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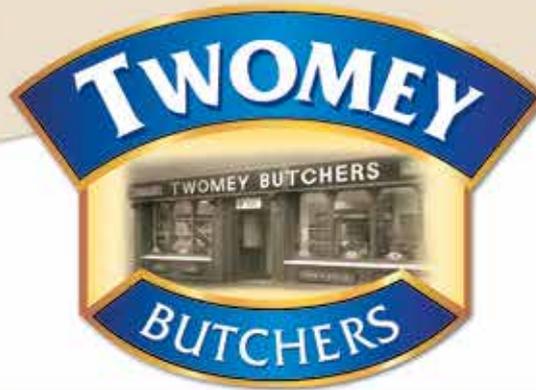
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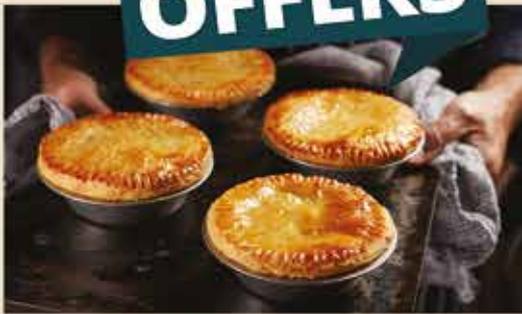
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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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

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

As always submissions as Gaeilge are always welcome too!

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

Go raibh maith agaibh, Peter & Gráinne

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Please note Des has a new number

087 3600223

HINTS TIPS AN IDEAS FOR SUBMITTING PHOTOS FOR PUBLICATION IN THE LEE VALLEY OUTLOOK

From Peter Scanlan, photo editor.

The Lee Valley Outlook is published once every two weeks and for most editions there will be emails with anything up to 140 images, of which around 70 to 80 will be printed.

This is not surprising as nowadays, most people carry a camera with them at all times, something that was unheard of only of a few years ago. If you are involved in a school, college or organisation, this is a golden opportunity for you to publicise your activities by submitting articles and images. When taking photos that you intend for Publication, keep in mind that your photos will be resized to just three inches high, (7.62cm) and most likely will be printed like that or maybe smaller, (Very rarely an image may be published in a larger size) so when taking photos, keep in close to the subject, to get the maximum benefit. When taking photos indoors that you intend to send for Publication, turning on the flash, will usually result in a better image, but you may need to move much closer to your subject, particularly if you are using a Mobile Phone. Mobile phones use a different system for flash, which is not as effective or as powerful as a traditional camera flash. Always try to hold the camera steady, particularly with mobile phones, which by their nature are very difficult to keep steady, and is probably the most common reason for poor quality



images when printed, (even though they may look perfect on the screen). Some people may think that cropping an image will compensate for being too far away from the subject, but remember that cropping drastically reduces the quality. If you must crop, maybe to make it easier for sending it by email, leave lots of space around the subjects in the photo, space which may be needed for further editing, such as using the image as a Banner image on the front page of the Lee Valley Outlook. In fact many images suitable for the Banner are discarded because of this. Now that you have the photo ready to send, what about a caption? When sending images for publication, always try to

keep in mind, that this is a golden opportunity for you to promote your club, School or Organisation. Someone once said 'A picture is worth a thousand words'. But a picture always needs a caption to convey that message, not just any message, but the specific message that you want at this time. For example, this could well be a caption; 'Joe Blogs surrounded by his friends celebrating his victory in Murphy's pub'. Let's look at this caption a little closer, you may know who Joe Blogs is, and where Murphy's Pub is, others may not, above all What did he win? Who did he beat? Where was the contest? A more appropriate caption might read; 'Joe Blogs representing the Macroom Rock Breakers Club, who defeated Mayo man Michael Mogs in the national rock breaking competition held in Killarney, seen here displaying his trophy with his friends in Murphy's pub. This caption tells the story, it could easily be worded differently, but the message is the same. Always make sure that you have the name of your Club, School or organisation included in the caption, so if one or more of your images does not appear on the same page as the rest of your images, but will make much more sense if it appears on the next page or indeed, as sometimes happen, in the next issue of the Lee Valley Outlook.

If you have any questions, feel free to email me at peterscanlan.lvo@gmail.com



Saoirse O'Brien from receiving her Bachelor of Science award in Mental Health Nursing in MTU Tralee.



Breda Stack - St. Brigid's Font Gift Set with St. Brigid's Well Water.



Breda Stack Artist with some of her Art pieces

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CINEMA



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WED 04 FEB 2026
8PM

THEATRE



STRIVE THEATRE X
MACBÓCHRA PRESENT: GOLL
FRI 06 & SAT 07 FEB | 8PM

LIVE MUSIC



BRIGID MAE POWER
SUN 08 FEB 2026
8PM

CINEMA



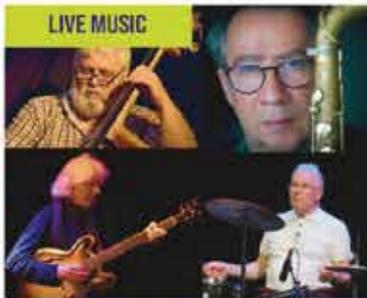
IFI@BRIERYGAP | HAMNET
MON 09 FEB | WED 11 FEB 2026
8PM

CINEMA



GABBY'S DOLLHOUSE:
THE MOVIE | SUN 15 FEB | 3PM
(FAMILY TICKETS AVAILABLE)

LIVE MUSIC



TIMELESS JAZZ: MENUAU,
HALFERTY, FLEMING & MURRAY
SUN 22 FEB 2026 | 8PM

THEATRE



SULLANE PLAYERS PRESENT:
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8PM

LIVE MUSIC



GERRY TULLY | SINGS THE
CHRISTY MOORE SONGBOOK
FRI 06 MAR 2026 | 8PM

THEATRE



THE FLOWERS OF MAY
SAT 07 MAR 2026
8PM

KIDS & FAMILY



JOE THE MAGICIAN
SUN 08 MAR 2026
3PM

LIVE MUSIC



LOUISE MORRISSEY
SUN 29 MAR 2026
8PM

LIVE MUSIC



DAOIRÍ FARRELL
SAT 25 APR 2026
8PM

MACROOM FUNDRAISER FOR C.U.H MENTAL HEALTH

10 January, 2026, Castle Hotel.

Saturday 10 of January was cold outside and contrasted sharply with the warmth of the atmosphere inside the Castle Hotel where a Cork University Hospital Mental Health Services Fundraiser took place, beginning at 8.00 in the Castle Hotel. A huge number attended. Darrell Holden, ably supported by Christina, his family and friends, was the main local organiser. As well as talks, there was a quiz and a disco. Entry was free but a raffle, with generous local prize-sponsors, enabled patrons to donate more. A serious topic was addressed seriously while entertainment followed, leading to a very successful night in all respects.

Darrell introduced the night and pointed out the importance of mental health problems, their prevalence and their threat. Drug, alcohol and other addictions are rife, and suicide is commonplace, and is one of the major killers of young adults, males particularly. The aims of the night were to raise local awareness of the problem, to mobilise the community to counteract the resulting difficulties and to collect money for CUH's efforts addressing the problem. The other big message given was that help is available, and listening may be life-changing and life-saving.

Claire Concannon, Executive Director of CUH Charity, emphasised that anxiety, depression etc. are an intrinsic part of all illnesses and are not confined to 'purely' psychological presentations. People are body and mind: 'A healthy mind in a healthy body' was an old Roman ideal. A new diagnosis of cancer, the effects of stroke, heart attack or a serious injury, together with bereavement, all have serious mental as well as



physical effects. Indeed, Claire mentioned that the CUH is trying to incorporate this holistic approach in dealing with the 'mind' aspects of all illnesses and injuries.

Mr Ger O'Brien, Motivational Speaker and EFT (Emotional Freedom Therapy) therapist was the main speaker. He was involved in construction early in his working life, and outlined his experiences that led him to a crisis. He reacted by reflecting on his life and situation, opted to study and now helps people to 'escape' the burdens of the past. He asserted that thoughts lead to emotions and feelings and this controls our attitudes, actions and behaviours. Put simply, perhaps overly simply, if we control our thoughts, then we can control what follows. Many people have adverse experiences in life but bury them; these need to be 'unblocked'. He cited examples from situations he has encountered. He said that accepting that 'I am the most important in my life' is a vital

component of our mental well-being. By saying that, it gives the person control over their thoughts and what follows. It also gives a person the responsibility of addressing the problems, 'blocks' and issues. He too stressed that help is there and he strongly advised that people should listen, not be judgmental and help. He used the analogy of the brain being a bag and loaded with 'rocks' as life unfolds. Therapy helps to 'offload' the rocks and heal the brain and its emotions, and to 'freedom'.

Ger believes in generating good energy and vibrations that connects with others, and the universe. He said that when studying with a Japanese Master, his teacher pointed out that the human body is c. 60% water and that water has emotions, and he showed interesting MRI images of water in various moods. His talk was very well received and he got very warm applause for his presentation.

Darrell then closed the talks and thanked all those who supported the night.

Patrick Ahern was quiz master, more than 200 partook and the winners were Jonathan Casey was the DJ.

So far, more than €3,000 has been as raised and Ms Concannon expressed gratitude to Darrell and to all who helped and supported the occasion.

It was a very successful night for an excellent cause.

P.S. Darrell's fundraising for CUH Mental Health Services does not stop there as he hopes to run the London Marathon in April, 2026. Last year, he ran the Paris Marathon in aid of CUH's Children's Health Services.



Quiz at Macroom Mental Health Talk, 6 Jan '26 (Supplied by Darrell Holden).



Jacqui O'Driscoll and Martina Kelleher who attended the Macroom Mental Health Talk, 6 Jan. '26.(C. Kelleher)



Queuing to buy raffle tickets at Macroom Mental Health Talk, 6 Jan '26, waiting. (C. Kelleher).



Darrell Holden opening the Mental Health Talk talk with Claire Concannon, CUH, and Ger O'Brien, the main speaker. (C. Kelleher)

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MCEGAN COLLEGE



1st Year McEgan girls basketball team.



McEgan 5th yr students who attended the STEM passport for Inclusion graduation in MTU Tralee Abbey Power, Tara Twomey, Leah Buckley.

STEM Passport graduation. On Thursday January 15th 3 girls from 5th year represented McEgan College at the graduation ceremony from the STEM passport course for girls in MTU Tralee. In total 8 5th yr girls completed the course. The STEM Passport for Inclusion programme aims to address the challenges that those who come from socially disadvantaged communities may face when it comes to pursuing a career in science, technology, engineering and mathematics. The programme aims to encourage girls to pursue a path through 3rd level studying STEM subjects. The students all now will receive 50 bonus points towards entry to STEM courses in MTU. Since its launch, over 5,370 female students from DEIS schools in all four provinces have been engaged, 50% of participants from rural areas. The outcome of the programme to date has been that students from 117 DEIS schools have been empowered to graduate with a LEVEL6 university accredited STEM qualification while still in post-primary school. A survey of programme participants revealed that STEM Passport for Inclusion

has positively changed students' view of STEM with 79% now considering applying to study STEM at third level while 76% are considering a career in STEM.

Past Student return: Every year past students from McEgan return for an event where they share their experiences of studying at a 3rd level College. This year the returning students were Niamh O'Callaghan, Clodagh Byrne, Dylan Sheehan, Matt Murphy & Isobel Roberts. This is an opportunity for the current McEgan students to ask questions and to engage with their former peers to gain insight into the world of further education. The engagement is very timely as the 6th yr students are in the process of completing their application for the CAO (Central Applications Office) forms for the 2026. This is now the central register for both 3rd level study and Apprenticeship applications, the admission scheme for those with disabilities (DARE) and for those applying under the disadvantaged background scheme (HEAR) can be completed at the same time. Applications close on February 1st.

Sport News: Mc Egan College Macroom faced Coláiste Ghobnatán in girls' basketball with mixed results. The Minor D League team claimed a thrilling 25-24 victory in a tightly contested match, showing great determination to hold on for the narrow win. The Junior girls also put in a strong effort but were defeated by Coláiste Ghobnatán who were the stronger team on the day. Well-done to all involved, staying active is a very important part of staying healthy and in McEgan we encourage all students to keep active by engaging in sports both inside and outside of school.

Sensory Room Donation: The upgraded sensory room in McEgan has been a fantastic addition to R22. This week Ms. Eibhlís Kelleher of Aghina Macra called to bring a sizeable donation of money for the further development of the sensory space and the development of the Nurture Garden. Aghina Macra raise the funds by organising a 5km walk/run and BBQ. We are delighted to extend our thanks to Eibhlís and Aghina Macra for their most generous donation.



Mc Egan R22 students enjoyed a day out in Cork Opera House for the Aladdin Pantomime before the Christmas Break



Eibhlís Kelleher with R22 students Hannah O Callaghan, Seanie Kelleher, Donal McCarthy & teachers Ms. Carol Warren & Ms. Hazel Burke. Eibhlís presented a very generous donation for a sensory garden to complement the upgrade to the sensory room from Aghina Macra



On January 11th one of our esteemed volunteers Michael Burns sadly passed away.

We would like to send our sincere condolences to his wife Margaret, and family Sandra, Declan, Mark, Peter, Patrick, Seán, Darren, to his grandchildren and extended family on this sad occasion. He will be missed by Macroom Tidy Towns but has left his legacy. May he Rest in Peace.

The Mulligan Room Restaurant, based in Macroom Golf Clubhouse, will be supporting Macroom Tidy Towns by providing freshly baked scones every week and a hot meal once a month to the volunteers after our Saturday morning work. A big Thank You to Armands Ceimers who runs this restaurant for this very generous sponsorship which is very much appreciated.

The last few weeks have focused on litter picking around town, the clearing of weeds at the entrance to Oakwood, cleaning around traffic calming islands on the Killarney Road, disposing of leaves to be made into compost for planting, Pruning, weeding and clearing the shrub beds at the Town Park entrance.

Many people outside the Tidy Towns volunteers contribute to the overall work of Tidy Towns. Schools

help out with various initiatives and a few individual businesses help by maintaining their own areas. There is room for a lot more of this and while many people compliment and admire the work has been done, we would like you to consider doing something small yourself in your local area, as this helps overall effort, inspires others and there is a feel-good factor. We in Tidy Towns will support you in whatever way we can. You may also like to come and join us some Saturday morning at 9am at our base in Masseytown as we are always open to new people joining in and helping with the work. If you have any questions, feel free to contact Lisa at 087-1434770.



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DE LA SALLE College Macroom



DLS 4th Years enjoying their day out at the Stripe Young Scientist Expo.

Stripe Young Scientist Competition – Dublin

It was a wonderful week for the lads as Jack O'Donoghue, Riordan O'Driscoll, William Murray, Michael Kelleher and Peter King represented the school at the Stripe Young Scientist Competition. The students set up their stands, demonstrated their projects, met fellow innovators, engaged with judges, and soaked up the buzz of the exhibition. We could not have been prouder of their hard work, commitment, and enthusiasm. Our Young Scientists were also delighted to welcome Aindrias Moynihan, TD, who took time to speak with the students about their innovative projects. It was a particularly memorable experience for Jack O'Donoghue and Riordan O'Driscoll, who were interviewed by The Farmers Journal and had the opportunity to meet Martin Heydon, Minister for Agriculture, Food and the Marine, who showed great interest in their work. A brilliant achievement and a real credit to the students and their teachers Ms. Walsh and Ms. Connolly.

The Sound of De La Salle Fourth Year student Tadhg O'Driscoll recently recorded a short podcast providing a news update on what has been happening across our school community over the past few months. His initiative and enthusiasm in putting the podcast together are truly admirable and reflect a great sense of creativity and engagement. As part of the podcast, Tadhg also interviewed our new school Principal, Eric Graham, gaining insights into his experiences of De La Salle in years gone by, as well as his vision for the school moving forward. It was a great piece of work

and a genuine snapshot of life in our school. Well done Tadhg!

Nollaig na mBan The Fourth Year students made a lovely gesture last week when they presented Christmas cards to the female staff to mark Nollaig na mBan. It was a thoughtful and much-appreciated act of kindness.

Student Spotlight – Ethan O Leary Well done to Ethan O'Leary, who brought in his impressive World War I, World War II, and Cold War memorabilia collection to share with his Third Year classmates. The original artefacts sparked great discussion and gave students a real insight into the historical periods they are studying. It was a brilliant example of student-led learning and genuine engagement in History.

Further Education Talks – Leaving Certificate Our Leaving Certificate students benefited from a series of informative and engaging talks, including a presentation by Ian Wallace from the College of Business & Law, as well as a valuable session delivered by Bernie Angland and Padraig O'Driscoll from Cork College of Further Education and Training – Macroom Campus.

Rubbish Film Festival: Transition Year students recently took part in the Rubbish Film Festival, an exciting initiative that challenged them to explore issues around environmental sustainability through film. Working creatively in teams, students planned, filmed, and edited short movies that highlighted themes such as waste reduction and personal responsibility for the environment. We are very much



Local TD Aindrias Moynihan & DLS student William Murray at the Stripe Young Scientist Expo.

looking forward to seeing the finished films and celebrating the students' work.

The Hub Highlights: Roast Chicken Dinner in Room 45

Roast chicken dinner was on the menu in Room 45, where students worked together as a team to prepare and cook their meal. From preparation to completion, the lads showed great cooperation and effort throughout the process. Like a professional kitchen, they finished by sitting down together to enjoy a family-style dinner and the results of their hard work. Well done to all involved.

Sport Highlights: School Football – U14, U 15 & U16

Our underage football teams continue their preparations for the upcoming championship season, with strong commitment and effort being shown at training sessions and challenge matches. Our U15 footballers recently enjoyed a highly competitive challenge game against Boherbue. The match provided an excellent test for the lads, with strong performances and determination on display throughout. Well done to all players and coaches involved as preparations continue.

Senior Footballers Continue Championship Campaign We are extremely proud of our Senior Football team and the dedication and hard work they have shown throughout their Munster B campaign. They will face Rosscarbery in the Munster B Semi-Final. We wish the lads the very best of luck and know they will represent the school with pride on the day.



DLS student Ethan O'Leary displaying his impressive war memorabilia



Local TD Aindrias Moynihan & DLS students Michael Kelleher & Peter King at the Stripe Young Scientist Expo.



DLS students Jack O'Donoghue & Riordan O'Driscoll with Martin Heydon, Minister for Agriculture.



DLS students taking part in the Rubbish Film Festival this week.



DLS U15 footballers in action against Boherbue.

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MACROOM GIRL GUIDES



Macroom Guides who helped Food Connect



Recent Ladybirds who stepped up to Brownies!

Food Connect

Macroom Guides chose Food Connect as their project for their Christmas Good Turn. During December, Ladybirds, Brownies, Guides and Rangers did many extra tasks at home to raise money for Food Connect. On the Saturday before Christmas, Guides met to shop for the items of food that are most needed. Each pair of Guides had a budget to spend. This was a great exercise in careful shopping and comparing prices and products. Once the shopping was finished, the Guides took their boxes of food to the Food Connect centre and met Glen who is responsible for the project. He explained how Food Connect operates and complimented the Guides on their efforts and their thoughtfulness and concern in thinking of others. Food Connect is an important and worthwhile community action project. Community action is very much part of the Guiding programme and the Guides were delighted to provide support for Food Connect.

Creating a Dementia Inclusive Generation

Before Christmas our Guides and Senior Branchers attended a workshop on "Creating a Dementia Inclusive

Generation" with Alison McCarthy, the National Activities Coordinator with the The Alzheimer Society of Ireland. The girls learned about the Alzheimer Society and its activities. They also learned about dementia and how it affects people and also found out about what we can do to support people with dementia.

Irish Sign Language Workshop

On Friday, December 19th, we had a visit from Ray Greene, an Irish sign language interpreter. She shared her personal experience of being partly deaf and spoke about the opportunities she has had such as signing for the Christmas Pantomime. She taught us some common signs including colours, animals and even how to sign "Santa Claus is coming to town". We also had the opportunity to create our own sign names to represent ourselves. Overall it was a brilliant educational experience and an important opportunity to learn basic sign to communicate with others.

MacEgan Ranger, Katie Cronin selected as a National Member of Gaisce's Youth Ambassador Panel for 2026.

In October 2025, applications for the first round of the Gaisce Youth Ambassador panel opened and successful

applicants underwent an interview process. Katie was then selected as the first panel member from Co. Cork and member of Irish Girl Guides to sit on the panel. On January 17th she attended the first in person meeting of the year in Gaisce's HQ, Ratra House, Phoenix Park, Co.Dublin. Panel members got to know one another and were introduced to their new role as a Youth Ambassador. Avril Ryan, CEO of Gaisce spoke to the panel and wished them well in this exciting new journey. The group were then busy writing bios for the Gaisce website, taking official photos and creating informative content for social media. Hopes and aspirations for the year ahead were laid out, and the group finished the day by creating canvasses that represented them and their values, which will proudly be displayed in the hallway of Gaisce HQ. The ambassadors will act as a role model for young people across Ireland partaking in all levels of the Gaisce award and will strive to promote and support the President's Award across the country.



Dementia Inclusive Generation workshop Dec 19th



Katie Cronin - Gaisce Youth Ambassador 2026

UIBH LAOIRE NOTES

Inchigeela Hall

Busy times ahead for the Inchigeela hall committee with a full schedule of events planned. First of all Yoga takes place on Tuesday nights with Mindful Hatha Yoga for everyone, 7pm to 8pm, until March 24th. The Active Retired members play Scootch on Wednesday at 11am and have their tea and a chat. On Wednesday nights join the fitness movement with Macfit Hybrid Barbell Pump, 7pm to 7.45pm. Places are limited better call 0894774454 or DM@macfit on instagram. Friday night is Bingo night, which is going very well. Sunday social dancing, 3pm to 5.30pm which is on every second Sunday is as popular as ever and we see that the committee have booked 12 bands ahead til June, starting with Bernie Heaney on 1st of February.

On Sunday nights it's 45 cards. Inchigeela National School Parents Association host the Ahakeera Drama group on 31st of January with a hilarious comedy, "Separate Beds" Curtain up at 8pm. Tickets at the door. Please support.

Croi na Laoi/ Tidy Towns

All the Christmas have been safely put away for another year. Well done all volunteers. The years work will start shortly so why not join the members and be part of their good work. New members always welcome. The group have plans, in conjunction with Coillte, to open up again the old popular walk to the Holy year Cross overlooking the south Lake road. Many young people never knew this landmark existed until Coillte recently felled the trees that had hidden it for many years.

Badger Sauna

It's good to hear that the new venture is doing well and you could not find a nicer setting than Loch Allua on the South lake Road. Individuals or groups. And bookings can be made on www.thebadgersauna.com

Retirement

Good wishes go to Paddy and Síle Lynch on their retirement after over 30 years running the well known public house, Árd na Laoi. The couple worked hard and developed a well respected, thriving business, while rearing a family as well. They generously supported many events in the locality during their time at the helm of Árd na Laoi. We hope they have a long and happy retirement.



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ST MARY'S NEWS



St Mary's 12 young scientist projects (21 students) at the RDS



St Mary's Junior A Football team are now through to the Munster A Final

Young Scientist 3rd Year Trip:

"On the 9th of January, the TY's and 3rd years visited the Stripe Young Scientist and Technology Exhibition held in the RDS in Dublin. This trip gave students a great opportunity to explore science, technology, engineering and innovation. When we arrived at the RDS, there were students from schools all over the country showcasing their projects. The exhibition covered a wide range of topics including biological and ecological sciences, chemical, physical and mathematical sciences, health and wellbeing, social and behavioural sciences, and technology. This was a great opportunity to learn about people's projects and especially useful to 3rd years for inspiration for their own projects for next year. One of the highlights of the trip was visiting Dundrum shopping centre after looking around the RDS." Report by Chloe Galvin, TY

Promo Team

Junior A Munster Semi Final:

Huge congratulations to our Junior A football team who were victorious against Loretto Clonmel in the Munster A Semi Final this week. They move on to the Munster final and will be playing Ursuline Thurles. Details to be confirmed. Well done girls and to your managing team also.

1st and 2nd Year Basketball:

A fantastic start to our Minor and Junior basketball league this week! Both teams have been working incredibly hard since their first sessions back in

September, and their dedication really showed. The girls put in a tremendous effort, and what stood out most was how well they listened to both their teammates and their coaches. It made a huge difference on the court. Well done girls and a huge thank you to Coláiste Pobail Bheantraí for two well matched games and enjoyable games.

Stripe Young Scientist 2026:

Day 1 of the Stripe Young Scientist and Technology Exhibition our girls enjoyed the opening ceremony followed by a successful first round of judging of our 12 projects. We finished the day off with a trip to Funderland! On day 2 our girls had 2 more judging sessions as well as interviews with Virgin Media News, RSA and the EPA so they were very busy. They finished out their evening with some retail therapy in Dundrum! Friday evening brought the awards ceremony with fantastic results for St Mary's! 5th year students Chloe Lehane and Amy White came 2nd in the Senior Group Social and Behavioural Sciences category! A HUGE achievement for the girls. Their project is titled: Likes vs Rights: Should family vloggers be subject to child labour laws? Their project highlights if children's presence in family content online drives engagement and financial profit and therefore they should be recognised and protected as participants in digital labour. 4th year students Réaltín Walsh, Isabelle Roberts and Siún O'Connor won a highly commended award for their project investigating "Counting the

Cost of Clean Water: An investigation into the social, environmental and economical cost of frequent boil water notices in the town of Macroom"! Well done girls on raising awareness on such an important topic to the locals of Macroom. 2nd years Jenny Duggan and Aoibhinn Kelleher also won a highly commended award for their project titled "Scroll, swipe, forget? The effects of screentime on adolescent memory". The girls have been working on this project since the start of 2nd year in their spare time and have done a lot of research and work. We are so, so proud of them. The last of our award winners is 3rd year student Áine O'Leary! Áine won a display award for her lovely display as part of her project titled "Reserved for a Reason: Exploring Public Perception and Misuse of Disabled Persons' Parking Spaces and Permits, with Proposed Solutions". All 12 of our projects received incredibly positive feedback from their judges and represented St Mary's with great pride. Coming home with the added bonus of 4 fantastic awards! We are beyond proud of the girls and all of their hard work. A huge thank you to our sponsors Purcells Solicitors, St Mary's Parents Association and Striker Macroom for their generous donations to our trip. Lastly, thank you to Ms Foley, Ms O'Keeffe and Ms Martin for all of their help, support and guidance over the last number of days in Dublin and ensuring the girls had an enjoyable trip to the Young Scientist, Funderland and Dundrum.



St Mary's 1st year basketball team "blue team"



St Mary's 2nd year basketball team "blue team"



St Mary's 5th years, Chloe and Amy, who were placed 2nd in the Senior Group Social and Behavioural Sciences at the Young Scientist



St Mary's 4th years, Realtin, Isabelle and Siun, were highly commended at the Young Scientist



St Mary's 2nd years, Jenny and Aoibhinn, were highly commended at the Young Scientist



St Mary's 3rd year, Aine, won a display award at the Young Scientist



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by Dr. Ben Martin
Optimal Chiropractic,
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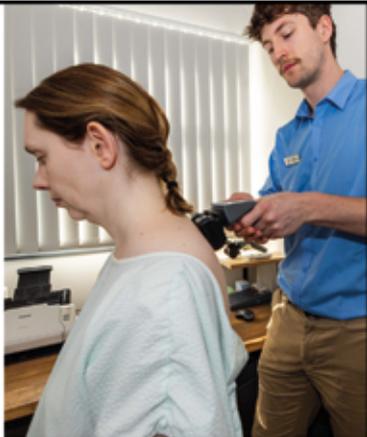
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Roimh an Nollaig, faoi stiúir Bean Uí Dhonnchú d'eagraigh Comhairle na ndaltaí LipSync. Bhailigh an scoil ar fad le chéile sa thionól. Bhí trí taispeántas déag. Ba é Conall fear an tí. Doibrigh Máistir Ó Céilleachair, Bean Uí Chuill agus Iníon Ní Bhriain mar mholtóirí - leis an gcaighdeán iontach bhí sé deacair dóibh buaiteoir a phiocadh. Le linn an phlé bhí ceol álainn ó Naomi Ní Scanaill, Emma Duerr, Eoghan Ó Céilleachair, Cathal Ó Loingsigh, Cillian Mac Suibhne, Conall Mac Suibhne, Finín Ó Conaill agus Donagh Ó Mainnín. Tháinig Claire Ní Aodha, Doireann Ní Mhocháin, Andrea Ní Mhurchú agus Saoirse Ní Uidhir sa tríú háit. Bhain Aifric Ní Chuisín an dara háit amach. Bhí Darcy Ní Bhriain, Eireann Ní Luanaigh, Emma Ní Chróinín agus Sara de Grant mar na buaiteoirí.

Na taibheoirí eile ná Leonard Geslers, Oliver Golecki, Sam Ó Cuisín-Breathnach, Rónán Ó Tuama, Barra Ó Scanaill, Jay Ó Murchú, Fionán Ó Luasa, Eoghan Ó Duinnín, Kyle Ó Cróinín, Mattie Ó Loingsigh, Aoife Ní Loingsigh, Jerh Ó Loingsigh, Ciarán Mac Suibhne, Peadar Ó Ceallaigh, Danny Ó Loingsigh, Ciarán Ó Súilleabháin, Johnny Ó Tuama, Éanna Ó Cróinín, Seán Óg Mac Suibhne, Jack Ó Goilldhe, Iarlaith Ó Laocha, Oisín Ó Tuama, Seán Óg Ó Scanaill, Beirtí de Róiste, Aaron Ó hArgáin-Loingsigh, Kayla Ní Éalaithe, Donncha Ó Duinnín, Cal Ó Conaill agus Brian Ó Céilleachair. Molann sibh go léir!

Ba mhaith linn ár mbuíochoas a ghabháil le comhairle na ndaltaí, Bean Uí Dhonnchú, Seán agus Mary as an obair go léir!

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Bronnadh Gradam "Go buaic do chumais" ar dhaltaí a léirigh mana na scoile le linn an chéad téarma. Chun tosaigh: Aobha Ní Mhuimhneacháin, Siún Ní Loingsigh, Eibhlín Ní Bhriain, Abbie Ní Liatháin, Eabhaoin Ní Loingsigh agus Béibhinn Ní Loingsigh. Ar chúil: Seán Óg Mac Suibhne, Seán Ó Tuama, Mairéad Ní Mhurchú, Sadhbh Ní Bhuachalla, Claire Ní Scanaill, Donagh Ó Mainnín.

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Chuaigh 80 dalta ó bhliain a trí, idirbhliain agus bliain a cúig chuig an Taispeántas Eolaí Óg agus Teicneolaíocht Stripe sa RDS, Baile Átha Cliath. Bhí deis acu na tionscadail a fheiceáil. Lá iontach!

Míle buíochoas le Máistir Ó Laoire a d'eagraigh an turas agus le Máistir Ó hAireachtáin, Iníon Ní Bhuachalla, Iníon Ní Riordáin agus Rosie a thaisit leo.

GRADAIM – GO BUAIC DO CHUMAIS

Bronnadh gradam "Go buaic do chumais" ar dhá dhalta dhéag a léirigh mana na scoile le linn an chéad téarma.

Bhí an gradam seo buaite ag Abbie Ní Liatháin (Bl 1), Éabhaoin Ní Loingsigh (Bl 1), Siún Ní Loingish (Bl 2), Eibhlín Ní Bhriain (Bl 2), Seán Óg Mac Suibhne (Bl 3), Mairéad Ní Mhurchú (Bl 3), Seán Ó Tuama (Bl 4), Sadhbh Ní Bhuachalla (Bl 4), Béibhinn Ní Loingsigh (Bl 5), Aobha Ní Mhuimhneacháin (Bl 5), Donagh Ó Mainnín (Bl 6) agus Claire Ní Scanaill (Bl 6). Maith sibh!

GLUAIS/GLOSSARY

Gheobhaidh tú liosta den fhoclóir a úsáidtear go minic ar na meáin shóisialta/Lee Valley ar shuíomh na scoile. On our school website you can find a list of vocabulary that are used frequently on our social media posts/Lee Valley.

GLUAIS

- taibheoirí – performers
- feachtas – campaign
- truailliú – pollution
- eolaí óg – young scientist
- cumas – ability

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Macroom and District Lions Club

Meet The Clubs Day

What new things can you do in Macroom in 2026...

Do you really know what is on in Macroom? There is an abundance of community groups, clubs, organisations, charities and societies doing amazing things right across the Macroom area.

Macroom and District Lions Club wants YOU to learn more about the many different things you can do in your local community. 'Meet The Clubs Day' is a FREE family-friendly event taking place at the Leisure Complex, Macroom on Saturday 7th February from 12noon – 3pm.

'Meet The Clubs Day' is an opportunity for the many local clubs, societies and organisations to be in the same place at the same time, giving the people of Macroom a rare chance to meet the clubs that they might like to be a part of. The event will feature a wide variety of clubs and organisations that people might like to join, participate in or even volunteer with - whether it is for fun, fitness, recreation, or simply just to be involved!

Macroom and District Lions Club, is delighted to be organising this event to promote community engagement and involvement as well as reduce

isolation and loneliness for people in the community. Complimentary tea and coffee will be available on the day and plenty of chat, catch ups and networking is guaranteed!

This year's event will be the fifth 'Meet The Clubs Day' held in Macroom by the local Lions Club and its success in previous years has resulted in a wide variety of groups coming on board, and the event continues to grow. Macroom Table-tennis Club and Macroom Aikido are just two of the new groups joining over fifty others at the event this year.

'Meet The Clubs Day' is a unique opportunity for people of Macroom and it is also a great opportunity for the participating clubs and groups to expand their membership and gain new volunteers as well as raise awareness of the work they do. Irish Girl Guides, Men's Shed, An Garda Síochána, Macroom Library, Irish Guide Dogs and Aghinagh Comhaltas are just some of the clubs that will be there on the day.

The Lions Club is already excited to see the number of clubs and groups that have booked their stand for 7th February. Any clubs or groups interested in having

a presence at the event can contact Macroom Lions Club to book their place. Check out the Macroom and District Lions Club on social media or email macroomlionsclub@gmail.com.

Declan Sheehan, President of Macroom Lions Club says, "Everyone is invited to come and discover the many wonderful activities happening in the Macroom area. On the day, there will be a great mix of clubs and organisations appealing to people of all ages, backgrounds and interests. So, whether you're interested in learning a new skill, joining a group of like-minded people, volunteering your time, or simply becoming more active in the community, then 'Meet The Clubs Day' is a must!"

For more information about 'Meet The Clubs Day', or to book a stand for your club, please contact Macroom Lions Club on Facebook or Instagram. You can also send an email to macroomlionsclub@gmail.com or call 087 4370466.

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Kathleen Flynn The Colthurst Family
- Tuesday Mar 10th 8:00pm in Dripsey NS
Anne Twomey – Title to be advised
- Tuesday Apr 15th 7:00pm in Cloghroe NS

- David O'Brien – Family History Workshop (a participation fee will apply)
- Tuesday May 12th 8:00pm in Berrings NS
Neil O'Brien – The Muskerry Tram

If you are not a member of Inniscarra Historical Society you are very welcome to attend. An admission fee of €3.00 will apply to talks for a non-member.

CANOVEE NS

NEW YEAR, NEW ADVENTURES AT CANOVEE NATIONAL SCHOOL

And just like that, we are back! New year, new term, and new adventures. With our Christmas decorations safely tucked away until December, we began the term with a spring in our step.

Exciting Developments

We are thrilled with the recent Department of Education announcement of a new Autism Class opening in September '26.

It is also a joy to watch the amazing development of the new playground being built right next to our school—we can't wait to get in there to play!

School Activities & Community Spirit

- Junior Infants: Took a lovely trip to the church to visit the crib and say a prayer.

- Seomra Elaine: The classroom is looking festive and bright thanks to their beautiful New Year decorations and handmade snowmen.

- Community Connections: Our senior classes received a heartwarming "Thank You" card from the staff and residents of Fermoy Community Hospital in appreciation of the letters and cards sent in December.

- Sports Success: On January 13th, Rang a Sé competed in the Cork Schools Badminton competition. They showed incredible sportsmanship and determination. A huge well done to the girls' team, who took 1st place



Canovee 6th class boys & girls who competed in MTU Badminton competition 13.01.26

in Division 2, and the boys' team, who reached the semi-finals!

- Arts & Athletics: Senior classes are delighted to welcome back Deirdre O'Sullivan for Irish dancing, while our Junior and Senior Infants are buzzing for the return of Paddy Corkery for hurling and camogie training.

Enrolment Now Open

Enrolment for September 2026 is currently ongoing.

- Web: Please use the link on our website to enrol. <http://canoveens.com>

- Or Phone: Gráinne or Marion in the office at 026 48142.

Follow us on Instagram or Facebook (Canovee National School) for weekly updates on all our activities!



Canovee Students busy at work



Canovee school Junior Infants visiting the Crib



DLS Roast Chicken Dinner in Room 45



Local TD Aindrias Moynihan meets DLS students Jack O'Donoghue & Riordan O'Driscoll at the Stripe Young Scientist Expo.

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Rusheen, Coachford, Co. Cork



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28 MAR | DAVE MCSAVAGE

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DROMLEIGH NS



Dromleigh N.S. pupils enjoying their 'Energy' workshop with guest speaker Catherine Daly from the SEAI.



Dromleigh N.S. participants in the recent Sciath na Scol Primary Schools Sports Table Quiz in Rochestown Park Hotel recently.

The Green School committee from Dromleigh N.S. were delighted to welcome three very informative speakers to the school in recent weeks.

Ms Christina Fox and Mr Niall Murphy from Statkraft visited our senior pupils on January 16th. Statkraft is a large renewable energy producer and a global company in energy market operations. Pupils were fascinated by the work and innovations involved in transitioning to a low carbon future.

This was followed by the visit of Ms Catherine Daly from the Sustainable Energy Authority of Ireland (SEAI) to all classrooms for interactive workshops on the theme of 'Energy.' This included engaging lessons on the benefits of sustainable energy and how science and technology can help reduce fossil fuel use.

Well done to the four representatives that travelled to the Rochestown Park Hotel on January 14th to take part in the Sciath na Scol Primary School Sports Table Quiz.

Dromleigh N.S. will host their Open Day on Friday February 6th. Come along to view our facilities and



Senior pupils from Dromleigh N.S. with guest speakers Christina Fox and Niall Murphy from renewable energy company Statkraft.

meet our primary school staff.

Contact 026-46212 or office@dromleighns.ie for further information. Pre-school and after-schools

services information can be found by contacting brightbeginningskilmichael@gmail.com

HAPPY NEW YEAR FROM YOUTHREACH MACROOM

As the new year begins, it brings with it fresh opportunities and new beginnings.

Our learners are embracing this time of change by getting involved in a range of exciting experiences, including national programmes such as EA Sports initiatives, taster courses in Further Education and Training (FET) colleges, work experience in the local community, and a variety of health and wellbeing programmes designed to support personal growth and confidence.

Youthreach is a Further Education and Training

centre for young people aged 16 to 20 who have left mainstream education early without formal qualifications. It provides a flexible, supportive, and inclusive learning environment where learners can develop personal, social, and vocational skills at their own pace. Students work towards QQI qualifications at Levels 3 and 4, equivalent to the Junior Certificate and Leaving Certificate, while also receiving tailored guidance and support to help them progress to further education, training, or employment.

January is an ideal time for a fresh start. If you, or

someone you know, is considering re-engaging with education in a setting that prioritises support, inclusion, and real opportunities for growth, Macroom Youthreach could be the perfect fit. A limited number of places become available in the new year, making now a great time to get in touch and explore what we have to offer.

For more information, please contact us on (087) 413 0764 or (026) 43733, or email Christina.Cronin@CorkETB.ie. Limited places available.



Macroom Flower & Garden Club

A.G.M. Thursday 12th February 7.00p.m. at Coolcower House Macroom, followed by Talk and Presentation by Majella O Riordan Registered Herbalist at 8.00p.m.

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31st Cork Lissarda Scouts

Our Beavers, Cubs and Scouts were busy in the lead up to Christmas. We practiced our First Aid skills and were delighted to have a visit from Macroom Ambulance. We learned about the role of a paramedic, CPR and the recovery position - and very importantly, how to call for help.

We attended the Everyman Pantomime; at a special performance attended by 600 Scouts and Guides. It was great fun and a lovely way to get into the festive spirit!

We had great fun at our Christmas party in Crookstown Hall. It was an evening of games, music, crafts and (the highlight!) bingo. We ended our Christmas party with a visit from Bishopstown Lions Club. We helped them in their Christmas Food Appeal by collecting donations of non-perishable food. The Lions Club were very appreciative of our members' generosity. Thanks to all of our Scouts and their families, we had

many large boxes to donate. A special Bravo to one of our Cubs, Chulainn O'Halloran, who went the extra mile. He didn't just check his kitchen press for food to donate, but he got his entire school involved. He went to each classroom in Kilmurry NS and, over the course of 2 weeks, gathered many shopping bags to add to our collection. Well done to Chulainn, who has very much earned his Community badge.

We look forward to lots more fun and adventures in 2026. Happy New Year everyone!

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



Lissarda Scouts Chulainn O'Halloran went the extra mile at Christmas. He didn't just check his kitchen press for food to donate to Bishopstown Lions Club, but he got his entire school involved. He went to each classroom in Kilmurry NS and, over the course of 2 weeks, gathered many shopping bags to add to our collection. Well done to Chulainn, who has very much earned his Community badge.

INDEPENDENCE MUSEUM KILMURRY

Don't Miss Local Historian Anne Donaldson at Independence Museum Kilmurry

The Independence Museum Kilmurry will host their first lecture in the 2026 series on Friday 30th January at 8pm, with acclaimed local historian and writer Anne Donaldson delivering a public lecture drawn from a lifetime of research into Ireland's rich and often hidden past.

The lecture, titled 'And they never looked back' explores the migration experience from Cork to

America between 1850 and 1900.

It is based on Anne's book of the same title which is a story of family emigration and also the power of strong single women and the challenges they faced. Originally from Ballyfin, County Laois, and now living near Ballincollig, Anne Donaldson (née Hogan) is widely respected for her deep knowledge of local and social history. Her work

'A Hidden History of the Ballincollig Gunpowder Mills' has shed new light on Ballincollig's past as a British

military town and as the site of the internationally significant gunpowder mills.

Anne has published important research on the British Military Graveyard in Ballincollig. In addition, she has compiled an extensive and invaluable list of those who served in the British Military in the area.

This talk promises to be an engaging and informative evening for anyone with an interest in emigration, family history, or Ireland's shared past.

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FORMAL PRESENTATION OF FUNDS FROM POWELL'S CROSS LISSARDA COMMUNITY GROUP TO WEST CORK RAPID RESPONSE



Members of the Powells Cross Group and West Cork Rapid Response Betty Hennessy and Liam Slattery of West Cork Rapid Response.



Members of the Powells Cross Group and West Cork Rapid Response From left to right: Tom O'Driscoll, Betty Hennessy (West Cork Rapid Response), Niall O'Mahony, Liam Slattery (West Cork Rapid Response), Breeda O'Donoghue, and Denis O'Leary.

The local community of Lissarda, came together to improve road safety on the N22 at the junction known as Powell's Cross, Lissarda by installing a right turn lane. As part of this initiative, the community raised funds to help progress the project.

Following the successful completion of the safety works, a surplus of funds remained. A survey of those who contributed to the original fund showed overwhelming support for donating the remaining balance to West Cork Rapid Response.

held in Mia Fitz, Lissarda, where the funds were formally presented to West Cork Rapid Response (WCRR).

The above photographs were taken at a recent event

Macroom History Group (Founded 2023)

"The Civil War, 1922-23: General Background and Local Incidents"

by Anthony Barrett.

A very well attended talk, organised by Macroom History Group, took place in the Castle Hotel on Monday 12th January at 8:00pm.

The speaker was Anthony Barrett, engineer and local historian whose book "West Cork at War" formed the basis of the talk. Anthony spoke for about an hour after which there were a number of lively and interesting questions posed from the audience. This was followed by tea/coffee and biscuits over which the conversation, debate and exchanging of views continued.

Drawing on extensive local research, primary sources and the internet, Anthony guided the audience through the tragic transition from the War of Independence, the truce, treaty negotiations and Dáil debates to the bitter Civil War of 1922-23. His presentation was forensically well researched with an informative general background explanation of the beginnings of the Civil War (outbreak is not the

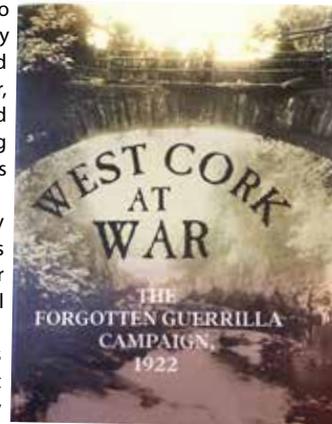
correct term as there didn't seem to be one... just a general escalation in hostilities).

Anthony explained in detail how all Nationalist organisations were divided over the Treaty and how these split into pro and anti Treaty factions. The split in the IRA was dealt with in particular with Anthony providing a chronological narrative of the pro-Treaty, moderate anti-Treaty and hard-line anti-treaty proponents and their actions. He went on to present a number of very interesting local incidents which accurately illustrated the barbarity, tragedy and senselessness of the bitter dispute which raged - particularly in Munster and most especially in Cork and Kerry - between the summer of 1922 and the spring of 1923. While acknowledging the intense personal and political loyalties that drove the conflict, the effects on ordinary local people were well illustrated.

As Anthony writes in his book; "The Civil War in Ireland can never be justified, only explained". It is fair

to say that all who attended Monday night's talk agreed that a very clear, impartial, detailed and interesting explanation was given on the night. Macroom History Group thanks Anthony for a wonderful presentation.

The group invites you to the next talk, on Monday 9th February and it will be given by UCC academic Dr. Jérôme Wiel entitled: "French/Irish Intrigue: 1900-1920"



Grace Hooley, Macroom Head Librarian, accepting a copy of the Macroom History Journal 2025 from Con Kelleher, Chair MHG, Jan. '26 (Anna Kenneally).



Speaker, Anthony Barrett and Mary Crowley-Healy, MC for Civil War Talk, 12 Jan. '26. (James O'Callaghan).



Some of the large attendance at Anthony Barrett's Civil War Talk, Macroom 12 Jan. '26. (James O'Callaghan)



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Beaufort Golf Club Swings into a New Era Under New Management



Pauline Edelmayer, Golf Operations Manager at Beaufort Golf Club; Padraig Bruton, Head Greenkeeper, William Macgill, Owner Beaufort Golf Club and Tony O'Shea, Assistant Head Greenkeeper, pictured on site as the club reopens under new management and a renewed programme of investment.

One of Kerry's most scenic and well-loved golf courses is entering an exciting new chapter, as Beaufort Golf Club officially reopens under new management, bringing fresh energy, renewed ambition and a programme of investment aimed at both existing members and a new generation of golfers.

The reopening marks the beginning of what the Magill Family who own the course describe as "a modern but respectful evolution" of the club, one that builds on Beaufort's strong heritage while investing in facilities, technology and experiences that appeal to younger players, new members and visitors alike. Pauline, the club's new Golf Operations Manager, alongside Ella, are now the welcoming faces of Beaufort Golf Club. Both have been overwhelmed by the positive response from members and the wider local community, with strong support evident since the reopening.

A major redevelopment of the clubhouse kitchen and restaurant is currently underway. Central to this project is the finalisation of a new, fully branded restaurant franchise, to be run on site by a five-star Michelin trained chef. The restaurant promises a step change in food quality and standards for members and guests, while being a much needed addition for a local food option, it also adds a facility for events such as christenings, communions, birthdays and

private functions.

On the course itself, one of the most significant investments in recent years is taking shape. Beaufort Golf Club is set to become the first golf club in County Kerry to fully adopt robotic mowing technology for its fairways, representing a major advancement in course maintenance, consistency, and sustainability.

The robotic mowing programme is led by new Head Greenkeeper Padraig Bruton, alongside Tony who remains onsite with an expanded greens team. Padraig said, "the technology will ensure consistent playing conditions, continuation of the high course standard, while freeing staff to focus on further course improvements". In a busy first few weeks, the club's entrance road has also been upgraded with a new surface and improved drainage.

Looking ahead, the club has ambitious but carefully phased plans. Shane Spellman, who is overseeing the investment, said "the club is exploring complementary leisure and sporting activities on site, including a padel court, golf simulation and other facilities, all to broaden its appeal and strengthen its role as a community hub".

A Spring Open Week will officially unveil the refurbished clubhouse, facilities and pro shop, with the public warmly invited to attend. To mark the reopening, Beaufort Golf Club is offering a reduced sign-up fee for new members until the end of

January, while welcoming back former members at existing rates.

Beaufort Golf Club is set to become the first club in County Kerry to fully adopt robotic mowing technology across its fairways.



CLONDROHID NEWS

CLONDROHID PARISH OFFICE IN THE PAROCHIAL HOUSE: This office is opened every Thursday morning from 11am to 1pm. Bookings for Masses, anniversaries etc. are all welcome, 026 619333.

MOVEMENT OF CONTINUOUS PRAYER: Marriage and Family Life. Next 24 hours of prayer Tuesday Jan 27 to 12pm Wednesday Jan 28

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

LINE DANCING: It is on in the Community Hall on Thursday nights from 7pm to 8.30pm. Everyone welcome,

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 Jan 26. They would love to see you there.

CLONDROHID PARISH ACTIVE RETIRED: This group has returned after a few weeks break for Christmas. Members are being notified by text of upcoming events.

Unfortunately membership for 2026 is now due and can be paid at their Coffee Morning on Wednesday Jan 28 in the Community Hall at 10am or to any committee member before that
New Members are most welcome to join this Happy Group.

CLONDROHID COMMUNITY HALL: It is that time of the year again and the Ahakeera Drama Group will present their hilarious comedy Separate Beds by Sam Cree in the Hall on Friday night February 13 at 8pm. Tickets €12 will be available on line, locally, and at the door.

Their show last year was brilliant, this year they

guaranteeing the same. So be advised and get your ticket. There will be a raffle on the night, with some great prizes

CLONDROHID DEV GROUP: This Group will be planning shortly for the year ahead. They will hold their AGM in Community Hall on this Thursday night Jan 22 at 8.15 pm. They would love to see you there.

ENTERTAINMENT IN CARRIGANIMA PUB: On Saturday night Jan 24, Micheál Collins will have you all dancing the night away. Great night assured.

LOTTO RESULTS: Jan 14. Heartiest congrats to Felicity Kelleher Bridgemount who was the lucky winner of the Jackpot of €3,800. Enjoy -€70 Taylor Power Clondrohid Bingo, €20 Gerard Kelleher Moulnahorna, Pat & D Buttimer Coolcower, Tommy O'Sullivan Clondrohid N.S, Laura O'Leary Clondrohid N.S.



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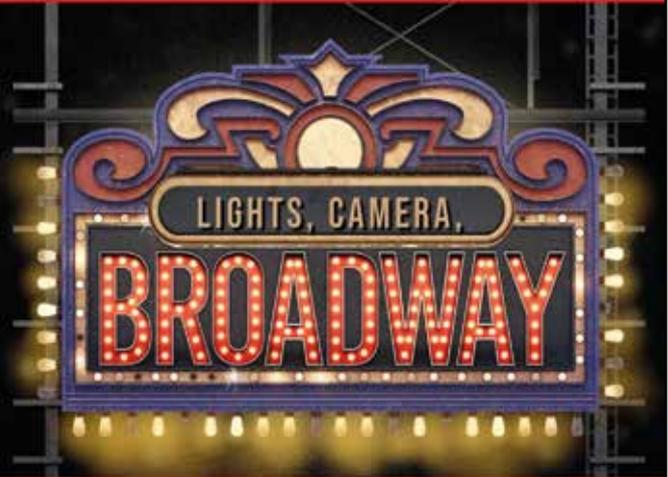
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Dripsey National School had a busy December with 6th class organising a Christmas jumper day in aid of Irish Guide Dogs



1st, 2nd and Daisy Class took part in a science workshop hosted by Boston Scientific and really enjoyed it!



Our school choir attended the Christmas Market at the Boathouse, Dripsey and sang a few festive tunes for the staff and customers.



Santa on a recent visit to Ballinagree National School



Santa on a recent visit to Ballinagree National School



Thumbs for the Sciath na Scol Sports Quiz at Rochestown Park Hotel from Dripsey NS pupils, Colm Og Lawlor, David Maguire, Killian O'Callaghan and Conor Laffan. Picture: Mike English



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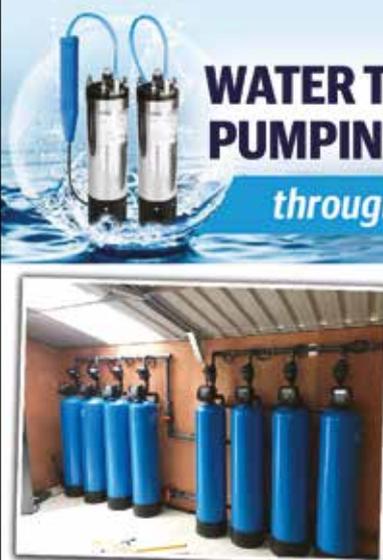
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THE CROWLEYS, McCARTHYS AD ALL OF OUR CLOSE TIES WITH SPAIN



The Crowleys, McCarthy by Chris Barrett

Hi! Chris Barrett here talking with Ann Crowley from Macroom who is sharing her knowledge about the many close links between Ireland and Spain. It is, as you will see, far more than our favourite holiday destination.

There is the Catholic connection with famous Irish Colleges in Salamanca and Madrid, and The Camino de Compostela annually attracts Irish pilgrims.

To celebrate this link on September 12, 13 and 14 last year, 2025, the Crowley Clan had their Gathering based in the West Cork Hotel in Skibbereen.

The Gathering happens every three years, with the venue moving every time to a different part of Cork or Kerry. Crowleys from Ireland are joined by their Diaspora 'cousins' from USA, England, Wales, Australia, Canada and New Zealand.

Last year, for the first time we featured a 'Welcome Home' for the Spanish Crowleys. This group are descendants of Diarmuid O'Cruadhloich from Martinstown, Kilmallock in Co. Limerick who left Ireland from the Port of Limerick with his wife, Mary O'Donnell from Co. Clare in 1730 to travel to Cadiz in Spain. The couple's first born, a boy, Don Pedro Alonso O'Crouley became a very successful merchant in Mexico or as it was known then 'New Spain'. He was also an antiquarian, a cartographer, an artist and collector of art. His friends included Goya and Murillo. When he returned to Cadiz, the basement of Don Pedro's house became a museum where he displayed his collection of antiquities and art. This house is still standing in Manuel Ranches Street in Cadiz. The street was named O'Crowley St. in the 1960s in his honour and the Crowley Coat of Arms is still above the door of the house. The O'Crowley name has not been passed to the next generation since the 1930s when the last O'Crouley bearing that name, a single man, an officer in the army of the Republic, was killed by Franco's gunboats in the retreat from Malaga in 1936.

Although 300 years have passed since Diarmuid left Limerick, because of his son's fame, the Spanish descendants of Don Pedro are able to make the connection with his Irish origins. The Clan was contacted in 2016 by a descendant from Barcelona; he introduced his cousin from Cadiz who is a history scholar researching the family story for his thesis in

the University of Seville.

The Clan welcomed Jose Maria with other family members from Cadiz back to their ancestral land and extended family in September 2025. A re-enactment of the initial journey was 'staged' in Baltimore when a wooden boat brought the Spaniards onshore to a welcome from Larry Crowley, the Taoiseach of the Clan. They were greeted by the descendant of the Crowleys of Martinstown, Kevin Crowley. Kevin's family have farmed that land for eleven generations. The DNA tests showed that the Spaniard 'Crowley' and Kevin are in fact 7th cousins. As far as we know Jose Maria is the first of the Crowleys to return from Spain. We are hoping that many more will follow in their footsteps.

The circumstances which drove other Crowleys to leave Ireland for Spain in the early 1600s were much sadder. After the defeat of Kinsale in 1601, between 1602 and 1608, 10,000 Irish people, men, women and children arrived from Ireland to the town of LaCoruna in Galicia in Northern Spain. Their land was being 'cleared' by the English monarch, Elizabeth 1st to replace the Irish land owners with English settlers. This forgotten group is the families of the soldiers defeated in Kinsale and the tribesmen of the Irish chiefs of Munster

The Clan lands of the McCarthy Mor, McCarthy Reagh and McCarthy of Muskerry provided the greatest number of emigrants. The most numerous families from the McCarthy Reagh were O'Driscolls, O'Donovans, O'Kellys, O'Crowleys. I thank Cillian O Scea, for 'Surviving Kinsale' published by the Manchester University Press in 2015 for this information.

The combination of the 'scorched earth' policy of the Munster plantation and the fact that many had already been thrown from the cliffs of Beara convinced thousands of Munster people to abandon the land and seek the mercy of the King of Spain. It was a three day journey from Castlehaven (now Castletownsend) to the port of La Coruna in Galicia, Spain. The Flight of the Earls is well known from our history books. The Earls were well received in Spain where they were recognised as allies of the King. The community of La Coruna was overwhelmed by the large number of Irish who arrived without means to beg the King of

Spain for financial support. They were hungry and in very poor health. Many were lost at sea during the journey or shortly after arrival. The able-bodied Irish soldiers were dispatched to fight for Spain in the Low Countries (Holland) but thousands of Irish migrants begged help from the King - Philip 111. He was very generous in the early days and allocated finances to support the refugees, but when the Irish continued to arrive he considered repatriating them or simply refusing to support them. They overwhelmed the small community of La Coruna and were no longer welcome there. The Dominican religious community and some established AngloNorman traders, e.g Robert Comerford, from Waterford, who were already living and trading in La Coruna, provided support, financial and moral, to the poor Irish refugees when the generosity of the King was in short supply.

The relationship with Spain is an interesting one. We owe our Celtic roots to the Milesians who arrived from La Coruna; we later sought Spanish help in our struggle against the English invaders during the Nine Years War and the Battle of Kinsale.

Galicia and especially La Coruna played host to a very large number of Irish emigrants.

The McCarthy Muskerry families who departed for Spain more than 400 years ago must have left behind many relatives in and around the town of Macroom.

Has all contact been lost or is it possible to reconnect with the descendants of this group? The Dept. of Iberian Studies in UCC is offering courses in Galician language and the interest from the Galicians in their Irish roots is strong. Maybe this is the moment to check for names which could be of Irish origin in LaCoruna and see what the DNA shows! Maybe we will see the boats from Vigo and LaCoruna to Cork become a regular feature of Spanish tourism.

I am very grateful to Ann for sharing her knowledge and experience with us. If you would like to find out more, you can find it: www.Crowleyclan.com or Facebook which includes the 2025 Crowley Clan Gathering.

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



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AGHINAGH JUVENILE MEDAL PRESENTATION

Aghinagh GAA Club, celebrated the honours achieved by their juvenile players last season. Their successes included

U12 Mid Cork Champions,

U14 Div 2A West League & Championship & Division 2A County Champions,

U16 Division 3 North Championship
Minor Division 2 League Champions.

Everyone thoroughly enjoyed the victory parade, the excellent meal provided by The Abbey Hotel & speeches from Tadgh Twohig, Paud Lehane & Bobby O'Dwyer. Thank you to Bobby who presented the

medals.

Congratulations to all the players, their dedicated coaches, and everyone involved in making it such a successful year.



Aghinagh U12 Team



Aghinagh U18 Team



Aghinagh GAA Juvenile Committee



Aghinagh U14 Team



Aghinagh U16 Team



Aghinagh Winning Captains with Bobby O'Dwyer

AGHABULLOGUE GAA

Another really proud night for the club last night at the annual Muskerry GAA Awards. It was an unbelievable achievement that both Paul Ring & Matthew Bradley were awarded with the Joint Award of the Muskerry GAA Sports Star of the Year for 2025.

The lads were recognised for their brilliant successes and performances during the year.

On top of that, both Matthew and Paul received an award for the Muskerry Intermediate Football Team of the year. They were joined on the team by John Buckley, Paul Dilworth, Breandan O'Sullivan and Colm Gillespie. Well done lads

Also a big well done to all our other nominations on the night. The lads scrubbed up well



Joint winners of player of the year award Paul Ring and Matthew Bradley, Aghabullogue

EPH CONTROLS - MUSKERRY GAA GALA AWARDS NIGHT



Muskerry Sports Star Award winners in 2025 with impressive range of trophies won at Inter County, County and Muskerry divisional level: Back Row: Seán O'Donoghue, Colm O'Callaghan. Front: Mathew Bradley, Paul Ring, Mark Coleman, Trevor and Maire Casey (EPH, Sponsors), Aoife Rogers, Ben Mayer, Gavin O'Sullivan



Muskerry Junior Football Team of the Year 2025. Ed Warren (Cathaoirleach Roinn Mhuscraí), Michael Gingell (Deputy Asst Manager, Talbot Hotel, Sponsors), Ger O'Sullivan (Cork Co Board)

The EPH Controls Muskerry GAA Gala Awards night was held in Ballincollig at the Cork Talbot Hotel on Saturday 17th January 2026 and outstanding performers from clubs in the Muskerry division in 2025 were honoured for their excellence and achievements.

The EPH Controls Muskerry Sports Star of the Year Award was awarded jointly to two Aghabullogue stalwarts in recognition of their outstanding contribution in hurling and football to their club's marvellous year when county titles were won in both codes. The winners were selected from a list of 11 award winners during the year, all outstanding performers for their club and county.

The Awards Committee also selected from the lists of club nominees, a Muskerry Intermediate Football team, a Muskerry Junior Football team and a Muskerry Junior Hurling team for the 2025 season.

M C for the night was Michael Scanlon, 103FM County Sound. Speakers were Ed Warren, Cathaoirleach Roinn Mhuscraí CLG, Ger O'Sullivan, Communications Officer, Cork Co Board, John Feeney, Chairman Muskerry GAA Awards Committee.

EPH Controls

Muskerry GAA Sports Star of the Year Award –

Paul Ring (Aghabullogue) and Mathew Bradley (Aghabullogue) – joint winners

EPH Controls Muskerry Sports Star Award Winners for 2025

Seán O'Donoghue (Inniscarra) PwC Sports All Star award winner, Mark Coleman (Blarney) Cork Senior Hurler, Colm O'Callaghan (Éire Óg) Cork Senior Footballer, Aoife Rodgers (Éire Óg) County Senior Ladies Football winner,

Paul Ring (Aghabullogue) County Premier Intermediate F C winner, Matthew Bradley (Aghabullogue) County Intermediate H C winner, Neil Lordan (Ballinora) County Intermediate F C winner, Gavin O'Sullivan (Donoughmore) Junior A Football winner, Ben Mayer (Ballinora) Junior A Hurling winner, Danny Miskella (Ballincollig) U21 A Football winner, James Dwyer (Ballincollig) U21 A Hurling winners.

Muskerry Junior Football team 2025

Sponsors: Talbot Hotel Cork

1 Eoin Kelleher (Éire Óg); 2 Kevin O'Neill (Grenagh), 3 Mark Foley (Donoughmore), 4 Cillian Murphy (Éire Óg) 5 Luke O'Leary (Aghinagh), 6 Josh Crowley (Donoughmore), 7 Kevin O'Connell (Donoughmore): 8 Mark Kelleher (Éire Óg) 9 Seán O'Hanlon (Donoughmore): 10 Brian Thompson (Éire Óg) 11 Gavin O'Sullivan (Donoughmore), 12 Daniel Holland (Donoughmore): 13 Darragh Kenny (Grenagh), 14 Scott Barrett (Donoughmore), 15 Seán Hurley (Éire Óg).

Muskerry Junior Hurling

Sponsors: Linehan Civil Engineering Ltd

1 James Walsh (Grenagh) 2 John Carey (Dripsey) 3 Mark Linehan (Inniscarra) 4 Tim Forde (Ballinora): 5 David Enright (Inniscarra) 6 Shane Kingston (Ballinora), 7 Rory Honohan (Donoughmore): 8 Mark Lucey 9 Donoughmore) 9 Mark O'Connell (Dripsey): 10 Liam Lyons (Ballinora), 11 Sean Joyce (Grenagh), 12

Colm O'Callaghan (Donoughmore): 13 Robert Coleman (Grenagh), 14 Dan Twomey (Grenagh), 15 Ben Mayer (Ballinora)

Muskerry Intermediate Football Teams of the year.

Sponsors: Europumps Ireland

1 John Buckley (Aghabullogue) 2 Paul Dilworth (Aghabullogue) 3 William Ronan (Kilmurry) 4 Daniel O'Donovan (Iveleary): 5 Paul Ring (Aghabullogue), 6 Shane Kingston (Ballinora), 7 Breandan O'Sullivan (Aghabullogue): 8 Colm Gillespie (Aghabullogue) 9 Cillian Donovan (Macroom): 10 Mark O'Brien (Ballinora), 11 Cathal Vaughan (Iveleary) 12 Seán O'Leary (Kilmurry): 13 Mathew Bradley (Aghabullogue) 14 Ed Ó Mir (Myers) (Naomh Abán) 15 Seán O'Donoghue (Inniscarra).



Sean O'Leary (Kilmurry) and Sinead Fehily at the Muskerry Sports Awards



Muskerry Junior Hurling Team of the Year 2025. Ed Warren (Cathaoirleach Roinn Mhuscraí), Tim Linehan (Sponsors), Ger O'Sullivan (Cork Co Board)



Muskerry Intermediate Football Team of the Year 2025, Ed Warren (Cathaoirleach Roinn Mhuscraí), Barry Holland (EuroPumps, Sponsors), Ger O'Sullivan (Cork Co Board)

GAA - ALLIANZ NATIONAL HURLING LEAGUE 2026 (SIX GROUP GAMES)

Sunday January 25th Cork are at home to Waterford at P Uí Chaoimh 3.45pm (After Cork v Cavan NFL game)

Sat Jan 31st Cork are away to Galway at Pearse Stadium 7pm

Sat Feb 7th at home to Tipperary at Supervalu P Uí Chaoimh 7.30pm

Sun Mar 1st away to Kilkenny at UPMC Nowlan Park 3.15pm

Sat Mar 7th away to Limerick TUS Gaelic Grounds 7pm

Sat Mar 21st at home to Offaly at Supervalu P Uí Chaoimh 7pm

Cork hurlers, Allianz National Hurling League winners last season, have had three warm up games for this year's league opener, when they are at home to Waterford on Sunday Jan 25th at 3.45pm, after the NFL league game Cork v Cavan at Supervalu Páirc Uí Chaoimh. Cork need to restore confidence after the All Ireland disaster of last season against Tipperary, defeat Waterford and keep their feet on the ground.

Co-Op Super-Stores Munster Hurling League

In Section A, a very much under strength Cork got a trouncing from Limerick but a stronger side came late to get a narrow win over Clare. Scoring difference gave Limerick a place in the final after three teams finished level with one win, one defeat each.

In Section B, Waterford and Tipperary drew their tie and each defeated Kerry, the Waterford winning margin giving the Deise a place in the final.

Group A

Tipperary 1-18 Waterford 1-18

Waterford 6-25 Kerry 0-6

Kerry 1-7 Tipperary 1-16

Group B

Clare 3-20 Limerick 3-18

Limerick 1-28 Cork 0-16

Cork 1-20 Clare 1-18

Final: Limerick 0-23 Waterford 0-15

Limerick 1-28 Cork 0-16

Experience counted heavily as Cork's Co-op SuperStores Munster Hurling League campaign began with a heavy defeat to Limerick at TUS Gaelic Grounds. Cork were without all starters in the 2025 All Ireland final and college players, and Manager Ben O'Connor's side was a mix of newcomers and those pushing for greater game-time.

It was a tough ask for the Cork players as Limerick were far stronger and did not spare the outclassed Rebels. Colin O'Brien did register the game's opening score in the first minute, it was the only time Cork led, with a pair of Tom Morrissey points putting Limerick in front. Morrissey, Peter Casey and Cian Lynch provided ten first-half points between them as the Shannonsiders amassed a 0-16 to 0-7 half-time lead – and that despite having 11 wides to just two for Cork, the first of those coming five minutes before half-time. 0-4 to 0-2 with seven minutes gone, 0-10 to 0-4 by the 16th in favour of the hosts, it was tough going for Cork.

Ger Millerick denied Ger Hegarty of what was looking like a certain goal with a brilliantly timed flick off the stick, Limerick led by 14 points, 0-23 to 0-9, before Cork had a mild face saving rally with points from Seán Desmond, Cathal McCarthy (free) and Jack Cahalane but it was only a brief respite. Limerick led by 0-23 to 0-12 when sub Hugh Flanagan set up Ó

Dálaigh for a goal and 15 points separated the sides at the end.

Scorers for Limerick: T Morrissey 0-6 (0-3 f, 0-2 65), D Ó Dálaigh 1-3, P Casey 0-4, C Lynch, J English 0-3 each, P O'Donovan 0-2, D O'Donovan, C Thomas, M Fitzgerald, G Hegarty, M Casey, J Finn, J Cosgrove 0-1 each.

Cork scorers: C McCarthy 0-3 (0-2 f), S Desmond, R O'Flynn, B O'Sullivan (0-2 f) 0-2 each, T Hanley, C Tobin, Colin O'Brien, J O'Connor, J Cahalane, M Barrett 0-1 each.

Cork: Brion Saunderson, (Midleton): Ciarán Doolan (St Finbarr's), Eoin Roche (Bride Rovers), Ger Millerick (Fr O'Neill's): Tom Hanley (Ballyhea), Ethan Twomey (St Finbarr's) Cillian Twomey, (Bride Rovers): Cian Darcy (Sarsfields), James Kearney, (Castlelyons): Colin O'Brien (Liscarroll/Churchtown Gaels), Colm McCarthy (Sarsfields), Jack O'Connor (Sarsfields): Jack Cahalane, (St Finbarr's), Seán Desmond, (Watergrasshill), Robbie O'Flynn, (Érin's Own). Subs: Cormac O'Brien, (Newtownshandrum), Brian O'Sullivan, (Kanturk), Matthew Barrett, (Carrigtwohill), Jayden Casey, (Youghal).

Cork 1-18 Clare 0-20

A late surge in Mallow enabled Cork secure a dramatic one-point victory over Clare in round 2 of the Co-Op Superstores Munster Senior Hurling League. Trailing by five points with nine minutes of regulation remaining, Ben O'Connor's side outscored the visitors 1-5 to two points on the run- in. With Cork out of the running (requiring a 29-point victory to qualify for the final), management continued to rotate, and they also gave an opportunity to third level players who had been unable to line out in the 15-point loss to Limerick. They retained six starters - Tom Hanley, Ethan Twomey, Ciarán Doolan, Jack O'Connor, Cian Darcy and Seán Desmond- from the first game.

With the wind, Clare provided the opening four points before Cunningham got the Cork scoreboard underway in the ninth minute after Walsh was fouled. Senan Dunford got Clare moving again, his point in the 14th minute started a run of five unanswered points. The margin stretched to eight two minutes from half-time but Cork finished the half impressively with points from Brian O'Sullivan and Cunningham (2), to leave Clare in front at the break, 0-12 to 0-7. After a point from a Clare free on the restart, Cork regrouped and at the end of the third quarter they had reduced the arrears to a single point. Then Clare provided the next six points, 0-18 to 0-13.

Cork's response was impressive. Desmond, Cunningham landed a free, Ethan Twomey and Kingston made it fired his second, 0-18 to 0-17 and the outcome was in the balance. Alan Walsh won a penalty in the 59th minute after he collected a long delivery, Ben Cunningham (who finished with 1-10), made no mistake from the penalty. Clare made it a one-point game, only for Walsh fire over in reply. Rodgers nailed a Clare 65 in the third minute of stoppage but time ran out on the Banner. A draw would have been sufficient for Clare to go through but the final will see Waterford and Limerick meet.

Scorers for Cork: B Cunningham 1-10 (1-0 pen, 0-7 f, 0-1 65), S Kingston (Douglas), B O'Sullivan and S Desmond (0-2 each), A Walsh and E Twomey (0-1 each).

Scorers for Clare: M Rodgers 0-5 (0-4 f, 0-1 65), D Ryan (0-3, 0-1 free), N O'Farrell (f), D McMahon, J O'Neill and K Smith 0-2 each, S Dunford, T Kelly, D Stritch and S Meehan 0-1 each.

Cork: Paudie O'Sullivan (Fr O'Neills); Darragh O'Sullivan (Ballinhassig), Daire O'Leary (Watergrasshill), Shane Kingston (Ballinora); Tom Hanley (Ballyhea), Ethan Twomey (St Finbarrs), Ciarán Doolan (St Finbarrs); Brian Keating (Ballincollig), Brian O'Sullivan (Kanturk); Jack O'Connor (Sarsfield), Ben Cunningham (St Finbarrs), Cian Darcy (Sars); Shane Kingston (Douglas), Seán Desmond (Watergrasshill), Alan Walsh (Kanturk).

Subs: Micheál Mullins (Glen Rvrs) for T Hanley, Jack Cahalane (St F) for J O'Connor, Colm McCarthy (Sars) for C Darcy (all half-time), Ger Millerick (Fr O'Neills) for D O'Leary (44), Eoin Roche for S Kingston (Ballinora) (49).

Munster Senior Hurling Championship 2026

April 19th : Tipperary v Cork in Thurles, Clare v Waterford

April 26th: Cork v Limerick in Cork, Waterford v Tipperary

May 3rd: Clare v Limerick

May 10th: Waterford v Cork in Waterford

May 17th: Tipperary v Clare, Limerick v Waterford

May 24th: Cork v Clare in Cork, Limerick v Tipperary

Munster Hurling Final: June 7th

FOOTBALL

Allianz National Football League 2026 (Seven games)

Sunday Jan 25 Cork v Cavan at Supervalu P Uí Chaoimh 1.30pm (NHL: Cork v Waterford 3.45pm)

Sun February 1st Cork away to Louth 1.30 at Ardee

Sun Feb 15th away to Offaly 2p in Tullamore

Sun Feb 22nd at home to Meath in P Uí Rinn 2pm

Sun Mar 1st away to Derry, Celtic Park 1pm

Sat Mar 14th at home to Kildare in P Uí Chaoimh 5pm

Sun Mar 22nd away to Tyrone at Healy Park Omagh 1-15pm

McGrath Cup:

Group A

Waterford 0-11 Clare 3-10

Kerry 0-16 Clare 0-14

Kerry 1-27 Waterford 0-1

Group B

Limerick 0-4 Tipperary 0-15

Tipperary 0-10 Cork 1-26

Cork 0-15 Limerick 3-11

Final: Kerry 0-15 Cork 0-16 at Killarney

Cork: 1-26 (1-4-18) Tipperary: 0-10 (0-1-8)

A strong Cork side made a winning start to 2026 following a 19-point victory over Tipperary in the McGrath Cup at a bitterly cold Cappawhite after being in control from the start, leading by seven points after a few minutes, Seán McDonnell landing a two-pointer while Ruairí Deane goaled from close range after Mark Cronin and Chris Óg Jones were involved in the build-up. Tipperary replied with two points but Cronin, McDonnell and a Cathail O'Mahony two-pointer fired the Rebels 1-8 to 0-2 clear after 15 minutes. Cork finished the first half positively with Cronin converting a two-point free and a great effort from McDonnell left them leading 1-11 to 0-3 at the interval.

Luke Murphy and Cronin pointed in the second half and McDonnell extended Cork's advantage to 13 points before a Mark Russell two-pointer was Tipperary's first and only orange flag, 1-14 to 0-6 after 37 minutes. Colm O'Callaghan kicked two points and the Rebels led 1-21 to 0-7 with nine minutes



DLS U16 footballers preparing for championship.

remaining with Rory Maguire getting a fine 's two-pointer. Cork hit five of the last eight points with Steven Sherlock and Brian Hurley coming on for the final quarter.

Scorers for Cork: S McDonnell 0-6 (1x 0-2pt), M Cronin 0-4 (1x 0-2f), R Deane 1-1, C O'Callaghan 0-3, R Maguire (1x0- 2), C O'Mahony (1x0- 2), B Hurley (f) 0-2 each, S Walsh, C Cahalane, M Taylor, S Sherlock, L Murphy, D O'Connor 0-1 each.

Cork: P Doyle (Knocknagree); M Shanley (Clonakilty), S Meehan (Kiskeam), K O'Donovan (Nemo Rangers); B O'Driscoll (Carrigaline), R Maguire (Castlehaven), Luke Fahy (Ballincollig); Colm O'Callaghan (Éire Óg), S Walsh (Mitchelstown); R Deane (Bantry Blues, capt), S McDonnell (Mallow), C Cahalane (Castlehaven); M Cronin (Nemo Rangers), Chris Óg Jones (Uibh Laoire), C O'Mahony (Mitchelstown).

Subs: D Cashman (Millstreet) for B O'Driscoll, D O'Mahony (Knocknagree) for M Shanley, L Murphy (Cullen) for C O'Mahony (all h-t), D O'Connor (Knocknagree) for C Óg Jones, D Newman (St Finbarr's) for P Doyle (both 36), B Hurley (Castlehaven) for M Cronin, S Sherlock (St Finbarr's) for S McDonnell, C O'Shea (Kilshannig) for K O'Donovan, M Taylor (Mallow) for S Walsh (all 46).

Cork 0-15 Limerick 3-11

It isn't often that Limerick senior footballers gain a victory over Cork, but their manager Jimmy Lee had a moment to savour after his team got the better of the Rebels 3-11 to 0-15 on their home turf of Páirc Uí Rinn in the final qualifying outing in the McGrath Cup under sodden conditions. Unfortunately for Limerick, their five point margin of victory was 10 short of the target needed to overcome Cork's score difference in order to qualify for the final against Kerry, Limerick having lost their opening group fixture to Tipperary. However, this win over Cork undervalues Limerick's level of dominance of a clash that produced some excellent passages of play in spite of the wet weather conditions. The result may have been influenced by wholesale changes to both line-ups which saw the return of some Limerick regulars and fringe members of the Cork panel getting the chance to shine.

At half-time, it looked like Limerick were blowing it as they trailed, despite getting the upperhand in most of the exchanges. But once the Shannonsiders got moving after the restart, a powerful presence in midfield and some slick raids up front showed that the major improvements of last season hadn't been lost.

After Cork went ahead from the first attack, Conal O'Duinn's pass after scorching down the right was fisted to the net by Jack McCarthy. However, their lead was overtaken coming up to the break when Cork gained a two-pointer free from Conor Daly and the home side led 0-8 to 1-4 at half-time.

Despite conceding another point after the restart, Limerick dominated the third quarter and took the lead after four unanswered points. Going past the three quarter mark, the Shannonsiders looked like they had the put game away when James Naughton collected off Danny Neville's solo and shot to the net. Cork fought back, Limerick failed to keep up the momentum and three points from the Leesiders had the margin back to just one point going into injury time.

Despite missing a free to push the margin out to two, Naughton sent over a precious point straight from the kick-out and then gave Limerick their deserved margin of victory when running onto another Neville pass to bang home his second goal with the last play of the game.

Scorers: Cork: Conor Daly 0-5 (0-3 frees), Diarmuid Buckley (1x0- 2free, 0-1 free), Darragh Cashman 0-3 each, Luke Murphy, Sean Walsh, Paddy O'Driscoll, Sean Dore 0-1 each. Limerick: James Naughton 2-5 (0-4 frees), Jack McCarthy 1-0, Robbie Childs, Conal Ó Duinn 0-2 each, Jack Mahon, Danny Neville 0-1 each. Cork: Darragh Newman (St Finbarrs); Seán Meehan (Kiskeam), Colm Molloy (Nemo), Jacob O'Driscoll (Valley Rovers); Kevin O'Donovan (Nemo), Tomas O'Mahony (Castlehaven), Darragh Cashman (Millstreet); Seán Dore (Ballincollig), Tom Cunningham (Kilshannig); Fintan Fenner (Castletownbere), Conor Daly (Clonakilty), David Buckley (Newcestown); Denis O'Connor (Knocknagree), Luke Murphy (Cullen), Ciarán Santry (Carbery Rangers). Subs: Colm O'Shea (Kilshannig) for O'Mahony, Colm Gillespie (Aghabullogue) for Fenner, Seán Walsh (Mitchelstown) for Buckley (all half-time), Paddy O'Driscoll (Gabriel Rangers) for O'Donovan, Kevin O'Reilly (Carrigaline) for Santry (both 42), Luke Casey (Aghabullogue) for Murphy (49), Callum Dungan (Carrigaline) for Newman, Cormac Hyland (Mitchelstown) for Meehan, Seán Copps (Mallow) for Molloy (all 53).

(Report: Limerick Leader)

McGrath Cup Final

Cork 0-16 Kerry 0-15

It is still only January, this was only McGrath Cup, All Ireland champions Kerry were not at full strength. However, the game was in Killarney, Cork fought hard for their win coming from five points down on 25, to go in front on 57, 0-14 to 0-13, and when Kerry hit back with two points to regain the advantage, Cork drew level through Brian Hurley on 60 and Chris Óg Jones kicked the winner from play in added time to give the Rebels victory.

The cup presentation was low key, similarly the after match reaction, but it was a win for Cork footballers in Killarney and a good start to the year. "Around 10 subs on both sides were used, so the game had

probably fallen apart for want of a better word at that stage. But look, I was happy that there were a few minutes to go and we got our scores."- Cork Manager John Cleary.

The Cork manager reportedly was pleased with lots of aspects as his team won on a scoreline of 0-16 to 0-15 against the reigning All-Ireland winners at Fitzgerald Stadium. It's Cork's first win at senior level over the Kingdom in Killarney since 1995.

"We're happier going home winning than not winning because the competitive animal is in us all and everyone tries to win and we won today". "We'd be hoping that there will be something more at stake the next time we come here. It's preparation for the league, that's what it is. That's what we're looking forward to now, trying to get going next Sunday against Cavan" at SuperValu Páirc Uí Chaoimh for the opening Allianz Division 2 Football League encounter (1.30pm).

Cork: 0-16 (0-2-12) Kerry: 0-15 (0-2-11)

Cork finished strongly to take the laurels against old rivals Kerry in an entertaining McGrath Cup final at Fitzgerald Stadium in Killarney.

The Rebels had a strong team out and will take a huge amount of positives from this against the reigning All-Ireland winners, who also fielded a strong side.

The introduction of Brian Hurley possibly changed the game with the forward scoring 0-5, including two orange flags. Wayward shooting did leave Cork down in the first half as they trailed by four points at the interval. Cork though were the better side in the second half and on the balance of play, deserved their victory.

It was a promising start to the game from the Rebels with a Luke Fahy point after three minutes, Kerry then had two points before a Mark Cronin close range free drew Cork level after eight minutes. Kerry went ahead, but the Leesiders could/should have got a goal after 12 minutes, but Seán McDonnell's close range shot was straight at netminder Shane Ryan.

O'Shea tapped over an easy free for the Kingdom after two bad Cork wides, O'Shea slotted over a two-point free (technical offence by Cork) to give his side a 0-7 to 0-2 advantage with eight minutes to the break. A first Cork score in 18 minutes came when Steven Sherlock pointed from a free and the teams then shared four points evenly, Mark Cronin (free) and Colm O'Callaghan for Cork, 0-9 to 0-5 at half-time. Jones, Colm O'Callaghan, McDonnell had Cork scores, a two-point free from Brian Hurley drew the Rebels level. Eoin Brosnan kicked a super two-pointer, points were exchanged, Matty Taylor for Cork, before Sean McDonnell left Cork just one point adrift after 55 minutes, 0-13 to 0-12.

A Hurley two-point free on 57 gave Cork the lead for

the first time since the very early stages, Kerry quickly replied with two points to lead 0-15 to 0-14 going into added time.

A Hurley free drew parity and Chris Óg Jones pointed to claim a third-in-a-row McGrath Cup title for Cork. Scorers for Cork: B Hurley 0-5 (2x2pt, 0-1 f), M Cronin (1x0-2 f), S McDonnell, C Óg Jones, C O'Callaghan 0-2 each, S Sherlock (f), L Fahy, M Taylor 0-1 each.

Kerry: S O'Shea (0-1 f, 1 2pt f, 0-1 45) T Brosnan (1 2pt) 0-5 each, D Casey, A Heinrich, R Murphy, K Spillane, D Clifford (f) 0-1 each.

Cork: P Doyle; S Brady, J O'Driscoll, Daniel O'Mahony (capt); Brian O'Driscoll, Rory Maguire, Luke Fahy (Ballincollig); Colm O'Callaghan (Éire Óg), Seán Walsh; Ruairi Deane, Seán McDonnell, Conor Cahalane; Mark Cronin, Chris Óg Jones (Úibh Laoire), Steven Sherlock. Subs: M A Martin for P Doyle, B Hurley for S Sherlock, T Walsh for J O'Driscoll, M Shanley for S Brady, P Walsh for R Deane, M Taylor for L Fahy (all h-t), S Meehan for B O'Driscoll (42), D Sheedy for C Cahalane, C Daly for M Cronin (both 43), M McSweeney for S Walsh (51).

Kerry: S Ryan; E Looney, J Foley, D Casey; A Heinrich, M Breen, T Morley (capt); J O'Connor, C Trant; D O'Sullivan, S O'Shea, D Lyne; T Brosnan, T Kennedy, D Clifford.

Subs: M Burns for D O'Sullivan, S O'Brien for C Trant, R Murphy for D Lyne, S Broderick for S Ryan (all h-t), L Smith for J O'Connor, T O'Donnell for S O'Shea, C Keating for M Breen (all 43), K Spillane for D Clifford (48), P O'Leary for S O'Brien (49-51, temp), K Evans for T Kennedy, E O'Connor for E Looney (both 54), P O'Leary for T Morley (56).

2026 Munster Senior Football Championship

April 11th – QF Tipperary v Waterford: Limerick v Cork

April 25th – SF Tipp/Waterford v Limerick/Cork: Kerry v Clare

Munster Final: May 10th

2025 Allianz National leagues

Final Div 1 Hurling Table 2025

Tipperary 10 pts

Cork 9 pts

Kilkenny 6 pts

Galway 6 pts

Limerick 5 pts

Wexford 4 pts

Clare 2 pts

Waterford were not in Div 1 in 2025

The most recent meeting between Cork and Waterford was in Munster Championship in May last: Cork 2-25 Waterford 1-22

2025 Allianz Football League Div 2 – Round 7

Cavan 0 – 19 Cork 0 – 21

2025 Allianz National Football League Div 2

7 games played and the final table was as follows:

Monaghan 10 points – promoted

Roscommon 9 pts – promoted

Meath 8pts (+5 scoring difference)

Cavan 8pts (-6)

Cork 8pts (-7)

Louth 6pts (-14)

Down 6pts (-10) – relegated

Westmeath 0pts – relegated

Relegated from Div 1 to 2: Derry and Tyrone

Promoted from Div 3 to 2: Offaly and Kildare

Div 2 next season: Meath, Cavan, Cork, Louth, Derry, Tyrone, Offaly, Kildare.

2026 Cork Championship Programme – Key Dates

The 2026 County Championship will begin with:

McCarthy Insurance Group Football Championship – Round 1: July 24th – 26th

Co-Op Superstores Hurling Championship – Round 1: July 31st – 2nd August

Playing sequence: 1v2, 3v4: 1v4, 3v2: 1v3, 2v4.

Cork County Championship - Grades and Groups 2026

Hurling: Premier Senior

Group 1: 1 Blackrock, 2 Glen Rovers, 3 Kanturk, 4 Fr O'Neill's.

Group 2: Sarsfields, Charleville, Douglas, Newtownshandrum.

Group 3: Midleton, St Finbarr's, Bride Rovers, Newcestown.

Senior A Hurling:

Group 1: Blarney, Castlelyons, Watergrasshill, Ballyhea.

Group 2: Na Piarasigh, Erin's Own, Killeagh, Fermoy.

Group 3: Carrigtwohill, Inniscarra, Ballinhassig, Courcy Rovers.

Premier Intermediate Hurling:

Group 1: Bishopstown, Ballincollig, Éire Óg, Aghabullogue.

Group 2: Dungourney, Cloyne, Castlemartyr, Lisgoold.

Group 3: Carrigaline, Valley Rovers, Kilworth, Ballymartle

Intermediate A Hurling:

Group 1: Aghada, Bandon, Kilbrittain, Russell Rovers.

Group 2: Midleton, Mallow, Kildorrery, Blackrock.

Group 3: Erin's Own, Sarsfields, Youghal, Ballygiblin.

Premier Junior Hurling:

Group 1: Ballygarvan, Glen Rovers, Kilshannig, Nemo Rangers.

Group 2: Cloughduv, St Catherine's, Milford, Tracton.

Group 3: Mayfield, Argideen Rangers, Barryroe, St Finbarr's.

Football:

Playing sequence: 1v2, 3v4: 1v4, 3v2: 1v3, 2v4

Premier Senior Football

Group 1: 1 St Finbarr's, 2 Carrigaline, 3 Mallow, 4 Douglas.

Group 2: Newcestown, Nemo Rangers, St Michael's, Valley Rovers.

Group 3: Castlehaven, Ballincollig, Knocknagree, Clonakilty.

Senior A Football

Group 1: Béal Átha'n Ghaorthaidh, Kanturk, Dohenys, Aghabullogue.

Group 2: Cill na Marta, Carbery Rangers, O'Donovan Rossa, Newmarket.

Group 3: Bishopstown, Éire Óg, Clyda Rovers, Kilshannig.

Premier Intermediate Football:

Group 1: Glanmire, Uibh Laoire, Bantry Blues, Rockchapel.

Group 2: Kiskeam, Aghada, Macroom, Castletownbere.

Group 3: Naomh Abán, Fermoy, Nemo Rangers, Ballinora.

Intermediate A Football:

Group 1: Ilan Rovers, Kilmurry, Buttevant, Glanworth.

Group 2: Gabriel Rangers, Mitchelstown, St Finbarr's, Dromtariffe.

Group 3: Bandon, Adrigole, Boherbue, Kildorrery.

Premier Junior Football:

Group 1: Cullen, St Vincent's, Millstreet, Kinsale.

Group 2: Inniscarra, Cobh, Glenville, Urhan.

Group 3: Canovee, St Nick's, Na Piarasigh, Kilmacabea.

Cork County League Programme 2026 – Key Dates

The 2026 County Leagues will commence as follows:

McCarthy Insurance Group Football Leagues: Sunday, 1st March 2026

RedFM Hurling Leagues: Sunday, 8th March 2026

League Finals are scheduled for:

McCarthy Insurance Group Football League Finals: 3rd to 5th July

RedFM Hurling League Finals: 10th to 12th July

McCarthy Insurances Football Leagues

There are 7 Divisions, each of ten teams.

Commencing Feb 27th-March 1st 2026 with Round 1 pairings:

All games on Sunday March 1st unless stated otherwise

Div 1:

Carbery R v Clonakilty, Cill na Martra v Newcestown 11.30am at Cill na Martra, Éire Óg v Castlehaven 11.30 in Ovens, Nemo Rangers v Douglas, St Finbarrs v Knocknagree

Div 2:

Béal Átha'n Ghaorthaidh v Castletownbere 11.30am, Carrigaline v Ballincollig, Sat 28th Feb 1pm, O'Donovan Rossa v Clyda Rovers, St Michaels v Uibh Laoire in Mahon 11.30am, Valley Rovers v Dohenys

Div 3:

Bandon v Mallow, Bishopstown v Aghabullogue 11.30am, Kilshannig v Newmarket, Naomh Abán v Fermoy 11.30am, Rockchapel v Kanturk

Div 4:

Aghada v Nemo Rangers, Boherbue v Glanmire, Buttevant v Macroom 11.30am, Gabriel Rangers v Adrigole, Kilmurry v Kiskeam 11.30am

Div 5:

Ballydesmond v St Vincents, Bantry Blues v Ballinora 11.30am, Canovee v St Nicks 11.30am, Kinsale v Millstreet, Mitchelstown v Ilan Rovers

Div 6:

Argideen Rangers v Kildorrery, Dromtariffe v Na Piarasigh, Glanworth v Aghinagh 11.30am, Glenville v Cobh, Kilmacabea v Cullen

Div 7:

Inniscarra v Passage West Sat 28th 11.30am, Ballygarvan v Carbery Rangers, Castlemagner v Mayfield, St James v Donoughmore at Ardfield 11.30am, Liscarroll/Churchtown Gaels v Nemo Rangers

Red FM Hurling Leagues

Commencing March 8th 2026 with Round 1 pairings:

Div 1:

Charleville v Carrigtwohill, Killeagh v Douglas, Midleton v Fr O'Neill's, Sarsfields v Glen Rovers, St Finbarrs v Blackrock

Div 2:

Ballymartle v Ballincollig, Bride Rovers v Valley Rovers, Kanturk v Carrigaline, Na Piarasigh v Newcestown, Newtownshandrum v Erin's Own

Div 3:

Courcy Rovers v Ballinhassig, Éire Óg v Castlelyons, Fermoy v Blarney, Inniscarra v Russell Rovers, Lisgoold v Bandon

Div 4:

Blackrock v Kilworth, Ballyhea v Kildorrery, Cloughduv v Aghabullogue, Mallow v Bishopstown, St Catherine's v Watergrasshill

Div 5:

Glen Rovers v Cloyne, Kilbrittain v Midleton, Milford v Ballygarvan, Tracton v Castlemartyr, Youghal v Dungourney

Div 6:

Ballygiblin v Erin's Own, Sarsfields v Killavullen, Aghada v Diarmuid O'Mathúna's, Ballinascarthy v

Argideen Rangers, Kinsale v Mayfield

Div 7:

Douglas v Ballinora, Killeagh v Barryroe, Passage West v Na Piarasigh, St Finbarrs v Carraig na bhFear, Kilshannig v Meelin

Fixtures:

Sun, Jan 25th @1.30pm NFL R1 Cork v Cavan in SuperValu Páirc Uí Chaoimh

Sun, Jan 25th @3.45pm NHL R1 Cork v Waterford in SuperValu Páirc Uí Chaoimh

Sat, Jan 31st @7pm NHL R2 Cork v Galway in Pearse Stadium

Sun, Feb 1st @1.30pm NFL R2 Cork v Louth in DEFY Páirc Mhuire

Sat, Feb 7th U17 F R1 Leinster Minor Football League Round 1

Sat, Feb 7th @5.30pm U20 H Challenge Cork v Kilkenny in SuperValu Páirc Uí Chaoimh

Sat, Feb 7th @7.30pm NHL R3 Cork v Tipperary in SuperValu Páirc Uí Chaoimh

Tues, Feb 10th @8pm Wed, Feb 11th Universities Final Sigerson Cup Final

Sat, Feb 14th U17 F R2 Leinster Minor Football League Round 2

Sun, Feb 15th Universities Final Fitzgibbon Cup Final

Sun, Feb 15th @2pm NFL R3 Cork v Offaly in Glenisk O'Connor Park #

Sat, Feb 21st U17 F R3 Leinster Minor Football League Round 3

Sun, Feb 22nd @2pm NFL R4 Cork v Meath in Páirc Uí Rinn

Feb 27th - 28th

Sat, Feb 28th U17 F SF Leinster Minor Football League Semi-Final

Sun, March 1st Club F League R1 McCarthy Insurance Group Football League

R1 Sun, March 1st @1pm NFL R5 Cork v Derry in Celtic Park

Sun, March 1st @3.15pm NHL R5 Cork v Kilkenny in UPMC Nowlan Park

Tues, March 3rd @8pm Sat, March 7th U17 F Final Leinster Minor Football League Final

Sat, March 7th @7pm NHL R6 Cork v Limerick in TUS Gaelic Grounds

Fitzgibbon Cup Inter Varsity

MTU Cork 2-20 Garda College 0-13

MTU Cork pushed on impressively in the second half to see off Garda College to top Group B of the Electric Ireland Fitzgibbon Cup.

While the hosts' half-time advantage was 0-11 to 0-10 – having almost fallen four points behind coming up to the break – they asserted their supremacy after the restart.

MTU CORK: G Bucinskas (Kanturk); F O'Connell (St Catherine's), J O'Brien (Fermoy), T O'Leary Hayes (Midleton); C Ryan (Brickey Rangers, Waterford), D O'Sullivan (Ballinhassig), R Walsh (Kilmoyley, Kerry); J Egan (Moycarkey-Borris, Tipperary), M Finn (Midleton); R Deasy (Ballymartle), D Healy (Lisgoold), R O'Connor (Feenagh-Kilmeedy, Limerick); A Walsh (Kanturk), J Murphy (Dromina), A McEvoy (Graiguel-Ballycallan, Kilkenny). Subs: D O'Leary (Ballincollig) for Ryan, J Galvin (Éire Óg) for O'Connor (both 41), R Troy (Newtownshandrum) for Egan, E Varian (Glen Rovers) for O'Connell (both 54), R Leahy (St Mary's Clonmel, Tipperary) for Deasy (58).

Ladies Gaelic Football

The impressive Aussie Rules football career of



The Presentation of proceeds of Bealnamorrive Daffodil Day 2024.

Macroom woman Erika O'Shea continues to reach new heights. At the end of November, O'Shea became a two-time AFLW Premiership winner as her North Melbourne side successfully defended their crown. She played a crucial role as North Melbourne recorded a 56-16 Grand Final victory over the Brisbane Lions in front of what was a capacity crowd of 12,741 at Ikon Park.

O'Shea has been playing with North Melbourne during what has been a very successful period in the history of the club, which has now won 27 matches in a row and remain unbeaten since 2023. North Melbourne are the first side to claim back-to-back AFLW Premierships.

O'Shea, becoming the first Irish player from North Melbourne to reach the 50th game milestone and the Macroom native signed a contract extension committing to North Melbourne until the end of the 2027 AFLW season.

O'Shea has had a significant impact since joining North Melbourne in 2022, when she was the youngest ever Irish recruit in the AFLW. Since then, she has become a key player in the North Melbourne backline.

The 23-year-old was a LGFA All-Star in 2021, having also featured in the 2020 All-Ireland final, when Cork lost to Dublin in Croke Park.

LGFA Hall of Fame

Cork football legend Juliet Murphy has been inducted into the LGFA Hall of Fame and received her award at the LGFA All Stars Banquet at the Bonnington Hotel in Dublin before Christmas.

Twelve years have passed since Juliet has retired after a stellar inter-county career, during which the Donoughmore stalwart amassed six All-Stars, eight TG4 All-Ireland senior titles and a TG4 Players' Player of the Year award.

"It was a lovely night that way because as you get older, spending time with your family. Not to say that you don't value it when you're younger, but you don't appreciate it as much when you're younger.

To be fortunate enough to have both my parents healthy and alive, and my three brothers and my sister there and my partner Brian, it was lovely from that point of view."

A first-time winner in 2005 (the same year she captained Cork to a maiden Brendan Martin Cup success), Murphy claimed her sixth and final All-Star award in 2013. She had originally announced her inter-county retirement in June of the latter year, only to subsequently return to the fold and register

two points as Cork defeated Monaghan 1-10 to 1-9 in an All-Ireland SFC showpiece at Croke Park on September 29.

The LGFA All-Stars banquet at The Bonnington Dublin Hotel saw Murphy picking up her second Hall of Fame award in the space of a month. In October Juliet was the Ladies Football Hall of Fame recipient at the Gaelic Writers Association Awards night in the Clayton Hotel, Ballsbridge.

This was another big honour for Murphy and she was thrilled to be joined at this ceremony by another Cork icon in the form of Larry Tompkins – the Gaelic Football Hall of Fame winner on the evening.

"I was obviously taken aback and delighted again to receive that award. It was a night of chat and reminisce. Larry had always been a great supporter of Cork ladies through his support for us after All-Irelands with his pub and so on. Also had such a genuine interest in the women's game, which was fantastic.

"He was a role model to us growing up and I know himself and Eamonn [Ryan, the late former Cork ladies manager] were very good pals. It was lovely to be there with Larry and to be acknowledged like that amongst the sports writers and journalists in the country"

Cork initially remained at the top table in the years that followed Murphy's retirement in 2013 as they beat Dublin in three consecutive All-Ireland deciders. However, their 1-7 to 1-6 triumph against the Jackies in 2016 is their most recent final victory and the Leesiders haven't competed in an All-Ireland senior showpiece since losing to Dublin in 2020.

Even though the Leesiders find themselves in a difficult position at the moment, Murphy believes it is important to show patience as the current crop of county stars attempt to climb back up the ladder. "Prior to 2005, we didn't have expectations of Cork ladies football at a senior level. We now have that. That's not a bad thing, but we need to be patient"

COACHFORD AFC

Well done to the U16s on an impressive 6-1 victory over Leeds today at Leeds Park. Goals scored by Eoin Kennelly, Tom McCullagh, Jack Phelan, Adam White, Ted O'Sullivan and Cillian Quayle. It was an excellent team performance & the lads were delighted to be back in league action again. We would also like to thank Macroom Credit Union for generously sponsoring our new jerseys.

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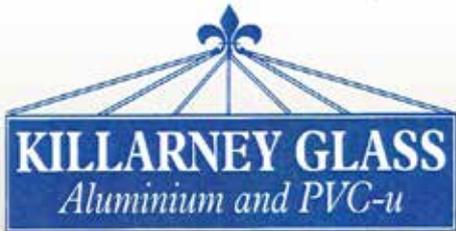


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Just a thought.....

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

Letting your light shine

Comparison is one of my bugbears. To have been compared unfavorably with phrases like "you're not a bit like ..." or "why can't you be more like ...?"

The implied message is that I don't or didn't measure up to other's expectations of me, to fit into a mould of their making. For a couple of years I exhausted myself striving to be something I wasn't. When I failed miserably, I was a disappointment (or so I felt) to God, to others and to myself. I simply didn't measure up. It was a cycle of striving, working hard, failing to meet unrealistic goals, my disappointment at mediocre results, followed by others' pity or worse, their dismissal. I was deeply unhappy and felt - or was sometimes made feel - a failure. It's hard for a boy or a young man to dissociate external failures from internalizing feelings of rejection.

It's not all "on me." I realize now that I had struggles with motivation, learning and concentration. Nor did I have any training in study or exams. And let's face it - some teachers simply weren't "there." I was emotionally immature. I was too hard on myself. I simply wasn't ready. I was, and am, comparatively limited. I must stop beating myself up about it.

Girls too live under the shadow of demanding parents or - often cruel - peers. I feel pity on the extra pressure placed upon them of by standards of immaculate dress and appearance.

Wisdom and personal experience has taught me that it simply takes longer for some people to let their light fully shine and to find their rightful place in this world that matches their skill set. Our educational system expects conformity to high academic standards. But here's where it fails. It's all expected to happen within a certain time -frame that youngsters are unreasonably expected to be ready to meet.

People develop academically at different rates, and they may not be emotionally or mentally ready to face the pressures of life so soon as society expects. But life surely - or the measure of the worth of a person - isn't all about academic ability.

I've often wondered if the points system serves the uncertainty of young people. Does it demand too much at a young age? We're not mature at 17 or 18 to make life-decisions and to know all the implications of that decision. Is it any wonder that college students 'lose it' or 'go mad'? There is a big difference between an 18 year old man and a 25 year old. Brain biology backs this up as we are not fully developed until 25. Many young people drop out or change course at age 19 having rushed in too soon. It's better to do that, however, than face the 'prison sentence of regret' unhappily pursuing an unsuitable course that is more endured than enjoyed. Even in later life, people switch courses and find great relief in pursuing their passions at last.

Of course, money must be made and the bills paid. But how much preventable and avoidable misery is there in people's lives? People's anger, disappointments or regret about themselves might turn to jealousy at the perceived unfairness of life and erupt in aggression and frustration towards colleagues, spouses and children. It's "someone else's fault." Industrial unrest might be attributable to too many people in the wrong job.

Is there a hint or regret or remorse in your career choice? Can there be anything worse than being in the wrong job and facing into misery on a Monday morning? Is it time you made a leap? Believe it or not, you owe it to yourself to strive to be happy. No one's going to hand that to you on a silver platter. You may have a waiting skill set that's crying out to be utilized to its (your) full potential. You have a spark that's waiting to be blown into a flame for others. You have a unique light - let it shine.

When you do so, you'll make others happy.

If you've found it there's always room for refinement, improvement and development.

And allow for the possibility to be surprised at yourself - and being happy in the pursuit.

God bless. Fr Seán

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*A Word of Victory*

"Do you not know that all of us who have been baptised into Christ Jesus were baptised into His death? We were buried therefore with Him by baptism into death, in order that, just as Christ was raised from the dead by the Glory of the Father, we too might walk in newness of life" (Romans 6:3-4).

Welcome back dear student baptism is an outward sign of leaving behind the life of sin, recognising the death, burial, and resurrection of Jesus being the guarantee of resurrection promised by God to those who believe (Romans 8:11). John the Baptist was baptising in the River Jordan calling people to come out of darkness (John 1:6-34; Luke 3:1-22). He challenged them to repent of sin, turn back to God, and be baptised. He prophesied the coming Messiah would baptise people with the Holy Spirit and Fire. John baptised Jesus to fulfil the Word of God. When Jesus came up from the water John saw the Holy Spirit descend upon Him as a dove. The dove symbolises purity, God's anointing, and, relating back to the time of Noah, new creation. In water baptism the person is declaring - I believe in Jesus, I'm leaving behind my old life of sin, pain and darkness, and I'm emerging from these waters of Life, into a new way of living: for, and with God.

Under the Old Covenant, the Holy Spirit came at times upon only certain people - the prophets. But when Jesus, the Sinless Saviour, died on the Cross for mankind's sin, and then God raised Him from the dead, a New Covenant began. This New Covenant is an agreement between God and us, written and sealed in the Blood of the Lamb, Jesus. We couldn't pay for our own sins. But God's Son who lived a sinless life, in total submission and obedience to God's Law, took upon Himself our sins, paying for them with His Blood (1 Peter 3:18; Romans 5:6-8; Hebrews 9:28). This made the way for anyone who believes in Jesus to be forgiven of sin, washed and cleansed in His Blood, and reconciled to God (John 3:16). When Jesus died and went into hell, having never sinned, He had authority over the devil to take back the dominion that Adam and Eve had been tricked into handing over in the Garden. Jesus defeated Satan and his demons once and for all, going into hell so we wouldn't have to! He paid our debt and Redeemed us. Then God raised Jesus as He had promised - the firstborn from the dead (1 Corinthians 15). Jesus went through death and resurrection before us, so we need never fear death, if we believe, repent, and call upon His Name for Salvation we have the promise of eternal life (Romans 10:9-13; Hebrews 2:14-15).

In choosing to get baptised we are celebrating being 'in Christ, a New Creation' (2 Corinthians 5:17). This isn't a ritual: it's a decision to completely align one's life to God's ways (Matthew 6:33). It's a new beginning in Christ, leaving behind old negative attitudes; darkness, and sin. It's putting on Love - living a lifestyle that brings God Glory and Honour (Colossians 3:13-17). It's choosing to forgive and release the past; both receiving and giving Mercy; a powerful way to live - free from bondage! Truthfully, it's a choice an innocent baby cannot make, for they have not sinned. The enemy deceives people into living in bondage to sin, twisting God's Word, keeping them in ignorance to bring destruction (Hosea 4:6). Baptism is a powerful declaration of one's faith, and an invitation to God's Holy Spirit. If you wish to learn more, with a view to getting baptised friend, do come to our meetings listed below. Pastor Joe Mitchell this Sunday January 25th @11am.

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

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THE MIRACLE PRAYER



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

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

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

KB

8TH ANNIVERSARY



In loving memory of

JOAN HERLIHY

Derryroe, Macroom whose 8th Anniversary occurs on 4th February.

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



Sadly missed and fondly remembered by your loving family

ANNIVERSARY



O'MAHONY

Denis 11th January 1990

Julia 26th January 2009

In loving memory of our dear father and mother, late of The Village, Clondrohid, whose anniversaries occur around this time.

*If memories bring us closer,
We are never far apart.
For ye are always with us,
In our prayers and in our hearts.*



Always remembered by your loving family

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.

MD

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.

SBM

THE MIRACLE PRAYER



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

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

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

x

THE MIRACLE PRAYER



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

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

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

x

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
JERH O'SHEA
Derrypiordane / Gortnacarriga
Inchigeela
Who died on 27th January 2025

As we lovingly remember Jerh on his first anniversary, we his family would to express our sincere thanks to all who supported and sympathised with us during the past year.

To everyone who attended the removal and the funeral, called to the house, to those who sent mass cards and letters, messages of sympathy and kind tributes online and called to the house –a sincere thank you.

A special thank you to Jerh's wonderful neighbours back the Glen. You were always there for Jerh when needed. Your kindness and good deeds will never be forgotten.

Heartful thanks to Fr Anthony O'Mahony for supporting us on that morning and for celebrating such a beautiful mass, and to all those who assisted on the day. Special mention must also be made to Garda Micheal O'Donoghue whose help was invaluable.

Sincere thank you to the staff of Bantry Hospital who were so kind to Jerh, thanks also to Macroom Hospital for their wonderful care. A special thank you to Dr Deirdre Scully PCMC.

Thanks to Cyril Casey and his team for their kindness and professionalism and to the grave diggers.

Sincere thanks to Norma Galvin for organising the music on the day and to Marie Noonan sacristan.

We are also deeply grateful to our neighbours, friends and extended family for their help support and kindness at such a difficult time. Thanks to Joe and Ann Creedon and staff for catering so well for everybody.

Please accept this notice as a token of our heartfelt appreciation. The sacrifice of the mass will be offered for your intentions.



Jerh's first anniversary mass will be celebrated in Inchigeela Church on Tuesday January 27th at 9.30am.

Sadly missed by his sister Nora, his brothers Denny, James and Michael, extended family and neighbours and friends.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
KATHLEEN LOONEY
Coolcower, Macroom
Who died on January 25, 2025

On this the first anniversary of Kathleen's passing, we would like to express our deepest gratitude to all those who sympathised with us on our sad loss. We thank all those who attended the funeral, sent cards and online condolences and those who donated to Macroom Community Hospital. Thanks to our extended family for their loving support, neighbours and friends, especially Kathleen's card playing friends who enriched her life and supported her always.

Sincere thanks to Bernie Buckley and her amazing team in Macroom Community Hospital for the wonderful care and love they showed Kathleen. She had great fun with them - we will always be grateful.

Thanks also to Dr. Shane Hurley and the team at Muskerry Family Practice who cared for Kathleen so well down through the years, and to the team of home helps that ensured her independent living for so long.

Special thanks to the priests of the parish especially Monsignor James O'Donnell, always a great friend to Kathleen, for celebrating the funeral mass and the service at The Island Crematorium.

Thanks to Billy and the staff at Fitzgerald's Funeral Home for their expertise and compassion. Thanks to everyone at The Castle Hotel for their professionalism and kindness.

Sincere thanks to Michael Bradley for his beautiful singing, organist Mary McSweeney and the church choir.

To everyone who supported us through our sad loss please accept this expression of our deep appreciation.



John and Patricia Looney and the extended Looney family.

PRAYER TO ST. ANTHONY

Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours.

7TH ANNIVERSARY



In loving memory of
EILEEN STACK
Currahaly, Farran
Died on the 20th January 2019.

*I wake up in the morning,
And I look up to the sky.
I wonder why he took you,
before I said good-bye.
I look up to the stars at night,
And know you're looking down.
I'd like to think you're proud of me,
But I'm just stumbling round.
I crawl in bed and close my eyes,
nd realize that you're gone.
Then comes the fears and then the tears,
And life just seems so wrong.
I glance up at the heavens,
And I know you're flying by.
My Angel's watching over me,
I'm happy as I cry.*



Always remembered by John Michael and Louise Stack

2ND ANNIVERSARY



In loving memory of
ÓRLA TWOMEY
(NEE MURRAY)
Ballineagry
Died 26th January 2024

*Time moves on but we will never forget
what you suffered and what we lost.*



Braon de dhrúcht na bhflaitheas agus deoch ó thobar na ngráit go raibh aici.

15TH ANNIVERSARY



In loving memory of
BRIGID O'CALLAGHAN
20. St Colmans Park, Macroom
Who died on 14th January 2011

*If Roses grow in Heaven,
Lord please pick a bunch for us
Place them in our mother's arms
And tell her they're from us
Tell her that we love her and miss her
And when she turns to smile
Place a kiss upon her cheek
And hold her for awhile
Because remembering her is easy,
We do it every day
But there's an ache within our heart
Because we are missing her today.*



Loved always by your Daughters Joan, Mary and Denise. Sons in law Joe, kieran and Daniel. Grandchildren Alannah , Evan, Ellie, Grace, Donnacha and Rian.

POWERFUL NOVENA



This novena never fails. Say it on the hour for nine hours. Jesus who has said, ask and you shall receive, seek and you shall find, knock and the door will open to you. Through the intercession of Mary, the Most Holy Mother, I knock, I ask that my prayer will be granted. (Make your request).

Oh Jesus, has said all you ask the Father in my name, he will grant through the intercession of Mary, the Most Holy Mother. I humbly beg and urgently ask the Father in thy name that my prayer be granted (make request here). Oh Jesus who has said heaven and earth shall pass away through the intercession of Mary, the Most Holy Mother. I fell confident my prayer shall be answered. (Make request here).

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

THE MIRACLE PRAYER



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

6TH ANNIVERSARY AND 4TH ANNIVERSARY



In loving memory of

DENIS SHEEHAN

Whose anniversary occurs at this time



MARGARET COTTER (NEE SHEEHAN)

Whose anniversary occurs at this time

Kilmurry, Co. Cork

*Your are more than a memory
Silently Kept,
You are part of our lives
We will never forget.*



Loved and remembered by Ann, Tom, Jim and Kathleen.

31ST ANNIVERSARY



In loving memory of

NORAH SHEEHAN

Mount Pleasant, Bandon, Co. Cork
Died 15th January 1995

*We cannot bring the old days back,
When we were all together,
The family chain is broken now,
But memories live forever.*



Loving remembered by her family.

5TH ANNIVERSARY



In loving memory of my mom

SHEILA CREEDON

Knockane, Tareilton whose fifth anniversary occurs on January 21st.

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



From Catherine, Mike, Ellen, Clara and Olan

5TH ANNIVERSARY



In loving memory of

MICHAEL F KELLEHER

Kiel, Macroom
whose 5th anniversary occurs at this time

*O dear angel, me defend
And bring me to
A happy end.*



sadly missed and always remembered by his wife Bernie, daughter Helen, sons Denis and Hugh, son in law Séamus, daughters in law Sarah and Joanna and grandchildren Pádraig, Emily, Julia, Katie, Sophie, Michael, Holly and Grace.

5TH ANNIVERSARY



In loving memory of

TIMMY HEALY

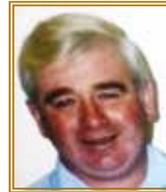
Knockanure, Ballymakeera
Who dies on 25th January 2021

*No farewell words were spoken
No time to say goodbye,
You were gone before we knew it
and only God knows why.
Our heart still aches with sadness,
and secret tears still flow,
What it meant to lose you
No one will ever know.
But now we know you want us
to mourn for you no more,
and to treasure all the fond memories
to help us through each day.
Since you will never be forgotten
We will hold you tightly within our hearts*



*Always remembered and sadly missed by
Jessie, James, Mary & Ann*

5TH ANNIVERSARY



In loving memory of

JOHN CAREY

Rea Dunmanway and
Sleaveen Road Macroom
27th January 2021

*Though we cannot see
the ones we love
does not mean
they are not near.*



Always remembered, loved and missed everyday by your wife Mary.
Padre Pio pray for us.

Mass for John will be in St Colman's Church Macroom on Tuesday 27th January 10am and in St.Patrick's Church Dunmanway on Wednesday 28th of January at 10am

32ND ANNIVERSARY



In memory of my dear mother

MARGARET KELLEHER

Sleaveen Road Macroom and late of Ballinagree who passed away on 29th January 1994

*You can only have one mother.
Patient, kind and true. No other friend in all
the world, will be the same to you.*



Always missed by your daughter Mary, relatives and friends.
Padre Pio pray for us.

Mass for Margaret will be in St Colman's Church Macroom on Thursday 29th January at 10am

MEMORIALS
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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
SHEILA DINEEN
 (NEE O' BRIEN)
 Glen Park Macroom
 (Formerly Peake, Coachford and
 Castleinch, Ovens.)
 Who passed away on 28th January
 2025

As we lovingly remember Sheila on her first anniversary her sons John, Martin, Adrian and Brian, daughter Joanne, daughters-in-law, Colette, Triona and Marguerite and her grandchildren, Sean, Conor, Paul, Daniel, Liam, Jack, Eoghan and Fiadh wish to express our sincere gratitude to all those who sympathised with us on our sad loss. To all who attended the funeral, sent Mass cards and condolences.

Thank you to the emergency services and the staff of the CUH who cared for Sheila in her final hours.

A special thank you to Fr. Peadar Murphy for celebrating such a beautiful mass. Fr. Peadar was so kind to us all during the days after Sheila's passing.

We also wish to thank Sarah Dineen for singing so beautifully at the Mass and making it such a meaningful service for us.

Thank you to Fitzgerald's Funeral Home Macroom for their kindness, courtesy and professionalism.

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



5TH ANNIVERSARY



In loving memory of our loving mother and grandmother
SHEILA CREEDON
 Late of Knockane, Terelton, Macroom, Co.Cork.
 Whose 5th anniversary occurs on the 21st of January

*We think about you always,
 We talk about you still,
 You have never been forgotten,
 and you never will.
 We hold you close within our hearts,
 and there you will remain,
 to walk and guide us through our lives,
 until we meet again.*



Always loved and missed by Dan, Shane, Don and Noelle and all family and friends

17TH ANNIVERSARY



In loving memory of
FINBARR O'MAHONY
 Roovesbeg, Coachford, Co. Cork
 Whose 17th Anniversary occurs on 24th January.

*The world changes from year to year,
 Our lives from day to day,
 But the love and memories of you,
 Shall never fade away.*



Remembered always by his wife and family.

5TH ANNIVERSARY



In loving memory of a wonderful mom
KATHLEEN (KITTY) HEELAN
 Ballygurriha, Donoughmore.
 Who died on the 18 of January 2021

*You had a smile for everyone,
 You had a heart of gold,
 You left the sweetest memories,
 This world could ever hold.*



Sadly, missed by your loving daughter Mary and Son in law James.

13TH ANNIVERSARY



In loving memory of
KIERAN MC CARTHY

Crookstown, Co. Cork
 Who passed away on 26th January

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



Always remembered by his loving family

4TH ANNIVERSARY BIRTHDAY REMBRANCE



In memory of a loving husband, dad and grandad
MICHAEL HERLIHY
 Coolduve, Lissarda,
 Whose anniversary occurs on 23rd January

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



Sadly missed and forever loved by Mairead, Miriam, Michael, John, Ally, Róisín, Úna, Seán and Maggie.

5TH ANNIVERSARY



In loving memory of
NORA LUCEY
 Gearagh View, Raleigh South, Macroom,
 Who passed away 1st February 2021

*Remembering a special Mum and Nana.
 If Roses grow in Heaven
 Lord, please pick a bunch for us.
 Place them in our Mother's arms
 and tell her they're from us.
 Tell her that we love her
 and we miss her so.
 And when she turns to smile,
 place a kiss upon her cheek
 and hold her for a while.
 Because remembering her is easy,
 we do it every day,
 but there is an ache within our hearts
 that will never go away.*



Always remembered & sadly missed by your loving family.

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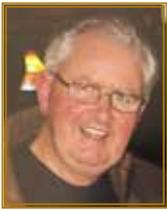


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FIRST ANNIVERSARY



In loving memory of

JOHN O'CALLAGHAN (JOHNNY CAL)

Railway view, Macroom, Co Cork. Who died on the 28th January 2025

A Brother a Friend and a Character.



Thanks to everyone who looked out for John and to all those who helped him through his illness.

Rest in Peace.

6th ANNIVERSARY



In loving memory of

MARY CANTY

New Street, Macroom, Co. Cork. Who passed away on the 1st of February 2020

Thoughts wander as daylight fades To the land of long ago.

Memory paints the scenes of old In the gold of the twilight glow.

We seem to see in the dim light

A face we loved the best

And think of her when the sun's rays

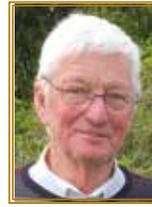
Go down in the far off west.



Always in our thoughts and remembered with love.

Sadly missed by her husband Denis, children Aimee, Denis, Nicola & Dylan, their partners and her grandchildren Aoife, Iona, Adam, Ethel, Sophia & Art.

3RD ANNIVERSARY



In loving memory of

JOHN O'CONNELL

Knocksaharn, Kilnamartyra. Who passed away on 28th January 2023.

We lost a Dad, with a heart of gold. How much we miss him can never be told. He shared our troubles & helped us along.

If we follow his footsteps, we will never go wrong.

Always in our thoughts Forever in our hearts.



John's Anniversary mass will be celebrated in St. Lachteen's Church, Kilnamartyra @ 11:30 on Sunday 1st February.

Lovingly remembered by John's family.

5TH ANNIVERSARY



In loving memory of

MARY CREEDON

Knocksaharn, Kilnamartyra, Macroom, who died on January 28th 2021

On the 5th anniversary of her death, Mary is lovingly remembered by her daughters, Jane, Marie, Teresa, Anne, Gobnait, Josephine, sons in law, brother and sisters, her loving grandchildren, great grandchildren and extended family.



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

So rest in peace dear loved one, And thanks for all you've done. We pray that God has given you The crown you've truly won.

6TH ANNIVERSARY



In loving memory of

MAURA LUCEY

Cornera, Inchigeela Who died on 20th January 2020

The world it changes from year to year, Our lives from day to day. But the love and the memory of you, Will never fade away.

Though heaven and earth divide us, We are never far apart.

You are always in our thoughts and prayers, And forever in our hearts.



Remembered always by your loving family

27TH ANNIVERSARY



In loving memory of

MARK O'RIORDAN

County Carthy, Renanirree, Macroom. Who died on 01 Feb 1999.

Will those who think of Mark today, a little prayer to Jesus say. May his gentle soul rest in peace.



Sadly missed and always loved by Mom Gobnait, Grandmother Mary, Aunts and Uncles.

9TH ANNIVERSARY



Cherished memories of

EILEEN J.QUILL

Barr d'Inse, Cúil-Aodha, Who died on January 23rd 2017

It doesn't need a special day, To bring you to our minds. For days without a thought of you, Are very hard to find.



Fondly Remembered by Your Family, Relatives & Friends. Naomh Gobnait guidh orainn.

3RD ANNIVERSARY



In loving memory of

JOSIE O'SHEA

Carrigafooka, Macroom, who died on the 30th January 2023

We miss you from your fireside chair, Your loving smile and gentle air, Your vacant place no one can fill, We miss you Mam and always will.



Sadly missed and always remembered by your family

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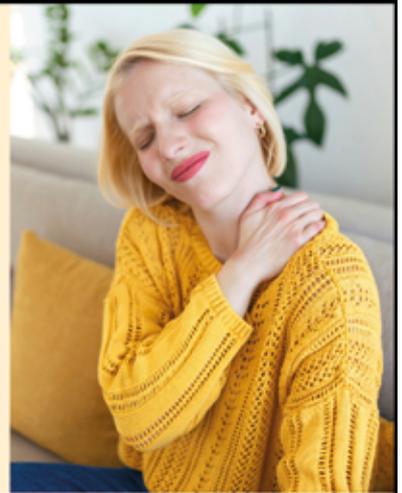
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