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Pictured at the launch of the Grá Macroom Gift Card; Davin Doherty of Town & City Gift Cards, who are the providers of the technology and software system to operate the Grá Macroom Gift Card, also in the picture are Killian Lynch of Macroom Business Association and John Paul O'Shea TD.

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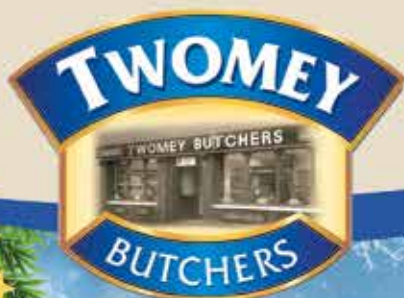
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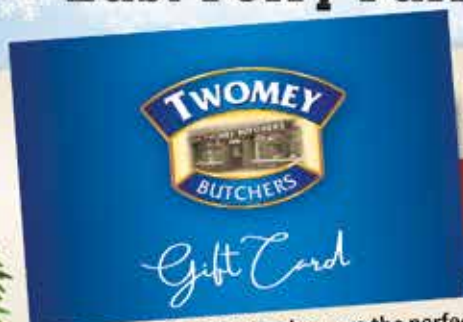




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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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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087 3600223

GRÁ MACROOM GIFT CARD OFFICAL LAUNCH WAS HELD TO BOOST LOCAL BUSINESS IN THE MUSKERRY AREA

The Grá Macroom Gift Card backed by the Macroom Business Association was officially launched on Wednesday, 29th November at the Castle Hotel, Macroom, with local businesses and community representatives from across the Lee Valley region in attendance.

The innovative new initiative brings Macroom and neighbouring villages together to create a high-tech gift card designed to drive in-person shopping, strengthen local connections, and keep money circulating within the community, and offers significant benefits for both participating businesses and card recipients.

Over 85 businesses from Clondrohid, Béal Átha an Ghaorthaidh, Guagán Barra, Inchigeelagh, Ballyvourney, Ballymackeera, Coachford, Dripsey, Lissarda, Kilmurry, and Macroom are now eligible to accept the card commission-free, including shops, restaurants, pubs, cafés, and attractions.

Macroom and the surrounding Lee Valley area are the first in County Cork to adopt the Town & City Gift Card technology, offering both physical and digital versions of the card.

Guest speakers at the launch were John Paul O'Shea

TD, Chair of the Oireachtas Committee on Rural & Community Development and the Gaeltacht, he spoke passionately about the importance of supporting local he said, "these are the businesses that sponsor our local clubs and charities, we need to show our appreciation by supporting this initiative."

Aindrias Moynihan TD praised the Grá Macroom Gift Card for highlighting the importance of shopping local to keep jobs and investment within the community.

Monica Gilmore of IRD Duhallow outlined how the Leader Funding helped bring the project to life, noting that IRD is "very happy to support this type of enterprise in a rural area." She encouraged other initiatives to engage with Leader, emphasising that funding is available to promote rural enterprise and innovation from the South Cork LAG.

Killian Lynch, Chairperson of the Macroom Business Association, firstly he welcomed and thanked everyone for attending. He extended gratitude to IRD Duhallow, Leader, the Department of Rural & Community Development, and the Lee Valley Enterprise Board for their invaluable support, he said "without their backing, this project would not have been possible. I'd ask every employer in the area rewarding staff

this Christmas to choose the Grá Macroom Gift Card and make the connection by supporting our local businesses."

Encouraging Local Employers to Get Involved Local employers are encouraged to get behind the initiative by using the Grá Macroom Gift Card to reward their staff. Under the Small Benefit Exemption Scheme, businesses can give up to five small non-cash benefits annually, tax-free up to €1,500, making the gift card an ideal choice.

The Grá Macroom Gift Card is available to purchase online and at outlets throughout Macroom and the surrounding villages.

The launch marks an exciting milestone for the Lee Valley region, demonstrating the strength of local collaboration and the community's commitment to supporting local enterprise. Watch out for the Grá Macroom Gift Card window stickers, in all the local shops and businesses.

Available now to buy online and at outlets across the Lee Valley region. Let's show our Grá for Macroom and shop local this Christmas!

Details visit: <https://townandcitygiftcards.ie/>



Davin Doherty of Town & City Gift Cards



Geraldine Galvin Administrator Lee Valley Enterprise Board. Pic. Peter Scanlan



Aindrias Moynihan TD. Pic. Peter Scanlan



John Paul O'Shea, Chair of the Oireachtas Committee on Rural and Community Development and the Gaeltacht. Pic. Peter Scanlan



Section of the large crowd in attendance



Monica Gilmore IRD Duhallow speaking on behalf of the South Cork Leader. Pic. Peter Scanlan

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NEW TO MARKET

COOLAVOKIG, LISSACREASIG, MACROOM, CO. CORK P12EY89

Killian Lynch Auctioneers are pleased to offer this beautiful 4 bedroom detached house on C.0.8 acres. This impressive C.2368 sq ft property offers the perfect balance of rural tranquility and modern comfort. It also has a good BER rating of B3 making it an energy efficient house and also qualifies it for a green mortgage. Located in the Gaeltacht area, just a C.8 minute drive to Macroom town and a C.40 minute drive to Cork city. This home combines privacy, space and charm, ideal for a growing family or anyone seeking a countryside retreat. Viewings high advised. BER: B3 (118912864)

AMV: €365,000



NEW TO MARKET

23 SULLANE WEIRS, MACROOM, CO. CORK, P12PY01

Killian Lynch Auctioneers are pleased to offer this spacious 3 bedroom semi detached house with front & rear gardens. The property which comprises of c.1500 sq ft living accommodation is in turn key condition having been maintained to an exceptionally high standard. It also has a good BER rating of B3 making it an energy efficient house & also qualifies it for a green mortgage. Ideally located in a much sought after mature private development only C.5 minutes walking distance from Macroom town park & castle demesne, c.2km from Macroom bypass interchange junction, c.2km from Macroom town center & c.30 minutes drive to Cork city. Viewings advised. BER: B3 (118916717)

AMV: €365,000



UNDER OFFER

CROWLEYS SHOP, RYLANE, CORK, P32 YS90

Killian Lynch Auctioneers are pleased to offer this fantastic opportunity to acquire an established retail grocery shop, situated within the centre of Rylane village. The property which is for sale as a going concern, is of galvanized construction, has been operating as a shop for almost 100 years. There is a very large catchment area in a thriving community. BER: G

AMV: POA



UNDER OFFER

11 OAK LAWN, TANYARD WOOD, MILLSTREET, CO. CORK, P51 H7V7

Killian Lynch Auctioneers are pleased to offer this 4 bedroom semi detached house & garage. The property which is in very good condition comprises of c.1570 sq ft living accommodation. This would make an ideal opportunity for a family home as the property is in turn key condition & has a spacious interior throughout. Located only minutes walking distance to Millstreet town, c.20 minutes drive to Macroom town, c.25 minutes drive to Mallow & a c.45 minute drive to Cork city. Viewings highly advised. BER: B3 (118896984)

AMV: €290,000



NEW TO MARKET

NO. 5 THE WALK, LIOS NA FEA, MACROOM, CO. CORK, P12 YW93

Killian Lynch Auctioneers are pleased to offer this beautiful 3 bedroom semi detached house. The property comprises of C.1050 sq ft living accommodation and is in excellent condition throughout. It also boasts a good BER rating of B3 making it an energy efficient house and also qualifies for a green mortgage. Located only C.11km off the Macroom bypass interchange junction, C.2km from Macroom town and C.30 minutes from both Cork city and Killarney. Viewings advised. BER: B3

AMV: €310,000



VIEWING ADVISED

TOAMES WEST, MACROOM, CO. CORK, P12VA44

Killian Lynch Auctioneers are pleased to present this exceptional 5 bedroom property on c.0.75 acres of landscaped gardens and tarmac driveway. The property which extends to C.3,400 sq ft living accommodation spread across 3 floors is in pristine condition throughout, having been maintained to a very high standard over the years. Constructed in c.2007 the heart of the property is its open-plan kitchen and living area with a seamless flow into the dining areas and south facing patio area to the rear, with all other rooms within the property being exceptionally spacious and bright. It also has a good BER rating of B3 making it an energy efficient house which qualifies it for a green mortgage. Located only a few minutes drive from the famous Gearagh nature reserve, C.10 minutes drive to Macroom town and a C.25 minute drive to Cork city. This is a family home opportunity not to be missed. BER: B3 (118128883)

AMV: €600,000



FINAL OFFERS

DERRYREAG, CLONKEEN, KILLARNEY, CO. KERRY, V93H009

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

AMV: €350,000



The Briery Gap launched Autumn/Winter programme *with a touch of Romantic History*

Mrs Kathleen Murphy, New St./Gurteenroe. Macroom, her son J.J. Murphy and Ms Monica Arangorin. The picture was taken on the occasion of The Briery Gap's Launch of its Autumn/Winter programme for '25/'26. Mrs Murphy was a guest.

The Briery Gap was built and re-built on the site of The Palace Cinema which opened in 1953 under the management of Mr Jerry Lucey. The Palace was preceded by the Old Picture House in School Lane (now Barret Place). It showed silent films from c.1911-1932 - John Buckley, Massytown, was the proprietor

and The Castle Cinema, 1932-1954, and it was run by J.J. O'Sullivan. It, in turn, became The Castle Ballroom, Macroom Youth Club and is now part of the V.E.C./C.E.T.B. complex in the Castle Grounds.

Mrs Murphy attended the Castle Cinema in her childhood and was present on the opening night of The Palace Cinema in 1953. She was on a date with Nicky, her then boyfriend, later her future husband and now deceased. She has the ticket to prove it! The film shown was Scaramouche and starred Stewart Grainger.



Mrs Kathleen Murphy, New St./Gurteenroe. Macroom, her son J.J. Murphy and Ms Monica Arangorin.

MACROOM GIRL GUIDES

MacEgan Senior Branch Bronze Gaisce Hike

Four intrepid Senior Branch members set off during their mid-term break to complete their Adventure Journey for the Bronze Gaisce Award. During their previous meetings Ruth, Juliette, Abi and Gráinne had planned their routes, worked out the distances to be travelled each day and decided on their meals. The Guide Hall was to be the venue for their overnight stay. Different jobs were distributed between all four from shopping, cooking, tidying up the hall etc. Map reading and route checking during the hike was taken in turns. Their starting point for the route was to join the Gougane Barra Way near the village of Inchigeelagh. Meeting a river crossing that had been blocked off, it was time to re-adjust their plans and with a little assistance from the Leaders they were soon back on track. Along the route they were adopted by a corgi who the girls named Fred. It took quite a while to persuade him to go home! Stopping for lunch near Dromey's Bar, the rain became quite heavy. Mrs Dromey saw the hikers and invited them into her small room to warm up and have their lunch. They used this

time to check their maps for the rest of that day's hike. Thank you so much Mrs Dromey for your kindness.

skills at the Gearagh they had an interesting walk across to the Macroom side. Then it was time to head for the Guide Hall where the cooked dinner and had activities until bedtime. Following a cooked breakfast courtesy of Gráinne's amazing culinary skills, they headed off on Day 2. This was a much sunnier day and they headed northwards toward Rusheen, Bealnamorive and on toward Mullinhassig. The hike ended at Rockgrove where welcome cups of hot chocolate were produced by Ruth's mother-Thank you Trish! Four tired but very happy Senior Branchers headed for home having completed their Bronze Gaisce hike. A huge thank you to Lorna for supervising the hike.

South West Regional Conference

On Saturday the 8th of November, members of MacEgan Senior Branch and leaders of Macroom Guides attended the South West Regional Conference in Muckcross Park Hotel, Killarney. Senior Branchers spent their morning session discussing meeting planning, Gaisce and regional events led by MacEgan Ranger, Dara Russell. The girls then learnt about Risk

Assessment and precautions which should be taken to ensure safety during Guiding events. Their evening session was led by founder of The HR Suite, Caroline Reidy. Caroline gave the girls such an informative and inspiring talk about following their dreams, the art of asking the right questions and believing in themselves. Congratulations to leaders, Sharon O'Connell & Rosaleen Henry who ran training sessions for Brownie Leaders. Ladybird leader, Emma Relihan was also recognised for 5 years service as a leader. Congratulations Emma!

All of us at Macroom Guides would like to say congratulations and thank you to Mary H. O'Connor, alumni of Macroom Guides & now South West Regional Commissioner, for planning and hosting this wonderful event. We must also recognise President Deirdre Henley, for all her diligent, hard work behind the scenes running this event.

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



Rangers on their Bronze Gaisce Hike



Rangers pictured with the inspirational Caroline Reidy



Katie Cronin pictured with Avril Ryan & Deirdre Henley



Emily, Rachel & Katie helping at registration



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CELEBRATING SUCCESS AT CORK COLLEGE OF FET, MACROOM CENTRE:

Graduation Ceremony

Cork College of FET, Macroom Centre held their annual graduation ceremony on Thursday October 16th honouring the achievements of its Further Education graduates of 2024/25.

Learners were recognised for their accomplishments across a diverse range of QQI Level 5 courses, including Business, Nursing, Healthcare Support, Retail Studies, and Health Administration (Medical Secretary).

Now in its fourth year under the Cork College of FET, Macroom Centre name, the centre continues to expand opportunities for local learners. We are delighted to be running courses in conjunction with Morrison's Island Campus so that learners can now avail of the same courses in their own community. There is no need to travel for their studies as we have the same quality assured courses on their doorstep. The Macroom Centre is under the stewardship of Ms. Helen Ryan, Principal of Morrison's Island Campus, with Ms. Bernie Angland as the local Centre Co-Ordinator in Macroom. Some highlights of the graduation ceremony were some keynote addresses by Mayor Michael Looney, and local businessman and manager of Cork Marts – Mr. Jerh O'Sullivan. Michael acknowledged the

benefits of having a local educational facility that enables local student to continue their QQI studies at Level 5. He also commented on the high value of education and how it contributes to achieving life and career goals.

Mr. O'Sullivan (who himself was a graduate of Cork College of Commerce), highlighted the importance of having a Further Education College at our doorstep and it is a magnificent asset to have in Macroom and the greater Lee Valley area. Mr. O'Sullivan informed all present how he has 1 of our graduates working with him in the roles of Administration and Auctioneering with Cork Marts. Mr. O'Sullivan further acknowledged how beneficial it is as an employer to be able source employees who have received their qualifications locally.

Helen Ryan, Principal of Cork College of FET Morrison's Island Campus congratulated the graduates on their accomplishments and acknowledged all their families for supporting them on their return to education. Ms. Ryan was thrilled to give awards to our first every graduates of our new Tertiary Nursing Degree course. This is a fantastic opportunity for Macroom as this

course is a guaranteed route to a Level 8 Bachelor of Science (Honours) degree in both Mental Health and in General Nursing at MTU Tralee.

A significant number of this year's graduates have already progressed to third-level education, thanks to their outstanding results in our QQI programmes. It is fantastic to see so many learners succeeded in progressing to third level, progressions included: UCC Nursing (General) BSc degree programme and Nursing (Children's and Integrated) BSc degree in UCC. UCC – Criminology, BIS, Digital Marketing, Youth & Community studies and BComm. MTU – BIS, Business & Technology, Visual Communications and NTO Nursing. These achievements underscore the exceptional opportunities available through the Macroom Nursing Studies and Business Studies Programmes.

Our reputable centre offers exceptional opportunities for those pursuing further education in the community.

For more information visit:

<https://morrisonislandcampus.ie/macroom-centre/>



Recent Awards night in Macroom FET bowl road



Emily Barrett & Family



Grace O'Riordan & family



Mary Fitzgerald



Fáilte mór roimh muintir Muscraí go Teach Leighan.
Local TD Aindrias Moynihan welcomed neighbours from Baile Mhuirne Active Retirement to Leinster House recently



Jamie Kierans from Cloughdub, Co. Cork, Master of Arts in Music graduate (First Class Honours), captured mid-jump on the street in a joyful celebration. Pictured at the Munster Technological University (MTU) Autumn 2025 Conferring Ceremony, held at the MTU Cork School of Music. Photography: Joleen Cronin



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MCEGAN COLLEGE



As part of their investigations into enterprise McEgan College had a field trip to Leahy's Open Farm Middleton.



McEgan U 19 Boys Soccer Team: Scott Forde, Conor Lynch, Diarmuid O'Driscoll, Paul Dineen, Filip Pilarski, Tamer Alloush, Noe Kollar, Tui Shubart, Diamond Salami, Mario Serrano, Cian O'Donovan, Subs: Kristian Cermak, Jack Fitzgerald, Ibrahim Ayanda, Davit Kiknadze, Teteh Oluwafeyisomi.

Sport: Soccer U19 boys displayed an excellent performance on Tuesday 4th November in their 2-1 victory over Scoil Mhuire Kanturk in the first round of the John Murphy Cup. McEgan had the majority of the possession in the 1st half showcasing some fantastic interlinking play between our midfield duo of Noe Kollar and Tamer Alloush and forward line of Mario Serrano, Diamond Salami and Cian O'Donovan. McEgan took the lead in the 25th min when Scoil Mhuire's keeper parried a shot directly into the path of an onrushing Noe Kollar who made no mistake in burying his shot past the keeper. McEgan's defence stood tall, keeping out a determined opposition side with some outstanding saves from keeper Scott Forde. Eventually, in the 40th min, a high ball over the McEgan defence left SMK with a one and one opportunity and equalled the scoring despite a heroic effort from Conor Lynch to try and clear the ball off the goal line. Half time 1-1. In the 2nd half, McEgan continued to dominate possession and had some brilliant opportunities to take the lead. Finally, in the 70th min, Mario Serrano, cut in from the left wing, taking on 3 SMK defenders before teeing up Cian O'Donovan, who's shot was parried back into the path of Mario, who buried the ball past the SMK keeper. The defence and midfield kept it tight for the remainder of the game and came very close to adding a 3rd goal on the counterattack through Diamond Salami who could not find the bottom corner. Full time score McEgan College 2-1 Scoil Mhuire Kanturk. There were some outstanding performances from every player

on the pitch who gave their all and came away with a well-deserved win. The boys will face St. Patrick's Castleisland in the next round. Man of the match: Noe Kollar

Basketball: McEgan College Progress to Quarter Finals Despite Defeat in final group game. McEgan College's U16 girls lost 33-9 to Mount St. Michael in their final group game. Mount St. Michael started strong with accurate shooting and tight defence. McEgan fought hard and never gave up despite the scoreline. Their teamwork and determination shone through in the final quarter. While the defeat was disappointing earlier wins secured McEgan's place in the quarter finals. The players showed great spirit and improvement throughout the game. The team will now focus on preparing for the next round. Their qualification marks a proud moment for the school. MC Egan look forward to continuing their tournament journey.

Local Bodybuilder: Ryan Coleman, McEgan College LCA student went into his first bodybuilding show in Mallow last weekend. Although he was up against competitors with much greater experience, he came home with a silver and bronze medal. Well done Ryan.

Learning on site at Leahy's Farm enterprise: 'Sixth Year LCVF students recently enjoyed a very informative and enjoyable trip to Leahy's Open Farm in Dungourney, Middleton. The group took part in a chocolate-making workshop and learned about the history and production of chocolate before taking a guided tour of the farm. They also attended an engaging talk by

Theresa Leahy, owner of the farm, who spoke about enterprise and the world of work. Students listened attentively and asked thoughtful questions as part of their LCVF summary report investigation. They were accompanied by their LCVF teachers, Ms Aoife Galvin and Ms Catherine Barr. It was a thoroughly enjoyable experience for all involved!

Enterprise Students learning Sixth Year LCVF students recently enjoyed a very informative and enjoyable trip to Leahy's Open Farm in Dungourney, Middleton. The group took part in a chocolate-making workshop and learned about the history and production of chocolate before taking a guided tour of the farm. They also attended an engaging talk by Theresa Leahy, owner of the farm, who spoke about enterprise and the world of work. Students listened attentively and asked thoughtful questions as part of their LCVF summary report investigation. They were accompanied by their LCVF teachers, Ms Aoife Galvin and Ms Catherine Barr.

Boots & Business in the Community Programme: A huge thank you to Lisa from Boots and Kirsten from Business in the Community for leading today's Introductory Session! All our 2nd Year students are taking part in this fantastic programme, which continues throughout the school year with exciting activities — including a Site Visit to the Boots Flagship Store in Cork and 'A Day in the Life' experience meeting Boots employees. This year is extra special as we celebrate 10 years of partnership between McEgan College, Boots, and Business in the Community!



McEgan College 5th Yr LCVF students with the cheque for €496.15 which they raised on Oct 24th through a Halloween Costume competition for the UNICEF Gaza fund.



Image above: McEgan College 6th Years LCVF students learning about Chocolate making and decoration.
Image left: Ryan Coleman bodybuilding medal winner



For the month of November McEgan college remembers our loved ones who have died. Each student has created a special leaf to honour the people who brought joy and love into their lives. We are especially thinking of our beautiful Lauren O'Brien and Ms. Susan Dineen who are no longer with us.

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IFI CORK ON CAMERA
SAT 15 NOV 2025
12PM

CINEMA



CORK INTERNATIONAL FILM FESTIVAL @ BRIERY GAP
IT WAS JUST AN ACCIDENT
SAT 15 NOV 2025
2PM

LIVE MUSIC



BREEN | RYNNE | MURRAY WITH
SPECIAL GUEST NELL NÍ CHRÓINÍN
SAT 15 NOV 2025
8PM

CINEMA



ONE FLEW OVER THE CUCKOO'S NEST
MON 17 NOV | WED 19 NOV 2025
8PM

MUSICAL



THAT'S SO FETCH
ST. MARY'S TRANSITION YEAR SHOW
TUE 25 NOV | WED 26 NOV | THU 27 NOV
7:30PM

LIVE MUSIC



SEÁN KEANE
FRI 05 DEC 2025
8PM

LIVE MUSIC



KAREN UNDERWOOD
THE MUSIC OF NINA SIMONE
SAT 06 DEC 2025
8PM

CONCERT ON FILM



ANDRÉ RIEU'S 2025 CONCERT
MERRY CHRISTMAS
SUN 07 DEC 2025
7:30PM

CHRISTMAS PANTO



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12-14 DEC | 19-21 DEC 2025
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DE LA SALLE College Macroom



DLS 1st year footballers at their blitz in Tom Creedon Park.



TY Geography students with their new footballs.

TY Halloween Newsletter October 2025

The TY Halloween Newsletter, crafted by our talented TY journalists, is a spooky and entertaining Halloween edition packed with creativity and humour. From the chillingly relatable "Horror of a Double Maths Class" to the hilarious agony-aunt column "Dear Ghost Therapist," the students captured the spirit of the season perfectly. Filled with clever writing, eerie artwork, and witty takes on school life, this edition showcases their imagination and teamwork. It's a credit to their effort, humour, and growing journalistic flair — a frightfully good read from start to finish! It is available on the school website to view.

Exploring Future Pathways

Over the past week, our senior students gained valuable insights into a range of exciting career and study opportunities. Don McCarthy, Apprenticeship Advisor with Cork College of FET, delivered an informative presentation to our Leaving Cert students on the many apprenticeship routes available across different industries.

Our 5th Year and Leaving Cert groups also enjoyed talks from Seamus O'Leary and Valerie O'Connell, who spoke about Tertiary Degrees and the Life Sciences Centre at Cork College of Further Education. Their presentations opened students' eyes to the wealth of career possibilities in the Manufacturing, Pharmaceutical, and Biopharmaceutical sectors.

Student Spotlight: Jack Martin & Tiarnan O'Donoghue – The Hub

Last week, Jack and Tiarnan brought Halloween spirit to The Hub with their fantastic Halloween Fact File, an engaging piece that explored eerie traditions and revealed why the holiday is such a huge celebration in America. Their articles blended fun facts, history, and humour, keeping readers entertained while learning something new. The lads demonstrated great teamwork, research skills, and creativity in putting the articles together — a brilliant example of student journalism in action. Well done, Jack and Tiarnan, for producing such a clever and entertaining feature that added a spooky spark to the TY Halloween Newsletter. New Footballs for the School!

A huge well done to our Transition Year Geography students who successfully launched the Return Deposit Scheme in partnership with the Student Council and Autism Hub. This fantastic initiative encourages recycling and sustainability while giving back to the school community. After the group's first successful collection for Pieta House, they raised an additional €105 in the two weeks before midterm — enough to fund eight brand-new footballs for school use! This project highlights the power of teamwork, environmental awareness, and student leadership. A brilliant effort by all involved!

Macroom: A Small Town with a Big Heart

Our TY Journalism students took to the streets of Macroom this week to ask locals what makes our town so special — and their answers painted a wonderful picture of community spirit! When asked to describe Macroom in one word, the top responses were:

- Friendly – 45% • Vibrant – 30% • Expanding – 25%
- Students also explored why locals believe it's important to shop local, and here's what they found:
- 40% said it supports local jobs and families
- 30% mentioned that local shops give better service
- 20% highlighted the sense of community and connection

10% said it helps keep the town alive and thriving. With the new bypass and a growing population, Macroom may be changing — but it's still full of heart, character, and the neighbourly warmth that makes it truly unique.

Díospóireacht Ghael-Linn – Maith sibh, a bhuachaillí!

Ghlac Cathal Neville, Alex Brophy agus Sam Leavy Kelleher páirt i ndíospóireacht Ghael-Linn ar líne in aghaidh Catholic University School, BAC an tseachtain seo. Is é an rún a bhí á phlé acu ná "Ba cheart deireadh a chur leis na Debs." Bhí ár bhfoireann i gcoinne an rúin, agus is fíor a rá gur díospóireacht bheomhar, ghreannmhar agus ghéar intinne a bhí ann idir an dá fhoireann! Comhghairdeas le Cathal, Alex agus Sam as a gcuid ullmhúcháin, misnigh, agus líofacht iontach sa Ghaeilge — ionadaíocht den scoth ar son ár scoile!

Many Cultures, One Community, One La Salle!

Our Junior Cycle students have been celebrating the

incredible diversity within our school community! Each class created posters highlighting the many cultures that make La Salle such a welcoming and vibrant place to learn. A huge well done to all involved — it's wonderful to see our students recognising and celebrating what makes us unique, yet united.

Mr. Shane Ryan – A True All-Star On and Off the Field!

All at DLS are immensely proud of our colleague Mr. Shane Ryan, who has been honoured with his second GAA All-Star Award. This remarkable achievement is a testament to Shane's dedication, discipline, and passion — both in sport and in education — which have made him an outstanding role model for our students and a hugely admired member of staff. On the field, Shane's leadership, consistency, and composure embody the very best of Gaelic games. In the classroom, he brings that same energy and drive, inspiring those around him through his humility, kindness, and quiet determination. We are incredibly proud to have someone of Shane's calibre representing both our school and our community — a two-time All-Star and a true inspiration on and off the field.

TY Life-Saving Skills

Our Transition Year students took part in a fantastic CPR and AED workshop with Eric from Rapid Response CPR Training. The session was both engaging and practical, giving students the opportunity to learn essential, hands-on life-saving skills that could one day make all the difference in an emergency.

Growing Our Future at DLS

We're delighted to share that De La Salle has been selected for this year's Coill na nÓg campaign, in partnership with eFlow and Cork County Council! Out of nearly 800 entries, our school will receive a tree planting kit to create a mini woodland or hedgerow right here on school grounds — promoting environmental awareness, sustainability, and community growth. A huge thank you to Mr. Long for entering on our behalf and helping make this happen!

Sport Highlights:

DLS Senior Footballers vs ISK (Challenge Game)

Our senior footballers faced ISK in a thrilling challenge match that showcased teamwork, determination,



DLS U17 footballers in Paric Ui Chaoimh.



DLS TY students at their First Aid course.



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Is It Safe to Crack Your Own Back?



by Dr. Ben Martin
Optimal Chiropractic, Ballincollig

We've all done it. You're sitting at your desk, feeling stiff, and you twist your spine until you hear that satisfying pop. Instant relief - but is it actually safe?

This is one of the most common questions chiropractors get. And the answer is: **sometimes.**

There's a big difference between your spine naturally releasing during movement and forcing your joints to crack in ways they weren't designed to.

Here's what you need to know about when it's harmless and when it's time to see a professional.

What's Actually Happening When Your Back Cracks?
That cracking sound isn't your bones grinding. It's called cavitation - the release of gas bubbles inside your joints. This happens when pressure changes as you move, stretch, or rotate your spine.

When it occurs naturally during gentle movement, stretching, or yoga, it's usually nothing to worry about.

When Does It Become Risky?
Problems arise when you force a crack - twisting hard over a chair, pulling your neck, or having someone stand on your back. (yes, I've heard people do this!) While these methods may give temporary relief, they can overstretch ligaments, irritate tissues, and even destabilise your spine, making pain worse over time.

Why Do You Always Feel the Need to Crack Your Back?
If you constantly feel like you "need to pop" your back, that's a red flag. Often, it means there's an underlying joint restriction or muscle imbalance. DIY cracking might help in the moment but won't fix the root problem - so the stiffness keeps coming back.

What Chiropractors Do Differently
Chiropractic adjustments are precise and controlled, targeting the exact joint that's restricted.

This relieves pressure, restores motion, reduces inflammation, and helps break the cycle of stiffness and pain.

The Bottom Line
If your back cracks naturally while moving, it's usually harmless. But if you're forcing it, or constantly feel the urge to, it's time to get checked.

Be gentle with your spine - you only get one.



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and skill from start to finish. The game ended in a tightly contested draw, DLS 5-7 to ISK 2-16, with both sides displaying great intensity and fighting spirit throughout.

It was a fantastic opportunity for the lads to test themselves and continue building momentum for the season ahead. Well done to all players and mentors involved for their effort and commitment!

Victory for our U17 footballers!

Massive congratulations to our U17 football team who came out on top in a thrilling encounter against CSN!

Final Score: De La Salle 1-13 CSN 3-5

What a performance from the lads who pulled off a sensational comeback to defeat CSN and book their place in the Munster semi-final! Every line of the field played their part — from the rock-solid defence and fearless goalkeeping, to the tireless midfield duo and clinical forwards who refused to give up when the game looked out of reach. With 20 minutes left, the lads found themselves five points down, but they showed real heart, grit, and determination to turn it around. Special mention to Ultan O Tuama, Donagh Moss, Shane Dromey, Dylan O Shea, Tom McCullagh, and Ryan Brophy, who all delivered standout performances. A crucial goal from Tom McCullagh reignited the DLS fightback, and when Dylan O Shea slotted over the

final point, the roar from the sideline said it all — they'd done it!

From back to front, it was a true panel effort, and the lads can hold their heads high.

On to the Munster semi — DLS abú!

First Year Football Challenge Match

Our First Years took to the field in Tom Creedon Park for a fantastic challenge match against Skibbereen. Both games were played with great energy, teamwork, and sportsmanship from start to finish.

Game 1: DLS 2-4, Skibbereen 8-7

Game 2: DLS 3-7, Skibbereen 4-5

It was a brilliant morning of football, with plenty of standout performances and determination shown across the panel. The lads continue to make great progress and are building confidence with every game — well done to all involved!

Student Spotlight – Athletics

Tiarnan O'Donoghue is at it again! A massive congratulations to Tiarnan and the Togher Athletics Club team who took gold in the U19 Boys category at the Munster Athletics Senior, Under 19 & Juvenile Uneven-Age Cross-Country Championships 2025 in Two-Mile-Borris, Co. Tipperary. We're so proud of Tiarnan's hard work and dedication!



DLS TY journalist Conrad Melia putting in the hard work for the TY Newsletter.

TY journalist student Oliver Lyons Thommen taking a well-earned break



DLS TY Journalists down town interviewing locals



5th Year Irish Debating Team- Alex Brophy, Sam Leavy Kelleher and Cathal Neville



DLS student Jack Martin and his fantastic Halloween article.



DLS TY Journalists

NUAIGHT Ó CHOLÁISTE GHOBNATAN

COMHGHAIRDEAS

Tréaslaímid le baill d'fhoireann Naomh Abán na mBan a bhuaigh Craobh Idirmhéanach na Mumhan le déanaí. Comhghairdeas le baill d'fhoireann Naomh Abán na mBuachaillí a bhuaigh Craobh an Chontae fé 16. Déirigh go hiontach le muintir Mhúscraí ag an Oireachtas. Comhghairdeas le Seán Ó Súilleabháin agus Finín Ó Conaill a bhuaigh comórtas lúibíní 14-17. Fuair Finín Ó Conaill an dara háit i gcomórtas próis faoi 18, an dara háit i gcomórtas amhránaíocht ar an sean-nós 16 -17 mbliana d'aois agus an dara háit i gcomórtas damhsa ar an sean-nós.

BABHLÁIL BHÓTHAIR

Bhuaigh Darcy Ní Bhriain, Nicole de Buitiméir agus Orla Ní Mhurchú comórtas sinsearach na gcailíní. Fuair Brian Ó Céilleachair, Keelan Ó Críodáin agus Seán Ó Liatháin an dara háit i gcomórtas sóisearach na mbuachaillí. Ba mhaith linn ár mbuiochas a ghabháil

lena dtuismitheoirí a thaistil leo.

PEIL NA GCAILÍNÍ

le Claire Ní Aodha

Bhí bua iontach ag na cailíní sinsearach na aghaidh Coláiste Treasa, Ceann Tuirc le déanaí. D'imir na cailíní go hiontach - Dhein Matilda Ní Luanaigh sábháil iontach ar chic pionóis. Míle buiochas le hIníon Ní Shuilleabháin agus Iníon Ní Bhuachalla.

DEONTAS Ó CHOIMISIÚN UM IOMAÍOCHT AGUS COSAINT TOMHALTOIRÍ

Tá an scoil tar éis deontas de €1000 a fháil ó Choimisiún um Iomaíocht agus Cosaint Tomhaltóirí chun litearthacht airgeadais a fhorbairt sa scoil. Míle buiochas do Bhean Uí Bhuachalla a chuir isteach an t-iarraidas.

TATHÍ OIBRE

Faoi láthair tá muintir na hidirbhliana ar thaithí oibre. Is deis iontach é dóibh foghlaim faoi shaol na hoibre. Ba

mhaith linn buíochas a ghabháil leis na fostóirí go léir a thugann na deiseanna dóibh. Míle buíochas le Iníon Ní Chonchubhair agus Iníon Ní Chonchúir as an obair ar fad a dhéanann sí chun an taithí oibre a eagrú.

GLUAIS

- babhláil bhóthair – road bowling
- Coimisiún um Iomaíocht agus Cosaint Tomhaltóirí – Competition and Consumer Protection Commission

DÁTA DON DIALANN:

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Bhuaigh na cailíní sinsearach na aghaidh Coláiste Treasa, Ceann Tuirc le déanaí.



Ghlac Eimear Ní Chiardha, Saoirse Ní Dhulchaointigh, Eibhlín Ní Bhriain, Traolach Ó Riordáin, Seán Ó Tuama agus Naomi Ní Scanaill páirt i gcomórtas Maggie Gough mar chuid de Sheachtain Mata.



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ST MARY'S NEWS



LC Geography field trip to Killarney National Park

LC Geography Field Trip

6th year Geography students completed their field work in the Killarney National Park recently. We were incredibly lucky with the weather as the sun shone down on the Owengarriff River and made for a wonderful day of exploring our river system. The girls were investigating the geomorphic process of erosion in the river and its role in creating a V-Shaped Valley. The girls worked incredibly well in their groups, showcasing their ability to work as a team to complete the activities in a timely and efficient manner. They completed activities such as measuring the width, depth and velocity of the river. They created a profile of the river banks and channel and analysed rock size and shape during the day. All these activities will help them write up their Geographical Investigation for their Leaving Certificate Geography project. Many thanks to Mr O Connor for accompanying their teacher Ms Hickey today to help with the activities.

LCVP Visit

Thanks very much to Derry Casey Managing Director of South Coast Sales for visiting our 5th year LCVP class today. He participated in a very informative Q&A session where he gave a fascinating insight into how the family business has evolved and grown over 35 years. They provide a range of plumbing products to hardware stores all over Ireland and employ up to 40

people.

1st year party

"Our first years had a halloween party in school on Friday the 24th of October to kick off their midterm. They took part in a pumpkin carving competition which was judged by their buddies, and finished off the day with some karaoke and a few sweets. Thank you to Ms Collins and the Buddies for this fun afternoon." Katelyn Cronin & Liadan O'Regan, TY Promo Team

Sports Updates: U16 and U19 Basketball

Our U19 and U16 teams played against St Brogan's College for two league games recently. Our U16s had a hard-fought battle against them. They were unsuccessful on this day, but we have never seen them play a more competitive and composed game. The U19 game had us on the edge of our seats for all four quarters. Going into the 3rd quarter it was basket for basket, until we finally clenched the victory in quarter four, pulling away with a four point win. A super display of strength and resilience by the girls. We also faced off against Colaiste Na Toirbhirte. Our U16 team came back fighting after the loss the previous day. In another well matched game, they used all they had learned from the previous game to come away with the win. Our U19s had a tougher challenge on the day. Despite their best efforts they weren't able to overcome their opponents. Their relentless



Avril came 6th in a recent equestrian outing

effort is both admirable and a clear reflection of their determination. Both teams have made it out of the league stages and will continue their season into the Cork B Regional Quarter Finals over the coming weeks. Huge thank you to all of our basketball trainers for all they do for basketball in St Mary's.

Equestrian

Well done to Mia Noonan who competed in the 1m class and to Kayla Casey and Ella Lucey, who both competed in the 80cm class at Scelig Equestrian Centre. A special congratulations to Avril Casey, who placed 6th in the 80cm class. All of our riders represented St Mary's brilliantly!

Senior Camogie

Hard luck to our Senior camogie team who fought a hard battle recently & played their hearts out in tough conditions. They did St Mary's proud as always!

TY Update: TY Show

"Our TYs have been working very hard on their upcoming TY show, 'That's So Fetch!' based off the movie 'Mean Girls' which will take place in the Briary Gap on the 25th, 26th, and 27th of November. Casting has been done, everyone has been working very hard on learning lines, set design, singing, and instrumentals and it's sure to be a great show so make sure to keep an eye out for tickets in the coming days!" Katelyn Cronin & Liadan O'Regan, TY Promo Team



St Mary's U19 basketballers had great success lately! Mrs Lehane as Gargamel.



St Mary's LCVP visit from South Coast Sales

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Newmarket Motors Powers Ahead with XPENG and Mercedes-Benz Vans

Newmarket Motors is entering a new chapter with the arrival of XPENG, a next-generation electric vehicle brand that has quickly gained recognition across Europe and is now establishing a presence in Ireland.

As the first XPENG dealer outside Dublin, the North Cork dealership is introducing the brand's flagship model, the G6 Coupé SUV, to local motorists. Fully electric and equipped with advanced driver-assist systems, the G6 combines sleek design with strong performance credentials. It has also been shortlisted for Irish Car of the Year 2026, in association with Continental Tyres — a notable milestone in a year where electric vehicles make up the majority of contenders, reflecting Ireland's accelerating shift toward sustainable transport.



Newmarket Motors Cork have been appointed as the first XPENG dealer outside of Dublin by MDL Motor Group, one of Ireland's most established motor distributors. Introduced to Ireland earlier this year, XPENG is a global leader in smart electric vehicles powered by cutting-edge technology and innovation. Left to right: Newmarket Motors' Dominic O'Riordan, Service Manager; Cathal Browne, Director; Denis Scully, Sales Manager and Bernard Dennehy, General Manager with the XPENG G6.

Among this competitive field, the G6 stands out for its innovation, range, and value. Now available from €38,950, the G6 offers a compelling entry point into premium electric driving.

To mark the launch, Newmarket Motors will host an Electric Vehicles Information Night on Thursday, November 27th. The event will give attendees the opportunity to explore the G6 and other electric models, speak with the dealership team, and gain insights into the latest EV technologies. Derek Reilly (Founder Nevo EV Review, Ireland's #1 EV YouTube Channel and organiser of Ireland's largest ever motor show) will also be present to provide expert guidance and insights for both new and experienced EV drivers. The evening promises a closer look at the innovations behind modern electric vehicles — and what they

mean for drivers in Ireland.

XPENG joins an established lineup at Newmarket Motors, which includes Volkswagen passenger and commercial vehicles. The dealership has also recently expanded into the light commercial segment with the addition of Mercedes-Benz vans, including the Sprinter, Vito, and Citan — strengthening its support for local businesses and fleet operators.

Dealer Principal Annette Browne said the new partnerships reflect the dealership's long-standing commitment to innovation and customer choice.

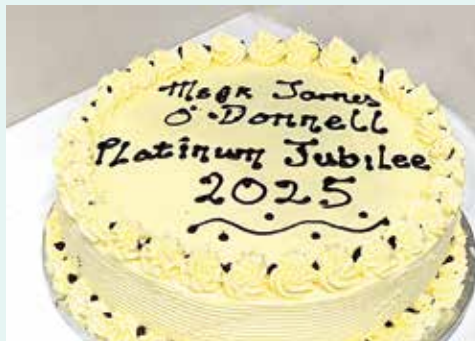
With a reputation built over decades and a focus on future-ready motoring, Newmarket Motors continues to evolve — offering a broader range of vehicles and technologies to meet the changing needs of Irish drivers.



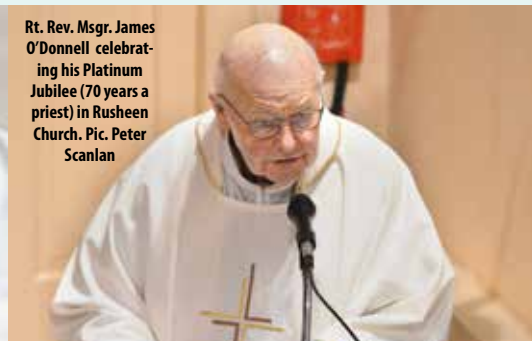
Newmarket Motors and Mercedes-Benz Light Commercial Vehicles celebrate their new partnership, which will provide Cork, Kerry and Limerick tradesmen and businesses with access to outstanding commercial vehicles backed by trusted local support and servicing. From left to right: Fergus Conheady - Sales Manager Mercedes-Benz Commercial Vehicles, Dave Smith - Service Manager at Mercedes-Benz Commercial Vehicles, Paddy Finnegan - Chief Executive Officer at Motor Distributors Ltd, Annette Browne - Dealer Principal Newmarket Motors, Bernard Dennehy - General Manager Newmarket Motors, Denis Scully - Sales Manager Newmarket Motors

Seventy years of faith and service: Monsignor James O' Donnell honoured in Aghinagh

On Saturday, November 8th there was great excitement in the parish of Aghinagh as we celebrated the platinum jubilee of Monsignor James O'Donnell. Monsignor James and Fr Joe concelebrated a beautiful Mass in St John the Baptist Church in Rusheen with beautiful words, singing and prayer. Mass was followed by refreshments in Aghinagh GAA Hall, with Monsignor cutting a lovely cake to celebrate his wonderful achievement of 70 years in the priesthood. It was a joyous and sociable evening that was enjoyed by all.



Rt. Rev. Msgr. James O'Donnell celebrating his Platinum Jubilee (70 years a priest) in Rusheen Church. Pic. Peter Scanlan



Rt. Rev. Msgr. James O'Donnell and Gracie, 94 years of an age difference. Pic. Peter Scanlan



Noelle Sheehan and Siobhan Twomey. Pic. Peter Scanlan



Margaret O'Riordan, Karen Dineen, and Jill Kelleher. Pic. Peter Scanlan



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Spooktacular Fun at Macroom Credit Union's Inaugural Halloween Event in Coachford!



Macroom Credit Union's Coachford branch was alive with excitement on Halloween evening, Friday, October 31st, as families from across the area came together for a night of spooky fun, laughter, and community spirit.

The inaugural Halloween event proved a huge success, with a fantastic turnout of local families and children, all eager to join in the festivities. Little witches, ghosts, and superheroes filled the branch, exploring the "corridors of fun", meeting friendly spooky characters, and enjoying plenty of treats along the way. The evening was filled with laughter, photo opportunities, and a wonderful sense of community, as the photos show, great fun was had by all!

This special event was hosted by Macroom Credit Union to celebrate the new all-day Friday opening hours at its Coachford branch, making it easier and more convenient for members to access financial services at the end of the week.

The Coachford premises have also undergone a significant refurbishment, giving the branch a fresh, modern look while maintaining the warm, personal service that members value. The investment is a clear reflection of Macroom Credit Union's long-term commitment to the people of Coachford.

"We were delighted to see such a great turnout for our first-ever Halloween event in Coachford," said Seamus Hogan, CEO of Macroom Credit Union. "It was wonderful to welcome so many families into

the branch and to celebrate our new Friday opening hours together. We're proud to be part of this community and hope the people of Coachford will continue to support their local credit union."

Macroom Credit Union encourages everyone in the Coachford area to make use of the local branch, and if you're not already a member, to consider joining. By becoming a member, you're not just opening an account; you're helping to make the Credit Union a cornerstone of village life.

For more information about Macroom Credit Union, its services, or how to join, visit www.macroomcu.ie or call into the Coachford branch.

DROMLEIGH NS



Dromleigh N.S. students participating in a 'Global Citizenship' workshop hosted by Self Help Africa recently.

Students from Dromleigh N.S. are delighted to have been awarded a BLAST Creativity & Arts in Education Residency for this school year.

The school has been paired with sculptor Mr Seamus O'Sullivan to work with staff and students throughout the year. Keep an eye out for our creations by visiting our Facebook page 'Dromleigh N.S. Kilmichael'.

Thank you to Arran and Claudio, Development Education Officers for Self Help Africa, for visiting our senior pupils on October 22nd. They led an interactive

workshop exploring the UN Global Goals as part of our Green Schools work on Global Citizenship.

Dromleigh N.S. is now taking applications for enrolment for the 2026-2027 school year. Contact 026-46212 or office@dromleighns.ie for application forms. Forms can also be found on our Website www.dromleighns.ie/enrolment/

Pre-school and after-school services information can be found by contacting brightbeginningskilmichael@gmail.com

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Celebrating Innovation, Community, And Enterprise at the 2025 IRD Duhallo Business Awards

The James O'Keeffe Institute in Newmarket was buzzing with excitement on Thursday October 30th, 2025, as over 175 guests gathered for one of the most anticipated events on the local business calendar — the Duhallo Business Awards. Now in their 11th year, the awards, hosted by IRD Duhallo, continue to shine a spotlight on the innovation, resilience, and community spirit that define the Duhallo business landscape.

The tone for the evening was set by Master of Ceremonies Alan Shortt, whose warm wit and regional connection (having grown up in Millstreet) brought the crowd together as the event got under way. Guests enjoyed fine fare courtesy of Duhallo Community Food Services (DCFS) — a social enterprise now providing thousands of meals each week and a proud contributor to local jobs and infrastructure.

Opening the ceremony, newly appointed Chairperson of IRD Duhallo, Anne Maria Bourke delivered a stirring address that blended reflection and challenge and her words struck a chord, underscoring the crucial role of upskilling and reskilling in a rapidly shifting business environment. She spoke about the importance of unlocking the €1.5 billion National Training Fund and ensuring digital readiness and sustainability as key enablers of competitiveness for SMEs in the rural region. She also emphasised the importance of a fully-funded next programme for LEADER and highlighted the ongoing challenge of childcare provision as part of the ecosystem that supports business growth.

A highlight of the night was the recognition of The Castle Hotel, Macroom, winner of both Best Food Business and the overall IRD Duhallo Business of the Year 2025. Established in 1951, The Castle Hotel

Macroom is a third-generation family-run business that has been at the heart of the local community for over 70 years. Founded by Dan and Maureen Buckley, the hotel began as a modest ten-bedroom establishment and has since grown into a 56-bedroom, four-star hotel renowned for its hospitality, warmth, and tradition. Today, under the continued stewardship of the Dan, Maureen and their son Rory, the Castle Hotel combines old-world charm with modern sophistication, offering guests an experience that is both authentically Irish and deeply personal.

Its facilities include Dan Buckley's Bar, the award-winning B's Restaurant, and the continental-style Next Door Café, each offering the finest in local produce and culinary excellence. The Health and Leisure Club, with its swimming pool, steam room, bubble pool, and gym, serves over 1,000 members and provides vital access for local schools and special needs units for swimming instruction.

Sustainability is central to its operations. Recent initiatives include the installation of 77 solar panels, the removal of plastic water bottles from bedrooms, and the introduction of refill stations and glass alternatives — measures that align with its ethos of environmental responsibility. The Castle Hotel's long-standing emphasis on recycling and green energy places it at the forefront of sustainable tourism in rural Ireland.

Whether welcoming tourists, hosting events, or serving as a social hub for Macroom's residents, the Castle Hotel remains a cornerstone of hospitality in the region. Its enduring success reflects the Buckley family's dedication to service, innovation, and community — a legacy that continues to make

Macroom a destination of choice for visitors from near and far.

The winners of the evening were as follows:

Best Emerging Business: Ivy Aesthetics and Laser Clinic

Best Food Business: The Castle Hotel, Macroom

Best in the Creative Industry: Claddagh Design

Best in the Hair & Beauty Industry: The Beauty Zone and Academy

Best Small Established Business:

Daly's Tractors

Best Large Established Business: Munster Drone Services

Overall Duhallo Business of the Year 2025:

The Castle Hotel, Macroom



Anne Maria Bourke closed the evening paying tribute to the event's judging panel, sponsors and IRD Duhallo's staff team:

"Tonight, we honour the businesses, entrepreneurs and leaders who drive progress in our region — not only through their economic contributions, but through their creativity, resilience and commitment." The 2025 awards reaffirmed that in Duhallo, business is more than commerce: it's a community-built ecosystem of ambition, innovation and local pride. Congratulations to all finalists and winners — may this evening spark further growth, deeper collaboration and continuing success for the region.

CARRIGADROHID/KILLINARDRISH TIDY TOWNS

**Happy 90th Birthday to a
True Canovee
Legend – John B
(John Barry Murphy)**

This October 9th marked a very special milestone for one of Canovee's most cherished sons – John Barry Murphy, or as everyone knows him, John B. Born and raised in the heart of Canovee, John B has spent nine remarkable decades deeply woven into the fabric of his community. Though he spent some time working in the city in his younger years, his heart – and indeed his home – never left Canovee.

A qualified mechanic by trade, John B spent most of his working life as a representative with the agricultural company Lucy & O'Connell's, where he came to know and be known by the rural community far and wide. For many, John was a familiar face far beyond Canovee too – for many, many years he was a well-known bookie at Cork Greyhound Track, where his sharp mind, fair dealings, and good humour made him a favourite among racing regulars.

On his retirement, he joined his brother in taking on a new adventure – opening Barry Murphy's Pub, a place that would become famous across Cork and beyond as a hub of laughter, stories, and the perfect pint. The door was always open, the welcome always warm, and the conversation always flowing. For many, Barry Murphy's wasn't just a pub – it was home ground for friendship and local lore, thanks to John B's good humour and genuine kindness.



Happy 90th Birthday to a True Canovee Legend – John B (John Barry Murphy)

Beyond the bar, John B's lifelong passion has always been Canovee GAA. His dedication, love, and support for the club have been unwavering through the years, earning him the well-deserved title of Lifetime President. His commitment has been the beating heart of the club – a true stalwart, supporter, and guiding hand for generations of players and fans alike. To know John B is to know a man of great wit, wisdom, and warmth – a publican, bookie, brother, uncle, granduncle, and wonderful friend. His stories light up a room, his laugh carries across the bar, and his

generosity of spirit continues to inspire all who have the pleasure of his company.

As John B celebrates his 90th birthday, the entire community of Canovee join together in wishing him continued good health, happiness, and many more years of laughter and love.

Here's to you, John B – a true Canovee legend and a man who has given so much to his place and his people.



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Bhí an chéad teacht le chéile ag Cumann Léirithe Bhéal

Átha'n Ghaorthaidh ar an Satharn an 25ú Deireadh Fomhair le léamh a dhéanamh ar an gceoldráma nua 'An t-Éalú' le Seán Óg Duinnín. Níl ann ach Feabhra agus Márta na bliana seo ó cuireadh 'Gobnait' ar stáitse sa Halla agus san Opera House.

Más suim leat a bheith páirteach ar stáitse - cór nó aisteoireacht, cúl stáitse, ceolfhoireann nó eile, cur do shonraí chuig cumannleirithe@gmail.com
Beidh 'An t-Éalú' ar stáitse i mBéal Átha'n Ghaorthaidh 7,8,9 & 14,15,16 Bealtaine agus sinn ag súil go mór leis!



ST JOSEPHS NATIONAL SCHOOL

During September and October, each class spent time exploring a variety of Local History topics. This provided wonderful opportunities for our pupils to discover fascinating stories and interesting facts about Macroom.

Each class focused on a different aspect of our local heritage, and everyone thoroughly enjoyed their learning!

Our infant classes learned all about Macroom's rich history as a bustling market town. They discovered how regular markets were once held in the town square, providing a vital service to the people of Macroom and the surrounding areas. It's amazing to see that the market still thrives today, creating a lively atmosphere in town every Tuesday. This tied in perfectly with the annual Food Festival, inspiring our infant pupils to host their very own food festival in school in late September — a brilliant event with a fantastic spread of foods to sample. A wonderful day was had by all!

First and Second Class focused on our local church, St. Colman's. They enjoyed comparing old photographs of the church and noting the many changes over the years. Many of the children were baptised here, and they look forward to celebrating their First Holy Communion in this special place in the future.

Third and Fourth Class explored a range of photographs showing Macroom both past and present. They were fascinated by how the town has transformed over time, spotting familiar landmarks and many differences. This engaging lesson sparked great curiosity and lively discussion!

Fifth Class enjoyed a fantastic hedgerow walk in the Castle Grounds with Anne Bradley from the Heritage Council. They even saw and discussed the oldest tree in Macroom—just hours before it sadly fell later that day! Back in class, they have been watching Macroom Town and Country (1993), which has led to plenty of engaging conversations and reflections on the town's past.

Lastly, Sixth Class delved into the history of



**Image top: Fifth Class enjoyed a fantastic hedgerow walk in the Castle Grounds with Anne Bradley from the Heritage Council.
Above: Sixth Class delved into the history of Macroom's hinterland, The Gearagh.**

Macroom's hinterland, The Gearagh. The girls carried out extensive research into the people who once lived there, the development of the area after the dam was built, and the impact of those changes up to the present day. Their dedication paid off when they got to explore The Gearagh in person with the wonderful Anne Bradley — a truly memorable experience!

Without a doubt, we have many budding historians here in St Joseph's and maybe even some future tour guides for Macroom!

Image right: First and Second Class focused on our local church, St. Colman's.





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ANNUAL TRICIA O'ROURKE MEMORIAL WALK

A presentation to Cork ARC for the 2nd annual Tricia O' Rourke (Donoughmore) memorial walk held at Hungry Hill and Glengarriff Nature Park took place on 16 August last. A total of €7,690 was raised which will greatly help the valued work of the organisation. A special thank you to all walkers and to everyone who so generously donated. Pictured at the presentation are I-r Karen Dolman (Cork ARC), Jim Harrington (Bishopstown Walking Club), Fiadh and Ciara O'Rourke, Stephen Teap (CEO Cork ARC), Gerard O'Rourke, Bobby Thornhill (Bishopstown Walking Club). As a follow up to the walk four English Premier League tickets have been donated for an online raffle. An ideal christmas gift for all soccer fans. Link is as follows; <https://www.idonate.ie/raffle/PremierLeagueTicketRaffleinMemoryofTriciaORourke>



The Recent Tidy Towns Adjudicator's Report was the main item on the agenda at our last monthly meeting of the year on Nov 4th. This report was read in detail, the positives and the negatives all being commented on. Chairperson, Brian O Sullivan thanked all the volunteers and especially those that show up every Saturday morning. As we prepare for next year's submission, if any community group or organisations have any projects that they are starting in the next while, please let us know at 087-1434770 so that these can be included. Judging in the Tidy Town's competition each year is under 8 Headings as follows: 1 Community, Planning and Involvement. 2 Streetscape and Public Places. 3 Green Spaces and Landscaping. 4 Nature and Biodiversity in your locality. 5 Sustainability – doing more with less. 6 – Tidiness and Litter Control. 7 Residential Streets and Housing Areas. 8 Approach Roads, Street and Lanes.

The Macroom Tidy Towns Community Biodiversity Action Plan 2026 – 2029 published this week. The CBAP was commissioned with funding obtained the Community Foundation Ireland Biodiversity Fund 2024. The work was completed by Karen Loxton a SECAD Ecologist, in consultation with John Lyons and Joseph Cronin. This 100-page plan is been added to the National Biodiversity Data Centre and to our website. Hard copies will be available in various locations such as from Macroom Library. The BAP Covers the local flora and fauna and recommendations to improve biodiversity in the area. Funding to Implement these recommendations has been applied for under the CFI Biodiversity Fund 2025. On the 29th of November Karen Loxton from SEACD is going to be doing a talk to explore the impact of Climate Change and the importance

of biodiversity to sustain our natural environment in Macroom Library at 1:30pm. A Statement from CFI reads 'Community foundation Ireland is proud to support Macroom Tidy Towns Community Biodiversity Action Plan through our Biodiversity Fund. Local action is at the heart of protecting and restoring nature, and this plan is a wonderful example of how communities can come together, drew on local expertise, and take practical steps to safeguard biodiversity for future generations. By empowering communities like Macroom to lead this vital work, we are helping to build a more sustainable climate-resilient and also achieving our mission equality for all in thriving communities.'

November is a good time to plant bare rooted fruit trees. The time to plant and buy them is from November to March. As well as helping preserve some of our rare heritage fruit tree varieties, a small orchard can be valuable for biodiversity. They are made up of several habitats, including woodland, hedgerow and meadow. Over time these habitats can be home to a range of biodiversity, including bees, butterflies, birds, bats, beetles and fungi. Windfallen fruit is also source of food in autumn and winter for a range of wildlife. Species rich grassland beneath the trees can be a haven for pollinators and biodiversity especially if they contain wildflowers. Make sure to include a native crab apple in your orchard if possible. Pollinators like wild bees and moths have a vital pollination role in orchards, with almost all fruit resulting from pollination through either bee or other insect. In turn, fruit trees provide nectar and pollen essential for the survival of these important insects.

Would like to say a big thanks to Catherine Ross Murphy for some delicious home baked Scones and Cream Slices for our volunteers. All went down a treat on a cold Saturday morning with a nice cup of tea and coffee. Would also like to say a big thanks to Members of Masseytown community group who have been working away as the project of improving the local environment continues. The window boxes attached to the railings of O Connor Park bloomed in abundance

over the summer and continue to do so in the present mild weather. The embankment at the entrance to the Cornmills and adjoining O Connor Park was cleared of unsightly weeds and overgrown vegetation, leaving the area with a very attractive stone wall. Nine inches of footpath, which had been covered by overgrown plants, have been reclaimed. The committee has purchased Christmas tree which will be planted and will remain in situ into the future. The committee is currently in discussion with Cork Co Co with regard to obtaining an electronic speed sign, which is hoped will prompt drivers to reduce their speed as they pass up and down Masseytown. To help defray ongoing costs, a fundraising table quiz will take place in Mary Anne's pub on Friday November 21st at 9pm. A donation box is also available in Costcutters should people wish to make a contribution.

Change is about to happen in the area of Grass cutting arrangements in many housing areas, those estates where the Tidy Towns have been managing the grass cutting for years now. This has become unsustainable on the part of Tidy Towns volunteers and scheme workers. In other towns like Ballincollig, Carrigaline and around the County 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.

As always, tidy towns volunteers have been busy with Litter Picking, General Maintenance around town and the Fairy Garden, leaf collection around town and keeping on top of usual work.

So many people compliment the work we do and admire what is been done but why not consider doing something small yourself in your own local areas, as this helps overall efforts, inspires others and there is a feel-good factor. We in the 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 as always open to new people joining and helping with the work. If you have any questions, feel free to contact Lisa at 087-1434770.



Macroom Tidy Towns Volunteers standing in front of our new shed with Funding received from An Pobal on a Saturday Morning



Macrooom Lights Up for Christmas

Friday 28th November
Time 7pm

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Saturday Dec 20th - 12-8pm
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CLINICS THROUGHOUT MUNSTER



MACROOM NEIGHBOURHOOD WATCH

Macroom Neighbourhood watch held a launch and registration night for a new Macroom Community Text Alert in association with the Gardaí and Muintir na Tíre on the 6th November. There was a lot of interest on the night and many people signed up.

Community Alert is a community safety programme for rural/urban areas with an emphasis on older and vulnerable people. It helps people feel safe and stay connected. It operates as a partnership between the

community, An Garda Síochána and Muintir na Tíre. It works on the principle of shared responsibility for crime prevention and reduction.

"Text Alert" is designed to facilitate immediate and cost-effective communication from An Garda Síochána to the public. An Garda Síochána provide information by text to each registered "Community Contact" and they, in turn will forward the information by text to all members of their "Community Group". "Text Alert" is a one-way communications system.

There will not be any facility to reply to the "Text Alert" system. Contact with the Gardaí must be made in person or by a telephone call, to control and verify information.

This text alert is in operation in all the parishes around Macroom and we hope to have it in the urban area and surrounds shortly.

For more information and to register for a special price of €5 for 1 year please contact Bríd 087 2114313 or Miriam 087 9396575.



Macroom neighbourhood watch launch. Photos by Con Kelleher

Remembering Sr. Stanislaus Kennedy

Remembering Sr. Stanislaus Kennedy an Irish nun who dedicated her life to supporting those in need. 19th June 1939 - 3rd November 2025

Sr. Stan was born Treasa Kennedy on 19th of June 1939 near Lios Pole on the Dingle peninsula in Co. Kerry. She was one of five children growing up on a small family farm surrounded by farmers and fishermen in her early childhood. She tells of storytelling and card playing in place of radio, cinema and television. In her early life she was aware that some people were better off than others and she wanted to help those

who were less advantaged than her. At 18 years of age, she joined the religious sisters of charity in Dublin and became Sr. Stanislaus Kennedy. Sr. Stan has often said that her initial decision to become a nun was fuelled primarily by a desire to help tackle poverty. Sr. Stan you were "a shining light" may you rest in peace.

Mary O Callaghan – Hallissey
Raliegh North, Macroom, Co.Cork.



INDEPENDENCE MUSEUM KILMURRY

SAVE THE DATE

St Enda's N.S. Kilnadur, Dunmanway. Annual Tractor / Car Run & walks will take place Sunday 25th of January 2026. All welcome.

Independence Museum Kilmurry's November lecture is 'West Cork FCA 1962-2003, a personal view'. The talk will be given by comdt Noel Howard (retired) and will take place in the museum on

Friday 21st November at 8pm. Entry is free for members and €5 for non members. There will also be an opportunity to pay 2025 membership dues.



Delegates at the at the iCan Meeting in Kilmurry Museum, 16 Oct. '25.(C. Kelleher).

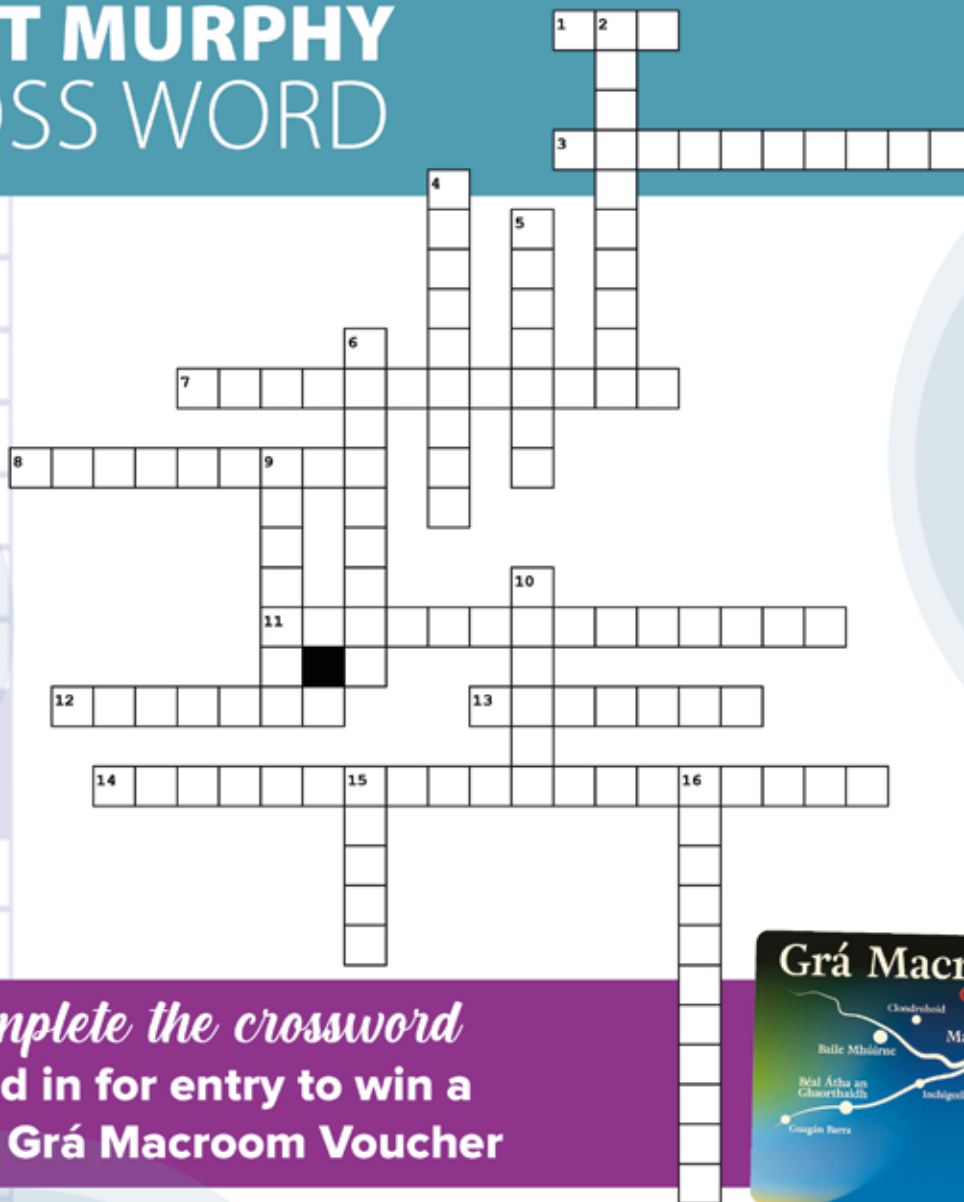


The family of the late Domhnall & Eileen Ua Bhuchalla at a recent visit to Independence Museum Kilmurry. Domhnall was a founding member of The Terence MacSwiney Memorial Museum and previous Chairperson of Kilmurry Historical & Archaeological Association.

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MATT MURPHY CROSS WORD



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Across

1. : Type of medication sold without a prescription
3. : Professional in charge of a pharmacy
7. : Common health service offered in pharmacies
8. : Protective bottle top that helps keep children safe
11. : The name and address of this local pharmacy
12. : The length of time we've been open, at least?
13. : Rubber that fits on the end of a walking stick
14. : Garment used to improve circulation and prevent swelling in the le

Down

2. : Member of the pharmacy team who assists in dispensing and customer service
4. : Pleasant smell from perfumes or aftershaves
5. : Record of a medicine supplied to a customer
6. : Person who prepares and supplies medicines under a pharmacist's supervision
9. : Area of the pharmacy where customers are served
10. : Receptacle to hold urine at night – or a racing bird
15. : Sweet-tasting medicine, often for child
16. : Advice on use of your medicines provided by the pharmacist for free

OPENING HOURS: 8.30AM-6.15PM MONDAY TO FRIDAY SATURDAY 9AM-6PM



CLONDROHID NEWS

ANNUAL NOVEMBER MASS FOR THE HOLY SOULS:

This will take place in Clondrohid Church on Thursday night November 20 at 7.30pm. Candles will be available at back of church for all those who passed away in the parish in the last 12 months. If you wish to remember someone from outside the parish who passed away in the last 12 months, you may also take a candle to the altar in their memory.

CEMETERY PRAYERS FOR NOVEMBER: These will take place in Clondrohid graveyard on this Sunday November 16 at 3pm

CLONDROHID DEVELOPMENT GROUP: Clondrohid increased their marks by 8 points in the Tidy Towns this year. Overall the judges were very impressed with how tidy, clean, bright and colourful our village was on the day of judging. Litter free Their concluding remarks were

'Well done on your continued efforts in the Tidy Towns Competition. Despite having a small population your village consistently punches above its weight in presentation and upkeep.

Comhghairdeas.

So well done to James the CE worker, the Development Group and all those who helped during the year to achieve this, A special word of thanks to all those involved in watering and caring for flowers and shrubs. To those who joined the committee for clean ups during the Summer.

Lots of ideas suggested for next year, so all hands on deck in 2026

CLONDROHID PARISH ACTIVE RETIRED: A full programme of events for the winter by this busy group include the following: Card playing, singing and story telling, yoga, coffee mornings, craft and card making, a talk on fire safety, holistic approach to good health with Marjorie Cullen, flower arranging with Caitriona, and of course the Christmas dinner in the Mills Inn. So take your pick and enjoy yourself

LINE DANCING: It is on in the Community Hall from 7pm to 8.30pm every Thursday night. All are welcome, contact Ann 087 2385112, or Felicity on 087 6361893

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

SINGING IN THE TAVERN: This lovely sing a long or tell a story group meet the 2nd and the 4th Monday nights in The Tavern from 9pm. The next session is Monday Nov 24 They would love to see you there.

SINGING FOR THE BRAIN: This is a new initiative which brings people together through music. It is a wonderful opportunity to meet new people, reminisce through music and singing. It's on in the Castle Hotel from 11am to 1pm on Wednesdays. All are welcome. No booking required. Tea and scones

served. If interested or for more info contact Lucy O'Driscoll 087 6114282

MACROOM SENIOR CITIZENS: The annual Christmas market will take place in the Fr Ryan Hall on Saturday November 15 at 2pm Raffle, Christmas decorations and bargains galore. come and join the fun.

THAT THEIR GOOD DEEDS MAY NOT BE FORGOTTEN: This is the title of the book written by Con Lynch about 203 Nuns, Brothers and Priests from the parishes of Clondrohid, Macroom Kilnamartyra. It was launched by Bishop Crean in the Castle Hotel on Sunday last Nov 9, and is available locally to buy. Well done Con and to all who helped.

LAOCHRA OG MEMORIAL CUP POC FADA: This is the 10th anniversary and it will be in aid of Dillon Quirke Foundation. It will take place on Sunday Nov 30 from Clondrohid village. Registration from 10.30am in Community Hall, no registration after 2pm. Compete in teams of 2 or 3. Over 18's €10 per person, under 18 s €5 per person. Refreshments and kids entertainment in Community Hall. Prize giving, raffle, and music in The Tavern at 5pm

LOTTO: Results for Nov 5 Jackpot €2,200. €70 Carmel Creedon Bawnmore. €20 Lorraine Kelleher Ardnacrusa, John McDonagh Dromree, Mag Buckley Ballymacorcoran, John O'Sullivan The Tce

NUACHT UIBH LAOIRE



Inioluwa Adebawale from Inchegeela National School holding the cup after his team won the Allianz Sciath na Scol Chorcai, football County final 2025

What a game! What a team!

Huge, well deserved congratulations go to the boys and girls of Inchegeela National School, who brought home the Sciath na Scol cup from Pairc Ui Chaoimh, last week, having won their final by getting the better of a great football team from Ballinagree N.S. From the first 30 seconds of the game, when they shocked Ballinagree with a bullet shot to the net, Inchegeela rarely looked like losing. And when it looked like the possibility of the opposition making a comeback, in the second half, the team from Inchegeela upped a gear and finished the game well ahead. Well done to all the panel and to all involved in the background. And of course, we cannot forget the mighty cheering supporters and flag bearers who played their part as well. It was a first for Inchegeela and it was nice to see the win made it to the front page of the Irish Examiner. Our commiserations go to a brave Ballinagree team who fought hard and played a very



Inchegeela National School who won the Allianz Sciath na Scol Chorcai, football County final 2025 on the 5th of November 2025 in Pairc Ui Chaoimh.

sporting game.

Inchegeela Hall

Sunday dancing continues in the Hall on 23rd of November with music by Noel Briody. On the 7th of December there's dancing to local maestro, Patrick O Sullivan. On the 21st come celebrate at the "Christmas Party", music by the much loved Finbarr Dennehy band. It's all in the Hall. The hall in Inchegeela. Bingo happens on every Friday night with great jackpots and snowballs. Cards on Sunday nights. Chair yoga begins on November 19th, 2 to 3 pm Contact 0830313647 or aoifewilliamson@gmail.com

Fundraiser sa Ghuagán

Muintir Luasa of Gougane Barra Hotel have started a fundraiser in support of Medecins Sans Frontieres, the organisation of medics who do such wonderful work all over the world but whose services are urgently required in Palestine right now. Look up "I Donate Gougane

for Gaza Buy Tickets". 50 wonderful prizes have been generously donated for the fundraiser. Modladh mór tuilleat againh. Please support.

Croí Na Laoi.

The Christmas Newsletter is being prepared at the moment. The group are looking for contributions of stories, history, songs, poems and contributions of interest.

Feilire na Nollag

I mBeal átha, tá seansean fós agat photo a chur isteach do chomórtas don bhfeilire. Landscape mode required and subject matter should be from the Ballingearry area for the Christmas Calendar. Nice prizes on offer. Please support.

Kilbarry National School

The parents association of the school would love support for their fundraising bingo session in Inchegeela hall on Sunday November 30th at 3pm. Great prizes.



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Christmas Party Menu

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Starters

- Roast Sweet Potatoes Coconut Soup
- Festive Chicken Liver Pate
- Served with cranberry chutney and warm toasted brioche
- Smoked Salmon Mousse with dill cream, lemon zest, and hint of festive sparkle
- Melon with Festive Berry Sorbet
- Winter Beetroot & Goat Cheese Salad
- Roasted beetroot with creamy goat cheese, roasted walnuts and touch of spice

Main Course

- Traditional Roast Turkey & Ham with fresh thyme potato stuffing, rich house gravy, and cranberry sauce
- Pan-Fried Seabass Fillet, served on a white wine risotto, finished with chili lemon butter
- Twomey Chicken Supreme with festive cream and chorizo sauce
- Roast Butternut Squash, filled with herbed rice and winter vegetables, sprinkled with Parmesan

Dessert

- Sherry Trifle, layers of sponge, fruit, custard & cream with a festive splash of sherry.
- Sticky Toffee Pudding, warm sponge with rich toffee sauce & vanilla ice cream.
- Christmassy Cinnamon Apple Tart, with classic custard & vanilla cream.
- Christmas Berry Pavlova, crisp meringue with winter berry compote & whipped cream.

Tea and coffee included

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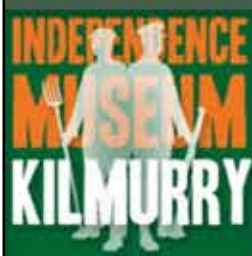
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West Cork FCA 1962 - 2003:

“A personal view”
Comdt Noel Howard retd.



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Macroom History Group (Founded 2023)

iCan Cork Regional Meeting at Independence Museum Kilmurry, 16-10-2025.

The Irish Community Archive Network (iCAN) is the leading organisation championing and supporting digital community archives in Ireland, it supports communities to collect and share their local history and heritage online.

To date, iCAN has supported the creation and development of 46 online archives in counties Clare, Cork, Galway, Mayo, Wicklow and Tipperary.

Independence Museum Kilmurry, one of the pioneering members of iCan in County Cork, hosted the Cork Regional Meeting of iCan members on

October 16. It was the first in-person get together for the five groups that recently joined iCAN, including Macroom History Group, Inniscarra Historical Society, Kilshannig Historical Society, etc.

Members of Independence Museum Kilmurry shared the story of their community-led museum which celebrated its 60th anniversary this year and delivered presentations on the last journey of General Michael Collins, the story of Terence MacSwiney, Lord Mayor of Cork, etc.

iCan's Martina Burke Lavin described Independence Museum Kilmurry as 'a wonderful facility and is a credit to those who worked so hard to open it and



protect the rich history and heritage of Kilmurry and the surrounding area'

Thank you to our co-host Conor Nelligan, Cork County Heritage Officer, for his ongoing support. Noel Howard, Kilmurry Independence Museum.

1975 (50 YEARS AGO) BALLINCOLLIG WIN TITLE WITH LAST MINUTE GOAL



Con O Riordan with Mid-Cork trophy in 1978, but who is in the Cup?



Clondrohid team of 1978, many of whom were on the 1975 side.

By PO'C

Due to lack of numbers Clondrohid did not field a Football team at adult level in 1973 and 1974. However, they were back again in 1975 with a team that included youth and experience. They defeated a strong Canovee side in the opening round at Macroom, got the better of Our Lady's Hospital at Cloughduv and got the upper hand on Kilmichael in the Semi Final at Coachford. A report on the Final reads as follows by TAS.

Ballincollig 1-6 Clondrohid 0-7

A goal from right half back Sean Hourihan in the last minute of the match gave Ballincollig victory in a very exciting Grade B Football championship Final in Coachford on Sunday last (October 5th). It gave the Easteners some compensation for their recent narrow defeat in the A Championship. The result was a heartbreaking one for Clondrohid who led for most of the second half and made such a gallant effort to win a competition on their return to the adult playing area after a lapse of three years. All credit is due to Ballincollig however for making the extra effort when all seemed lost and snatching a victory in a dramatic fashion.

Clondrohid will bemoan a number of wasted opportunities in the opening half which could have put them in a strong position at the interval but Ballincollig can also point to failure from scoreable frees at different stages of each half and they were unfortunate as well to have a goal disallowed at a crucial stage in the second half when scores were level.

Clondrohid's lack of experience proved to be their undoing in the final analysis as the steadiness of their more experienced opponents was clearly evident over the hour.

Clondrohid played with the aid of a slight breeze in the opening half and attacked strongly in the early stages. Their forwards made little impression and nine minutes had elapsed before Finbar O'Brien opened

their account with a point. The lead was short-lived as Jack Hegarty went through for a Ballincollig point in the twelfth minute and the winners went ahead three minutes later when Maurice O'Connell converted a free. Clondrohid had a pronounced superiority at centre field at this stage and they were on the offensive for most of the second quarter. This was not reflected on the scoreboards as poor shooting and the tight marking Ballincollig defence restricted their tally to a further two points which left them one point ahead at the interval.

Ballincollig's chances of success looked bright at this stage as they would be favoured by the breeze on the resumption. But on the restart Clondrohid continued to force the pace with two points in as many minutes from Michael O'Callaghan. Joe Kelleher increased their lead to three points. Ballincollig fought back and points from Aidan Ryan and Tom Foley (f) again reduced the arrears to the minimum.

Ballincollig switched Tim O'Leary to centre field at this stage and this greatly improved their fortunes in this sector from this point onwards, but Clondrohid were next to score when Michael O'Callaghan pointed another free in the 43rd minutes to increase their lead by two points. Ballincollig were on top in most sectors at this stage and points from Leo Ryan and Jack Hegarty brought them on level terms with ten minutes remaining. Two minutes later it looked all over when Hegarty put the Easteners in the lead with a goal but much to the consternation of the Ballincollig supporters the referee had whistled for a free out and left off the hook Clondrohid returned to the attack and Michael O'Callaghan put them ahead one more with a point from a free.

Failure to convert a couple of scoreable frees looked like costing Ballincollig the match as the game entered the final minutes and when a great effort from Derry White, from a 50, came off the crossbar and was cleared a Clondrohid triumph looked inevitable. Ballincollig refused to throw in the towel and with

seconds remaining Sean Hourihane moved upfield with the ball and his attempt at a point slipped under the bar to secure victory for his side and brought the curtain down in a highly entertaining game.

A vital factor in Ballincollig's success was the brilliance of their wing half backs Sean Mc Carthy and Jack Sexton when the pressure was severest in the opening half as they made timely clearances on a number of occasions. The winners had other good performers over the hour in Derry White, Maurice O'Connell, Tim O'Leary, Aidan Ryan and Jack Hegarty. Clondrohid's stars were: James O'Leary, Paddy Corkery, Michael O'Callaghan. Martin O'Leary and John O'Callaghan.

At the conclusion of the game the Chairman of the Mid Cork Board Austin Cremin presented the Cup to the Captain of the Ballincollig team Derry Barry Murphy who was the only remaining member of the team which last won the Grade B Football Championship in 1963.

Scorers for Ballincollig: Jack Hegarty 0-2, Sean Hourihane 1-0, Maurice O'Connell 0-1(f), Tom Foley 0-1 (f), Leo Ryan 0-1, Aidan Ryan 0-1

Scorers For Clondrohid: Finbar O'Brien 0-2, Michael O'Callaghan 0-4 (3f), Joe Kelleher 0-1.

BALLINCOLLIG: John Coughlan, Mick Dineen, Derry White, Aubert Twomey, Sean Mc Carthy, Sean Hourihane, Jack Sexton, Maurice O'Connell, Leo Ryan, Aidan Ryan, Jack Hegarty, Tom Foley, Derry Barry Murphy, Tim O'Leary and Pat O'Neill.

CLONDROHID: Michael Lucey, John Lucey, Pat Kelleher, Mick Lucey, John O'Callaghan, James O'Leary, Humphrey Lynch, Michael O'Callaghan, Paddy Corkery, Finbar O'Brien, Martin O'Leary. Joe Kelleher, Con O'Callaghan, Patsy Kelleher and Larry Creed.

SUB: Tony Kelleher for Con O'Callaghan.

REFEREE: Tim Joe Lyons (Canovee)

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Rusheen NS

Rusheen NS pupils with their donations for the Team Hope Christmas Shoebox Appeal.



Soup-er smiles as pupils from Rusheen NS sample pumpkin soup!



Rusheen NS pupils mesmerised by the magic of science



Rusheen NS Active Schools Committee — inspiring healthy habits and active living across the school!



Rusheen NS pupils enjoy a spook-tacular day of Halloween fun!



Rusheen NS pupils discovering the joy of maths during Maths Week.



Aidan & Sheila Deasy, Aherla celebrating 50th Wedding anniversary recently in the Lee Valley Golf Club.



Emily Sheehan one year old from Rye court woods Cloughduv Crookstown Co. Cork, on an autumn day out in Farran woods, photographs taken by her father Denis Sheehan



St Mary's 1st year halloween party before midterm

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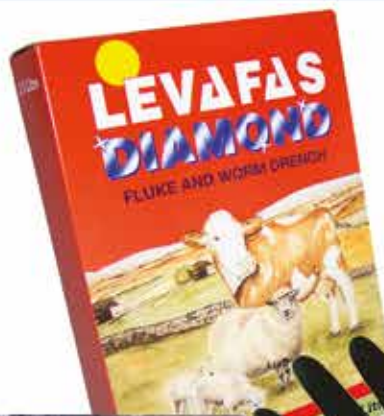
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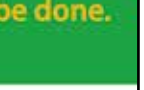
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THINK GLOBALLY, **ACT LOCALLY****A PICTURE TELLS A THOUSAND WORDS****Laughter under the tree canopy****Cottage reflection****1 piece LARGE A1 Photograph. Ready for printing**

Hi! Chris Barrett back again speaking with local artist, my good friend Maria Healy, who works with many mediums but who is specialising at present in photographs, in particular their digital manipulation. Her current focus is on the Gearagh.

Maria starts by reminding me that the old saying of a picture telling 1000 words has never lost its significance.

Art is the last true bastion to highlight issues, people and places. Art and artists use their medium to record events of historical, cultural or topical significance without getting embroiled in the political agendas of the day.

Art can be hugely impactful and hold a superpower of its own to reach people through whatever medium necessary. Maria has chosen the medium of photography.

Photographs act as a record of an event, or capture a fragment of time which is frozen forever. When one glances or pours over a photograph, there are moments of recollection or re-immersion into that moment.

Even when a person picks up a random photograph where the setting, content or people are unknown to them, there is still a moment of immersion into that slice in time. There is no avoiding it, and it is something we have all experienced at one time or another.

According to land artist Richard Long, "Time passes but a place remains."

Old photographic images of the Gearagh are very thin on the ground as cameras and developing film were an expensive endeavour and beyond most people's pockets until much later, when they were produced widely and more cheaply.

So when Maria Healy was given some old images of everyday life in the Gearagh village of Annahala taken in the 1930s and 40s, it was with much delight that she embarked on using them in her work. These images had belonged to an aunt of Rodger Sullivan

from Farren, named May Lyons. May Lyons had been born and reared in Annahala. Maria had been searching for a way to incorporate these old images with images she had taken herself over the last two decades. Her discovery was to lead to two exhibitions with focus on the Gearagh, the first was shown with great success to appreciative locals, at Art On Main Street in Micheal O Muirthile's Art Gallery, Macroom for the month of February in 2025. Maria's second exhibition is opening at 6.30 p.m. on Saturday 15th November, 2025 and will run for the remainder of November and throughout the whole of December. Maria holds the view that many visitors to the Gearagh are unaware of its fascinating history and the dramatic events which unfolded in October 1956, which led to most of the village of Annahala being submerged under water to facilitate the Iniscarra and Carrigadrohid dams being built.

By using the idea of juxtaposing, or using the concept of double exposure, along with digital manipulation, Maria combines her images with Rodger's old photographs.

Suddenly the Gearagh comes alive again in the imagination. People are going about their daily living, ploughing, threshing, family picnics, friends catching up and socializing. Children are at play once more.

These rare photographs are the only tangible evidence of what was, apart from the memories people carry. By combining both old and new photos Maria gives a degree of visibility and permanence to the history of the Gearagh and its people. Her work rescues the story of the Gearagh and prevents it from being consigned to the dusty archives of the history shelves.

Through these images of the Gearagh, Maria shares with us a sense of memory of home, belonging to a community, and partaking in everyday rituals. These show the connectedness of this community with its surrounding landscape of gardens, fields, and farms, and also represent links connecting one family

with the next. The importance of these connections cannot be overstated. The writer, Akiko Busch, describes home as, 'A network of social and cultural currents, those habits, beliefs and values that also make it function and which gives power to the places we live'.

The power of place in the Gearagh was the connection between its people, its village, and its unique waterways. Holding a photograph of an original Gearagh home, while standing on the actual stone ruins, enables place, time and space to converge and allows memory to become tangible, if only for a moment.

Narrative and memory break through the boundaries of time and space. Memory is inexplicably underpinned by place and measured by time. The Gearagh holds a sense of present absence.

Traces of what was, evoke responses which are challenging to put into words. It is difficult to walk through the Gearagh and not sense this other resonance. At the time this article goes to print, the Gearagh has an unusually low level of water. This gifts us with another lens through which to focus our attention. There is an uncanny sense of a past reality and an air of melancholy for what was; a nostalgia which Maria reflects in her work. With her unique blending of photographs, it is easy to straddle the past and present world of the Gearagh.

Maria's exhibition will be opened by Gearagh expert, Kevin Corcoran at 6.30 pm on Saturday 15th November at the Ionad Cultura, Ballyvourney

I would like to thank Maria for sharing her timeless artistic depiction of the Gearagh.

You can view Maria's work on mariahealyartist.com Or contact her on mariahealyartist@gmail.com

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



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€55,000-€60,000 per annum | Up to 2-Year Fixed Term
Contract

Seirbhísí Forbartha Ghnó is leading the restoration of Coláiste Íosagáin, creating Campas Íosagáin — a new hub for innovation and enterprise in the Múscraí Gaeltacht. We're seeking an experienced, fluent Irish-speaking Programme & Training Manager to drive business development, innovation, and entrepreneurship in the region. The successful candidate will lead the design and delivery of impactful training and enterprise programmes in collaboration with regional education, training and enterprise partners.

What You'll Do:

Develop and deliver innovative training and entrepreneurship programmes.
Build strong partnerships with government, academia, and industry.
Manage projects from concept to completion, including budgets and evaluation.
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What You'll Bring:

Degree-level qualification (minimum).
Fluent Irish (written & spoken).
3+ years' experience in training and business development.
Strong communication, leadership, and partnership-building skills.

Desirable: Experience with collaborative innovation or SME clustering initiatives.
More Information www.campas.ie

To apply, send your CV and cover letter to
c.oconail@udas.ie by 21st November 5pm.



Údarás na
Gaeltachta



gteic
GRÉASAN DIGITEACH
NA GAELTACHTA

MUSKERRY JUNIOR CHAMPIONSHIP FINALS 2025

Ross Oil Junior A Football Championship

Final: Aghinagh 1-12 Donoughmore 0-15 – draw

Final Replay

Donoughmore 2-15 (2-3-9) Aghinagh 2-14 (2-2-10)

The never say die spirit of Donoughmore was rewarded in spectacular fashion in the Ross Oil Mid Cork Junior Football championship final replay at Macroom when they came from being seven points down in the 56th minute to score 2-2 without reply in a sensational finish to take the title for the fifth time ever and the first since 2011. The Donoughmore team and supporters were delirious at the final whistle, Aghinagh in shock, as victory was snatched from the latter's grasp in the cruellest of fashion after they looked to be heading for victory as the game neared its conclusion.

Once again, the two teams contributed to a wonderful game of football, played before another huge and enthusiastic attendance and the pity was that there had to be a loser, doubly tough on Aghinagh who lost last year's final, again in a replay, also by a point. Conditions at Macroom were excellent, with little wind and the expected rains held off until the second half. Aghinagh playing into the town goal opened the scoring with a Seán O'Riordan point, Scott Barrett equalised for the winners and Declan Keating put them in front. As Donoughmore continued to force the pace, a foul on Adam Dinan resulted in a free which Gavin O'Sullivan kicked over a two-pointer, 0-4 to 0-1 to Donoughmore after eight minutes. Aghinagh gradually began to get to grips with matters and in the 12th minute Con Buckley kicked a two-pointer from play and then the excellent Liam Twohig had Aghinagh in front from another two-pointer from play. Twohig now added two more points from play and in the 21st minute Aghinagh struck for the opening goal of the game, Luke O'Leary's long delivery collected by Gearóid O'Sullivan who in turn put Twohig clear inside the defender and the Aghinagh sharpshooter finished sublimely to the net to put Aghinagh in control, leading 1-9 to 0-4.

In the three minutes before the break, Donoughmore at last broke the seven-score sequence of Aghinagh with a point from Seán O'Hanlon followed by a two-pointer free from Gavin O'Sullivan and then a point from a Declan Keating free, all of which improved their situation considerably leaving them four points adrift now, 1-9 to 0-8, but with wind to favour them in the second half. On the resumption, Aghinagh consolidated their position with three points in a row, two from Liam Twohig frees and one from play by Con Buckley, which opened the gap between the teams to seven points by the 39th minute. Back came Donoughmore with a point from a Gavin O'Sullivan free followed by a two-pointer from another free, rather needlessly conceded, a four point gap again at the three quarter mark. Aghinagh were to restore their dominance before being hit by a late Donoughmore tsunami which few could have foreseen. The final stages were incredibly exciting. When Cummins took a pass from Aodh Twomey on 55 and fired home a goal to give Aghinagh a 2-14 to 0-13 lead it seemed that the destination of the title had been decided and few would have disputed that on the run of play that it was not deserved. 'Keep going lads' was the Donoughmore mantra and the team dug deep and produced a stunning response. Declan Keating pointed a free in the 58th minute and immediately after only a superb double save by the Aghinagh goalkeeper Jason McCarthy denied Gavin O'Sullivan and then Kevin O'Connell of a goal. Donoughmore kept up their offensive, and a

high ball into the crowded Aghinagh goalmouth was punched to the net by midfielder Seán O'Hanlon, 2-14 to 1-14 now with the clock almost at the end of regulation time. Donoughmore needed a goal to survive and were almost in again when a close range ground shot went across the Aghinagh goal before going just inches wide. Donoughmore were not to be denied and in the next attack in a situation identical to the circumstances of the previous goal Daniel Forde kicked another high ball into the Aghinagh goalmouth and incredibly it was Seán O'Hanlon who again rose highest and punched the ball to the net to level the scores. Donoughmore were in raptures at the change in fortunes and went in search of a winner, urged on by their supporters in full cry. Centre forward Gavin O'Sullivan, later named Man of the Match, delivered the knock out blow for Donoughmore from a '45' sent confidently over the bar despite the pressure and when Aghinagh failed to capitalise on one last opportunity, the final whistle blew and the extreme contrasts in the emotions of the respective camps was so telling.

Scorers: Donoughmore: S O'Hanlon 2-1, G O'Sullivan 0-7 (2x0-2f, 0-2 f, 0-1 45), D Keating 0-5 (1x0-2f, 0-1f), S Barrett, K O'Connell 0-1 each. Aghinagh: L Twohig 1-8 (1x0-2, 0-4 f), S Cummins 1-1, C Buckley 0-3 (1x0-2), S Corkery, S O'Riordan 0-1 each.

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, Jack McCarthy, Scott Barrett. Subs: David McDonnell for Barrett inj. 24, Donnacha Morrissey for McCarthy 39, Liam O'Sullivan for Honohan 43, Jack Murphy for Dinan 51, Daniel Forde for Foley 58.

Aghinagh: Jason McCarthy; Tom Buckley, Donagh O'Riordan, Dermot O'Callaghan: Declan Ambrose, Luke O'Leary, TJ Buckley; Shane Corkery, Thomas Morgans; Seán O'Riordan, Con Buckley, Mathew McCarthy: William Coakley, Liam Twohig, Gearóid O'Sullivan. Subs: Seán Cummins for G O'Sullivan, Tadhg Sheehan for S O'Riordan, both 43, Jack Kearney for T Buckley 52, Aodh Twomey for W Coakley 53.

Referee: Pat O'Leary (Kilmurry).

Ross Oil Man of the Match: Gavin O'Sullivan, Donoughmore

MJK Oils Muskerry Junior A Hurling Championship

Final: Ballinora 0-22 Grenagh 1-10

County Junior Hurling Championship

Ballinora 2-25 Belgooly 2-15

Ballinora qualified for the Co-op Superstores Junior A Hurling Championship semi-final against Cobh with their victory over Belgooly at Minane Bridge.

Barry Dwyer opened the scoring with a pointed free for Belgooly, within a minute of the throw-in before Alan O'Shea replied with a point from play for Ballinora.

Ballinora had the Carrighoun side on the back foot as persistent fouling was proving to be costly for Belgooly. Mark O'Brien slotted over a point from play for the Muskerry side and Ben Mayer converted four frees, to give Ballinora a lead of 0-6 to 0-1, before Belgooly's first point from play.

In the tenth minute, Mayer capitalised on a defensive error to score a goal and extend the Mid Cork side's lead to seven points. Ballinora added four unanswered points from play, before Ballygarvan had points from two frees.

Mayer scored three points, including two from placed balls. Darragh Corkery added a further point, before the Carrighoun side began to get to grips with the

game. Belgooly tagged on six unanswered points, including one free. Mayer replied with a free for Ballinora to leave his side leading 1-15 to 0-10 at the interval.

The second half was more evenly contested, Belgooly had two goals but the second was scored very late in the game.

Mayer got the opening score of the second half for Ballinora from a free, before Belgooly replied with two pointed frees. Mayer and Liam Lyons got two scores from play, Belgooly responded with a point but then Ballinora shot four unanswered points, before points were exchanged.

In the 48th minute, Belgooly's first goal, left the scoreline reading 1-23 to 1-14 in Ballinora's favour. Darragh Corkery set up Mayer for Ballinora's second goal, with five minutes remaining. Belgooly's second goal came with the game's last play to leave ten points between the sides.

Scorers for Ballinora: B Mayer 2-14 (0-8 f, 0-2 '65'), L Lyons 0-5, A O'Shea, T Burns, M O'Brien, D Corkery, J Keohane, J Hegarty 0-1 each.

Ballinora: Barry Crowley; Tim Forde, Neil Lordan, James Byrne; Mark O'Brien, Shane Kingston, Colin O'Flynn; Liam Lyons, Tommy Burns; Darragh Holmes, Danny Dineen, Seán Lyons; Ben Mayer, Darragh Corkery, Alan O'Shea. Subs: James Keohane and Jack Hegarty, both h/t, Conor Quirke 42, Billy Carbery 49, Ciarán O'Donoghue 56.

County Junior B FC:

Quarter finals: Naomh Aban 0-13 St Catherine's 2-6; Ballyphehane 3-21 Kiskeam 1-9; Carrigaline 1-16 Dohenys 1-13; Glengarriffe 3-11 Doneraile 2-11
County semi finals: Naomh Abán v Ballyphehane: Carrigaline v Glengarriffe

Ladies Football LGFA

AIB Munster LGFA Munster Intermediate Final:

Final: Naomh Abán v Kerry champions, Clounmacon/Moyvane

Naomh Abán 2-11 Clounmacon/Moyvane 2-8 aet

Naomh Abán are AIB Munster Ladies Intermediate football champions following their extra time win over Clounmacon/Moyvane at Mallow, after a goal six minutes into injury time for Clounmacon/Moyvane caused taking the game to extra-time.

Naomh Abán's Colleen Phelan set up Lydia McDonagh for the game's opening score in the third minute. Three minutes later Clounmacon/Moyvane keeper, saved superbly to deny McDonagh a goal, and it took until the 12th minute for the next score to arrive as Clounmacon/Moyvane equalised to make it 0-1 each.

Two minutes later and Naomh Abán got the game's opening goal. Roisín Lehané took on the Clounmacon/Moyvane defence and even though she was fouled she kept going to find the back of the net to make it 1-1 to 0-1. From the restart the Cork side regained possession and worked the ball to Lydia McDonagh who rattled the net for the second goal, N Aban on top at this stage. Clounmacon/Moyvane replied to make it 2-1 to 0-3 after 20 minutes and a further two points made it 2-2 to 0-5 after 25 minutes. Lehané and Phelan combined again to set up McDonagh for the last score of the half as Naomh Abán led by 2-3 to 0-5 at the break.

Moyvane pointed at the start of the second-half to put three between the sides, Annie Maher got Naomh Abán's first score after the break, with Lehané adding another to make it 2-5 to 0-6.

Another great save by the Kerry keeper denied Maher a goal and a point for Clounmacon/Moyvane in the 40th

minute was answered by Lehane at the other end and McDonagh made it 2-7 to 0-7 with 10 minutes to go. From the restart Clounmacon/Moyvane's Muirne Wall's shot came back off the bar but Kennelly was quickest to react and her goal left three points between the sides. Roisín Lehane scored to put four between them, 2-8 to 1-7 but Finucane pulled a point back and with the last shot of the game she scored a goal to take it to extra-time.

Roisín Lehane got the first score of extra-time from a free to put the Cork side back in front and this was the only score of the first-half in extra time as both sides had visibly tired. Lehane was on target again after the restart with Joanne Kelly adding another as Naomh Abán led by 2-11 to 2-8 after 76 minutes. That proved to be the final score as the Cork side ran out deserving winners on the day.

Scorers for Naomh Abán: R Lehane 1-6, L McDonagh 1-3, A Maher, J Kelly 0-1 each.

Naomh Abán: L Hughes; I Riordan, M Dineen, U Vaughan; C Murphy, R Corkery, A Creedon; A McDonagh, G Lucey; C Vaughan, G Murphy, A Maher; R Lehane, C Phelan, L McDonagh. Subs: J Kelly 49, L Hughes and ME Kelliher, both 55, C O'Connell 60, A Hoare 62, C Maher 66, A Maher 70.

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 SF Q F:

Clonmel Commercials v St Finbarrs at Tipperary venue, Sat Nov 15th 1.30pm

Senior A Football

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

Premier Intermediate Football

County Final: Aghabullogue 2-12 Uibh Laoire 2-11

Aghabullogue: 2-12 (2-2-8) Uibh Laoire: 2-11 (2-3-5)

Aghabullogue footballers defeated fellow Muskerry men Uibh Laoire by the bare minimum to claim the McCarthy Insurance Group PIFC title at SuperValu Páirc Uí Chaoimh, a second county title in three seasons for them after winning the IAFD in 2023, and only losing last year's PIFC final after a replay.

This final could have gone either way and indeed looked to be heading for a replay with the teams level in regulation time but Matthew Bradley kicked a point for Aghabullogue two minutes into added time to bring the cup to Coachford and senior football to Aghabullogue for the first time ever.

Aghabullogue's Aaron O'Sullivan had the first point but it was more than matched by a two-pointer from Cathal Vaughan for Uibh Laoire. Aghabullogue had a goal after six minutes, Luke Casey had the easy task of tapping the ball into the net after Mathew Bradley's free dropped short and left to fall loose. Aghabullogue then conceded a goal, their first this championship season, when Vaughan's attempt from a distance fell nicely for Ian Jones who fisted the ball past Aghabullogue goalkeeper John Buckley, 1-2 to 1-1 to level after 10 minutes.

Casey did draw his side level, Aghabullogue were in control but weren't making their dominance tell on the scoreboard, five wides in the opening quarter. Mattie Bradley put the winners in front with a point from a '45', Chris Óg Jones replied with an Uibh Laoire point on 21, Cathal Vaughan kicked over a two-pointer from a free and when Chris Óg Jones palmed home a second goal set up by his brother Ian, 2-5 to 1-3 with five minutes to the break. Aghabullogue got a two-pointer from Adam Murphy, Casey added a point to leave Aghabullogue two points adrift at half-time, 2-5 to 1-6.



Cill na Martra team v Knocknagree, SAFC Final



Macroom U16 D4, Co Champions – Treble winners – League, Championship and County

The sides traded points on the resumption until a Chris Óg Jones free gave Uibh Laoire a three-point lead. Aghabullogue went ahead again from a Bradley free and a great combined move which resulted in John Corkery finishing to the net after a final assist from Evan O'Sullivan, 2-8 to 2-7 after 38 minutes. Páirc O'Sullivan and another Adam Murphy two-pointer opened up a four-point lead for Aghabullogue at the three quarter stage 2-11 to 2-7. A superb two-pointer from long range from Vaughan followed by a point left Uibh Laoire a point behind though after 53 minutes and a point from a Chris Óg Jones free levelled the scores.

On into added time still level but Mathew Bradley broke the deadlock with a smashing point from a very sharp angle to continue the Aghabullogue inexorable rise towards the top of the football ladder as they now join the senior football ranks for the first time. Heady times in Coachford indeed and well celebrated!

Scorers for Aghabullogue: L Casey 1-3, A Murphy 0-4 (2 2pt), J Corkery 1-0, M Bradley 0-3 (0-1 f, 0-1 45), P O'Sullivan, A O'Sullivan 0-1 each.

Uibh Laoire: C Vaughan 0-7 (2 2pt, 1 2pt f), C Óg Jones 1-3 (0-2 f), I Jones 1-0, S O'Riordan 0-1.

Aghabullogue: John Buckley; Dhani Merrick, Paul Dilworth, Conor Smyth; Paul Ring, Shane Tarrant, Breandán O'Sullivan; Colm Gillespie, Adam Murphy; Pádraig O'Sullivan, John Corkery (c), Aaron O'Sullivan; Mathew Bradley, Evan O'Sullivan, Luke Casey. Subs: Cialan O'Sullivan 48, David Thompson 59.

Uibh Laoire: Joe Creedon; Barry Murphy, Danny O'Donovan, Daniel O'Riordan; Ciarán Galvin, Seán O'Leary (c), Kevin Manning; Timmy Roberts, Conor O'Leary; Seán O'Riordan, Cathal Vaughan, Barry O'Leary; Ciarán O'Riordan, Chris Óg Jones, Ian Jones. Subs: Sam Pickering 40, Brian Cronin 50.

Munster Intermediate FC Quarter Final:

Aghabullogue: 0-20 Thurles Sarsfields: 0-15

Aghabullogue, Cork PIFC champions for the first time, get the better of Tipperary champions Thurles Sarsfields in the AIB Munster Club IFC quarter-final at Templetuohy. They led by 12 points at one stage in the second half, and even though it was reduced to four

points, Aghabullogue always had that bit extra when needed most.

Aghabullogue made a positive start with Luke Casey pointing after a minute. Thurles Sarsfields drew level but the Cork champions began to flow and they kicked five of the next six points with Aaron O'Sullivan contributing two smashing scores, 0-6 to 0-2 after 15 minutes.

The sides traded points before a Paul Ring effort gave Aghabullogue a five-point advantage with seven minutes remaining in the half. They added three points before Thurles Sarsfields got their first score in 12 minutes but Aghabullogue had the last score of the half from captain John Corkery, 0-12 to 0-4 at half-time for Aghabullogue.

The Muskerry men increased their lead two minutes into the second 30 minutes when Aaron O'Sullivan kicked over a two-pointer and Aghabullogue had two more unanswered points before a two-point free followed by a pair from play had the score at 0-16 to 0-8 with 10 minutes remaining. Another Thurles Sarsfields two-pointer raised the temperature and another free left Thurles Sarsfields four points behind but Colm Gillespie pointed to settle Aghabullogue nerves, 0-17 to 0-12 on 55.

The teams exchanged points before points from an Evan O'Sullivan free and a Mathew Bradley 45 made sure of the victory for the Mid Cork men.

A late two-pointer Thurles Sarsfields merely improved the scoreline for the Tipp men.

Scorers for Aghabullogue: A O'Sullivan (12pt), M Bradley (0-1 f, 0-1 45) 0-4 each, L Casey (0-1 f), P O'Sullivan 0-3 each, J Corkery, C Gillespie 0-2 each, E O'Sullivan (f), P Ring 0-1 each.

Aghabullogue: John Buckley; Conor Smyth, Paul Dilworth, Dhani Merrick; Paul Ring, Shane Tarrant, Breandán O'Sullivan; Colm Gillespie, Adam Murphy; Pádraic O'Sullivan, John Corkery (c), Aaron O'Sullivan; Mathew Bradley, Evan O'Sullivan, Luke Casey.

Subs: Cialan O'Sullivan and Oisín O'Connell, both 51, David Thompson 61, Tom Long 63, James Lane 65.

Aghabullogue will take on Limerick winners Askeaton-Ballysteen-Kilcornan in the semi-final at a Cork venue on November 23rd.

Intermediate A Football County Final:

Ballinora 0-15 Ilen Rovers 2-9

Replay: Ballinora v Ilen Rovers, at P Uí Chaoimh, Sunday November 16th at 1.30pm

Ilen Rovers 2-9 Ballinora 0-15

Ballinora rescued their championship title hopes with a last gasp equaliser from Neil Lordan's two-point free deep in injury time which gave them a draw against Ilen Rovers in the McCarthy Insurance Group IAFI final at SuperValu Páirc Uí Chaoimh.

Ilen had kicked three points in the closing stages to go three clear as Ballinora did not availed of some scoring chances but Neil Lordan's equaliser was a courageous shot which earned the Muskerry men another chance and they will not be without hope of landing an unlikely championship win. Ballinora sub Iain Wycherley slotted over in the 61st minute to leave them two behind, 2-9 to 0-13 and they could have been awarded their second penalty when Quirke appeared to have been fouled. Ilen broke the three-up rule in the third and final minute of added time, to give Cork defender Lordan his opportunity, moving the free outside the arc, to where he had failed earlier but the Ballinora man proved his character from the pressure kick.

In the early stages, Ilen enjoyed a near-monopoly on possession with some early Ballinora wides betraying signs of nerves, and held a 1-4 to 0-2 advantage after 12 minutes. Ballinora settled, aided by the composure of Mark O'Brien who kicked his third point before Liam Lyons curled a shot over and they were within two points when Kingston pointed and then he added another on 28 to cut the deficit to a point. A quick Ilen free gave MacEoin the chance of a two-point effort which dropped short but dropped into the net for a 2-4 to 0-6 advantage.

Ballinora had the last score of the half, Michael Quirke on target 2-4 to 0-7 to Ilen.

On the resumption, a Neil Lordan's two-pointer left only a point between the teams and a foul on Michael Quirke was halted illegally, a penalty was awarded, Ilen and lost a man to a black card but Quirke's well taken penalty was saved magnificently. Kingston's 45 did level the scores and then Ivan Quirke gave Ballinora the lead for the first time.

Ilen levelled and went in front, Shane Kingston kick his fourth point to level, Ilen's subs - Kevin O'Driscoll and Alan Holland-had points, either side of a Dan Mac Eoin free. Ilen were three points clear but battling Ballinora mounted a siege and saved the day.

Scorers for Ballinora: Shane Kingston, Neil Lordan (2x0-2f) 0-4 each, M O'Brien 0-3, M Quirke, I Wycherley, L Lyons, I Quirke 0-1 each.

Ballinora: A McAllen; A Lavery, N Lordan, C O'Flynn; D Dineen, S Kingston, J Byrne; I Quirke, J Lordan; M

O'Brien, D Holmes, L Lyons; M Quirke, J Keohane, K Werner.

Subs: M Lordan 50, T Burns 51, A O'Sullivan and I Wycherley. both 54.

Premier Junior Football

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

County Junior Football

Semi final: Donoughmore v Nemo Rangers at Glenville, Nov 15th 3pm

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)

Replay: Bride Rovers 2-15 Castlelyons 2-14

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 16th 3.30pm

Premier Junior Hurling

County Final: Kilbrittain 0-22 Glen Rovers 2-15(21)

County Junior Hurling

QF: Ballinora 2-25 Belgooly 2-15

Semi Final: Ballinora v Cobh

U 21 Football Championships

Co U21 'A' FC

QF: Douglas 1-9 Ballincollig 0-10

Semi Final: Douglas 2-14 Beara 0-10: Ibane Rangers 1-13 Kinsale 1-13 Ibane go through on penalties.

Final: Douglas v Ibane Gaels

U21 B FC

Quarter Final: Donoughmore 2-21 Carrigtwohill 0-7

Semi Finals: Donoughmore v Robert Emmetts(Newmarket/Lismire)

Clyda v St Nicks

U21 C FC

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

C FC semi final: Cobh 1-15 Blarney/Rathpeacon 1-7

Cork County/Munster Club GAA Fixtures

Sun, Nov 16th

IAFC Final replay: Ballinora v Ilen Rovers 1.30pm

IAHC Final Aghabullogue v Bandon 3.30pm in SuperValu Páirc Uí Chaoimh

Nov 16th MSHC SF: Sarsfields,Cork v Ballygunner, Waterford at Azzuri Walsh Park

Eire Óg Ennis v Loughmore/Castleiney in Ennis

Nov 16th MIHC SF Ballinhassig v Upper Church Drombane in Thurles (away)

Nov 15th MJHC SF Kilbrittain v Knockaderry, Limerick at Knockaderry

Nov 15th MSFC St Finbarrs v Clonmel Commercial, Tipperary venue

Nov 16th Co.JAHC: semi final Newmarket v Kilshannig

Nov 15th JAFC Semi final: Donoughmore v Nemo Rangers at Glenville 3pm

Nov 15th JAFC SF Charleville v Kilmacabea in P Uí Rinn 3pm

Nov 15thJBHC SF Newtownshandrum v Valley Rovers

Nov 15th JBHC Quarter final: Uibh Laoire v Blackrock at Cloughdun 3pm

Nov 16th JBFC Semi Final Naomh Abán v Ballyphehane at Carrigrohid 1.30pm

Nov 15th JBFC Semi F Carrigaline v Glengarriffe at Clonakilty 2.30pm

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 Aghabullogue v Limerick winners (in Cork)

Nov 22nd - 23rd MJFC SF Buttevant 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 JAFC Final County JAFC Final (Prov)

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



Rusheen NS celebrating their Sciath na Scol triumph at SuperValu Páirc Uí Chaoimh



Pupils from Muinefliuch NS participating in a maths week trail

LAOCHRA ÓG

17th October 2025

Yesterday evening the U12 Camogie team finished up their season with a Puc Fada at Ballymaccorcoran. Girls Started training last Feb at Macroom Complex and played home games at Ballymaccorcoran and Colaiste Ghobnatan during the year. Girls played 18 matches in total all over the County and Cork City. They took part in the Caman to Munster Blitz in Killarney too and went to see the Cork senior Camogie team play Waterford in the league at Pairc Ui Chaoimh before going onto support Cork play Galway at Croke Park in the All Ireland Final later on this year. A big thank you to Catherine, Dee, Amanda and Dave for all their time and dedication towards the girls and to Laochra Og Club. They all have been brilliant volunteers helping this team along the way.

Thanks to CART rural transport for bus journeys away and to Dan Kiely for been the main driver.

Thanks to parents and families for your support of the girls and the team throughout the year whom were unbeaten in all County league matches. Hopefully we will see the girls back to us next year.

Well done to all involved in our u14 county final vs Enniskeane yesterday! While we didn't come out on top the girls showed great skills and team spirit, and did brilliantly to make the final in their group. Many thanks to our sponsors Healy's Spar and to all our wonderful parents and club supporters.



U12 Camogie Poc Fada 17th October 2025



U14 Camogie County Final v Enniskeane 20th October 2025

LGFA: Naomh Abán



Foireann Naomh Abán - A bhuaigh Craobh LGFA na Mumhan. Pic- John Hannon



Captaen Foireann Naomh Abán, Colleen Ní Fhaoilín, ag ardú Craobh LGFA na Mumhan.



Imreoirí Naomh Abán le Craobh LGFA na Mumhan. Lydia Ní Dhonecha, Rosie Ní Chorcora & Amy Ní Dhonecha.



Imreoirí Naomh Abán, Gráinne Ní Luasa, Aoife Ní Chiodáin & Lauren Ní h-Aodh, ag ceiluradh le lucht tacaíochta óga Naomh Abán tar éis Cluiche Ceannais LGFA na Mumhan. Pic John Hannon



St. Val's u12 LGFA team who finished a great year of football with a strong win over Clonakilty



Foireann Sóisir "B" Naomh Abán a bhuaigh Cluiche Ceathrú Ceannais an Chontae.



Captian Foireann Fé16 Naomh Abán, Peadar Ó Ceallaigh, a bhuaigh Craobh an Chontae - Roinn 1



Sullane FC 1st ever West Cork League Junior Team 2025



Micheál Masters of Masters Industrial Automation presenting Ellen Roche (Captain) a new set of jerseys for the upcoming season 2025



Sullane FC U14 Girls Captain (Emer Carey)



Sullane FC Boys 2025 U12 WCSSL League Champions



Sullane FC Men's Junior Team 2025 (Munster Junior Shield)



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U14 Girls WCSSL Premier League Champions 2025



Sullane FC Boys 2025 U14 WCSSL League Champions



Sullane FC U10 Academy 2025 receiving their Cup medals!



Coláiste Ghobnatan : Babhláil Bhóthair - Bhuaij Nicole de Buitiméir, Orla Ní Mhurchú agus Darcy Ní Bhriain comórtas sinsearach na gailíní



Best of luck to Rusheen NS girls who will be playing in the Sciath na Scol final on Thursday November 6th.



Massive congratulations to Canovee U16s yesterday who won the munstercamogie 7s competition A huge achievement girls, well done



Friends and family gather for tree planting by Ted Cook in memory of James Galvin Macroom, formerly of Monkstown, Co. Cork

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Coachford Players Shine on All-Ireland One-Act Drama Circuit with "A Safe Passage"

The Coachford Players are celebrating outstanding success on the All-Ireland One-Act Drama Circuit with their acclaimed production of "A Safe Passage" by Cork playwright Irene Kelleher. The play, directed by Anne Marie McMahon and starring Niamh Kelley and Peter Dineen, has captivated audiences and adjudicators nationwide with its emotional depth and exceptional performances.

Set within a lighthouse, A Safe Passage is a haunting and evocative story exploring the themes of loss, loneliness, and guilt. The atmosphere of isolation and introspection is powerfully realised through both performance and production, with the set design receiving special praise from festival adjudicators.

The production has achieved remarkable success, winning Best Play at the Dundrum One-Act Theatre Festival in Dublin, the Bangor Drama Festival in Co. Down, and the Ballincollig Drama Festival, while also taking second place at the Cork One-Act Drama Festival.

In Bangor, Coachford Players swept the awards board, taking home Best Overall Play, the Audience Award, Best Director for Anne Marie McMahon, and Best Actress and Best Actor for Niamh Kelley and Peter Dineen. Niamh also won Best Actress at the Ballincollig Drama Festival, while Peter earned Best Actor titles in Cork, Dublin, Ballincollig, and Banteer.

Behind the scenes, the production is supported by a dedicated team: Karolyne Dineen (Stage Manager), Ronnie Dunlea (Assistant Stage Manager and Makeup), Eugene O'Sullivan and Joe Scanlon (Sound), and John McCaffrey (Lighting). Tomas Healy provided voice recordings, while the impressive lighthouse set was constructed by Willie Barrett. Sue Alwyn was responsible for costume design. Transport was very kindly provided by Tim Flanagan.

Director Anne Marie McMahon expressed her pride in the team's achievements: "We've been overwhelmed by the response to A Safe Passage. It's a story that touches something very human — and we're proud to bring a Cork writer's work to audiences across Ireland."

The Coachford Players will next perform at the West Cork One-Act Festival in

Rossmore on Friday, November 15th, before returning home for two special performances in Coachford as part of their One-Act Theatre Programme later this month.

With their powerful storytelling, creative excellence, and community spirit, the Coachford Players continue to shine brightly on Ireland's amateur drama stage. Coachford Players Present: A One-Act Night of Theatre

Award-winning drama and a night of laughter, talent, and storytelling at Coachford GAA Hall

The Coachford Players are delighted to announce their One-Act Night of Theatre, taking place at Coachford GAA Hall on Saturday, November 30th and Sunday, December 1st. This much-anticipated evening promises a rich mix of drama, humour, and creativity — a true celebration of local talent and community theatre.

The programme will feature the group's award-winning One-Act circuit play "A Safe Passage" by acclaimed playwright Irene Kelleher, a compelling and beautifully crafted piece that has earned recognition across drama festivals for its powerful performances and emotional depth.

Adding variety and light-hearted charm to the evening, the Players will also present three short ten-minute plays from "Calling Time" by Derek Webb. These witty and fast-paced mini-plays explore the quirks of everyday life and relationships — perfect companions to the evening's main production.

Doors open at 7.30pm, with curtains up at 8.00pm sharp. Audience members are encouraged to arrive early to enjoy the welcoming atmosphere and find their seats before the lights go down.

Whether you're a long-time supporter of the Coachford Players or new to local theatre, this event offers something for everyone — drama, laughter, and a memorable night out in the heart of the community.

Tickets will be available at the door, and early arrival is recommended. Don't miss this wonderful opportunity to experience the magic of live theatre right here in Coachford!



Karolyne Dineen, Ronnie Dunlea, John McCaffrey, Eugene O'Sullivan, Walker Ewart (adjudicator), Anne Marie McMahon, Niamh Kelly, Peter Dineen with their trophies at the Bangor Drama Festival



A Word of Victory

"But Ruth replied... 'don't ask me to leave you and turn back. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God. Wherever you die, I will die, and there I will be buried. May the Lord punish me severely if I allow anything but death to separate us!"
(Ruth 1:16-17).

Welcome back dear student, last week our Scripture from Psalms forty rejoiced on how God rescues us from the mire of despair and sets us on a new path. Ruth was the daughter-in-law of Naomi. She was from a different nation and culture but chose to stay with her mother-in-law after both their husbands had died, for Naomi was all alone. The verse above is from a passage often read at weddings - signifying the devotion of the newlyweds to each other no matter what the future brings. In Naomi's time, the outlook for a widow was not favourable. Once her money was gone her future was starvation, unless someone took her in. So, Ruth staying with Naomi rather than going home to find a new husband, was a sacrificial act. Now the reality set in when they came to Naomi's home place: Bethlehem, which incidentally translates 'House of Bread'. They returned as beggars, causing Naomi (which means 'sweetness' in Hebrew) to want to change her name to 'Mara' - meaning 'bitter'. She had lost her husband, the breadwinner, and her two sons - her legacy, so she was desolate. To survive Ruth went to work in the fields gathering leftovers from those who were bringing in the barley harvest. The practice in Israel was to let the poor glean behind the reapers to feed themselves. God's plan of Redemption for Naomi and Ruth now kicked into action. "The steps of the godly are ordered by the Lord. He takes delight in their journey" (Psalms 37:23). This is how the Lord works - when all looks hopeless and lost 'light shines in the darkness' (John 1:5).

The field that Ruth was working in belonged to Boaz, who unbeknownst to her, was a close relative to Naomi. He saw Ruth and inquired who she was. Already a good report had gone out about her in the city - that she was the widowed daughter-in-law, who chose to look after Naomi. Friend, oftentimes we do things, or go through things that no one notices - but God knows everything! He knows the truth. The Lord Jesus sees you at your weakest - He knows what it feels like (Hebrews 4:15). He understands the sacrifices, the pain, and the heartache, and He is your Redeemer! (Job 19:25) This means He will bring healing for all that has been lost. God is the One Who restores the years the locusts have stolen (Joel 2:25). He rebukes the devourer for our sake (Malachi 3:11).

Things may not turn out like you had planned or imagined, but if you trust Him the Lord will bring redemption. To redeem means to buy back or rescue what was lost and restore with atonement. Because there is no time in eternity where God lives, we can ask Jesus to go back to that time when the enemy came in and destroyed, and He will bring redemption and turn around with healing for the pain. Life keeps going on friend, but if we trust God we can go forward into a new beginning. The book of Ruth, only four chapters long, foreshadows Jesus the Messiah redeeming our lives from sin, hopelessness, death, and destruction. Boaz was her Kinsman Redeemer. He ended up marrying Ruth, and they brought forth a grandson for Naomi called Obed, who later became grandfather to King David, in the ancestral line of Messiah Jesus!

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

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Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

The time is RIPE

Time management and efficiency is big business. Books, conferences, courses, seminars and videos abound. Procrastination is my constant companion and downfall. I delay and distract myself rather than face the present, often pressing, duty.

I heard once that "it's better to keep up rather than catch up." How true - but I'm still catching up!

I'm still distracted by easy wins like replying to a funny text, scrolling some of the click-bait news items and alerts on the phone and before I know it a half-hour of my life has gone. Apparently there is some science to this as part of our brain does like these dopamine hits or quick-fixes while at the same interval we "lose all sense of time." Then waking up again, as it were, we rush headlong back to our normal or urgent tasks at hand.

What to do and where to begin?

The irony is that if you want to "advance" in anything you must "retreat" for a while in order to plan and strategize.

You have to find a plan that works for you. Here's my strategy. I call it the RIPE TIME METHOD because tasks of everyday can be categorized as

RIPE stands for Retroactive, Interactive, Proactive and Extra-active.

Retroactive (R) refers to catching up on the backlog, Interactive (I) means keeping up with today; Proactive (P) plans ahead and future proofs keeping a backlog at bay, while finally, Extra-active (E) are those emergency or extraordinary situations requiring immediate attention requiring me to drop everything else.

RETROACTIVE

Retroactive may seem to be daunting - the stockpile of tasks yet to be completed can be paralyzing - except if they are urgent and the deadline is near. I live too close to the edge! But rather than be discouraged I think it of it in this way. There are 1001 things to be done - maybe I can get 101 of them done this week, and maybe 11 of them today, but I need to start on 1. We have to break the pile down or we break down!

INTERACTIVE

Apparently 40 % of our time is spent on repetitive tasks we do every day - personal hygiene, meals, commuting, etc. from Monday to Friday. These are the essential non-negotiable tasks. These are the daily "I" tasks.

Interactive tasks can be daily, weekly, fortnightly, monthly, quarterly, half-yearly and annually as-well. We can think of weekly "I" tasks such as laundry, shopping, vacuuming, ironing. . .

Fortnightly tasks include the recycling.

Monthly tasks might include a deep-clean.

A long weekend break might be taken quarterly.

Visiting the dentist should be half-yearly, the medical check up and tax returns - annually etc.

How we manage and deal with daily tasks will require us to place them into their categories. New demands, requests and needs come our way and we must therefore decide whether they justifiably need a bit of extra thought rather than rushing in to them, or attending to them straight away.

So there is a place and a time for allowing things to end up incomplete for today, but not for too long.

PROACTIVE

P is future planning and future-proofing. It can be highly beneficial to have a Plan in place. It can be pleasant like booking the next holiday and aiming our budget and time organization to allow it to happen and to schedule around it, to use it as a deadline for certain tasks to be completed and the desk cleared. P can be projects and plans - there's always a positive vibe in thinking ahead like this. The trick is in the follow-through.

EXTRA-ACTIVE

"Life is what happens when we make plans!" Sickness requires rest and re-charging, visitors drop by, a family or friend needs our help, etc. These unexpected and unforeseen circumstances require our flexibility in the RIPE method. Life isn't always linear. But life is for living and public events and our involvement in the community are important too. We are social beings after all.

An extraordinary situation requires our full attention. We have to live with the resulting backlog and allow for the time it takes to adjust to re-establishing our daily routines. That's life!

Today is an opportunity to implement more order and time management in our lives. It might be worth sitting down and drawing a table or chart that works for you. Give it a go.

The time is "RIPE."

God bless. Fr Seán

Email: parisho7191@gmail.com | Phone: 085 878 3823

24TH ANNIVERSARY

In loving memory of

**MARY MURPHY
NEE CRONIN**

Roovesmore, Coachford

Who died on 18th November 2001

Loved and remembered everyday.



Sadly missed by Eileen, Marie, Tim,
Elizabeth, Donal & extended families.

29TH ANNIVERSARY

In loving memory of

**FLORENCE
RIORDAN**

Shanballyshane, Kilnamartyra,
Macroom

Who died 22nd November 1996

*God be with the old days
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 Dan, Florrie, Nora,
John and daughter-in-law Gulliette.

**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

Thank you Jesus for granting my favours.

**THE MIRACLE
PRAYER**

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

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

Say this prayer three times for three days and your favour will be granted.

Never known to fail.

Must promise publication of prayer.

A

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.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**MARY
O'SULLIVAN**

**Knockrour, Aghabullogue
Who died on 19th November 2024**

We Remember with love our beautiful mother Mary on this her first Anniversary, we her family would like to express our sincere gratitude to all who sympathised with us on our great loss

We wish to thank all those who attended the wake, the funeral and burial, those who sent mass cards sympathy cards, on line condolences, phoned, and sent text messages, we appreciate all those who travelled from abroad and those who travelled long journeys to be with us.

A sincere thanks to Fr Peadar Murphy for his visits to mam and for celebrating her funeral mass. A word of thanks to Sarah Dineen for the lovely singing and music.

Thanks to Dr Shane Hurley, Dr Audrey Russell, Dr Laragh Stevens, to nurses Ann and Marie, and to the exceptional staff at Muskerry family practice

thanks also to the paramedics that attended to mam and to the wonderful Doctors and nurses and staff at both the Mercy hospital and Marymount hospice, we are eternally grateful for the care you gave mam in her final days.

Sincere thanks to our great neighbours and friends for their support during the year. Thanks to the lee valley golf club for providing the food after the funeral.

Thanks to Valerie Buckley and all at Devida home care. Thanks to Coachford pharmacy for their help and support over the years. Thanks to all who brought food to the house it was much appreciated.

Many thanks to Aghabullogue alter society for having the church ready for mam on both days

Finally a word of thanks to Bill and Martin of Fitzgeralds funeral directors and their staff for their help and professionalism throughout the funeral.

Please except this acknowledgement as an expression of our deepest gratitude.



Lovingly remembered by Con, Bill, Mary, Josie and Denis & families and her adored grandchildren and great grandchildren.

Mary's Anniversary mass will be held in St John's Church Aghabullogue at 8pm on November the 22nd.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**PEGGY
BUCKLEY**

**4 South Square, Macroom
Who died on 22nd November 2024**

As we lovingly remember Peggy on her first anniversary, we wish to express our sincere gratitude to all of those who sympathised with us on our great loss. A special word of thanks to the staff of Macroom Community Hospital for their exceptional care, kindness and compassion to Peggy. To all the priests of the Parish, especially the Monsignor, for making her funeral mass and celebration of her life special, we are so grateful to you. Thank you to Doctors Shane Hurley, Audrey Russell and Con Kelleher, as well as the wonderful Carers who looked after Peggy at home. To Macroom Church Choir, Fitzgerald's Funeral Directors and the management and staff of Costcutters and the Castle Hotel Macroom, we would like to thank you for your kindness and professionalism. To Peggy's many friends from the Hospital, the ICA, Fianna Fáil and wider community, we thank you for your friendship and visits, which meant so much to Peggy.

*Just a prayer from the family
who loved you.*

Just a memory, fond and true.

In our hearts you will live forever.

Because we thought the world of you.

*I'd like the memory of me
to be a happy one.*

*I'd like to leave an after
glow of smiles when life is done.*

*I'd like to leave an echo
whispering softly down the ways,
Of happy times and
laughing times and
bright and sunny days.*

*I'd like the tear of those who grieve,
to dry before the sun;
Of happy memories that I
leave when life is done.*



Sadly missed by the Buckley
and O'Connor families.

Peggy's anniversary mass will be held on
Sunday 23rd November 2025 at 11:30am
in St Colman's Church, Macroom.

Our Lady of Knock, Pray for her.

ANNIVERSARIES



Treasured Memories of

**MARGARET
& JEREMIAH
MCCARTHY**

**Carrignadoura, Ballingearry, Co. Cork
Margaret died 23rd November 2008**

**We also remember her husband
Jeremiah who died 15th April 1968**

*Those who think of them today,
A little prayer to Jesus say.*



From their family and grandchildren

8th ANNIVERSARY



In loving memory of

**CONNIE
O'RIORDAN**

**Carrignadoura, Ballingearry, Co. Cork
Died November 22nd, 2017**

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

Go raibh leaba i measc na Naomh aige.



Lovingly remembered by Maura, Norma,
Eileen, Michael, Marie & Families

7TH ANNIVERSARY



In loving memory of

**BESSIE
HEALY**

**Rahalisk, Ballinagree
Who died on the 13th November
2018**

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



Fondly remembered by neighbours
& friends

25th ANNIVERSARY



I gcuimhne

**CIARÁN
Ó LAOIRE**

**Renaniree, Macroom
Who died on 12th Nov 2000**

*You are more than a
memory silently kept,
You are part of our lives
we will never forget.*



Ag cuimhneamh le grá ag Mom,
Colm, Noel, Donal Og, Cliodhna
and their Families

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. **TH**

13th ANNIVERSARY



With love we remember

OLAN COLLINS

**Coomnaclohy Ballyvourney
Late of Aghavrin Coachford
Who's 13th Anniversary occurs on the
18th of November**

*There is a bridge of memory,
from earth to heaven above.
It keeps you always near us,
it's called the bridge of love.*

*May you always walk in sunshine,
and God's love around you flow.
For the happiness you gave us,
no one will ever know.*

*It broke out heaths to lose you,
But you did not go alone,
for part of us went with you,
the day God called you home.*



Lovingly remembered by Noreen,
Mairead, John, Molly, Daniel, and Conor.

Anniversary mass will take place in St.
Gobnait's Church 16th of November at
11:30

ANNIVERSARIES



In loving memory of

**CON & SHEILA
O'BRIEN**

**Coomaguire Ballyvourney
who's 38th and 32nd anniversaries
occur around this time.**

*Those special memories of you,
will always bring a smile,
if only we could have you back,
for just a little while.
Then we could sit and talk again,
just like we used to do,
you always meant so very much to us,
we thought the world of you.
The fact you're no longer here,
will always bring us pain,
but you're forever in our hearts,
until we meet again*



Always remembered by your loving
family at home and abroad.
St Gobnait pray for them.

12th ANNIVERSARY & BIRTHDAY REMEMBRANCE



In loving memory of

NELL MURPHY

**Knockroe, Kilnamartyra, Macroom
Whose anniversary occurs on the
23rd November.**

*God saw you getting tired,
And a cure was not to be,
So he put his arms around you,
And whispered come to me,
With tearful eyes we watched you,
We watched you fade away,
Although we loved you dearly,
We knew you could not stay,
You left behind some aching hearts,
That love you most sincere,
We never did and never will,
Forget you Mother dear.*



Always loved and remembered,
Anna, Dan, Denis, Elaine, Danny and
Sheena.

5th ANNIVERSARY



In loving memory of

**RACHAEL
TWOMEY
(NEE RYAN)**

**Droumnagapple Inchigeela
Macroom, who sadly passed away on
the 17th November 2020.**

*You live in our hearts
You walk by our sides
From heaven above
Be always our guide*



Lovingly remembered by her beloved
family.

Rachael's anniversary Mass will be on the
17th of November at 9.30 in Inchigeela
church.

12th ANNIVERSARY



In loving memory of

**PADDY (BOBBY)
COONEY**

**Gurthinaden, Kilnamartyra
who died on 11th November 2013**

*Gone from our home that smiling face,
the cheerful happy ways,
the heart that won so many friends,
in bygone happy days.*



Always remembered by his daughters
Siobhán and Sheila, son in law Pat and
grandchildren Hannah, Bobby and Julie

6th ANNIVERSARY



In loving memory of

**EILEEN
CREEDON**

**Coolea Formerly Top of Coom
Kilgarvan
Who died on 14th November 2019**

*I miss you every day
and even though
I cannot see you Mother
I know you are always by my side.*



Always remembered never forgotten

By John, Dan, Tim, Jerry, Siobhan,
Eileen, Julie, Caitriona, Mary Ellen, your
grandchildren, daughters and sons in law

4th & 13th ANNIVERSARY



In loving memory of

**ANNE
CRONIN**

**Masseytown, Macroom
Who died on 25th November 2021**

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



Always remembered by Niall, Ruth, Vincent, Zoe, Nicola, Sarah, Luke,
Robert & loving families



In loving memory of

**TERESA
CRONIN**

**Upper Masseytown, Macroom
Who died on 21st November 2012**

MEMORIALS
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6th ANNIVERSARY



Remembered with Love

**SHEILA
KELLEHER
(NEE LORDAN)**

"Launa View", Ballinagree, Macroom.
Who died on 14th of November 2019.

*We thought of you today,
But that is nothing new,
We thought of you yesterday,
And will tomorrow too,
We think of you in silence,
And make no outward show,
For what it meant to lose you,
Only those who love you know,
Remembering you is easy,
We do it everyday,
It's the heartache of losing you,
That will never go away.*



Sheila's 6th Anniversary mass will be held
in St John the Baptist Church Ballinagree
Saturday 15th of November @ 8.00pm.

Loved, remembered and missed everyday by
her loving husband Tommy, daughters Elaine,
Jennifer, Jacqui, Sons Tomás & Trevor. Son in
laws Gerald, Hugh & Gerard. Daughters in law
Tracey & Victoria. Her loving grandchildren
Keoin, Kyle, Tommie, Arlene, Mia, Gearóid,
Callum, Freya, Kyra, Saoirse, Thomas & Tadgh.

6th ANNIVERSARY



In loving memory of

**PEGGY
LYNCH**

Cúil Aodha

whose anniversary occurs on the
17th of November.

*Although we miss you every day
Your love still guides us on our way*



Fondly remembered always by your
loving family.

17th ANNIVERSARY



In loving memory of our dear son
& brother

MARK DUGGAN

Mounahorna, Macroom.
Whose 17th anniversary occurs on
the 22nd of November

*We think of you in silence
We often speak your name
But all we have are memories and
Your picture in a frame.
Your resting place we visit and
Put flowers there with care
But no one knows the heartache
as we turn and leave you there.*

*Will those who think of Mark today,
A little prayer to Jesus say.*



Mark's Anniversary Mass will be held on
Saturday the 22nd November at 7.30 pm
in Macroom Church.

Always remembered with love by his Mom
and Dad Margaret and Eddie. Brothers
Denis, Alan, Eddie, Luke and Owen.
Sisters Tracey and Niamh.

17TH ANNIVERSARY



Treasured memories today and always of
a dear niece and cousin

**CATHERINE
KELLEHER**

Late of Rylane and Carriganima

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

In Gods arms Rest in Peace.



Aunty Mary, Connie, Sheila, Niall, Trina
and families.

20th ANNIVERSARY



In memory of a loving Husband,
Dad & Grandad

**MATTIE
TWOMEY**

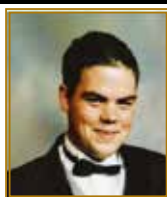
Barathanaknuck, Clondrohid,
Macroom, Co. Cork
Who died on 17th November 2005

*Happy memories will keep forever,
Of days when we were all together,
They bring a smile often a tear,
But always a wish you were here.
Will those who think of Mattie today a little
prayer to Jesus say.*



Remembered by your loving
wife Bridget & family

21st ANNIVERSARY



In loving memory of

**EAMON
HORGAN**

Lyrenageeha, Ballingearry
who died on 12th November 2004

*We think of you in silence,
We often speak your name,
But all we have are memories
And your picture in a frame.
To us you were someone special,
Someone set apart.
Your memory will live forever,
Engraved within our hearts.*



Fondly remembered and sadly missed by
all his family and friends.

Ar dheis Dé go raibh a anam dílis

9th & 6th ANNIVERSARY



In loving memory of

**JOHN
O'CALLAGHAN**

Who died on 23 November, 2016

In loving memory of

**NORMA
O'CALLAGHAN**

Who died on 12 September, 2019

Derrivane, Inchigeela

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



Ár dheis dé go raibh a h-anam dílis

Lovingly remembered by: Gene, Sheila, Con, Liz, Denis, Mim (Máiréad), John Fin, Ciara
and Families

NOVENA TO THE SACRED HEART



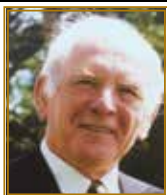
Dear Heart of Jesus, in the past I have asked many favours. This time I ask you
this special one, (mention favour). Take it dear heart of Jesus and place it within
your heart where your father sees it. Then in his merciful eyes it will become your
favour, not mine. Amen. Say this prayer three times for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

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8th ANNIVERSARY



In loving memory of

DONAL CREED

late of Codrum, Macroom, Co Cork
Died 23rd November 2017

*In loving memory of Donal a dear husband,
father, grandfather, great grandfather,
brother, uncle and friend.*



Remembered every day with so much
love by his wife Madeleine and by his
extended family

Ar Dheis Dè go raibh a anam uasal

2nd ANNIVERSARY



In loving memory of

**MARY
KELLEHER**

Gortavranter, Clondrohid, Macroom
who passed away 22nd Nov 2023.

*Time and years slip quietly by
But love and memories never die.
In our hearts you will always stay, Loved
and cherished everyday.
Eternal rest grant unto them O Lord.*



Lovingly remembered and missed
everyday by your husband Johnny, Son
John, Daughters Elaine, Deirdre, Maire,
Eimer, Gráinne, Grandchildren, son-in-
law's, John's partner Mary and extended
family and friends.

Mary's Second Anniversary Mass will
be held in St. John the Baptist Church,
Carriganima, on Saturday 15th of
November at 6pm.

18th ANNIVERSARY



In loving memory of

**EDWARD (NED)
O'LEARY**

Sleaveen East, Macroom, Co. Cork
Whose anniversary occurs on 21st
November

*We thought of you with love today
But that is nothing new.
We thought about you yesterday
And days before that too.
We think of you in silence
We often speak your name,
Now all we have are memories
And a picture in a frame.
Your memory is our keepsake
With which we'll never part.
God has you in his keeping
We have you in our heart.*



Sadly missed and always remembered by
your wife Joan and family

9th ANNIVERSARY



In loving memory of

**NANCY
BRADLEY**

Ballinagree, Macroom
Whose Anniversary occurs on the
16th of November

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



Always loved and missed by
Michael and family.

ANNIVERSARIES



In loving memory of

**MARY & SEAMUS
CRONIN**

Dún An Óir, Ballygeary
Mary died on 7th November 2019
Seamus died on 18th December 2002

*If Tears Could Build A Stairway
And Memories A Lane
We Would Walk Right Up To Heaven
And Bring Ye Home Again.*



In our thoughts and hearts forever
Lovingly remembered today and always
by their family Aileen, Geraldine, Crothur
(Con), Colette, Christin and their adored
grandchildren and greatgrandchildren.

*I Smointe agus I bpaidreacha do chlann
i gconai.*

2ND ANNIVERSARY



In loving memory of

**TERESA
CREEDON
(NEE WALTON)**

Manor Ville, Masseytown, Macroom
Whose 2nd Anniversary occurs on
18th November, 2025

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



Always loved and remembered
by her family

21st ANNIVERSARY



Precious memories today and always of
my eldest son and brother

ALAN HEALY

Late of 5 Belmont Place, Crookstown
who died on the 7th November 2004,
aged 31

*We love you now as we loved you then,
God keep you close until we meet again.*

*Will those who think of Alan today,
A little prayer to Jesus say.*



Sadly missed by his loving mother
Noreen, sisters Christine and Caroline and
brother in law Derek.

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.

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