus Seán Ó Cuill.

Ag an am céanna, bhailigh coiste Coláiste na nGobhnatán i mBaile Bhúirne, faoi uachtaránacht Micheál Ó Luasa. Léigh an Rúnaí cumarsáid ó Roinn Oideachais ar chúrsaí samhraidh i gColáistí Gaeilge agus chuir sé liosta ar aghaidh de mhic léinn-mhúinteoirí a fuair teastas dháttheangach agus Ard-Teastais anuraidh. Dearbhaigh an Rúnaí nach raibh aon ainmniúcháin diúltaithe. Thug Diarmuid Ó Luasa faoi deara gearáin ó mhúinteoirí i mBaile Átha Cliath a chreid go raibh cáilíocht acu ach a diúltaíodh dóibh teastas; d'fhreagair an Rúnaí nach gcuirfeadh sé seo isteach ar an gcoláiste. Mhol Ó Mathúna, C.S.Sp., t-Athair Mhairtín, díograis na mic léinn-mhúinteoirí i mBaile Bhúirne, ag tabhairt faoi deara torthaí láidre go háirithe sa scrúdú béil. I measc 42 iarrthóirí, fuair 18 Ard-Teastas, le roinnt eile gar do ratha. Mhol an tAthair Mhairtín freisin cúirtéiseach agus cabhair na n-iniúcháirí ón Roinn, Micheál Franklin, Liam Ó Ceallaigh, agus Ní Mhurchadha. Chinn an Coiste go rachadh na treoracha agus na cúrsaí do mhúinteoirí Gaeilge ar aghaidh i gcomhthráth, agus ceapadh foireann rialta na n-ollamh.

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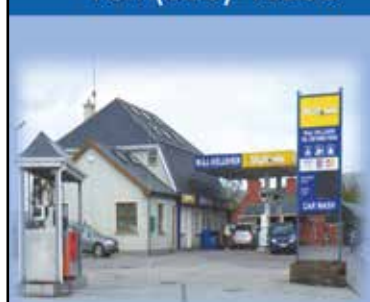
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'Ambushes, Arson and Excommunication in Cork in 1920' talk, by Dr Thérèse O'Connell (UCC).

19TH OCTOBER 2025.

Bishop Cohalan was the Catholic Bishop of Cork from 1916 to 1952 – the one and only true one, according to him. From the outset, he had to deal with the repercussions from the 1916 Rising, the rise of Sinn Féin and the demise of the Irish Parliamentary Party, the 1918 Conscription issue, the War of Independence and the Civil War. He later oversaw the early years of the Free State, De Valera/Fianna Fáil's coming to power, the Blueshirts' challenge to the state, the 'Emergency' / World War II and the Mother and Child controversy. But it was for excommunicating those involved in violence during 1920 that his name is indelibly linked. He was the only Irish Catholic bishop to issue such a decree. How did a farmer's son from Kilmurry, an ardent nationalist and a severe critic of the British government of the day come to that decision? Dr O'Connell explained why.

Born in 1858 to tenant farmer stock and just after the Famine, he grew up in Gurraneigh, Kilmurry. Academically brilliant, he was educated in Farranferis, Cork, and St Patrick's College, Maynooth. He served brief periods as a curate before becoming Professor of Moral Theology in Maynooth – 1896-1914, and he was appointed Auxiliary Bishop in 1914 and the Bishop of Cork in 1916. While teaching in Maynooth, he became involved in a theological dispute with a colleague and fiercely stood his ground. Law and order and the safety of ordinary people were important considerations. As Dr O'Connell outlined, these strands were central to his view of the world and explained his actions.

On the 12 December, 2020 Cohalan issued a decree excommunicating anyone taking part in ambushes, murder or attempted murder. The IRA in turn threatened to kill him. The decree applied principally to IRA men but also to Catholic RIC men. Most IRA activists were young, relatively uneducated and staunchly Catholic. At that time, the priests and bishops were powerful morally and socially. What bishops pronounced mattered.

The context and time in which he issued the excommunication were febrile. The War of



Independence was in full flow. On the 21 November, on Bloody Sunday, Michael Collins Apostles assassinated fifteen British Special Branch men in Dublin. That afternoon, the British forces took revenge when they gunned down fifteen people, including a player and spectators at a Tipperary-Dublin match in Croke Park. On the 28 November, Tom Barry's column killed sixteen men at Kilmichael Ambush. (Another, Cecil Guthrie escaped but was later caught and killed). Cork City centre was burned on the night of the 11-12 December. Cohalan wrote his decree hurriedly that night and it was delivered in the Pro-Cathedral that morning. As he wrote the decree, he saw Cork City centre burning and smouldering below his palace. Dr Thérèse noted that the Bishops preparatory notes were written in haste and under stress – untidy, with many corrections, scratches and ink blobs. Usually, his notes were done clearly, precisely and meticulously (She had access to the Cork Diocesan records). Before and after the pronouncement of the interdict, she outlined precisely the train of events as recorded by the Cork Examiner.

During the talk, Dr O'Connell sympathetically outlined Cohalan's reasons for issuing the decree. He was Bishop of Cork and he had the responsibility of being faithful to the teachings of the Catholic Church, its commandments and its views on just wars and the justified use of force. As a Professor of Moral Theology,

he was acutely aware of their content and implications. As bishop of many of the IRA volunteers, he was obliged to give them clear moral guidance. He was concerned about public order and the safety of non-combatants. As well, he was aware that most RIC men were ordinary Irish Catholics – for the most part from the same social backgrounds as the IRA combatants. One RIC officer killed by the IRA was a staunch Catholic. Another consideration was the effectiveness of the IRA's strategy – violence only begot violence. He realised the brutal, terrifying and provocative nature of the British Forces' actions.

This is but a very brief resume of the talk delivered with great knowledge, a deep understanding of the background and a strong sympathy for a good man doing his best in a difficult and fraught situation. Dr O'Connell will probably be speaking at other nearby venues soon and I strongly advise that you attend. The large audience in Macroom was riveted.

The talk was recorded and will appear on Macroom History Group's website in due course. Hopefully, a book on the topic will follow. *Con Kelleher.*

Next talk:

Ms Mary Crowley-Healy, will speak on 'The Mercy Nuns' Contribution to Macroom and District 1865-2023'. Mary is a former teacher in St Mary's Girls Secondary School and contributed handsomely to its 150th commemorative publication. Details: Castle Hotel, 7.45 for 8.00 p.m. Raffle, tea, coffee, biscuits follow. Entry €8 (€5 for members), and yearly membership, €20, will be available.

Macroom History Journal 2025.

The proofs are gone to the printers. Depending on when the journal will be ready, there will be a launch before Christmas but details are not yet available. We thank especially all the contributors and those who helped in the journal's preparation. Without the assistance of IRD Duhallo, the task of publishing would have been much more difficult.

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Muintir Na Tíre

THINK GLOBALLY, ACT LOCALLY

THE LATE MEDIEVAL PERIOD

Hi! Chris Barrett back with you.

Once again we have the great pleasure of learning from Tony Miller, Archaeologist, who has guided us through local archaeology right up to the Late Medieval Period from where he picks up our exciting local history. So over to Tony..

I ended my last article with the year 1169 which is traditionally used as the transition point between the early and later medieval periods. The large-scale annexation of the country was carried out over the following decades by Norman adventurers and colonisers initially led by Richard de Clare ('Strongbow') from Wales. Starting in the southeast they very quickly controlled much of Ireland as they had done in other areas of Europe, including England and southern Italy. This was not a totally unexpected move as contact between Ireland and England had been growing through expanding trade and the new reformed church in Ireland had also brought the two countries' closer together. In order to maintain English royal control of this new colony, Henry II made his son, John, the first Lord Protector of Ireland.

From an archaeological view the Norman conquest has left many of the largest and most imposing historical monuments that we can visit. Initial Norman control was enforced through the construction of motte and bailey earthworks, built at strategic locations. A large earthen mound was raised (the 'motte') and fortified with timber defences which were extended to include a lower area for a settlement known as the 'bailey'. Many of these monuments still survive while the closest to Macroom are in north Cork near Charleville. Much of the southwest, including the Macroom area, remained under McCarthy control especially after the decisive defeat of the Normans at the Battle of Callan in 1261.

On a smaller scale the new settlers built rectangular moated sites which were essentially fortified farmsteads. A number of these can still be found in the Macroom area, including a possible one in Mashanaglass, just to the east, and a cluster of three just to the south of Crookstown. Little of these are left visible apart from the water-logged remnants of the enclosing ditch. Ring works are another type of defensive features built by the Normans which, due to their similarity to ringforts, are still under-recorded. One probable example is at Castleventry, near Reenascreena, which was later used for the site of a church.

Many settlers, farmers and craftsmen were brought over from England and Wales to help in the establishment of the Norman colony. New towns were built such as Kilmallock in Limerick, surrounded by defensive walls, as well as fortifying Cork City. These settlements were not only important for defence but also acted as markets and trade hubs. Another big change is that pottery once again became a common household item, after having gone out of use from the Iron Age onwards. Soon many types of ceramics from the large potteries of the Bristol area and southwest France were being imported, especially those associated with the wine trade. Sherds of these distinctive pots with green, copper glazes are commonly found on Late Medieval excavations and can allow for the more precise dating of archaeological sites.

The motte and baileys were soon replaced in the 12th and 13th Centuries by imposing stone built castles, including impressive ones such as those found at Trim and Carrickfergus. The closest to Macroom is the well preserved complex at Glanworth which includes not only the castle and monastery but also a fine,



Carrignacurra tower house with redan

early stone-built bridge.

The consolidation of the Norman colony continued through the 13th Century. However, the 14th Century brought it very close to collapse. This was due to a number of reasons including an extended period of very poor weather and failed harvests and the arrival of the bubonic plague which killed over a third of Europe's population. In Ireland further depredations were inflicted by the Bruce Invasion when Edward Bruce, brother of Robert Bruce, landed from Scotland and tried to collapse English power in this country.

These many hardships left the Anglo-Normans just in control of the ports and towns, such as Cork, and an area on the east coast centred on Dublin, known as 'The Pale'. Gaelic society once again grew in strength and there was a revival in both its political and military power into the 15th Century. This is reflected in the large number of tower houses which were built over the country (possibly 3000 in total) with a number of very fine examples surviving in the Macroom area.

Tower houses are the most common monument from the late medieval period. They consist of a relatively small, fortified rectangular building with 3 or 4 storeys. Access was confined to a single defensible door and the other floors could be reached by a circular staircase in one corner. There is usually a stone vault covering one of the upper floors which had the important function of tying the four walls together. Windows were only small, narrow openings which would have left the interior very dark. In a typical tower house the ground floor was used for storage, the first floor for business and public gatherings with the Hall on the second floor used for banqueting and entertaining. The floors above would have been more private and used by the lord's family. Finally, the staircase continued and gave access to the roof walk (the 'allure') and the battlements. The main defences came from the strong walls, guarded entrance (including 'yetts' and 'murder-holes') and various overhanging features such as bartizans and machicolations. As firearms became more common musket loops were also included in the defences. Two tower houses in the Macroom area are unique in having additional features known as 'redans'. They consist of triangular spurs built onto a corner allowing defenders to provide covering fire to the exterior of the entrance and along the wall base. Carrignacurra,



Carrigaphoooca tower house

near Inchigeelagh has one, while Mashanaglass has two of these redans on opposing corners.

Tower houses were built by the Anglo-Irish but the majority were constructed by the Irish, reflecting an improvement in the fortunes of Gaelic society. They were symbols of power and control and were built in dominating locations such as rock outcrops, close to natural harbours or river fords. The best examples locally are Carrigaphoooca to the west of Macroom and Carrigadrohid to the east, while there are others standing near Millstreet, Inchigeelagh and Crookstown. Another probably stood overlooking the Sullane River crossing in Macroom but nothing now remains of it.

Another group of monuments highly visible in the landscape from these times are the range of monasteries and friaries built both by the Anglo-Irish and the Irish Lords. During the 15th Century several new Franciscan friaries were built here in the southwest including Kilcrea near Ovens, Muckross, Bantry, Timoleague and Sherkin. These ruins are evocative places to visit and they still remain largely intact despite having been empty since the 'dissolution of the monasteries' during the reign of Henry VIII.

It was in the time of Henry and his daughter, Elizabeth I, that a forcible attempt was made by the English to assert direct rule in Ireland. This was a process made all the more bitter by the religious division between a largely Catholic Ireland and a newly Protestant England. During the reign of Elizabeth large tracts of land were seized from the Earl of Desmond and the Munster Plantation was initiated. This, together with defeats in the Desmond Rebellion and the Nine Years war, culminating in the Battle of Kinsale in 1601, led to the collapse of Gaelic power in the country. A new wave of English settlers arrived over the ensuing years, the land was redistributed and new towns, such as Bandon, developed. Ireland had now entered the early modern period and from this period onwards archaeological interest will focus on rural and urban settlements as well as an extensive number of new industrial monuments.

I would like to sincerely thank Tony for once again sharing his considerable knowledge with us. If you or anyone you know would like to share a similar article, please contact me chrisleevalley@gmail.com



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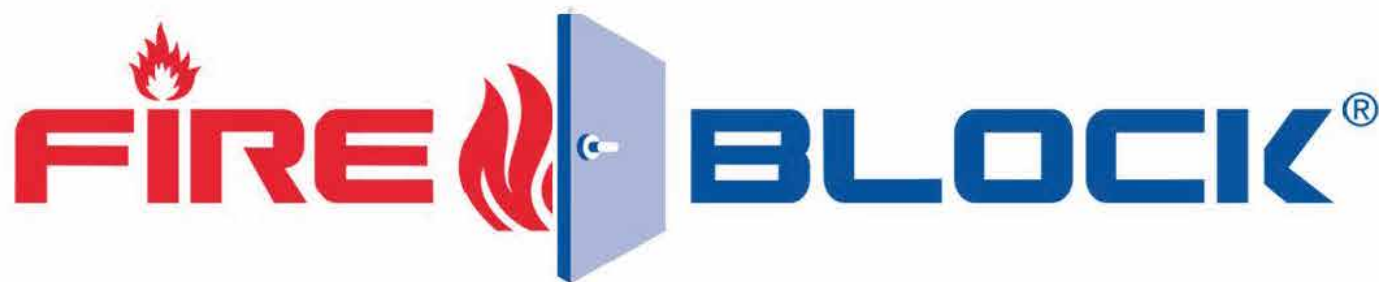
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AGHABULLOGUE CAMOGIE: WHEN GENERATIONS UNITE

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On October 5th, 2025, our Lily Grant Camogie team were crowned County Champions following a superb win over Midleton on a scoreline of 2-10 to 1-07 — an incredible achievement for a remarkable group of women and girls.

This special panel of 42 players — a mix of mothers, seasoned players, and young stars — came together as one team to pull off a victory that will be remembered for years to come. It was a season built on heart rather than status — women and girls of all ages uniting under one jersey, proving that when passion and teamwork combine, anything is possible. Watching different generations play side by side was something truly special.

The extraordinary group of U16 players were outstanding throughout the campaign, lifting the entire team with their energy, passion, and determination. At just 16 years old, Lexi Manley was crowned Player of the Match after a phenomenal performance that showed maturity, grit, and skill far beyond her years. Captain Diana Dennehy, who only began playing two years ago, led by example — proof that it's never too late to fall in love with the game.

It was a true panel effort, with 42 players contributing throughout the season and phenomenal determination, camaraderie, and skill shining through every match. This success is also a testament to the hard work of trainers Joe Healy and Helena Merrigan, and to



Lily Grant Champions 2025



Aghabullogue's Captain Diana Dennehy accepting the Lily Grant trophy.

everyone who lent their time and encouragement to the panel over the season.

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Lexi Manley - Player of the Match (Aghabullogue Camogie)

Aghabullogue Camogie — and Aghabullogue GAA — is in very safe hands.

This is what camogie is all about.

MUSKERRY JUNIOR CHAMPIONSHIP FINALS 2025

MJK Oils Muskerry Junior A Hurling Championship Final: Ballinora 0 – 22 Grenagh 1 – 10

Ballinora retained their MJK Oils Mid Cork Junior Hurling championship title at Coachford and created a new record by winning the divisional championship for the fifth year in a row, Ballinora unbeaten now since 2020 in the divisional championship. Ballinora were strong favourites to prevail having beaten Grenagh in the group stage by twelve points a month earlier and any hopes the challengers had of reversing that result were pretty well dashed by half time when Ballinora led by 0-12 to 0-3 after a very impressive all round performance in the first half. Grenagh were a much improved team in the second half and shared the scoring tally equally with their opponents but there was never any likelihood of Ballinora losing their tight grip and in Ben Mayer they had an ace sharpshooter, the young Ballinora man scoring 0-15 of his side's total, displaying unerring accuracy from twelve frees from all sorts of distances, his performance earning him the Player of the Match award.

Conditions at Coachford were good, the heavy overnight rains having ceased and there was little wind blowing. Playing into the village goal, Ballinora had a good start, a point from Liam Lyons followed by two points from Ben Mayer frees in the first five minutes, and when Mayer had pointed another free and added a point from play within a further three minutes it was clear that the champions were on song and Grenagh were visibly struggling to contain them.

Dan Twomey had an opening point for Grenagh from a 50m free in the 10th minute but Ballinora struck back with a point from a glorious Seán Lyons side-line cut on 14 followed by a Ben Mayer pointed free from inside his own '65' and as the champions continued to apply the pressure, Darragh Corkery fired over two fine scores to leave his side leading by 0-9 to 0-1 after twenty minutes.

Ballinora had control of the middle third of the field at this stage with captain Shane Kingston at centre back, flanked by Mark O'Brien and Colin O'Flynn, giving huge support to Liam Lyons and Tommy Burns

at midfield, ably assisted by half forwards Darragh Holmes, Danny Dineen and Seán Lyons. Grenagh were under constant pressure and Kelvin Cummins, Paul Barry Murphy and Alex Kiely were resisting strongly but the waves of attack kept coming and fouling was a costly exercise for Grenagh with Mayer in such top form from frees from all distances.

Grenagh free taker Dan Twomey hit over two points to break the Ballinora sequence but in the five minutes before the break Seán Lyons took a classy point from play, followed by another from Darragh Holmes and Ben Mayer made it 0-12 to 0-3 with the final score of the first half from a free on the half way line. Ballinora looked to be the better team and on the road to victory.

To their credit and true to their tradition, Grenagh put in a much improved second half performance and made the Ballinora men stay focussed to the finish. Grenagh points from Robert Coleman, Seán Joyce and Dan Twomey were matched in each case by points from Mayer frees for Ballinora, two from long distance,



Aghinagh Junior A Football team



Donoughmore Captain Declan Keating, referee Pat O'Leary and Aghinagh Captain Donagh O'Riordan

and Mayer had brought his points tally from frees to ten with two more by the three quarter mark, 0-17 to 0-6 now the score.

A Grenagh point from Twomey was answered by Darragh Holmes and in the 50th minute a well struck Grenagh penalty was stopped by a marvellous save by Ballinora 'keeper Barry Crowley, another indication that this was not going to be Grenagh's day?

The stout Ballinora defence was eventuality breached in the 55th minute when a loose ball in the goalmouth was lashed to the net by Grenagh's substitute Brian Walsh and Seán Joyce added a fine score from a distance but inevitably Ben Mayer answered these and when Joyce added two more for Grenagh, Mayer was on hand again with a another brace to cap a fine individual performance as his team took its 11th Muskerry title.

Scorers: Ballinora: Ben Mayer 0-15 (0-12f, 0-1 '65'), S Lyons (0-1 side-line), D Corkery and D Holmes 0-2 each, L Lyons 0-1. Grenagh: B Walsh 1-0, D Twomey 0-5 (fs), S Joyce 0-4, R Coleman 0-1.

Ballinora: 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, Seán Lyons; Ben Mayer, Darragh Corkery, Alan O'Shea. Subs: Conor Quirke for A O'Shea inj 34, James Keohane for D Corkery 45, Michael Quirke for S Lyons 51, Robert Quirke for D Holmes 52, Pat Fitton for M O'Brien 57. Grenagh: James Walsh; Kevin O'Neill, Paul Barry Murphy, Alex Kiely; Jason O'Keeffe, Kelvin Cummins, Danny Warren; Jack Twomey, Seán Joyce: John Lehane, Michael White, Darragh Kenny: Shane Morley, Robert Coleman, Dan Twomey. Subs: Paul Ahern for O'Keeffe h/t, Dara O'Shea for M White 42, Brian Walsh for D Kenny 44, Niall Coleman for J Lehane 50.

Referee: Brendan BarryMurphy, Aghabullogue MJK Oils 'Man of the Match': Ben Mayer, Ballinora who finished with 0-15 to his credit, 0-12 frees, 0-1 '65', 0-2 play

Ballinora took its 11th Muskerry JHC title and 5th in a row, the latter a new record

What's Next: Ballinora meet the South East champions, Kinsale or Belgooly, in the county quarter final.

Ross Oil Junior A Football Championship

Final: Aghinagh 1-12 Donoughmore 0-15 - draw
Aghinagh 1-12 (1-2-8) Donoughmore 0-15 (0-3-9)

An exciting Ross Oil Mid Cork Junior Football Championship final at Macroom had a thrilling finale which saw Donoughmore come from four points in arrears ten minutes from time to draw level and then to hit the front on 59 with a superb point from Rory Honohan. Battling Aghinagh however went on the attack from the kick out and were awarded a 14 metre free, Liam Twohig fired over the equalising point and so the sides must return to Macroom this Saturday November 1st to decide who takes the crown.

Conditions at the Castle Grounds were ideal with a



Donoughmore Junior A Football Team

perfect pitch, glorious summer-like sunshine, little wind and a very big and enthusiastic attendance. Aghinagh were the more experienced team having taken their only title in 2021 and losing out to Inniscarra last season only after a replay in the final. Donoughmore are a young emerging team with the Mid Cork 2025 league title already won and beginning to deliver on the promise of years of underage success. Had their time come or would Aghinagh make up for the disappointment of last year, were the questions debated as the teams participated in the traditional parade behind the Ballingearry Pipe Band.

During what was a lively opening half, Donoughmore opened the scoring with a two-pointer from Adam Dinan, Aghinagh replied with points from Shane Corkery and William Coakley, Liam Twohig, from a free and from play put Aghinagh two in front, Gavin O'Sullivan landed a two-pointer to level at 0-4 each in the 13th minute and two points from Scott Barrett had Donoughmore leading 0-6 to 0-4 after 17 minutes.

A two-pointer from Declan Ambrose for Aghinagh saw the sides back on level terms but a strong finish by Donoughmore, including points from Declan Keating and David McDonnell, saw them hold a lead of 0-9 to 0-6 at half-time, slightly flattering on the run of play.

Con Buckley got a score for Aghinagh shortly upon the restart, with Donoughmore responding through a Keating point. Aghinagh reduced the deficit courtesy of further points from Buckley and Twohig, 0-10 to 0-9 on 42.

On 45 minutes, Aghinagh found the back of the net, as O'Sullivan was on hand to fist home a floating Liam Twohig '45' into the goalmouth. Twohig followed with a two pointer and were four clear 1-11 to 0-10 with 48 minutes played.

Donoughmore dug deep and finished strongly. Gavin O'Sullivan slotted over a two-pointer, which was followed up by a Barrett point. A cracking brace of scores by right wing back Rory Honohan had Donoughmore in front by a point close to the finish but a point from a late free for Aghinagh by Twohig saw the sides finish level.

Scorers: Aghinagh: L Twohig 0-6 (1x0-2 f, 0-2 f), G O'Sullivan 1-0, D Ambrose (1x 0-2), C Buckley 0-2 each, W Coakley, S Corkery 0-1 each.

Donoughmore: G O'Sullivan 0-4 (1x0-2f, 1x 0-2), D

Keating (0-1 f), S Barrett 0-3 each, A Dinan (1x 0-2), R Honohan 0-2 each, D McDonnell 0-1.

Aghinagh: Jason McCarthy; TJ Buckley, Donagh O'Riordan, Olan Cummins; Declan Ambrose, Luke O'Leary, Tom Buckley; Mathew McCarthy, Thomas Morgans; Sean O'Riordan, Con Buckley, Shane Corkery; William Coakley, Liam Twohig, Gearóid O'Sullivan. Subs: Seán Cummins for W Coakley ht, Tadhg Sheehan for S O'Riordan 37, Aodh Twomey for G O'Sullivan 49.

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, Daniel Holland; Declan Keating, David McDonnell, Scott Barrett. Subs: Paul Crowley for A Dinan, Donnacha Morrissey for D Holland, both 43, Liam O'Sullivan for K O'Connell (48). Referee: Pat O'Leary (Kilmurry).

'Our gallant footballers produced a great display today providing a great spectacle of sport for the large crowd in attendance. As usual the people of Donoughmore were out in their droves to support their own. As the match finished in a draw both teams will have the chance to fight it out again next Saturday. We hope that you will come out again in equal numbers next week to support our team.' - Donoughmore Diary

Ballincollig C U JBFC Final:

Naomh Abán 0-13 Aghabullogue 1-8

Junior B Football Plate Final:

Canovee 2-7 Aghinagh 1-9

Ladies Football LGFA

Cork LGFA Senior A Final (replay): Éire Óg 1-12 Aghada 1-8

Munster LGFA Championship Quarter Final

Comeragh Rangers, Waterford 2-12 Éire Óg, Cork 2-8

In the LGFA Munster Senior Championship quarter final, it took extra-time before Waterford champions Comeragh Rangers saw off Éire Óg of Cork by 1-12 to 2-5. The sides were deadlocked at half time at 0-4 each and at Comeragh 0-8 to Éire Óg's 1-5 at the end of normal time. A goal from Clodagh Power, who finished with 1-4, at the start of the second period of extra-time proved decisive for the Comeragh side from



Johnny O'Leary, Denis O'Donoghue, Brian Harte, Pat O'Leary, Luke Knight, Ray O'Sullivan, Jim Canty



Macroom u14s who lost to Bantry in the Div 1 County semi final

Rathgormac who last year had ended Ballymacarbry's remarkable run of 42 county titles in Waterford. Éire Óg had goals from Sadbh McGoldrick and Shauna Cronin.

Éire Óg: R Halligan; R Sheehan, J O'Gorman (captain), I Sheehan; A Hayes, M Cahalane, E Crowley; S McGoldrick, S Cronin; E Cleary, O Cahalane, Ó Cremin; L Cleary, L Murphy, A Rodgers. G Young, K Cahalane, D Walsh, M McGoldrick, E Healy.

The Waterford champions Comeragh Rangers defeated Kilmihil from Clare in the Munster semi-final, and will meet Kerry champions Southern Gaels in the final at Mallow.

AIB Munster LGFA Munster Intermediate:

QF: Naomh Abán 3-18 St Anne's 1-5

Semi Final: N Abán 2-15 Moycarkey Borris 2-9 at Littleton, Co Tipperary

Moycarkey-Borris 2-9 (15) – Naomh Abán 2-15 (21)

Naomh Abán advanced to the AIB Munster LGFA Club Intermediate Championship Final after an impressive second-half surge saw them overcome Moycarkey-Borris by six points in an entertaining and hard-fought semi-final encounter on Sunday afternoon.

The game, played at a brisk pace from the throw-in, saw both sides trade scores throughout an evenly contested first half that ended level at 1-8 apiece. Early on, Naomh Abán's Annie Ní Mheachair opened the scoring with a fine point from play, but Moycarkey-Borris soon found their rhythm. Aoife Shelly and Emma O'Sullivan combined beautifully in attack, with O'Sullivan's 7th-minute goal giving the Tipperary side an early edge.

Naomh Abán responded with determination, led by the sharp shooting of Roisín Ní Liathain and Lydia Ní Dhonnacha, who both found their range to keep the scoreboard ticking. A late first-half goal from Ní Dhonnacha brought the Cork outfit right back into contention, sending the sides in level at the break — Moycarkey-Borris 1-8, Naomh Abán 1-8.

The second half, however, belonged to Naomh Abán. Ní Liathain was in scintillating form, opening the half with a point from play and continuing to cause problems for the Moycarkey defence. Despite a brilliant 18th-minute goal from Emma O'Sullivan — her second of the day — that briefly lifted the Tipperary champions, Naomh Abán's composure and fitness told in the final quarter.

Roisín Ní Liathain capped a superb individual display with a goal of her own in the 26th minute, restoring Naomh Abán's momentum. Lydia Ní Dhonnacha remained reliable from placed balls, while Gráinne Ní Luasa and Grace Ní Mhurchú added crucial points from play as the Cork side pulled clear.

Moycarkey-Borris battled bravely to the final whistle, with substitute Lucy Callanan and the Shelly sisters working tirelessly in attack, but they were unable to close the gap as Naomh Abán's defence stood firm. A late free from Ní Dhonnacha and another point from Ní Liathain sealed the victory.

Naomh Abán's blend of experience, accuracy, and attacking flair proved decisive, earning them a deserved place in the Munster final. For Moycarkey-Borris, there were positives aplenty — particularly in the performances of Emma O'Sullivan and Aoife Shelly — but they will rue missed chances and the momentum swing in the second half.

Scorers:

Naomh Abán: R. Ní Liathain 1-5, L. Ní Dhonnacha 1-3 (2f), G. Ní Luasa 0-1, A. Ní Mheachair 0-1, G. Ní Mhurchú 0-1, R. Ní Chorca 0-1, C. Ní Mhóhain 0-1

Moycarkey-Borris: E. O'Sullivan 2-3, A. Shelly 0-3, C. Shelly 0-2, L. Callanan 0-1

Half-time: Moycarkey-Borris 1-8, Naomh Abán 1-8

Full-time: Moycarkey-Borris 2-9, Naomh Abán 2-15

Cork GAA County Championship 2025

McCarthy Insurances Premier Senior Football Final:

St Finbarrs 1-14 (1-2-10) Nemo Rangers 1-13 (1-2-9)

Munster Q F:

Tipperary champions v St Finbarrs at Tipp venue, Sat Nov 15th 1.30pm

Senior A Football

Final: Cill na Martra 0-17 Knocknagree 2-17

Knocknagree 2-17 (2-0-17) Cill na Martra 0-17 (0-2-13)

Two clubs with wonderful recent records clashed at Páirc Uí Chaoimh in the Senior A Football championship final, there could be only one winner and unfortunately for Cill na Martra, on this occasion it was Knocknagree who added another wonderful chapter to their fairy tale rise to Premier Senior Football status.

To praise Knocknagree is not to take in any way from the glorious Cill na Martra story and indeed the example of the Duhallow side should act as an incentive to the Gaeltacht Mhuscraí men to emulate their achievements, mindful that this was Knocknagree's third final, their two previous appearances resulting in defeats to St Michael's and Carrigaline respectively. Cill na Martra can be proud that they put it up to the winners who overall deserved their success.

Knocknagree had the wind advantage in the first half and used it well. They started in style and led by 1-2 to 0-1 after five minutes and were to dominate for the rest of the half. Their second goal on 20 minutes made it 2-7 to 0-3 and they were in a good position at half time leading by 2-9 to 0-6 (Jason MacCarthaigh 0-5, Damian Ó hUrdail 0-1).

On the resumption the winners went 2-12 to 0-7 in front but slowly Cill na Martra began to reduce the deficit. Points from Tadhg Ó Corcora and Dan Ó Duinnín had the gap down seven before the latter landed a two-pointer. Knocknagree then got a badly needed point, but another two-pointer from Cill na Martra sub Cianie Ó Forréidh had them within four, 2-14 to 0-16. The Duhallow men replied with two points to open up a six point gap but in injury time, Dan Ó Duinnín went close to a goal that would have

halved the deficit, and after Ó Duinnín then pointed a close-range free, Knocknagree's last attack ended with another point.

Scorers for Cill na Martra: J Mac Cárthaigh 0-6 (0-4 f), D Ó Duinnín 0-4 (1 2pt, 0-2 f), S Ó Duinnín, C Ó Foirréidh (2pt) 0-2 each, D Ó hUrdail, D Ó Conaill, T Ó Corcora 0-1 each.

Cill na Martra: Micheál Ó Deasúna; Finén Ó Faoláin, Dara MacLochlainn, Tadhg Ó Corcora; Seán Ó Foirréidh, Danny Ó Conaill, Criostóir Ó Meachair; Antóin Ó Cuana, Gearóid Ó Goillidhe; Jason Mac Cárthaigh, Ciarán Ó Duinnín, Dan Ó Duinnín; Shane Ó Duinnín, Damian Ó hUrdail, Eoin Ó Conaill. Subs: Cian Ó Forréidh 25, Colm Mac Lochlainn 51, Adam Ó Duinnín 59.

Premier Intermediate Football

County Final: Aghabullogue v Uíbh Laoire at P Uí Chaoimh, Sunday Nov 2nd 3.30pm

Intermediate A Football

County Final: Ballinora v Ilen Rovers, at P Uí Chaoimh, Sunday November 2nd 1.30pm

Premier Junior Football

County Final: Buttevant 1-15 St Nicks 0-10

HURLING

Co-op Superstores Premier Senior Hurling

County Final: Sarsfields 2-18 Midleton 1-14

Senior A Hurling

County Final: Castlelyons 0-14 Bride Rovers 0-14 draw (replay Nov 1st)

Premier Intermediate Hurling

County Final; Ballinhassig 2-22 Ballincollig 1-19

Intermediate A Hurling

County Final: Aghabullogue v Bandon at P Uí Chaoimh, Sun Nov 9th 3pm

Premier Junior Hurling

County Final: Kilbrittain 0-22 Glen Rovers 2-15

U 21 Football Championships

C FC: Blarney/Rathpeacon 4-12 Kildorrery 0-7

Cork County GAA Fixtures

U21 A FC QF Douglas v Ballincollig Saturday November 1st at Ovens, 2.30pm

Sun, Nov 2nd @1.30pm IAFC Final Ballinora v Ilen Rovers in SuperValu Páirc Uí Chaoimh

Sun, Nov 2nd @3.30pm PIFC Final Aghabullogue v Uíbh Laoire in SuperValu Páirc Uí Chaoimh

Sunday Nov 2nd JBFC QF Naomh Abán v St Catherine's at Ballyanley, 1pm

To be Scheduled:

U21 B FC QF Carrigtwohill v Donoughmore

JAHC QF Ballinora v Carrigdhoun

JBHC QF Uíbh Laoire v Seandun

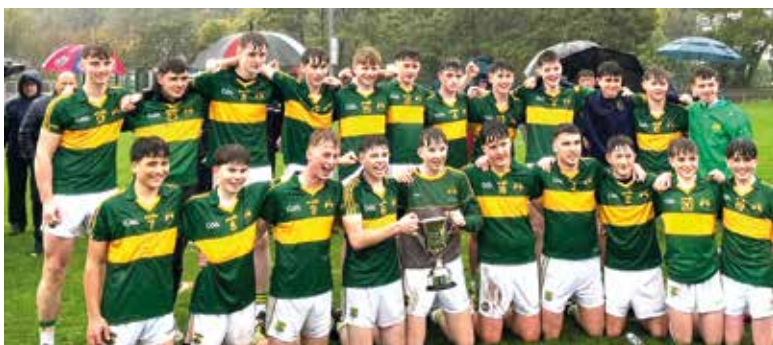
Nov 8th - Nov 9th Munster IFC QF Aghabullogue/Uíbh Laoire v Tipperary winners (away)

Nov 8th - Nov 9th MJFC QF Buttevant v Waterford winners (away)

Sun, Nov 9th @3pm IAHC Final Aghabullogue v Bandon in SuperValu Páirc Uí Chaoimh



Clondrohid u 16 team who played Tadhg na nGael in the Championship Shield Final on Sat Oct 25



Cloughduv U16 Hurling Premier 2 County Champions 2025 beating Charleville on a scoreline of 2.14 to 2.11 in the Mardyke on Saturday 18th October.

Nov 7th - Nov 9th Club C'ship Final County F&H Finals (Prov)

Mon, Nov 10th TBC Nov 15th - 16th MSHC SF Sarsfields, Cork v Limerick / Waterford (away)

Nov 15th - 16th MIHC SF Cork Winners v Tipperary Winners (away)

Nov 15th - 16th MJHC SF Cork Winners v Kerry / Limerick (in Cork or Limerick)

Nov 15th - 16th Nov 15th - 16th JAHC SF Newmarket v Avondhu / Carbery

Nov 15th - 16th JAHC SF Muskerry / Carrigdhoun v Seandun / Imokilly

Nov 15th - 16th JAFS SF Muskerry v Seandun / Duhallow

Nov 15th - 16th JAFS SF Avondhu / Carrigdhoun v Imokilly / Carbery

Nov 15th - 16th JBHC SF Avondhu v Carrigdhoun / Duhallow

Nov 15th - 16th JBHC SF Imokilly / Carbery v Muskerry / Seandun

Nov 15th - 16th JBFC SF Seandun / Duhallow v Muskerry / Imokilly

Nov 15th - 16th JBFC SF Carrigdhoun / Carbery v Beara / Avondhu prTues, Nov 18th @8pm

Nov 21st - 23rd U21 H QF County U21 Hurling Quarter Finals

Nov 22nd - 23rd MSFC SF St Finbarrs, Cork / Tipperary v Clare / Waterford

Nov 22nd - 23rd MIFC SF Cork / Tipperary v Limerick winners (in Cork / Tipp)

Nov 22nd - 23rd MJFC SF Cork / Waterford v Limerick (in Cork / Limerick)

Nov 29th - 30th MSHC Final Munster Club Hurling Cship Finals

Nov 29th - 30th MIHC Final Munster Club Hurling Cship Finals

Nov 29th - 30th MJHC Final Munster Club Hurling Cship Finals

Nov 28th - 30th JAHC Final County JAHC Final (Prov)

Nov 28th - 30th JBHC Final County JBHC Final (Prov)

Nov 28th - 30th JAFS Final County JAFS Final (Prov)



Ballinora Victorious Team in the MJK Oils Junior A Hurling Championship



Grenagh

Nov 28th - 30th JBFC Final County JBFC Final (Prov)

Dec 6th - 7th MSFC Final Munster Club Football Cship Finals

Dec 6th - 7th MIFC Final Munster Club Football Cship Finals

Dec 6th - 7th MJFC Final Munster Club Football Cship Finals

Dec 21st - 22nd

All Ireland Club H SF All-Ireland Club Hurling Semi Finals 2026,

All Ireland Club F SF, All-Ireland Club Football Semi Finals 2026

All Ireland Club Final All-Ireland Club Intermediate & Junior Finals 2026

All Ireland Club Final All-Ireland Club Senior Finals



Liam Buckley, Captain, receives the cup from Rebel Og.



Bryan O Donovan presenting the Man of the Match award to Ben Mayer Ballinora.



Brendan Barry Murphy Referees Team of Linesmen Alan Hourihan and Niall Hayes, Umpires Jim Martin, Tadgh Barrett, John Tarrant and Tim Buckley



Bryan O Donovan of MJK Oils presenting the cup to Shane Kingston as captain with John Feeney Chairman Muskerry Board



Cloughdun U16 Hurling Premier 2 County Champions 2025 beating Charleville on a scoreline of 2.14 to 2.11 in the Mardyke on Saturday 18th October.

LAOCHRA ÓG

Laochra Og hosted the Muskerry Gala blitz for our camogie U7 girls on the 28th of September.

We are very proud of the girls & we want to thank them & their parents for their ongoing commitment. We enjoyed a great morning of camogie & we look forward to starting back again with this group in the new year.

Thank you to our sponsors Mulcahy Insurances Ltd 4th October

Laochra Og U12 Camogie team played their U12 league Final away to Mallow this morning. This bunch of girls had a busy year playing 14 league matches, 3 challenge games and the Caman to Munster Blitz. In the leagues they were unbeaten all year and capped off with a very good game V Mallow today winning well.

Our U12/U11 Camogie team is made up of Girls from Rusheen, Macroom, Kilnamartyra, Clondrohid, Ballyvourney, Coolea, Reenaniree and Carriganima. This is another example of the local people and communities coming together under Laochra Og umbrella to play Camogie/Hurling with their local club. Well done to our Captain Indy today.

Thanks to parents for your support throughout the year with the girls.

In what was a very successful day for Laochra Og underage teams, our u14 Camogie team had a fine championship win against Whites Cross today. They played extremely well all over the pitch in very windy conditions and will now progress to the final. Thanks to White Cross for travelling and for a very sporting game, to our sponsor James Hickey and family and to the parents for their support.

What a fantastic u12 final in a very windy Doneraile October morning. Both sides played some exceptional hurling and couldn't be separated until a late goal in the first half by Croke Rovers to head into the first half up 2 points. A stern team talk at half time woke the Laochra boys up big time and came out swinging in the second half to show off their dominance for the last 15 minutes. Some fantastic points from both teams but in the end the goals from Finn Moss x2, Nathan Dunton and an absolute scorcher from Ruairi Angland ensured the boys were well on their way to securing the league win. Every player gave it their all tonight with massive performances from keeper Ronan Dunton keeping that sliotar out of the back of the net to Milo Hickey Grace & Colm Og O Leary holding the fort in mid field to the power of Finn Moss and Darragh Morris in the full putting home some incredible scores. The full back Co captain Damien Murray Oriordan and Olan De Jager put in huge shifts before Olan suffered an ankle injury and had to come off for Shane O Connell who played equally as well. The wing backs were unreal all throughout with Donnacha De Jager and Luke O'Brien flawless in defence. None other than Captain Nathan Meyler could have had the performance that this young man had as he hustled for every scrape and came out the victor in the most



impressive game of his young career. The forwards were dominated by Charlie O Driscoll, Nathan Dunton and Ruairi Angland who kept feeding the full forwards Finn Moss and Darragh Morris who put away the fantastic scores as described earlier. Substitutes that came on were Steven O Shea and Jace Ring came on in the second half and showed why they are as good as anyone on this multi talented squad of young men and really held their own other players on the panel are Neil Heirtech, Sonny O Connell, Tadgh O Tuama and Cathal Kelkeher who have contributed massively all year also we were missing CJ Hennigan who was vital in all the league games leading to the final but was unable to attend today and was greatly missed. Last but not least we want to thank all the parents for bringing the kids to training and all the matches all year. Ye are a great bunch and it's a pleasure to work with these young gentlemen every week also thanks to Doneraile for hosting the finals and to Croke Rovers fit a fantastic match which is what a final should be. Thanks to our supporters Mid-Cork pallets for all the support over the years.

The U12 Camogie league Finsls were played this evening in Ballymacorcoran. A tradition the club has kept over 10 years now. Girls played in the Cup and Shield Finals and put on great displays. There was great banter before hand before the games. Well done to all the girls that took part.

Our u9 camogie team finished up their season with their final Muskerry blitz recently, enjoying some great games of camogie with Inniscarra Camogie Club and

Cloughduv. Plenty of great skills and teamwork on display. These girls have been putting in a great effort all season and we are very proud of them all.

Thanks to Cloughduv Camogie Club for hosting the Muskerry Gala Blitz and to team sponsors Matt Murphy's Macroom. Thanks to all the parents for their support also and for bringing the girls to training and matches. Finally, a huge thanks to all our coaches for their support and dedication to the team all season. Well done to the u10 camogie team in their Muskerry Gala blitz recently playing teams with Ballinora, Aghabulloge and Éire Óg Camogie clubs. Thanks to Éire Óg for hosting the blitz and to our team sponsor Macroom Tidy Towns. We are very proud of this dedicated group of girls, who have progressed their skills, displayed great teamwork, and grown in friendship all season. Thanks to all the parents and to our brilliant coaches for their ongoing support. Laochra Óg Abú.

LAOCHRA OG CHARITY TRUCK RUN 2025 WITH BLOOD BIKE SOUTH

Well folks. We met with Blood Bike South today at our club grounds. We presented a cheque for €2150 from our truck run. A big thank you to all that helped on the day. To all of ye who supported the run this year and to Michael and Nora Mc Carthy of Macroom CVRT test centre for use of the premises again this year. Till next year. 10-10.





Laochra Óg

KILMICHAEL GAA LAUNCH NEW LGFA TEAM!!

Kilmichael GAA are delighted to announce the formation of a new Ladies Gaelic Football team this year. From our first game in early summer the ladies have shown great commitment and made significant progress.

The club is already looking forward to further development and success in 2026.

A special word of thanks goes to James O Mahony of O Mahony Tree Specialists for kindly sponsoring the team's new jerseys. Here James O Mahony presents Robert Fox, Kilmichael LGFA chairman, Ger Hallahan, Kilmichael LGFA club secretary and Charlie Foley, Kilmichael GAA chairman, with the jerseys.

New members are always welcome to join the club, for more information please contact kilmichael.cork@lgfa.ie or call Ger on 0860875335.



James O Mahony presents Robert Fox, Kilmichael LGFA chairman, Ger Hallahan, Kilmichael LGFA club secretary and Charlie Foley, Kilmichael GAA chairman, with the jerseys.



James O Mahony presents Robert Fox, Kilmichael LGFA chairman, Ger Hallahan, Kilmichael LGFA club secretary and Charlie Foley, Kilmichael GAA chairman, with the jerseys.



Kilmichael LGFA team

ANNUAL MACROOM GAA U10

INVITATIONAL FOOTBALL TOURNAMENT

Played in splendid sunshine in the Castle Grounds, Macroom hosted Ballinora, Sam Maguires, and Valley Rovers on Saturday 11th October in the Annual Macroom u10 Invitational Football Tournament.

The day commenced with local Piper Padraig O Driscoll leading the parade and making the occasion extra special for all the boys. Macroom U10s played in their new jerseys sponsored by Macroom Credit Union for the first time. There was great footballing skills on display during the group games, many of which were tight affairs. After each club had 3 group games completed, the cup and shield contestants were decided. The Padraig Dervin Cup was contested between Ballinora and Valley Rovers. It was a fantastic final with excellent football on display by both teams. In the end, Valley Rovers proved too strong and were deserving winners. Nellie Dervin presented the cup on behalf of the Dervin family to joint captains Padriac Sweetman and Jack Daly, much to the delight of all the Valley Rovers supporters.

The Hugo Casey memorial shield came down to Macroom and Sam Maguires. Both teams having met in the opening rounds, Sam Maguire's were favourites going into the final having defeated Macroom comprehensively in the opening round of the tournament. Sam Maguires were deservedly 4 ahead at half time, but the local boys dug deep and showed great character to kick the next 4 unanswered points to force the game into extra time. The additional time swung both ways and it looked like it would go to penalties. It was level with only seconds to go when Sonny Murphy kicked the winner to seal the Hugo Casey Memorial Shield for the Macroom side, joint captains Oisín O'Callaghan and Sonny Murphy accepted the Hugo Casey shield on behalf of a delighted macroom side.



Macroom U10's



Macroom Padraig Dervin



Macroom U10's captains

All players and parents were welcomed to the club house afterwards for much deserved refreshments provided by the local Macroom ladies who's boys had done them proud earlier. The celebrations continued for the victorious Macroom team with a well received and well supported victory parade through town! Special mention to the juvenile referees who were exemplary and many thanks also to Paul Kelliher, Juvenile Club Officer, who was of great assistance in

organising the event. Many thanks to Nellie Dervin for presenting the Cup on behalf of the Dervin family. Thanks also to all the parents who helped out on the day, catered, etc. for making the day all the more special for the boys. Last but not least, thanks to the 2025 u10 Valley Rovers, Ballinora, and Sam Maguire teams, we hope you enjoyed the day as much as we did and we look forward to meeting you all again next season.



Congratulations to Katie, Shauna, Evie, Isabelle, Áine, Aoibhe, Niamh and Orla who were selected for Mid-Cork. They have beaten East Cork and West Cork in the inter-divisional competition thus far.



Past pupil Aoife Lucey with Ms O'Donoghue at our 5km fundraising walk



Concubhar Murray Ross Oil With Dermot Foley And Charlie Foley At The Kilmichael Gaa Golf Classic



TY students enjoying some archery at Kilfinane OETC

LEE VALLEY Outlook

Happy Halloween!

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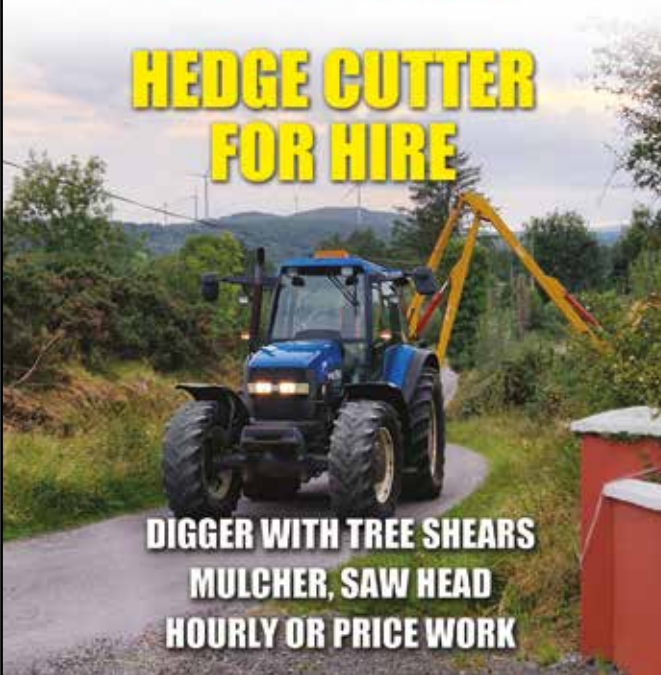
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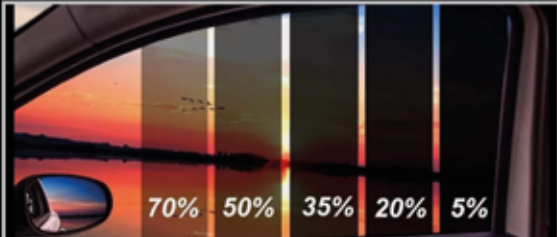
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A Word of Victory

"You have made known to me the path that leads to Life; Your Presence fills me with Joy and brings me pleasure forevermore" (Psalms 16:11).

Welcome back dear student, do you ever study the expressions on the faces of others? If you look closely you can tell much from their countenance. I'm not talking about wrinkles, but about pain, exhaustion, worry, bitterness, and darkness. The evidence of how they're really feeling. We salute folks daily, asking in passing... 'hello! how are you?' and rush right along. Encounters become a habit, at a rushed surface-level only. Loneliness, isolation, feeling overwhelmed or afraid are all real emotions that can have a toxic effect on a life. But in others the joy of relationship and contentment shines through as a beam of light in darkness (Psalms 34:4-7). In the Scripture above, David reveals that trusting God led him to find the pathway of Life. He saw the Lord deliver and protect him, bringing him into a blessed place resulting in a constant awareness of the Presence of God, filling David to overflow with joy and pleasure. "Lord You alone are my Inheritance, my cup of blessing. You guard all that is mine. The land You have given me is a pleasant land... I will bless the Lord Who guides me; even at night my heart instructs me. I know the Lord is always with me. I will not be shaken, for He is right beside me. No wonder my heart is glad, and I rejoice. My body rests in safety" (Psalm 16:5-9; Jeremiah 20:11).

Peace comes from knowing Jesus, the Prince of Peace. We don't have to fret, worry or be afraid when our lives are in His hands (Psalm 31:14-15). God will never hurt you friend. Close relationship with the Lord brings rest (Psalm 23:3). The picture from our lead Scripture explains this rest – God is here, so we need never fear. "For You have endowed him with blessings forever; You cheer him with joy in Your Presence. For he trusts in the Lord. The unfailing Love of the Most High will keep him from stumbling" (Psalm 21:6-7 NLT). There is visible evidence of God's Presence – blessing, joy, wisdom, and peace – gifts bestowed to His beloved; to anyone who will come to know Him through His Son Jesus – "the Way, the Truth and the Life" (John 14:6).

Lots of people look for new, or smoother paths in life. Currently, gardeners are clearing dead leaves and debris off their pathways to keep them safe. It's important to be able to see where you are going to avoid pitfalls and slipping (Psalms 119:105). Strain often shows on faces because folks may be enduring confusion, darkness, sadness, or terror. Tonight, many will celebrate horror and demons as 'just a bit of Halloween fun'. There is no light or joy there friend – only cursed pathways, anxiety, and hopelessness. However, for those who call upon the True Light of the World: Jesus, the Son of God, He promises to arise over you with healing in His wings and Light beams (Malachi 4:2). Lighting a pumpkin won't save from evil; it's only a landing strip for the devils works. You won't find true peace in chakras or the universe inside of you. The True Light, Who created everything longs for relationship with you to direct you onto His pathways of peace and restoration (John 8:12; Jeremiah 6:16). If King Charles rang up and asked if you were around for a cup of tea and a chat, you wouldn't overlook that invite! Yet we all have an invitation from the King of all kings to receive His Loving Mercy and be filled with His Peace and Joy – living in the Light of His Presence forevermore. #HighlyFavoured.

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**PEGGIE
HOURIHAN**

5 An Gleann, Killarney Road,
Macroom

Who died on 11th November 2024

We lovingly remember Peggie on her first Anniversary, her husband Ted and family John, Kevin, Alan, Linda and David, her brother Johnny, sisters Nellie and Shelia. Sincere thanks to the cardiac staff in CUH for the wonderful care Peggie got while she was there.

To all those who attended the Rosary and Funeral. To all those who sent mass cards and condolences.

To all our kind neighbours and friends who called to the house and brought food and refreshments.

To the priests of the parish especially Fr. Joe for a beautiful mass and for all their help and kindness.

To Norma Galvin and Martina Ring for the beautiful music in the church.

To the management and staff of Care Choice Nursing Home Macroom for the guard of honour outside the church.

To Cyril and staff of Casey's undertakers for their kindness and professionalism and also to the grave diggers.

To Eileen and staff of the Auld Triangle for the beautiful meal after the funeral.

Please accept this as a token of our heartfelt appreciation.

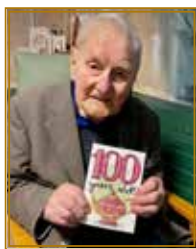
The Holy Sacrifice of the Mass has been offered for the intentions of all.



Sadly missed by your loving husband Ted, family and friends.

Peggie's Anniversary mass is on Saturday 29th November in St. Coleman's Church Macroom at 7.30 pm.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

CONNIE BURNS

Tarelton,

who died Nov 6th 2024, in his 102nd year.

In remembering our dearest Dad & Grandad, Connie, we wish to both express our heartfelt thanks and to acknowledge the kindness of all those who came to meet and sympathise with us during & after his funeral, many of whom travelled from afar.

To the numerous people who sent mass cards, perpetual enrolments, meaningful letters of condolence, flowers, sent old photos & recounted their stories, who communicated their sympathies in thoughtful words by text/email/ phone and via very touching messages of condolence on RlPie, we extend our deep gratitude.

Our thanks to Fr. Pat O'Donovan, Fr. Jimmie Kelleher & Fr. Charlie Nyhan who officiated at the funeral & to Fr. Jimmie who recited prayers at the removal. Thanks to organist Kathleen & soloist Theresa for your ensuring we heard the hymns Connie would be accustomed to. To sacristan Kathleen for your assistance on both days; to local parishioners who managed parking on the day of the funeral.

We wish to express our utmost gratitude to those who offered ease & comfort to Connie in his last months - to Siobhán, Kerry & all the night & day staff of Dunmanway Hospital during his stay; to his always interested & respectful GP, Dr. Sean Foley of the Sullane Practice - our sincerest thanks. To Anita, Pamela, Liam & the team at D'way DayCare who engaged with Connie so positively & helped celebrate his milestone birthday. To the Friendship Club whose various Tuesdays & partaking in his centenary birthday celebration in 2023 meant so much; to Matt, Henry & staff at Murphy's Pharmacy Macroom for being so continuously helpful. We wish to convey our appreciation to PHN Sandra for your genuine interest & assistance. A particular thank you to our valued neighbours who watched out for Connie & most especially to our longterm friend Maureen Hurley for her unwavering support.

Sincere thanks for the professional guidance & tender care of undertakers Michael & Patricia Crowley, Ballincollig, over the course of that week and to Fitzgerald's Funeral Home for accommodating the removal. Thank you also to the gravediggers at St. Colman's Cemetery Macroom. To our homecare supports - be assured we will remain always grateful for the compassion you readily extended to both Connie & Noreen and which won't be forgotten. A special word of recognition & thanks goes to the individual friends we each have & for the support you have shown over these last years - the longevity of your true kindness is very much appreciated.

Finally, to all and anyone we may have unknowingly omitted, please accept this acknowledgment as an expression of our sincere gratitude to you. In early November, the Holy Sacrifice of the Mass will be offered for your own intentions.



Connie's first anniversary Mass will be held at:

10am, Sunday 9th November, in Toames Church, Kilmichael, to which all are welcome.

- In grateful appreciation. The Burns family, Tarelton.

*"Softly in that late November evening
I held your hand as you were leaving
We spoke last words of reassurance
To your faith you showed endurance
You heard a whispered call to God
You took the call & did respond
You answered with your duty call
And quietly, gently, left us all" xxx*

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**MICHAEL
(MICK/MIKE)
SHEEHAN**

Glen Tanar, Carriganine, Macroom,
Co Cork, Who died 5th November
2024

As the First anniversary of Michael's death approaches, his wife Carmel and family would like to acknowledge and thank most sincerely all our wonderful friends, neighbours and family for their kindness, love and support this past year since Mick died. A special word of thanks to everyone who helped on the day Mick died, especially John and Jonas, our GP's, the First responders, the ambulance crew and the Air ambulance personnel, along with An Garda Siachana. We will be forever grateful for your compassion, care and support that day.

Thank you to Monsignor James O'Donnell, Canon Donal Roberts, Fr Joe O Mahony and Fr Anthony Wickham for your words of comfort and guidance and for celebrating Mick's beautiful Funeral Mass and Month's Mind mass. To everyone who took part in the funeral mass itself, to the students from Cork School of Music who played so beautifully, and to our sacristan Ted for preparing the altar, thank you.

To the members of Macroom Golf Club, thank you for the poignant Guard of Honour, as Mick took his last journey through the Golf Club, and to David, who brought Archie, our dog, to the Guard of Honour also. Our hearts melted.

Our sincere thanks to Bill Fitzgerald Undertakers and to the staff of Island Crematorium for their professionalism and compassion throughout. We are so grateful to everyone who sent mass cards, letters of sympathy and the lovely tributes online, they are very much appreciated. Thank you to the Castle Hotel and Macroom Golf Club for the beautiful meals following both the funeral and Month's Mind ceremonies and to everyone who came to our house with home baking and dinners, thank you for your kindness. As it is impossible to thank everyone individually, please accept this acknowledgement as an expression of our heartfelt gratitude and appreciation. The Holy Sacrifice of the Mass has been offered for your intentions.



May He Rest in Peace.

First Anniversary Mass will be held on
Sat Nov 8th at 10am in St Colman's Church
Macroom

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**FIRST ANNIVERSARY
AND ACKNOWLEDGEMENT**

In loving memory of

**JAMES
MCSWEENEY****of Cork Street, Macroom,
who died on November 5th, 2024**

As we lovingly remember James on his First Anniversary, we, his family, would like to express our sincere gratitude to all who supported and sympathised with us on our sad loss.

To Martin, Billy, and the staff at Fitzgerald's Funeral Directors, thank you for your kindness, compassion, and professionalism.

Our heartfelt thanks to the staff at Araglen Nursing Home, who cared for James with dignity and respect during his final months.

To his wonderful neighbours in Cork Street, who were always there for him, we are deeply grateful.

A special word of thanks to Dr. Shane Hurley and all the staff at Muskerry Family Practice, your care and support will never be forgotten.



Lovingly remembered and sadly missed every day by all of his family and dear friends.

James's First Anniversary Mass will take place Sunday, 2nd November, at 11.30am in St. Colman's Church, Macroom.

FIRST ANNIVERSARY

In loving memory of

**JAMES
MCSWEENEY****of Cork Street, Macroom,
who died on November 5th, 2024**

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



Always remembered by
Marcus, Mary and Lucy

25TH ANNIVERSARY

In loving memory of

PETER O'LEARY**Carriganima, Macroom****Who died on the 29th Oct 2000**

*Two tired eyes are sleeping,
Two willing hands are still.
The one who worked so hard for us
Is resting at God's will.*



Always remembered by
your loving daughter Hannah Mary,
son in law Tadgh and grandson Martin

14th ANNIVERSARY

In loving memory of

**FLORENCE
LEHANE****Monkstown and Railway View
Macroom, Whose anniversary occurs
on 5th November**

*A daily thought,
A silent prayer,
A constant wish that you were here.
An empty place no one can fill,
We miss you today and always will.*



Forever in our hearts and always
in our thoughts her loving son Pat,
nephew Denis, daughter in law Carol,
grandchildren Conor, Jennifer, Lucy and
Richard.

17th ANNIVERSARY

In loving memory of

**CATHERINE
KELLEHER****Late of Rylane and Carriganima
Who died on 5th November 2008**

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



Loved and remembered by Mom, Ann,
Mort and Celina.

10TH ANNIVERSARY

In loving memory of

**MAUREEN
FOLAN****Ballyvourney, Co. Cork.****A dear wife mother and
grandmother.**

*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 husband Martin
and family, son in law Tadgh and
grandson Martin

14th ANNIVERSARY

In loving memory of

**RICHARD
CAHILL****Crookstown, Co. Cork.****Who died 5th November 2011**

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



Fondly remembered by
your wife and family

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Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

An overdue letter

Dear Mam,

I haven't allowed myself to grieve of late. I miss you.

It's on my return from a trip away that I realize keenly that you are no longer there to welcome me home. It sounds selfish I know. I miss the chat, the relating of adventures, your ability - as well as your presence - to listen and to laugh, as well as the smell of home cooking to greet me. Now I bypass the place that once was home. It's now a house, a structure.

The world I live in now, for all it has to offer, hasn't been - and is not - the same without you in it. It's like I've lost a limb, I can't feel anymore like I used to. There's always a lack, an absence, a gap, a hole in my heart and gut.

Not every day is like this. Sometimes I think I'm over it - that I've moved on from grief, only for something to trigger me like hearing a song on the radio you sang, seeing someone dressed like you used to dress, or observing an adult son or daughter helping their elderly parent with a crutch or pushing a wheelchair. And it all comes flooding back - your slow decline, the help I willingly gave and would gladly give again. The smiling, sunny world around me doesn't know the clouds hanging over me or the inner pain I feel. I smile too - but it's a mask. The heaviness in my chest weighs me down.

I visit your - and Dad's - grave; but I know that you're not really there.

I find a quiet place to grieve - lighting the odd candle in church, going to a wood, park, sandy beach, a long walk - anywhere. I let the tears fall. It helps for a while. I'll get over the intensity of it. But I renew the promise I made soon after you died and when I visited your grave in that first November - "I promise to make you proud."

And I know I will see you again, where parting will be no more. But not for a while. Until then.

Love you.

(Dear reader - why not write your own letter this November to your dearly departed?)

God bless. Fr Seán

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

16th ANNIVERSARY



In loving memory of

**SEÁN
O'SULLIVAN**

Murray's Lane, Monallig,
Carrigadrohid, Co. Cork
Whose 16th anniversary occurs
on the 3rd November.

*You are more than a memory
silently kept.*

*You are part of our lives
we will never forget.*



Always remembered
by his family

2ND ANNIVERSARY



In loving memory of

**CATHERINE
HORGAN**

(NEE O'SULLIVAN)
Kilmore, Ballingearry & Lissarda
Who passed away on November
8th 2023

*We think about you always,
we talk about you still.
You haven't been forgotten
and you never ever will.*

*We hold your smile and memory
in our hearts and there you will remain
To walk and guide us through our lives
Until we meet again.*



Sadly missed by John, Edel, Neesha
& Evan, Dad Christy, Mum Kathleen,
Aidan, Pat & Mairead and their extended
families.

14th ANNIVERSARY



Remembering our wonderful
Mam and Nana

**JOAN
MCCARTHY**

Cahir, Ballingearry
Whose anniversary occurs on the
26th of October

*We never lose those we love,
For they will always be,
Loved, remembered, treasured,
Forever in our memory,
Though absent you are very near,
Still loved, still missed, still very dear.*



I Smaointe agus i bpaidreacha do chlann
I gcónaí.

5th ANNIVERSARY



Remembering with love

**ANTHONY
O'SULLIVAN**

Kilmurry
Who died on 30th October 2020

*A loved one never leaves you
They're never far away.
They watch you from a distance
And guide you every day.
They do become your angel
And look down from above.
A loved one never leaves you
Because you always have their love.*



Loved and missed more than words can say.
His loving wife Mary and family.

NOVENA TO THE SACRED HEART



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

NOVENA TO ST. CLAIRE



Ask St. Claire for 3 favours, one business, two impossible and say nine Hail Mary's for nine days with lighted candle. Pray whether you believe or not. Publish on ninth day. Powerful Novena. May the sacred heart of Jesus be praised, adored, glorified and loved today and every day throughout the whole world forever Amen. Say six times daily for nine days. Your request will be granted no matter how difficult it may seem. Favour publication must be promised. **A**

2nd ANNIVERSARY



In loving memory of

JOSIE HYDE

Gurthinaden, Kilnamartyra,
who passed away on All Saints Day
November 1st 2023

*Without your kind and gentle smile
And sweet familiar face
A treasured life is missing
And the world is a sadder place.
You lived your life so graciously
You always did your best
And now you are with the angels
And it is time for you to rest.
As peace surrounds you everywhere
In heavenly skies above
Here on earth you are deeply missed
And thought about with love
We see the stars at night time
Shining bright and clear
And as we say good night, God Bless,
We know that you are near.*



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



Sadly missed and lovingly remembered
by her husband John, Sheila, Karen, Eileen,
Sinéad, Conor and Connie.

14th ANNIVERSARY



In loving memory of

**PEGGY
O'CONNELL**

Bawnmore, Macroom, Co. Cork.
Who died on 30th Oct 2011

*If Roses grow in Heaven
Lord, please pick a bunch for me.
Place them in my Mother's arms
and tell her they're from me.
Tell her that I love her & miss her,
and when she turns to smile,
place a kiss upon her cheek
and hold her for awhile.
Those we love don't go away,
They walk beside us everyday, unseen, unheard
but always near,
Still loved, still missed & ever dear.*



Fondly remembered always by her
loving family.

13th ANNIVERSARY



Thoughts of our very dear

**LAURENCE
BUCKLEY**

Gurrane, Clondrohid,
who died 10th November 2012

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



Eileen and family

5TH ANNIVERSARY



In loving memory of

**BERNADETTE
O'FARRELL
(NEE HEALY)**

Derrylahan, Dunmanway.
Who died on 07th Nov 2020.

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



Sadly missed and forever loved by your
sister Gobnait and brothers Denny and
John.

27TH ANNIVERSARY



In loving memory of

PAT O'SHEA

late of Carrigaphooca
Who died on the 4th November 1998

*November comes with sad regret
The day, the month, we'll never forget.
Ours is just a simple prayer
God keep him in your loving care.*



Always remembered by
your family

7TH ANNIVERSARY



In loving memory of

**JERRY
BRENNAN**

Goat Hill, Dripsey, Co. Cork
Who died on Friday 26th. October
2018



Always remembered by your Family

20TH ANNIVERSARY



In loving memory of

DAN BUCKLEY
Castlemore
whose 20th anniversary occurs on
29th October 2025

*Missed most of all,
when the autumn leaves start to fall.*



Always remembered by his sons,
daughters, and extended family.

2ND ANNIVERSARY



In loving memory of

**PAUDIE
TWOMEY**

Derryreague, Clonkeen
and Clondrohid
Who died on 9th November 2023

*Rest in Peace
St Gobnait pray for him.*

*Throughout our lives no matter where
in our hearts you are always there.*



Remembered always by your family
and friends

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