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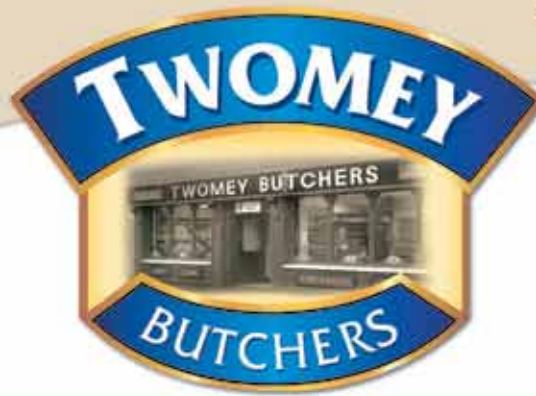
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EDITORIAL

We congratulate Aindrias Moynihan, Micheal Moynihan and Michael Creed on their re-election. It is certainly good for the Lee Valley area that two of the three live and are based locally. We wish them 'Good Luck' in the forthcoming weeks, months and years.

The general election result has been described as a tsunami. Clearly Ireland wants issues like homelessness, housing and health addressed urgently. To achieve these admirable objectives the country needs a stable steady government. Micheál Martin and Fianna Fáil with their 'confidence and supply' arrangement provided that from 2016-2020 when they enabled a minority government to function. Other and all parties and groups now need to behave similarly.

Lee Valley Outlook's interest in this lies in the fact that if the country is stable and well run, the regions should do well. Lemass once spoke of 'a rising tide lifting all boats'. This ideal can be threatened by deputies, within or without parties, acting selfishly and looking for 'special treatment' for their constituencies. It may be 'good' politics but is it fair and just?

LVO expects the politicians to provide a government and to ensure stability and fairness. Much has been done but more, much more, needs to be addressed, nationally and locally, and urgently.

C. Kelleher.

St. Joseph's School Sojourns (St Joseph's Primary, Macroom)



Pupils from St. Joseph's Primary School who made St. Brigid's Crosses in Macroom Library.



Pupils from St. Joseph's Primary School

Activities: The pupils in St. Joseph's Primary School are very busy enjoying a wide variety of activities. This month our Junior Infants and Senior Infants continue with Larry and Ita learning Folk Dancing. Second to sixth classes are greatly enjoying Irish Dancing with Deirdre O'Sullivan. Basketball is continuing for 5th class with Paul Keohane from The Neptune Stadium. Soccer Training begins this month for all the girls from second to sixth classes. This is a new activity for the girls and they are much looking forward to it. Some of the girls visited the library to make St. Brigid's crosses last week and they were able to train the rest of us on how to make them!

Open Day: It will be held on Thursday February 27th for all new pupils for the school year 2020/2021. We look forward to meeting all the boys and girls with their parents. They will have an opportunity to play in the classrooms and have a walk around the school. Our Student Council will

be at hand to help out on the day.

Green Flag: Our School pupils are working hard on our next task which is the Travel Flag. The pupils are having a WOW Day on February 14th where everyone will try and come to school by either walking, cycling or park and stride. We are enjoying doing 10-at-10, where we do 10 minutes exercise at 10.00 three days a week.

Friendship Week: will take place in St. Joseph's from the 10th > 14th of February. During this week, we will have many lots of activities to promote friendship. The final day of Friendship Week will fall on Valentine's Day! What a lovely end to the week.

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Macroom: Sayings, Sean-fhochail and Proverbs: their origin?

1. Macroom, the town that never reared a fool.
2. Is iad na bailte is gallda in Éireann na Daingean Uí Cúis is Máchromtha. (The most foreign [= Anglicised] towns in Ireland are Dingle and Macroom).

When telling non - Macrompians where we are from we are often greeted with ' Ah, the town that never reared a fool'. As a Macrompian I would like to think that the first quotation is true and the second is not. Perhaps I would be foolish if not a fool to fully accept the first and not recognize some truth in the second. Recently I was trying to find both the proper versions and their origins and although I did not find the answers, the search did yield some revelations. I would be very grateful if someone out there had further information on their source and explanation and shared their knowledge. The following are some of the items that came to light.

While sayings, saws, 'sean-fhocail', proverbs, and clichés can be trite they often distil a truth or an aspect of the truth, or express an idea succinctly. Their origin and provenance are often interesting. "Daft as a brush" is one such. There is no absolute explanation for this but one offered is that a fox's tail is also called a 'brush' and is soft. In the North of England 'soft' was another word for 'mad' or 'daft' and so led to the expression. The "real McCoy" is another well known phrase and denotes 'the genuine article'. In the nineteenth century a MacKay family in Scotland produced a whisky and promoted it as the real 'MacKay' meaning that their version was the original and the best. The family may have come from Reay and that may have been corrupted in time to 'real'. Later 'MacKay' became 'McCoy'. Another explanation relates to a lubricating machine that was invented by Elijah McCoy and was much superior to any copy that followed; hence the 'real McCoy'.

'A woman needs a man like a fish needs a bicycle'

was coined by Irina Dunn in 1970, a famous American educator and feminist. She modified a previous saying that "God needed man like a fish needs a bicycle" was the previous proverb and Dunn produced a memorable and lasting spoof: it drew much support from the feminists. Men may or may not like it but there is more than a grain of truth there.

Seanfhochail – literally meaning 'old words' - have a very strong tradition in the Irish language. UCD holds the National Folklore Collection and within that is The Schools' Collection. The latter was gathered and recorded from school children, getting information from their parents, grandparents and neighbours all over the country in the 1930s. It has about 740,000 pages. Children were asked to bring old stories, folklore, customs and traditions to school for the purpose of recording. The children then wrote their findings and these records are now digitized and available on the internet. Many seanfhochail were recorded. "Is maith an t-anlann an t-ocras" means hunger is a good sauce, 'Ní thagann de'n driseóg ach smear' can be translated as only the berry comes from the briar, meaning further 'that that is all you can expect'. 'The apple doesn't fall far from the tree' has the same meaning. 'Níl aon tinteán mar do thinteán féin' is rendered there is no hearth (or home) like your own, a refrain often expressed by emigrants in the U.S., Britain and many other places. Incidentally Seán Ó Cróinín, Casement St., and father of Proinsias/Frank, Eibhlís, Dónal, Micheál and Fr. Seán, was a distinguished folklore collector in 1950-1960s.

Macroom/the Lee Valley is home to many of us and brings us back to the sayings quoted above. Distinguished historian, North Square man Professor John A. Murphy, U.C.C. College Historian and Professor Emeritus of History in U.C.C has a slight variation 'There was never a fool that came out of Macroom'. In a Cork Examiner office version the saying had a second

part 'Macroom, the town that never reared a fool and where every penny was a prisoner'. Another wit in response said, tongue-in-cheek, 'if we never reared one, then we must have imported some'. Tim Martin O'Leary has composed and sings a song with the title and you can hear this on YouTube.

In Seán Dunne's *The Cork Anthology* (1993) Prof. Murphy wrote 'The Piano in Macroom'. This is a reflection on his home, his childhood home-life, his family and especially on his mother, and refers to the 1930s-1940s. She was given a present of a piano on her marriage and she was a very talented player and singer. Her tastes were broad – she liked Gilbert and Sullivan arias, Irish ballads and the latest pop songs of the day. For her with regard to singing, the 'mortal sin' was being 'off key'. Of course singing modern songs was frowned upon by the *fíor Gaeilgeóirí* and for crossing the line, their sentiment was expressed by 'Go bhfóire Dia orainn, príomhbhaile Ghaeltacht Muscraí, an baile is gallda in Éirinn' which can be translated as 'My God, Muskerry Gaeltacht's principal town, is the most foreign [= Anglicised] town in Ireland'. The explanation probably lies in the fact that proximity to the Gaeltachts provoked antipathy to Irish and Irish culture and an equally trenchant counter-reaction from the pure and true *Irishians*.

After all that, I would appreciate if someone could enlighten me more on the proper origin and background of the two sayings. My e-mail addresses is conkell31@gmail.com or you could post to leevalleyoutlook@gmail.com

Sources: duchas.ie, *The Irish Times*, *The Cork Anthology* (Cork 1993), 'Macroom Yesterday' WhatsApp group and Celebrating Cork Past website.

Con Kelleher



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St MARYS 1ST YEAR GYMNASTICS COMPETITION



St MARYS 1ST YEAR IRISH CLASS MAKING ST BRIDGET'S CROSS

St. Mary's Soundings

Críoseanna Bríd: Bhí Rang Gaeilge sa chéad Bhliain an-ghnóthach ag déanamh críoseanna Bríd chun lá fhéile Bríd a cheiliúradh! Maith sibh a chailíní!

Junk Kouture: is a fashion competition where young people design and create an extravagant pieceS of clothing made of 100% recycled materials, promoting sustainability. Ciara Bradley and Laoise O Sullivan have entered this competition and are currently in the life-line vote which means they need everyone's help to get through to the Regional Finals. We wish the girls the very best of luck in the competition.

Transition Year Students/IWISH: They enjoyed their day at the IWish Conference in Cork on the 30th of January. I WISH is an initiative to inspire, encourage and motivate young female students to pursue careers in Science, Technology, Engineering and Maths. During the event our students heard from various speakers on Girls in STEM – speakers from some of Ireland's most successful STEM companies, such as Johnson & Johnson, Dell EMC, PepsiCo, Merck Millipore and Teamwork. After the presentations the girls moved to the IWish Exhibition Area to engage with STEM industry exhibitors and partners. One of the conference speakers was past pupil Kate Brady, currently studying Structural Engineering in CIT. We thank Ms Kelleher for organising this inspiring trip for the girls, and both Ms Kelleher and Ms O' Donoghue for going with the girls on the day.

Pre Exams: Best of luck to our Junior and Leaving Certificate students who are currently sitting their Pre Exams.

Public Speaking Workshop: First Year Students enjoyed their Public Speaking Workshop with Fair City's Alan Devine in school recently. This workshop is fantastic as it helps to improve their communication skills and will give them the tools to help with presentations and interviews.

Aoife Twomey and Erika O Shea: Congratulations to Aoife Twomey and Erika O Shea who played for Munster and represented St.Mary's, Macroom and Cork in the Lidl PPS Interprovincial All-Ireland blitz. The blitz consisted of 3 round-robin matches with Munster beating Ulster, Leinster and Connacht. In the final Munster side retained their title by beating Connacht 3-10 to 3-01 of the blitz. 'Well Done' girls; we are so proud of you both.

Emma Cahill: Congratulations to Emma Cahill who was named "Player of

the Year" at Macroom AFC School girls awards night recently. 'Well Done Emma, great achievement.

Lucia Duarte: Congratulations to Lucia Duarte, 1st year who came 4th in the South Munster Cross Country championships on Thursday the 30th of January. Best of Luck in the Munsters! Bravo Lucia.

Annual Gymnastics Competition: There was great excitement last Thursday when our 1st Years took part in the Annual Gymnastics Competition. All students from Ms Dillon's and Mrs Kelleher's PE classes showed great teamwork as they had worked very hard on their routines over the past few weeks. A great mix of costumes and gymnastics performances made it a very difficult decision for the judges. 'Well Done' to all participants and we thank Ms de La Cour and Mrs Watkins for judging the event. The winning team was Annie O' Brien, Holly Wenger, Lauren Dunton-Tuohy and Aoibhe McSweeney; Comhgairdeachais/ congratulations girls!



St MARYS 4TH YEAR STUDENTS AT THE IWISH CONFERENCE WITH PHYSICS AND MATHS TEACHER MS KELLEHER

Macroom Senior Citizens

Meals-on-Wheels: The service is an invaluable community resource, keeping people socially connected, minding nutrition and supporting the aging at home. It was also stated that high dependence on volunteers leaves the service vulnerable and on this note Macroom Senior Citizens would like to thank the volunteers, past and present who have helped/help to run this service. Macroom Senior Citizens would also like to thank all the groups and organisations who fundraise to maintain the

service.

Other services available at our centre include:
 Tai Chi Classes – Starting Monday 3 rd February @ 7.30pm &
 Thursday 6 th February @ 3 p.m. Bridge – Every Thursday morning @
 10 a.m. Bingo – Every Thursday night @ 8.30 p.m. Line Dancing – Every
 Friday @ 2 p.m. We strongly encourage Senior Citizens/Active Retired to
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Macroom Library

With several events taking place, it promises to be a very busy couple of weeks in Macroom library!

Adult Book Club takes place on Wednesday Feb. 19th at 11.30 a.m. to discuss 'The Book of Speculation,' by Erika Swyler.

Purlies Knitting Group will meet on Thursday Feb. 20th at 11.30 am. New members are welcome. The group meets on the first and third Thursday each month.

Tots Time will be on Friday Feb. 21st at 11 a.m., and always takes place on the first and third Friday of every month. Juvenile Book Club will meet on Saturday Feb 15. Creative Writing Group will meet on Tues. Feb. 18th at 5.30 pm.

Bridge Club will take place on Wed. Feb. 19th at 10 a.m

Ciorcal Cainte will be on Thursday Feb. 27th at 11.30 am.

Music Morning will take place on Friday Feb. 14th at 11 am, and just like December, it will be 'Audience Choice,' so please feel free to bring along CDs of your favourite songs so they can be played that morning for everyone to enjoy. There will be a limit of two songs per person, and we would ask for people to please label their CD covers with their names and song choice so everything can proceed as smoothly as possible. A cup of tea will be served.

Story Time – Children's Nursery Rhymes and Story Time at 12.00 noon every Saturday.

Membership of the library is completely free, and all you require to join is bring Photo I.D and Proof of Address. On becoming a member, you can borrow 12 items for 3 weeks, and your library card can be used in any public library in the country. We have adult fiction books, non-fiction, teenage, young adult, and lots of books for children, as well as audiobooks and DVDs. We also have books which are specially selected and categorised under national initiatives such as Healthy Ireland, Your Good Self (for mental health), and Work Matters (an initiative created to provide support for people starting their own business or getting back into work). Members can also gain access to our free online services, such as being able to borrow eBooks, eAudioBooks, and eMagazines. Other online services include the Irish Newspaper Archive, online courses, Mango languages, Britannica online, and more! We also hold numerous events in the library throughout the year so keep an eye out for something that might interest you here, in the Lee Valley Outlook, on social media or on posters around the town.

New Comfort Kits: At the Library we now have wonderful Comfort Kits which consist of

basic sensory items such as Weighted lap blanket to comfort, Dark glasses to dim lights, Ear defenders to muffle sound, Squishy toys to help anxiety, Fidget toys to distract, Soothing toys to calm and Scented pencils for strong olfactory/smelling experiences. If anyone with sensory issues or feels overwhelmed visiting the library, this kit will make your library visit as pleasant as possible. The kit will be available at the Library front desk.

Art Exhibition: An Art Exhibition this month has an explosion of colours and beautiful art. The exhibition was made by the children of 'Art in Macroom' today led by Rosanna Lenci. There are four paintings from four teams of children between the ages of 8 – 13 years, representing Irish Tales; The Salmon of Knowledge, Tír Na Nóg and The Children of Lir. There are also 2 works by Rosana – 'Woman' and 'Pilgrim'.

Library Open Day: We have a Library Open Day on February 29th Saturday. There will be the regular Story time and children's Rhymes at 12pm. Also there will be Family Time between 2.30 – 4.00 p.m. where families can enjoy board games and have fun together. Please come and visit where you can view the magnificent the Art Exhibition and our 'Healthy Ireland and Work Matter Displays Art'. Everyone is welcome to become a member of the Library and membership is free for all. To join, complete an application form and bring along proof of Identity and address. There is a wide variety of fiction novels covering all genres and a comprehensive non-fiction collection encompassing the Healthy Ireland at your Library national initiative and Work Matters Programme suggested titles. Free Wi-Fi is available and computers with internet facilities for public use, as well as scanning, printing and photocopying facilities. A separate computer is available for you to explore our online services, check the catalogue or order in books. With the exception of a small charge for printing/ photocopying, all the facilities are free for



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Patrick O Halloran-Crowley, Jennifer Goulding, Denis Buckley, Jack Curtain and Lorraine From Macroom Library

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McEGAN MUSINGS



McEgan College Pupils who attended the City Hall for the iWish conference speaking about STEM topics in the Red FM Big Red Bus outside the City Hall



6th year Biology students took part in a CIT 'Science for Life' event



Transition Year Pupils Cian and Ethan O'Riordan, Oisín McSweeney and Aidan McCarthy with a Boots Staff Member at Boots Half Moon Street Cork

iWish Conference Transition and 5th year girls: They attended the iWish conference in Cork City Hall. iWish is an initiative to inspire, encourage and motivate young female students to pursue careers in STEM (Science, Technology, Engineering & Maths) and to challenge gender stereotypes. The interactive exhibition was highly motivational for those who attended. The conference featured workshops, keynote speakers and engaging talks by women and men who have seen the great opportunities for a successful career in STEM. Cork & Red FM interviewed Anika Rice, Sheena Sheehan and Shauna Bradley, 5th Year pupils from McEgan and asked them to give their opinion on why girls should study STEM. The pupils highlighted how McEgan College offers a wide range of STEM subjects for them to study, enabling them to pursue whatever career they wish. In their own words and I quote "We are feeling empowered, like we can do anything", "It is within all of us to make a change for the future", and "We have a bright and positive future and feel motivated to stand up, to follow our dreams

St. Bridgid's Cross-Making Workshop: On St. Bridget's Eve students of Room 22 joined a large group at a St. Bridget's Cross Making Workshop hosted by Macroom Library. Lorraine and her staff demonstrated and helped everyone to make traditional crosses from rushes. We chatted about some of the folklore and traditions associated with St. Bridget, including her protection of homes and farms. St. Bridget's Day celebrates the arrival of spring with warmer, brighter days. We thank everyone at Macroom Library for a warm welcome. It was wonderful to celebrate the coming of spring in such wonderful company. Students fervently hope that their crosses will keep their homes safe.

Saint Brigid's Blessing:

'May Brigid bless the house wherein we dwell. Bless every fireside, every wall and door. Bless every heart that beats beneath its roof. Bless every hand that toils to bring its joy. Bless every foot that walks portals through. May Brigid bless the house that shelters us.'

Business Partnership: Boots teams up with McEgan College. Transition Year Students from McEgan College recently visited Boots flagship store in Half Moon Street, Cork as part of the School's Business Partnership programme with staff members Mrs Corkery, Ms. Angland and Mr. O'Driscoll. The School's Partnership programme is all about education inclusion that partners schools with local businesses, supporting the Government's goal of improving school retention rates. McEgan College has been partnered with Boots, Macroom since 2015. Boots Ireland is a leading pharmacy-led health and beauty retailer with over 80 Boots Ireland stores and just over 2,000 employees. This programme is being delivered by Celine McGrath, Regional Coordinator – Cork (The Schools & Business Partnership) and Lisa Buckley, Pharmacist & Boots Teacher Practitioner, University College Cork. Celine and Lisa visited McEgan College to give the TY students an 'Introductory Session' where they explained about Boots Ireland and the many aspects of the Business. This was followed by a 'Day in the Life' session, where some really good and varied employees from Boots, Wilton and the local store in Macroom came to the college. These staff members gave the students a great account of the variety of jobs, and they ranged from a pharmacist to a Beauty advisor.

Throughout the site visit in Half Moon Street, the students received a guided tour of the different departments. The HR management team

gave the students an interesting and informative talk on their process of recruitment. They demonstrated examples of a good CV and discussed interview techniques. Boots Staff Members will be conducting "mock interviews" with the TY pupils in McEgan College in a few weeks time. The link with Boots provides our students with a unique experience into the world of work and how a large successful retail business operates. The students thoroughly enjoyed this part of the programme and getting a guided tour of the biggest Boots store in Munster.

Launch of The Three Romeos and Jen Company: There was great excitement on 23rd January 2020 with the official launch of The Three Romeos and Jen Company in Room 22. These new young businesspeople - Denis Buckley, Jack Curtin, Patrick O'Halloran-Crowley & Jennifer Goulding - have been busy for the past number of weeks exploring different ideas for their mini company. Today, they officially announced their business plan. The Three Romeos and Jen Company have decided to sell Roses for St. Valentine's Day. When interviewed about why they decided on selling roses their response was "Everyone loves flowers, and Everyone loves Someone". The young entrepreneurs are very enthusiastic and hope to sell over 150 Roses within the school community for Valentine's Day. They have already got their marketing in place with beautiful, colourful posters displayed around the school. The Three Romeos and Jen Company expect trade to be brisk so have recruited help from fellow students. Chloe Buckley and Aidan McCarthy from TY have been recruited to help with sales. When interviewed as to why they had recruited Chloe and Aidan, Jack Curtin said, "They know everyone in the school, and they are good at selling". Jessica McSweeney and Grainne Deasy from LCA have been asked to help with wrapping the Roses. Denis Buckley said that Jessica and Grainne were chosen because they were good at wrapping flowers as they had done it before. It would seem that The Three Romeos and Jen Company have come up with an excellent business idea and model. We wish them every success with their venture. We also thank the students, SNAs, teachers and parents for their support.

Paired Reading: This is a reading initiative which Egan College ran through our Junior Cycle School Programme (JCSP). Ten of our second-year students are working as part of a cross-age paired reading programme where they act as the tutors to primary school pupils in Clondrohid N.S. Paired reading is an ideal way of improving reading skills among young children. It can be used to build oral skills so that reluctant readers can improve reading in front of large groups.



McEgan Second Year Pupils and their teachers Ms. Noonan & Ms. Murphy who completed their shared reading initiative with 4th class in Clondrohid N.S.

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Presentation of footballs and gear to De La Salle from James McCarthy G.D.A.



Eoin Healy (third year) pictured with teacher Mr. Fleming. Eoin won an all expenses trip to Brussels, Luxembourg and Strasbourg through a school based competition.

De La Salle Doings

U16 Football: De La Salle visited Newcestown on Friday January 24th to play their U-16 Football Championship match. Everyone was hyped and hopeful in the dressing room. A strong Croist Rí side awaited De La Salle. Rory Duggan won the throw-in and burst up the field before passing to Mark Hunt who converted it for De La Salle's first point. Before Croist Rí could get on their feet the ball broke to Daire McMahon who 'dipped' the Croist Rí goalkeeper from a long distance out. The goal meant a four-point lead 5 minutes in. After a period of domination, Croist Rí finally broke through the strong De La Salle defence and a powerful shot forced a great save from Stiofan McSweeney. DLS were able to stay on top thanks to wing back Sam Pickering who won several kick-outs, and brought the ball up the field. As the first half progressed, points were shared by both teams with Mark Hunt up-front performing well. The score was 1-06 to 0-06 at half time. DLS were aware this game was far from over and realised they needed to get more scores to secure the win. Daire McMahon stepped up once again to score another cracking goal. Great defence from DLS's Jack Sweeney and Darragh Fitzgibbon kept the pressure off. Mark Hunt and Joe Mullane helped Macroom to stay on top as the game drew to a close. Poor discipline in defence gave Croist Rí some easy frees and this kept them in

the game. Substitute Jack Martin sealed the 'deal' for Macroom, finding the net with just a few minutes to go. The final score was on 3-11 to 0-11 for a merited DLS win. Team: Stiofan McSweeney, Darragh Fitzgibbon, Charlie Kelleher, Jack Sweeney, Robert Lucey, Jack Devine, Sam Pickering, Conor Kelleher, Rory Duggan, Liam Holland, Daire McMahon, Joe O'Mullane, Alexander Asling, Alan Desmond and Mark Hunt. Adrian O'Dea and Martin Sosa were the fourth year reporters.

School Updates: De La Salle received great news last week. Work on the construction of temporary accommodation has been sanctioned by the Department of Education & Skills, and work will commence in February. The €1.4 million project will provide four general classrooms, a science laboratory, two ASD classrooms, two special education teaching rooms, a sensory room, a toilet block and 25 additional parking spaces. The new building will be located in the school field, close to the main office.

'Team Maths' team: 'Well Done' to the sixth year maths team, composed of Eoin Moynihan, James Galvin, Michael Buckley and Kuba Byrdziak. The boys competed well in this very challenging competition in Wilton Education Centre in January, 2020.

St Colman's Commotions: (St. Colman's Boys' National School, Macroom)



Table Quiz Team



Literacy and paired reading.



Celebrating Valentine's Day,

Best Wishes: Love is in the air at St. Colman's B.N.S. Macroom. Pupils and Staff wish you all a Happy Valentine's Day.

Table Quiz Teams: Congratulations to our Table Quiz Teams who did so well in the recent Macroom Credit Union Quiz. The Senior Team was well placed and the Junior Team finished joint first before the tie-breaker questions and was third overall. We are so proud of our wonderful boys!

Literacy/ Paired Reading: At St. Colman's literacy is very much to the fore

and during the month of February Paired Reading involving parents and pupils takes place each night. Shared Reading where senior pupils read to juniors also takes place. The school has also enrolled in the Big Booky Break Time initiative through Book Aid International.

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17

Muskerry Macra

Muskerry Macra holds Cork County Titles Night: Cork County titles night will be held in The Blarney Woollen Mills Hotel on Saturday 15th of February at 8 p.m. Regional winners from Avondhu, Carbery, Imokilly, Muskerry and Seandun will compete. There will be four competitions: Blue

Jean Country Queen, Miss Macra, Mr. Personality and Queen of the Land. Muskerry Macra thanks all the competitors and wish them the very best of luck. Sheila Lynch, Muskerry Macra PRO.

Aghinagh Activities



Aghinagh Macra senior debating members Richard Cotter, Joanne Crowley, Eileen Lynch and Dermot O Callaghan.



Author, Olive Mooney, visits Rusheen N.S

Bingo Night In Rusheen: Rusheen N.S. Parents' Association will hold its annual Bingo fundraiser on Thursday 27th of February at 8pm sharp in Aghinagh GAA Hall, P12 YH96. Everyone is welcome, including children from 3rd class upwards. A cash fund of €900 including a jackpot of €150 is available and there will be a great raffle. Hope to see you there!!

Aghinagh Macra Debaters: Members recently participated in the second round of the senior national debating competition. Our team did well and we congratulate Waterford who progressed to the next round. This a

reminder that tickets for the Aghinagh Macra Dinner Dance are selling fast. It is on Friday February 21st in the Castle Hotel Macroom, and YOU are invited. Tickets are €35 and accessible by contacting Eibhlís Kelleher on 087/1691470 for A great night of food, music and craic! New members are always welcomed and should contact the Aghinagh Macra facebook or Instagram page.

Réidh na nDoirí Raitis



Seamus McCormack and Labhrás Ó Murchú, Comhaltas ard-stiúrthóir, congratulate Evan Ó Laighin, Eoin Ó Céilleachair, and Seán Ó Súilleabháin of Lachtaín Naofa Comhaltas on their all-Ireland win



Members of Cill na Martra and Toonsbridge Gun Club, who raised €1,416 for leukemia research for the Irish Cancer Society with a clay shoot at Macroom buffalo farm and a wild game barbecue in Ó Murchú's, Cill na Martra on St Stephen's Day. The gun club would like to thank everyone who supported the events.

Classes/Activities: The following take place in Ionad Áise, Réidh na nDoirí. Monday, 10.30 am to 12.30pm Knitting, Crochet & Lacework Class. Monday, Children's hour Céilí dance & Set dance classes; beginners @ 7 pm & advanced @ 7.30 pm. Tuesday, @ 6.45pm, Yoga with Yana. Wed., 10 am to 12 noon, Parent & Toddler group. Wed., @ 7pm, Meditation & Yoga, with Linda. Friday, Comhaltas Ceoltoirí Music Classes with Billy, 7th of February @ 8pm. Children earn new tunes on a variety of instruments and practise

playing together in groups with similar musical abilities. Sunday, @ 11 am, Walks for the Wealth of your Health, begin on Feb. 2nd from Ionad Áise. The very comfortable rooms and offices in Ionad Áise are available to let for meetings classes and appointments on an hourly, daily, weekly or longer term basis at reasonable rates. Contact 086-3091163 for bookings and see our facebook page; Ionad Aise, Reidh Na nDoiri.

DÚLRA BEO

INFORMATION NIGHT - OÍCHE EOLAIS

REWILDING YOUR GREEN SPACES – CREATING FOOD & NATURE GARDENS.

FIÚNTAS AN FHIÁNTAS I DO GHÁIRDÍN –
AG CRUTHÚ SPÁS DO BHIA & DON NÁDÚR.

*with Niamh Ní Dhúill,
Natural Kitchen Gardens
Ionad Cultúrtha, Baile Bhuirne
@ 8:00pm ar an Mháirt 25.02.20*



We live in challenging and interesting times! In this time of a climate and biodiversity emergency, bringing nature back into our gardens is one practical and positive action that we can all take. Biodiversity is another word for nature and the amazing interconnections in this web of life. It is also one of our greatest buffers and solutions to current habitat loss and a changing climate. We are teaching future generations that it is normal to live in concrete jungles. This has to change if we are to really transition to healthy thriving homes, communities, habitats and ecosystems.

Why is it important that all of us take action in our own gardens and green spaces? How can we welcome this web of life into our gardens? How can we create gardens that are filled with nature and food? Niamh will introduce some of the many habitats that can be created and allowed to thrive in small and large spaces. She will discuss some ways to create sustainable food and biodiversity gardens, where nature, food, trees, hedges and wildness are at the heart of the ecosystem.

Niamh will bring some wild plant seeds saved locally in Kerry on the night to share. Bring along any extra seeds you want to share too. She will also talk about the biodiversity work she is helping to facilitate: *Transition Kerry Climate & Biodiversity Community Leadership Programme*.

Entry Fee / Táille - Daoine Fásta €5 - Páistí fé 16 bl. saor in aisce.

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Muinefliuch N.S. Miscellany



Pupils from the Middle Room in Muinefliuch N.S. with their Saint Brigid's Day crosses



Pupils from the Junior Room in Muinefliuch N.S. working on their coding skills with the Beebots

all about the Greek gods living in the modern world.

I thought that all the places and scenes were well described. I was well able to visualize what was happening and what every place looked like. My favourite character in this book was Annabeth, whose mother is Athena, the goddess of wisdom. She is one of the main characters, and is cunning which is helpful with solving mysteries, which makes sense due to her parentage. I find that Percy Jackson is a very likeable protagonist. He

Muinefliuch NS Book Club: A Review by Emily Finn.

Students in 5th and 6th class at Muinefliuch N.S. have been busy reading non-stop since the start of the school year, when they established their first book club with Ms. Morton. It has been a great success, and members have already read and reviewed a total of 20 books, from a variety of genres. Students meet fortnightly to discuss the books, by Ballyvourney Library. This week members have been reading Percy Jackson and The Lightning Thief, by Rick Riordan.

Emily Finn, 6th class shares her thoughts in her book review: Percy Jackson and the Lightning Thief is about... Percy Jackson. Percy is twelve years old when he finds out that he is a Demigod. This means that one of his parents is a god, while the other is a mortal. Demigods have some abilities related to their godly parent (e.g. Sons and daughters of Apollo excel at music and healing). Percy is taken to Camp Half-Blood on Half-Blood Hill, which is a place where Demigods live in safety from monsters, and can train in combat and other skills. During the book Percy meets other demigods, fights monsters completes quests and learns

makes a lot of witty remarks, but he does take things seriously sometimes. I think that most of the characters in Percy Jackson feel very real. They all have unique personalities and are very likeable. I think Percy's friend Grover is kind of annoying though. This is the first book in the series, and the ending isn't really a cliff-hanger, it just makes you want to read the next book, like, "Oh! That sounds cool, I wonder what's going to happen...?" (Well, that was me, anyway...). This book's genre I'd say would be action/fantasy (Which is very much my kind of book). It's also a very good way of learning about Greek mythology. I wouldn't know, like, 90% of the stuff I know if it weren't for Percy Jackson. There is a good bit of drama and conflict between the characters, which I like, but annoyingly I can't say any examples because ... spoilers! I recommend this to 11-13 year olds. I would place all of Rick Riordan's books into this category. In terms of series to compare it to... I'd have to say something like Harry Potter. Overall I would give this book a rating of 8.5 out of 10. A very decent book, with even better ones to come later in the series!

Clondrohid Updates



A special Mass to remember the late Tim Heaslip from Knocktopher Co. Kilkenny was celebrated by local Pp. An tAthair Liam Ó hCí at Farran church recently, with many relatives and friends from Clondrohid, Canovee and other local areas in attendance.



All smiles at the Clondrohid Dev Christmas party

Set Dancing: Alan is back on track after the Christmas break. Set dancing and dancing in general resumes on Tuesday night Jan 21st at 8 p.m. in Community Hall. Everyone is welcome.

Line Dancing: Line Dancing has resumed on Thursday nights at 7.30 to 8.30 p.m. in the Community Hall – great fun and great exercise.

Operation Transformation: New year, new beginnings, Operation Transformation is back. Come along to Clondrohid Running Track on Tuesday nights at 7.30 to 8.30pm. Weigh-in at 7 p.m. is optional. People with all levels of fitness are welcome; set your own goals and targets.

8 Week Boot Camp: Keeping fit is top of agenda at the moment in Clondrohid. Get toned, lose weight and feel better. Come along to Clondrohid running track on Monday nights from 7 to 8 p.m. and on Saturdays from 10 to 11a.m. New members are always welcome.

CCM Active Retired: **The monthly coffee morning** resumed on Wed. Jan 8th at 10 a.m. All members are welcome. Membership of €15 is now due.

Tim Heaslip Memorial Mass: A Mass to remember the late Tim Heaslip from Knocktopher Co. Kilkenny, was celebrated by local PP, An tAthair Liam Ó hCí at Farran church recently, with many relatives and friends from Clondrohid, Canovee and other local areas in attendance. Tim's mother Cissie, nee O' Shea, originally hailed from Carrigaphooka, Clondrohid. In her younger days, she was a Midwife in Co. Kilkenny, where she carried out her daily duties, travelling from house to house, on her trusty bicycle. It was there she met her husband John, and the couple reared six children, four boys and two girls, in the village of Knocktopher. The late Tim managed their multipurpose shop, still giving great service to the local community, in its traditional trading style, and it now could be considered a National Treasure. Best known

of his was Denis, who hurled for Knocktopher and Kilkenny for many years, winning All-Ireland Senior medals in 1957 and 1962. Denis now works in the family shop, serving his many customers with great dignity. Another brother, Jack, is also a shop trader in Ennis and his son has also hurled for the Banner County team. We all remember the late Tim with great affection. May he rest in Peace. By Paddy Corkery.

Millstreet ICRR (Irish Community Rapid Response) Table Quiz. CART is organising a bus supporting a Vintage Clubs' table quiz in McCarthy's Bar Millstreet on Friday Feb. 21st at 8.30 p.m. All proceeds go towards the ICRR (Irish Community Rapid Response) Air Ambulance Service. Everyone is Welcome. A Table of 4 costs €40. Please contact (087)8794128 for a seat.

The bus leaves Clondrohid @7:45p.m. & Carriganima @ 8:00 p.m.



Lee Valley Enterprise Board presents
ST. PATRICK'S WEEK FESTIVAL 2020

Flower of Macroom Contest

**Saturday March 7th
Castle Hotel @ 8pm**

*Winner will receive €500 and will lead the Parade
as Grand Marshall*

Entries must be submitted to
Jo Lovell, St Patrick's Week Festival Committee, Macroom E Business Centre,
Bowl Road, Macroom. Tel: 026-20544 email: lventerpriseboard@gmail.com



Lee Valley Enterprise Board presents

ST PATRICK'S WEEK 20TH ANNIVERSARY CONCERT

"When Irish Eyes are Smiling"

With Woodland String Band from Philadelphia,

Kiely Walsh School of Irish Dance, St Mary's Secondary

School Choir, Host of Local Talent

Everyman Theatre, Cork

Sunday, March 15th @ 7 pm

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Email: info@everymancork.com,

Evelyn McSweeney 026-41070



Leabharlann Bhaile Mhúirne

Services: Over the past few weeks you may have noticed some advertisements on radio, TV, across social media and at the cinema encouraging you to **Take A Closer Look** at your local library. This is a national campaign to encourage people of all ages to visit their local library to see what it has to offer and to join up free of charge. Many people have never visited a library or have not visited in years – well you don't know what you are missing!! Those of you who are already members know how great it is but we are encouraging everyone to Take A Closer Look and explore all the amazing services on offer – completely free. Over the years the service available from Cork County Library has evolved and is embracing the digital age. The online services on offer are numerous. Online you can manage your account, access and download e-books, e-audio book, e-magazines, e-newspapers, e-learning courses, e-language courses. You can also access Cork County Library Local Studies Digital Collections, Britannica online, Oxford art and music online. You can access company, business & director information through Vision-net and scholarly articles from academic journals through JSTOR. Grave memorial records from 127 historic graveyards can also be viewed. All you have to do is join up free of charge and Take A Closer Look. For more information, contact your local branch or log on to www.corkcoco.ie/en/library-services.

Over the next few weeks and months I hope to run events in the library in association with some of the national initiatives supported by Cork County Library service, such as Healthy Ireland, Spring Into Storytime, and Your Good Self. I will also be supporting the CETB Lifelong Learning Festival. I will always try to give advance notice of events being held in Leabharlann Bhaile Mhúirne in the Lee Valley Outlook, through local event posters and on Facebook and Twitter.

Lá Fhéile Gobnatan: On 11th February we celebrated Lá Fhéile Gobnatan in Baile Mhúirne. Naomh Gobnait, or St. Abbey, is considered the patron saint of the area. She lived around the 6th century and her burial mound can be found in the local cemetery where there is a beautiful statue portraying her close to the area where she founded her abbey. My favourite story around the legend of Saint Gobnait is the story about how she set her bees on thieves who were trying to steal her cattle and the bees protected the herd. There are also stories about how she used honey and bees wax in medicines to cure the local people of illnesses and infirmities and she used the honey to protect against illness. In present times it is the bees who need protection and I hope that with Gobnait as the patron saint of bees and beekeepers they will get some protection. But if we all are more careful we can become more protective of bees because bees play an integral part in pollinating all our food crops. They, and other pollinating insects, are an essential link in the food chain. Over development of land and over use of insecticides are endangering our bees so give some thought to how you can help prevent this. If you would like to learn more about Naomh Gobnait, Bees & Beekeeping or natural medicines please call to Leabharlann Bhaile Mhúirne where there are books on all of these subjects. There are books available on how to establish pollinator friendly gardens and pollinator and bee friendly community gardens. You can even find information on bee friendly weed killer if it is really necessary to use a weed killer. If you think that not having a garden means you can't help, there's a book for you too on how to create small gardens in containers.

Ciorcal Comhrá: Ar an 21 ú Feabhra beidh ár gciortal comhrá, Labhair Linn sa Leabharlann, ag teacht le chéile ag 10.30 r.n. Beidh comhrá bríomhar, tae, agus caife flúirseach ann. Más mian leat Gaeilge a fhoghlaim tá leabhair agus



GARDA CHRISTINA NÍ DHEASÚNA LE PÁISTÍ NAÍONRA CHÚIL AODHA.

dlúthdhioscaí (CDs) ar fáil sa leabharlann chun cabhrú leat nó is féidir leat do bhallraíocht a úsáid chun cúrsaí teanga ar líne na leabharlainne a úsáid.

The Library Knitting & Craft Group gathers every Tuesday at 11 a.m. Participants work on their own projects, or in some group projects. Hints and tips are readily shared. Knitting, crochet, needlework etc. are all covered. Judging from the laughter from the group I think there is a lot of fun and enjoyment had by all. Keep an eye on the Lee Valley Outlook for updates on services available, library groups and events scheduled at Leabharlann Bhaile Mhúirne. Why not pay a visit to Leabharlann Bhaile Mhúirne and Take a Closer Look on what the library can offer you?

"Handle a book as a bee does a flower, extract its sweetness but do not damage it." John Muir

The Tuesday morning **knitting & craft group** is going from strength to strength and is open to all at 11a.m. every Tuesday. Tuesday 4th February is **Library Book Club day**, at 10.30 am. February's book is the award winning, best-seller novel, *Where The Crawdads Sing* by Delia Owens.

Beidh an ciorcal comhrá, **Labhair Linn sa Leabharlann**, ar súil ar 21ú Feabhra ag 10.30 r.n. Bígí linn le haghaidh cupán tae nó caife agus roinnt comhrá éadrom.

The creative writing group will hold its first gathering of 2020 on Thurs. day 13th February at 5p.m.

The library groups are open to all and welcoming to new members. Bookings & Enquiries Ph: 026 45767 during the above hours only.

Knitting & Craft Group: Every Tuesday 11a.m.

Book Club: 1st Tuesday every month at 10.30 a.m.

Ciorcal Comhrá: 1st & 3rd Friday of the month @ 10.30 a.m.

Creative Writing Group: See above.

Am Oscailte / Opening Hours:

Dé Máirt (Tue) : 10.00 a.m. - 6.00 pm (Dúnta/Closed 1.00 - 2.00 p.m.)

Deardaoin (Thur) : 2.00 p.m. - 7.00 p.m.

Dé hAoine (Fri) : 10.00 a.m. - 6.00 p.m. (Dúnta / Closed 1.00 - 2.00 p.m.)

Dé Sathairn (Sat) : 10.00 a.m. - 1.00 p.m.

Enquiries & Event Bookings Ph: 026 45767 during the year at Leabharlann Bhaile Mhúirne

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Kilmurry/Crookstown Cuntis



Cloughduv Hurling chairman, Dan Hayes, Marcella O'Callaghan who spun for her daughter Joanie, Michael Sheehan and Neil O'Connor.



Boys & girls from Canovee NS who recently competed in a Chess Tournament held in Ballinora.

Bláithín Casey – National Champion and International: is a member of Crookstown Karate Club, training under Sensei Garrett O'Donovan. She is a fantastic Karataka and has represented Ireland at both European and World Championships. She is a spirited competitor but she also helps to develop the skills of younger club members.

Currently she is the National SKIF Champion, and won it three times in the last 4 years. As well she holds the Kanazawa Cup for the third year in a row as Senior Female Kumite.

Bláithín represented Ireland in the World Championships in July 2019; she was beaten in the 3rd round of world championships by the winner of that category who went on to win the grand championship (over-all champion).

Kilmurry GAA: U-21 team. First Round 21 B Championship result - Kilmurry 4-16 Aghinagh 1-8.



Congratulations to Bláithín Casey, Crookstown Karate Club, with her Sensei Garrett O'Donovan on winning the C.M.A.P. Senior Female Competitor of the Year 2019 Award.

U16 and minor footballers: We celebrated our victorious U-16 and minor football teams. Congratulations to all involved who put in great work throughout the year. 'Well Done' to everyone involved who received tokens of gratitude for all their hard work. On a cold and wet Saturday night Kilmurry GAA Club members congregated at our main sponsor Mai Fitz's, Lissarda as we celebrated our victorious U-16 and minor teams. Medals were presented to both teams and presentations given to Michael John O'Mahony, Jim Murphy and Noel O'Dowd for their service as committee members which ended at our last AGM. Bouquets of flowers were given to Chrissie Murphy and Anna O Dowd. We

congratulate all involved who put inside much hard throughout the year. Thanks to the men on the microphone Peter Lyons and Brian Harte. We also thank the men on the microphone, Peter Lyons and Brian Harte.

Muskerry Historical Society; in Ballincollig Rugby Club

Programme of lectures and activities 2019-20: Normally on 2nd Mondays of the month at 8.00 p.m.

9 March: Ballincollig & Carrigrohane Castles, Paul MacCotter

6 April: The Collins Squad & the War of Independence, Dominic Price

May: Field trip to Kilmichael Ambush, Seán Murphy.

Kilmichael Calling

Coppeen St Patrick's Day Parade: One of Ireland's longest-running St Patrick's Day Parades takes place on Tuesday 17th March in Coppeen. A Vintage Run begins in Coppeen at 12 noon. The parade begins at 3 p.m. sharp, with over 20 floats representing local organisations, clubs & community groups. A feast of Irish music & song, sideshows, children's races & more promises a great evening for all the family.



Some of the members of Mossgrove Harriers, at their meeting at Currabeha near Kilmurry © Peter Scanlan



Macroom Voting Centre St. Colman's Boys' N.S. staff: L> R Norma O'Connor, Pauline O'Leary, Pauline O'Regan and Antoinette Cullinane. (General Election Feb. 8th 2020). (C Kelleher).

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Iveleary/Uibh Laoire Inklings

Cards: The card games have ended in the Hall for the winter and will continue in Clondrohid as usual until the start of summer when it will return to Inchigeela once more.

Bingo Special! A Monster Bingo Night will take place in the hall in Inchigeela on Feb 21 st. at 8:30 proceeds will go to the friends of Macroom and Dunmanway hospitals. Both groups give such great,dedicated service, please support the event.

Polling Day: In spite of Storm Ciara, there was a large turnout at the polling stations in the parish One had Nearly 70% turnout and another had over 70%

Croi na Laoi AGM: At their recent AGM meeting the following officers were elected: Dan Kelleher Chairman; Gerry Crowley vice chairman; Neasa Ní Laoire, secretary ; Collette O Leary assistant secretary; Finbarr Cronin, treasurer. In his speech, the chairman thanked everybody for their work during the year and he especially thanked Nora O Reardon for the exceptional work she has done as secretary And for her work with Inchigeela tidy towns for the last three years. New members are welcome to the next meeting which is on the 18th of February There is strength in numbers !

Pop Up Success: It's encouraging to see that the pop-up shop in the Museum

of Memories,Inchigeela ,was a great success last year and is to continue again the summer. Anybody with ideas or with craft products to sell can contact Neasa or Joe Creedon.

Walk the walk! Well done to all those who walk and jog on Wednesday evenings in the GAA pitch

Back to school: It was back to school for grandad and nana in Ballygeary recently. La na seantuismitheoiri agus bhí lá iontach ag gach éinne. Is smaoineamh an mhaith é. Maith sibh

Mol an Óige: Well done to all the up and coming stars on stage I mBealatha. Bhí sibh go hiontach ar fad.

An siúlóid stairiúil: Tá an cursa reidh anois agus na comharthaí curthaí suas ag tarraingt aird ar na pointí stairiula atá I MBeal atha There are so many points and places of historical interest in our parish that it is crying out for a combined parish effort to come together and perhaps do both a map and mark out a historical walking course of the area.

Leath Mharaton: Keep the 11th of April free and have a go at the half marathon around the lakes- run, jog or walk and enjoy!



Tim Holland (centre right) Ross Oil, presenting the Junior A Football Championship medals to Brian Cronin, Uibh Laoire, at the Muskerry GAA Gala Awards Night at Oriel Hotel. Included are Willie Buckley and Ed Warren, Muskerry Board officers. Picture: Mike English



Cormac Quish, Quish's SuperValu, Ballincollig, presenting the Junior A Football League medals to Cathal Vaughan, Uibh Laoire, at the Muskerry GAA Gala Awards Night at Oriel Hotel. Included are Cian and Sean Quish and Ed Warren, Muskerry Board Cultural Officer. Picture: Mike English

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WEDNESDAY 26TH FEB

8pm (Bus departs)
Music Tour to Sliabh Luachra in Scartaglen
Céilí with Neily O'Connor. Followed by music
session in Lyon's bar

THURSDAY 27TH FEB

The Schools Outreach Programme
AM - Schools Outreach Programme
8pm A Tribute to Anne Keane
Featuring Four Star Trio.
10pm Céilí with Uí Bhriain
Late night festival club with Tim O'Shea,
Sean Murphy, Orlaith and Brogan McAuliffe,
Dermot Byrne, Andrew McNamara, Yvonne
Casey, Eileen O'Brien and many more.

FRIDAY 28TH FEB

5pm Weekend Welcome Céilí
with The Kingdom Céilí Band.
9pm CONCERT WITH
Kevin Burke & The Bonneymen.
FREE 8pm - 10pm Music Session
with Mike Kelliher, Séan Kelliher and Friends.
10pm Céilí with Eddie Lee Céilí Band
FREE 10pm - 12am Music Session
with Ger Culhane, Connie Moynihan and
Denis O'Connor.
FREE Late Night Session
with Festival Club House Band
Seán Murphy, Tim O'Shea, Andrew McNamara,
Orlaith and Brogan McAuliffe and many more.

SATURDAY 29TH FEB

10am - 1pm | 2pm - 4.30pm
Instrument Masterclasses
& Workshops / Ceardlanna Ceoil
Fiddle: Kevin Burke
Accordion: Derek Hickey
10am - 1pm | 2pm - 4.30pm
Advanced Set Dancing Workshops
with Pádraig and Róisín McEaney.
11am - 1pm Session
with Tim Hickey and Friends.
FREE 12.45pm - 2pm Lunchtime Concert
with Caoimhe & Éimhear Flannery.
FREE 7pm - 8pm CD Launch
'They didn't come home until morning'
Áine and Francis O'Connor.
FREE 7.30pm Traditional Singers Concert
with musicians from Cork and Kerry with Marian
& Kathleen McCann, Liam Randles, Pat Sullivan,
Róisín Ryan, Jim Walsh, Christy Cronin, Tom
McKenna, Richie Fitzgerald and Gerry Kelliher.
FREE 7pm - 9pm Session
with Mike Kelliher & Séan Kelliher and Friends.
FREE 9pm - Late Session
with Tim Hickey and Friends.
9pm CONCERT WITH
Maíread and Tríona Ní Dhomhnaill, Andy Irvine
& Donal Lunny, Jackie Daly, Matt Cranitch &
Paul De Grae, Caoimhe and Éimear Flannery.
10pm Céilí with Striolán Céilí Band

FREE Late Night Session
with the Festival Club House Band:
Seán Murphy, Tim O'Shea, Andrew McNamara,
Eileen O'Brien Derek Hickey, Orlaith and Brogan
McAuliffe and many more.

SUNDAY 1ST MARCH

11am - 1pm Advanced Set Dancing Workshop
with Pádraig and Róisín McEaney.
FREE 12pm The Scattering Singing Session
with Richie Fitzgerald, Jim Walsh and guest singers.
FREE 12.30pm - 2.30pm Lunchtime Session
with Mike Brosnan, Tim Kerins, Mary Conroy,
John Brosnan and many more.
FREE 2pm Fiddle Recital
with Kevin Burke, Matt Cranitch, Aine & Connie
O'Connell, Caoimhe Flannery, Cian O'Sullivan
and Connie Moynihan.
1pm The Speks (Childrens Show)
FREE 3.30pm - 5.30pm
Late Afternoon Session
with Gearóid Dineen, Eileen O'Brien
and Andrew McNamara.
9pm SUNDAY NIGHT CONCERT WITH
Back West
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Contact information: Please email text and/or photographs to leevalleyoutlook@gmail.com; telephone 026 - 42023 or Post to Lee Valley Outlook, Lee Valley Enterprise Board, Macroom E Business Park, Macroom, Co Cork by the Monday before publication (photos by Friday before Publication).

Snippets may include details of upcoming Lee Valley functions, fundraisers, sports events etc. We may include commercial events that are also being advertised simultaneously in the magazine.

Lee Valley Toastmasters: Castle Hotel, Macroom is the venue & the 1st and 3rd Tuesdays, at 8 p.m. are the days and times of each month's meetings. All are welcome as guests.

Inchigeela Calendar 2020: It is now on sale for €8 in local shops. Inchigeela Hall Big Bingo Night; Friday 21st 8.30 in aid of Macroom Community Hospital.

The KHAA is currently looking for volunteers in the museum. Please contact a committee member if you would like to help. Thanks, Michael John O'Mahony, PRO KHAA.

"Muskerry Macra to hold Cork County Titles Night" : Cork County titles night will be held in The Blarney Woollen Mills Hotel on Saturday 15th of February at 8pm.

Regional winners from Avondhu, Carbery, Imokilly, Muskerry and Seandun will all compete. There will be four competitions on the night; Blue Jean Country Queen, Miss Macra, Mr. Personality and Queen of the Land. Muskerry Macra would like to wish all competitors the very best of luck."

Kilmurry historical and archeology association present A talk by Anne Bradley on Kilmichael Ambush Friday March 6th at 8pm in heritage room Kilmurry museum. Field trip to the ambush site in May. Members free non members €5.

LOTTO RESULTS

Aghinagh GAA: 26th January, 2020: The jackpot was €1,000.00. Numbers drawn were 6, 16 and 17. There was no jackpot winner. Consolation prizes: €50 to Paudie O'Sullivan, Ballinagree. €20 each to Diarmuid Crowley, Ballyverane, Martin O'Mahony, MCP, John O'Mahony, Clondrohid and Tim Lyons, Dromree. 5th January, 2020: The

jackpot was €6,250.00. Numbers drawn were 4, 10 and 39. There was no jackpot winner. Consolation prizes: €50 was won by Sadie Coakley, Ballinagree. €20 each went to Noreen Spillane, Ballinagree, Norma O'Donnell, C/O Láine, John & Maura Twohig, Ballinagree P.O. and Brian Buckley, Clondrohid.

Coachford AFC: Lotto Results 10/2/2020. Jackpot: €1,200.

Numbers Drawn: 2 - 4 - 11. No Winner. €40 Margaret O'Shea. €20 Molly O'Connell. Cian Herlihy (Online Ticket). Mags. Yvonne Hayes. 3/2/2020. Jackpot: €1,000. Numbers Drawn: 11 - 18 - 35. No Winner. €40 was won by Frank Bergin and €20 each by Conor O'Riordan, Jack Fitzgerald & Martha O'Carroll, Blaitheín Buckley and Yvonne Hayes.

Clondrohid G.A.A Jan 15. €70 was won by Katie Hallissey Lisacreasig and €20 by Denis Noonan c/o Murray's, Doggie and Connie c/o The Laine, Marion Flanagan Carrigaphooka and Kate Lyons Scrahanard. Congrats to Nora Hogan Dripsey, last week's winner of the Bingo jackpot of €250. Jan 22 The Jackpot was €5,600. €70 was won by Jer Buckley c/o Ball Inn and €20 each by Anne Lehane Dunmanway, Karen Brennan c/o Bingo, Denis Moloney c/o JC's and Johnny O'Mahony, Clondrohid.

Kilmichael G.A.A: Lotto results 3rd February, 2020 - Jackpot €8,350. No jackpot winner; Numbers drawn were 14-20-27-30; €50 was won by Kathleen O'Riordan, Sleaveen, Macroom and €25 each by Cronin girls, Carrigdangan, Ted Cotter, Carrigboy and Anne Kelleher, Knockane. 10th February, 2020; Jackpot €8,500; Numbers drawn 15-16-31-33; No jackpot winner: €50 was won by Peggy, Sinead & Aoife O'Brien, Nedineagh, Dunmanway and €25 each by JDJBO, Micheal & Mairead c/o J. Masters and Paul Lynch, Terelton.

Macroom FC: 10/02/20. Jackpot: €1,800. Numbers drawn: 10, 15, 29. No Winner. €80 was



Staff and Pupils of McEgan College who took part in a 5 km fun run to raise funds for Transition Year Pupils going to Lourdes in May.

won by Joan, Amy and Rachel c/o Joan and €20 each by Eileen Creedon c/o Darrin, Ollie Plunkett c/o Murray's, Eddie Walsh c/o Murray's, Mick Buckley c/o Lar's.

Macroom GAA Lotto: 04-02-2020. No Winner - Jackpot €3500 - the numbers drawn were 9-19-22. €70 was won by Kitty Horgan, Firville, and €20 each by Tim Joe Lyons, Main Street, Ber Kearney, Town Hall, Raymond Quill, Clondrohid, Con Kelleher, 24 Oakwood, and Clare Mungovan, Middle Square. 28-01-2020. There was no Winner - Jackpot €3250 - Numbers drawn were 6-20-24. €70 was won by Kitty Browne, Dooniskey, Lissarda and €20 each by John Ryan, Lios na Fa, - online, Maurice Healy, Gurteenroe House, Denis Ryan, Sullane Weirs, MaryEllen Murphy, Cork Street, and Mary Ryan, Sullane Weirs. Please note that you can now play Macroom GAA Lotto on line. Log on to www.macroomgaa.ie

Rylane Community Park Association/RCPA: 3/2/2020 Jackpot €2,900. Numbers drawn: 12 - 20 - 26. No Winner. €20 each was by: Mary Browne (Rylane), Claire & Joan Healy (Rylane), Damien & Antoinette (Rylane). Seller's Prize €20 was won by Sheila Scannell. 27/1/2020: The Jackpot was €2,800 and the numbers drawn were 6 - 23 - 40. No Winner. €20 each was won by: Seán Buckley (Rylane), The Buckley Family (Glounaglough) and Dee Twomey (Rylane). The Crowleys won the sellers' prize of €20.



The girls team who represented Scoil Naomh Muire Farran in the indoor camogie blitz held recently in Cloughduv



Patrick Twomey Coolea receiving a C.I.T Faculty of engineering and science award 2019 in metal fabrication category.

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Ear Candling with Indian Head Massage	€60



Terms & conditions apply. All of the Sale Offers to be used by end of January 2021. All sale purchases non refundable & nontransferable. All offers to be paid in full before commencement.



Laochra Óg



Brothers Jack and Dylan O'Shea and James Duggan at Macroom GAA Juvenile Registration



Eoin Kelly and Olan O'Sullivan 1st class at Macroom GAA Juvenile Registration Night.

Health Initiative: He also stated that the GAA, in partnership with RTE's Operation Transformation, is seeking to bring together people in our community to enjoy healthy walks in the safe, bright environments of their local GAA club. Our health club officer Danny O'Keefe has now registered Macroom GAA Club to take part in this initiative. It started on Wednesday, January 15th in the Castle Grounds and will continue until 19th February at 7.30 p.m. each night. As registration is required each night, it is advisable to arrive early. U-21 Football: Macroom defeated Eire Óg (2) in the U-21 C football championship on Sunday 2nd February by 6-14 to 2-7. Macroom were much too good on a picture-perfect pitch in the Castle Grounds. It was a good performance from all Macroom players and all players got game time. Best for Macroom were Kieran Doody, Ciaran Condon, Bradley O'Shea and Dylan Twomey. Panel: Dylan Corcoran, James Galvin, Ciaran Condon, Kuba Byrdziak, Cillian O'Donovan, Shane Meany, Ben O'Connell, Niko Wyczynski, Dylan Twomey, Sean McMahon, Jack O'Riordan, Kieran Doody, Bradley O'Shea, Jack Sexton, David Hunt, Eoin Cahill and Conor McKirgan.

Premier Intermediate Football: Rochestown Park Hotel Division 3 League. Macroom 0-10 - Nemo Rangers 0-11. Macroom and Nemo Rangers met in the first round of the Division 3 Football League in the Castle Grounds recently. This was a close contest from start to finish as can be seen from the final score-line. Nemo started well and had three points within 15 minutes. At this stage Macroom had set up many attacks but bad passing left them down. Macroom had their first point with a free from Pa Lucey. Before half-time Nemo Rangers added three more points with Macroom scored with David Horgan and two more from Pa Lucey to leave Macroom

0-04 to Nemo's 0-06. The second half proved to be an exciting affair with Macroom taking the game to Nemo Rangers and the introduction of Fintan Goold gave Macroom a boost. Nemo Rangers added four more points but Macroom responded with points from Dylan Twomey (1), Tony Dinnen (1) and Fintan Goold (4) to leave the sides level with time running out. Nemo had the last attack and were awarded a free which they pointed to give them a one point victory to end a very competitive game. Team: Brendan O'Connell, Gerard Angland, Blake O'Gorman, Rory Buckley, Mark Corrigan, Tony Dinneen, John Murphy, Celeb Dinneen, David Horgan (1), Don Creedon, Alan Quinn, Michael Cronin, Conor O'Sullivan, Pa Lucey (4), Dylan Twomey (1). Subs used Killian O'Donovan and Fintan Goold (4), Juvenile Section:

Juvenile Registration will take place for a second night in the Pavilion on **Thursday 13th of February** from 6.30-7.30

Juvenile Section Quiz Night: The date is not yet finalised.

The Juvenile Committee met on Wed. 5th Feb. with an attendance of 13. Discussions centred on the preparation of teams and coaches for the coming year. All involved were strongly advised to upskill their coaching and ensure that Garda vetting is in order. An inventory of equipment will take place. A very active 'coaching of coaches' led by Alan O'Shea is in train and should prove very beneficial. With registration completed, training and matches will begin shortly. Tadg Sheehan's contribution in St Colman's is invaluable and he does great work in fostering and recruiting in the school. A very successful first Registration night was held with many helpers in attendance and many boys signing on. A second night will take place on Thurs. 13th from 6.30 - 7.30. Please e-mail conkell31@gmail.com with details of any juvenile GAA matters.



Macroom u21 team from championship match v Eire Og.



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No 14 Bun Gláise, Ballymakeera, Co. Cork

Semi-Detached House - 3 Beds - 3 Baths Guide Price - €220,000

For Sale Located in the heart of the Gaeltacht village of Ballyvourney and close to all local amenities, Shops, Schools, Library, Post Office, Hotel and Public Houses. It is situated in a cul-de-sac estate. House Brief Ground Floor - Kitchen, Dining Room, Living Room and Toilet 1st Floor - 3 Bedrooms with Master bedroom en suite and bathroom. To the rear it has a large garden and has mains water and sewage.



Ballymakeera Village, Co. Cork.

Semi-Detached House - 4 Beds - 2 Baths Guide Price - €120,000

For Sale Ballymakeera Village Three Story Town House. House Brief Ground Floor - Kitchen, Dining Room, Sitting Room and Toilet 1st Floor - 2 Bedrooms and 1 Bathroom 2nd Floor - 2 Bedrooms with 1 Bedroom En Suite Services Main Water and Mains Sewage Oil Fired Heating



No 4 Bruach an tSuláin, Ballymakeera, Co. Cork

Bungalow for sale - 3 Beds - 1 Bath Guide Price - €220,000

3 Bedroom Detached Bungalow on Circa 1100 sq Feet This property is on a large mature site in an excellent location in the village of Ballymakeera/Ballyvourney, within walking distance of schools, church, shops, library, post office and hotel. House Brief 3 Bedrooms, 1 Bathroom, Sitting Room, Kitchen/Dining Room and Utility Room. The kitchen has a fully fitted kitchen and units in the sitting and dining room. Oil Fired Central Heating, and two open fires one in the sitting room and in the dining room. Services - Mains Water and Sewage



Kilmore, Ballygeary, Co. Cork.

Detached House - 2 Beds - 1 Bath POA

Cottage for Sale on Circa 5 acres. This 2 bedroom cottage is situated 1 mile from the Gaeltacht village of Ballygeary, 15 miles from Macroom and 35 miles to Cork City. House Brief - Kitchen, Utility Room, Living Room, Bathroom, 2 Bedrooms, with Double Glazed Windows and Oil Fired central heating. Water and Septic Tank on Site. Adjacent to the house is a 2 bedroom lodge and bathroom which has a Ber of F. There are 2 storage sheds to the rear. The property has 2.5 acres of grassland and also newly planted 2.5 acres of Oak Hardwood.



Cluain Réidh, Ballyvourney, Co. Cork.

Semi-Detached House - 3 Beds - 2 Baths Guide Price - €235,000

Situated on the boundary of two of Ireland's beautiful counties, Cork and Kerry lies the charming Gaeltach village of Baile Mhuirne located 15km from Macroom and 30km from Killarney. Baile Mhuirne is steeped in history and culture. Baile Mhuirne has magnificent wooded surroundings and mountain views combine to take your breath away. These 3 bedroom houses are 1187sq ft with a BER of A3, and qualifies for First Time Buyers Grant. House Brief Ground Floor Kitchen / Dining Room, Utility Room, Sitting Room and Toilet. 1st Floor 3 Bedrooms with Master Bedroom En Suite and a Bathroom. Heating is Air to Water Unit. These houses are block built, PVC treble glazed windows and doors, external lights to front and rear of house, front and rear lawns will be prepared and seeded with fence panels at boundaries, tv sockets and telephone points, smoke detectors, cable for phone, internet and intruder alarm, insulated hot water cylinder. Kitchen is fitted and wired for electrical cooker, plumbed for washing machine and has a stove fitted.

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Macroom Ladies GAA Club



Munster all Ireland provincial schools champions



Macroom girls Aoife Twomey and Erika O'Shea winning the all Ireland provincial schools competition with Munster

Under -11 Celebrations: The victorious U-11 team had a great night at the clubhouse when they received their summer league winners medals. Manager Conubhar Murray

welcomed the girls and their parents. A special welcome was extended to special guests Erika O'Shea and Aoife Twomey who won All-Ireland medals with Cork Minors. Chairman

Martin O'Brien thanked all the coaches, Jack Purcell and Brian O'Shea and Eddy Chambers who helped during the year. We plan to start training very soon.

Macroom FC

Girls U-17s: Who would have thought all those years ago when the girls started as U-7s that we would be entering an U-17 team this year and what better way to celebrate than playing our opening game of the season in Murrayfield? Macroom were hosts to Passage and a very evenly contested game ended level at 1-0 all.

Macroom goal-scorer Ciara Creedon struck from the penalty spot after great work from Leanne Healy. Best for Macroom on the referee's card were Ciara Creedon and Laura Meaney with Emma Cahill getting player-of-the-match. Well done to our new girls who got a taste of what it's like to play for Macroom FC.

Macroom FC Schoolgirls awards night was held recently in Murray's Bar function room. This growing arm of the club again saw a great attendance from players, parents and supporters. An exciting night followed with awards being given to players from both U13 teams as well as the U15s. As usual there were plenty of refreshments and hot food to add to the occasion and many thanks to Tina and Denis Murray and their staff for the excellent spread. It was a very enjoyable night for all in attendance and a fitting way to end 2019. The following are the award winners: Players of the Year: U-13 Premier, Molly Murphy; U-13 Macroom Town: Daria Solomen and U-15: Emma Cahill. Most Improved Players: U-13 Premier: Iseult O' Riordan, U-13 Macroom Town: Erin Kelleher and U-15: Patrycja Wyka. Top Goal-scorers: U-13 Premier: Lisa O' Donovan, U-13 Macroom Town: Maisie Murphy and U-15: Ciara Creedon. The teams are sponsored by Life Pharmacy,



Macroom FC U14 boys team recently received a new set of jerseys, sponsored by Billy Murphy Taxi, (3rd left) making the presentation to players and management. Many thanks from all at Macroom FC.

Railway View and Matt Murphy's Pharmacy. Macroom FC thanks you hugely for your continuing support. **Molly Murphy and Girls' Football:** 'Well Done' Molly. She lined out in goal for the Cork U-15s recently in a 3-0 victory over Limerick County. Also, congratulations to Peter Murphy who was the goalkeeping coach to the Cork U-13 side who defeated Limerick 3-0. The U-11 girls had a great morning taking part in a blitz at the Mayfield Utd all-weather pitch. The U-15s were at home to Lakewood in the first game of the new short season, Joanne Kelly got the goal in a 1-1 draw v Lakewood. The latest exciting step forward for the girls club is the entry of an U17 team for this season. They welcomed Passage to Murrayfield in their opening game. A 1-1 draw was the result with Ciara Creedon on target from the penalty spot. Macroom had good performances from Leanne Healy and Laura Meaney..

Macroom FC U-14 boys' team: they received



Macroom A Squad and management prior to Munster JunioCup at Limerick



Macroom FC supporters at the Munster Junior Cup game in Dooradoyle, Limerick.

a new set of jerseys from Billy Murphy, Taxi. The photo features Billy Murphy (3rd left) presenting the jerseys to the players and management. Macroom FC expresses its huge thanks. **Olan Buckley;** U-12 school-boys goalkeeper Olan Buckley played for the Cork Schoolboys League in the Munster inter-league competition. Cork defeated Waterford 2-1 with Olan making some excellent saves at Ballea Park, Carrigaline.



MEET THE CLUBS DAY

ARE YOU THINKING ABOUT JOINING A NEW CLUB?

Do you want to know the Clubs and Services in Macroom?

A FREE EVENT WILL TAKE PLACE IN THE LEISURE COMPLEX, MACROOM on Saturday 29th February 12 noon to 4 pm.

Clubs and Services from Macroom will be there representing Young and Not so Young! It's FREE so please call in and meet us all. You will get a chance to meet clubs and societies in the Macroom Area and hopefully find something you are interested in --- for fun, fitness, recreation, volunteering or just being part of a new group.

This event is organised by your local Macroom and District Lions Club & supported by Macroom Credit Union





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Audience on the night will have the pleasure of Q&A's with Connie
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TEA & COFFEE SERVED ON THE NIGHT **ARRIVE EARLY TO SECURE YOUR SEAT**

THIS BOOK WILL BE USED TO RAISE FUNDS FOR CHARITABLE ORGANISATIONS. NO PROFITS WILL ACCRUE TO THE AUTHOR





Macroom GC

4th Feb. Senior Scramble - 1st David Hayes(10), Michael Dwyer(17) and Tony O'Riordan(18), 46pts. 7th/8th Feb. - Club Fourball - 1st William

Buttimer(12) and Stephen Cassidy(12) - 34pts. Fixtures - 14th - 16th Feb. - Club Singles & Winter League

West Muskerry A.C. U-11 Boys' All-Ireland Runners-up: February 2020

Macroom U-11 boys came second and won silver in the All-Ireland cross-country championships in Avondale, Rathdrum, Co. Wicklow on Sat. Feb, 8th 2020. We congratulate the lads on a great performance. The team is

featured in the accompanying photo. Included in the team and photo are Micheal Kelleher, Michael Dunne, Dan Lyons and Ronan Duggan



Full Team of under 11 boys who ran in cross country event at Avondale, Rathdrum, Co. Wicklow, on Sat Feb 8th...Representing West Muskerry AC...Bringing home Silver



Members of Macroom under 11 boys Won Silver At All Ireland Cross Country team event on Sat Feb 8th at Avondale, Rathdrum Co. Wicklow. Members include..MICHEAL KELLEHER, MICHAEL DUNNE, DAN LYONS AND RONAN DUGGAN.



Tracey Kennedy, Chairperson Cork County Board, congratulating Hugh Murphy, Jack Murphy, Colm O'Callaghan and Barry Corkery, Eire Og GAA, for their contribution to Cork's Minor and Under 20 All Ireland victories in 2019. Picture: Mike English



Gretchen Kelleher, Leo Lowney, Tracey Kennedy, Chairperson Cork County Board, Martina Hutchinson and Jimmy Corkery at the Eire Og GAA Victory Dinner at Oriel Hotel. Picture: Mike English



The combined Eire Og Under 21 and Intermediate Football teams, winners of the Muskerry Championship and Cork County Championship, respectively, photographed with selectors and special guest, Tracey Kennedy, Chairperson Cork County Board, at the club's victory dinner and medal presentation function at Oriel Hotel. Picture: Mike English



Macroom Motors Mid Cork U21 Football Championship 2020

The Macroom Motors Mid Cork U21 football championships have commenced and the intention is to have the three competitions, A, B and C, completed by mid March. Only the winners of each proceeds on to the county championships.

A Championship – 4 teams - round robin

Round One:

A Éire Óg 1-10 Inniscarra 1-8: Ballincollig 0-10 Aghabullogue 0-9

Round Two:

Éire Óg v Aghabullogue: Ballincollig 2-12 Inniscarra 0-4

Round Three:

Ballincollig v Éire Óg, Aghabullogue v Inniscarra

- top two teams to contest the final – winners go into county championship.

2020 Mid Cork U21 A Football Championship Éire Óg 1-10 Inniscarra 1-8

The opening game in the Macroom Motor Services Mid Cork Under 21 A football championship had reigning champions Éire Óg pitted against Inniscarra at Ballincollig and there was much focus on their performance as they had at least eleven of last season's divisional championship winning side. Inniscarra appeared to be facing a formidable challenge but they were promising last season with a young team. A first minute point from Jack Murphy, quickly followed by two more from Rian O'Flynn and an 8th minute goal from a penalty by Dylan Foley, put the title holders in a very strong position. Éire Óg subsequently failed to capitalise on a few more opportunities and Inniscarra began to claw their way back into contention. A good movement in the fifteenth minute ended with their leading forward Liam O'Connor finding the Éire Óg net and Inniscarra subsequently competed effectively for the remainder of the game. The champions did manage to again increase their lead when Dave Kirwan and Dylan Foley both converted frees but Inniscarra replied promptly and two points from O'Connor kept them in touch. Both sides recorded two points apiece in the remaining ten minutes before the break, Dave Kirwan and Rian O'Flynn on target for Éire Óg while Liam O'Connor and Michael O'Connell were on target for Inniscarra. The winners full forward Dylan Foley was consigned to the dugout for ten minutes falling foul of the new rules.

Éire Óg were back to fifteen players for the second half and started with a thirty-first minute point from Rian O'Flynn. Inniscarra's Steven Linehan soloed forward on two occasions and finished confidently, twice sending the football between the uprights. These points were followed by a third in the thirty-fifth minute, this one from Liam O'Connor, so the score was now 1-8 to 1-7 and Éire Óg had their backs to the wall. A Joe Cooper point in the thirty-eighth minute gained them some respite and twelve minutes elapsed without another change on the scoreboard. Joe Cooper then managed to raise another white flag and consolidate the position for the Ovens side. Inniscarra had slightly the better of the outfield exchanges during the remaining time but their only additional score was a Liam O'Connor point from a free.

Scorers: Éire Óg: Joe Cooper 0-3, Rian O'Flynn 0-3, Dylan Foley 1-0 pen, Dave Kirwan 0-2 frees, Jack Murphy 0-1. Inniscarra: Liam O'Connor 1-5 (0-3 frees), Stephen Linehan 0-2, Michael O'Connell 0-1.

Éire Óg: Adam O'Riordan: Jerome Kelleher, Seán O'Flynn, Conor McGoldrick: Cain Rickard, Diarmuid Dineen, David Twomey: Jack Murphy, Hugh Murphy: Rian O'Flynn, Dave Kirwan, Colm O'Callaghan: Joe Cooper, Dylan Foley, Mark Kelleher.

Inniscarra: Dave Óg Coleman: Seán Ahern, Jack O'Sullivan, Niall Vaughan: Darragh Hughes, Ciarán Lombard, Liam Ryan: Seán Sheehan, Colin O'Leary: Frankie Horgan, Liam O'Connor, Pádraig Holland: Stephen Linehan, Eddie O'Connor, Michael O'Connell. Sub: Joe Enright 55.

Referee: Mr John Ryan (Macroom)

Ballincollig 0-10 Aghabullogue 0-9

This game at Ovens proved to be an entertaining affair. Ballincollig had to withstand a determined final quarter fightback by their opponents before they secured victory by the narrowest of margins. Aghabullogue, who are promoted to the A grade following last season's B championship success, were well up for the fray.

David Thompson was on target in the second minute when he scored a point to put the underdogs ahead but there was a prompt reply from their opponents through Dave McCullagh and Evan Cooke subsequently drove through the centre on two occasions

before confidently sending the football between the uprights. Thompson scored two points to have the sides on level terms at the end of the first quarter, 0-3 each. Ballincollig displayed good form in the remaining period before the break with points from Darragh Dorgan, Cathal Quirke and Steve Wills giving them a lead facing the second half, 0-6 to 0-4. David Thompson, from a free, improved the Aghabullogue situation on the resumption but Ballincollig promptly replied with Darragh Dorgan kicking their seventh point in the thirty-third minute. Points Harry Dwyer, Sean Dore and Liam O'Connell in quick succession gave them a 0-10 to 0-4 advantage and it could have been greater but an obsession with seeking goals when points were there for the taking were easily dealt with by the capable Aghabullogue goalkeeper Josh Grimes.

Aghabullogue made a late rally to secure a victory. Ballincollig lost defender Karl Walsh, and they found themselves on the defensive for the closing period. A David Thompson point in the forty-ninth minute started the Aghabullogue fightback and three additional points, two from Luke Casey and one from Kealan O'Sullivan, reduced the arrears to the minimum but they ran out of time.

Scorers: Ballincollig: Darragh Dorgan 0-3 (0-1 free), Evan Cooke 0-2, Cathal Quirke, Harry Ahern, Stephen Wills, Sean Dore, Liam O'Connell 0-1 each. Aghabullogue: David Thompson 0-5 (0-3 frees), Luke Casey 0-3 (0-1 free), Kealan O'Sullivan 0-1

Ballincollig: Chas Walsh: Sean Walsh, Jordan Murray, Chris Twomey: Karl Walsh, Fintan Denny, Liam O'Connell: Stephen Wills, Sean Dore: David McCullagh, Evan Cooke, Cathal Quirke: Adam Wills, Darragh Dorgan, Ryan Forde. Subs: Mark Oldham 18th, Harry Ahern H/t, Josh Cotter 45, Josh Ambrose 52..

Aghabullogue: Josh Grimes: Killian Barry Murphy, Con Smith, Tom Long: Paul Dilworth, Paul Ring, Jack Murphy: Michael O'Connell, Shane Tarrant: Pádraig O'Sullivan, Jack Oldham, Eoin Maher: Brian Dineen, David Thompson, Aodhán Healy. Subs: Adam Murphy H/t, Luke Casey 36, Kealan O'Sullivan 42, Seán Buckley 48.

Referee: Mr John Ryan (Macroom)



NAOMH ABÁN A BHUAIGH I gCOINE AN BHLÁRNA sa chraobh FÉ 21 B.



Cilla na Martra U21 Team defeated by Canovee in Mid Cork Championship



Ballincollig 2-12 Inniscarra 0-4

Ballincollig are through to another Macroom Motors Mid Cork U21 'A' Football championship final after this surprisingly easy victory over Inniscarra at a wet and windy Ballyanley in the second round game of the round robin. Inniscarra may yet get a chance to get back in contention if Aghabullogue manage to defeat Éire Óg in their second round game.

This game was the only one played in Mid Cork out of a scheduled weekend programme of six contest in three grades and conditions were tough for players who are to be commended on their efforts. Inniscarra had wind advantage in the first half but had to wait seven minutes before Seán Leisk kicked a point to open the scoring. It was becoming clear that Inniscarra were not reaching the heights of the previous week against Éire Óg and Stephen Wills pointed for Ballincollig to level matters in the 12th minute. Inniscarra regained the lead instantly through a Michael O'Connell point and then Seán Leisk pointed a free to his side two points clear. Ballincollig were containing the Inniscarra challenge and points from Liam O'Connell and Stephen Wills had them level by the 24th minute and three minutes later they went into the lead when after a strong run by Adam Wills, Dara Dorgan fired over a point. Just before the half time break, Ballincollig were awarded a penalty and when Evan Cooke slammed the spot kick to the 'Scarra net, Ballincollig led by 1-4 to 0-3 and were on the high road to victory as they would have the gale to their backs in the second half. Inniscarra managed only one point in the second half, that from an early Liam O'Connell free in reply to a Dara Dorgan point for Ballincollig. There followed a string of Ballincollig scores, points from David McCullagh and two from Dara Dorgan, a goal from Dara Dorgan and further points from Steve Wills and Dorgan.

B Championship – 8 teams

Round One:

A Blarney v Naomh Abán

B Cill na Martra v Canovee

C Aghinagh v Kilmurphy

D Ballinora v Grenagh

Round Two:

Losers of A v Losers of B: Losers of C v Losers



Macroom FC supporters at the Munster Junior Cup game in Dooradoyle, Limerick.

of D

Quarter Finals: New draw between six teams

U21 B Football Championship

Naomh Abán 2 - 16 Blarney 2 - 3

Naomh Abán were always in command of this game at Carrigadrohid. A very strong wind favoured Blarney in the first half but the Baile Mhuirne men put them on the back foot from the start and an early goal from Conchuir Ó Críodáin gave them a boost. N Abán led by 1-6 to 0-3 at the break and with points from Dara F Ó Loinsigh and Conchuir Ó Críodáin and a goal from Ó Loinsigh they were always dominant. A brave Blarney side did get through for two third quarter goals, 1-12 to 2-3 early in the final quarter, a deserved return on their efforts, but N Abán copper fastened their victory in the final stages.

Naomh Abán scorers: Conchuir Ó Críodáin 1-4, Dara Freddie Ó Loinsigh 1-3, Aodhán Ó Luasa 0-3, Dara Ó Loinsigh 0-3, Daniel Ó Catháin 0-2, Seán Ó Riordáin 0-1.

Naomh Abán: Finlay Walker: Fionn Ó Loinsigh, Micheál Ó Ceallacháin, Tomas Ó Catháin: Colm de Róiste, Aodh Ó Catháin, Seán Ó Riordáin; Caoimhín Ó Donnchú, Dara Ó Loinsigh: Ciarán Ó Colmán, Aodhán Ó Luasa, Conchuir Ó Críodáin: Dara Ó Loinsigh, Daniel Ó Catháin, Darragh Ó Tuama. Subs: Colm Ó Meachair, Eoin Ó Scannail and Wayne MacCarthaigh.

Blarney: James Dineen: Dan Lynch, Stephen Mullane, James Doody: Gavin Mullane, Dan Quill, Éamonn O'Mahony: Olan and Cathal Hegarty: Cian Ahern, Willie Crowley, Kevin Dunlea: Trevor Harrington, Darragh Hurley, Cian Barrett.

Referee: Ger Ahern, Canovee

Canovee 2 - 14 Cill na Martra 2 - 11

One of the strong championship contenders, Canovee, did not have matters all their own way at Rusheen and were under pressure from a late Cill na Martra rally but survived, even if they were glad to hear the final whistle. Cill na Martra led by four points early on but a Brian McNabola goal brought the sides level and they were still locked together at the break, 0-7 to 1-4. Canovee struck for a vital Jack Kelleher goal immediately on the resumption and led by 2-12 to 0-9 at the three quarter stage, a substantial nine point

lead. A Cill na Martra goal from Ciarán Ó Duinnín gave his side hope and they fairly went after the winners from here to the end. With time almost out, Cian Ó Foirrídih fired home a second goal to leave only two points now between the teams but Canovee had the last word with an Evan Dodd point to ease their situation.

Scorers for Canovee: Jack Kelleher 1-5 (0-3f), Brian McNabola 1-0, Dara Cronin 0-4 (0-2f), Evan Dodd 0-2, David O'Keeffe, Seán O'Riordan, Eoghan Lehane 0-1 each.

Canovee: Ben Cheasty: David Carroll, Seán Keating, Patrick O'Neill: Eoghan Lehane, Eoin McNabola, Seán Browne: Brian McNabola, Evan Dodd: David O'Keeffe, Shane O'Riordan, Kieran Walsh: Pádraig O'Leary, Dara Cronin, Billy Kingston. Subs: Jack Kelleher, Odhran O'Driscoll, Eoin Moynihan, Cian Cronin, Denis Murphy.

Cill na Martra: Tadg Ó Conaill: Ciarán Ó hUidhir, Eoghan Ó Céilleachair, Micheál Ó Cathasaigh: Antóin Ó Loinsigh, Jack Ó hEaluithe, Andi Ó Buachalla: Criostóir Ó Meachair, Colm Mac Lochlainn: Eoin Ó Conaill, Cian Ó Foirrídih, Ciarán Ó Duinnín; Daithi Ó Céilleachair, Dean MacCarthaigh, Trevor Ó hEaluithe. Subs: Paddy de Búrca, Seán Ó Tuama.

Kilmurphy 4 - 16 Aghinagh 1 - 8

A strong Kilmurphy side, down from the higher grade, were too strong for an understrength Aghinagh, last year's C county champions, at Cill na Martra. A James Mullane goal after 6 minutes helped Kilmurphy to a 1-4 to nil lead before Con Buckley got a point from an Aghinagh free in the 10th minute, to which he quickly added another before Kilmurphy hit back strongly in the second quarter. A point from Daniel Looney and two from Evan Carroll followed, but Aghinagh responded with a fine goal from Seán O'Riordan and an Aodh Twomey point, 1-7 to 1-3 in the 24th minute. Kilmurphy finished the half strongly with two points from the outstanding James Mullane and a goal from Greg Fitton who slid a loose ball over the line after twice hitting the post! Leading by 2-9 to 1-3, it was clear that Kilmurphy were not going to lose this contest.

Con Buckley had an Aghinagh point on the restart but a succession of Kilmurphy points followed from Laurence Aisling, Evan Carroll, Stephen O'Donoghue and Joe McGinn with



John Lehane (centre) Macroom Motors, presenting the Under 21 Football Championship medals to Damian Lordan, Eire Og, at the Muskerry GAA Gala Awards Night at Oriel Hotel. Included is Eddie O'Keeffe, Muskerry Board representative. Picture: Mike English



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further goals from Evan Carroll and Greg Fitton. Aghinagh to their credit never gave up, battled on and were rewarded with points from Aodh Twomey, Tadhg Sheehan and two from Jack Kearney.

Scorers: Kilmurry: G Fitton 2-3, E Carroll 1-4 (0-1f), J O'Mullane 1-3, L Aisling, S O'Donoghue 0-2 each, D Looney and J McGinn 0-1 each. Aghinagh: S O'Riordan 1-0, C Buckley 0-3 (0-2f), A Twomey and J Kearney 0-2 each, T Sheehan 0-1.

Kilmurry: Llyod Aisling: Gearóid O'Mahony, William Ronan, Darragh Linehan: Denis Dullea, Tomás Collins, Darragh Walsh: James O'Mullane, Liam O'Sullivan: Laurence Aisling, Daniel Looney, Patrick Barrett: Stephen O'Donoghue, Evan Carroll, Greg Fitton. Subs: Joe McGinn, Michael Fitton, Jack Hartnett.

Aghinagh: Adam Kelly: Gordon Burns, Evan Coughlan, David Kelleher: Jack Kearney, Olan Cummins, Peter Murphy: Aodh Twomey, Richard Cotter: Sean O'Riordan, Con Buckley, Tadhg Sheehan: TJ Buckley, Kevin Cotter, Cathal O'Riordan.

Referee: Richard Aynsley, Cill na Martra.

Ballinora 3 - 10 Grenagh 2 - 8

A young but promising Ballinora side had the measure of Grenagh at Ballinora. The home side were comfortable all through even though they were short some prominent members of the panel through injury. Their line out was: Joe Conway; Pádraig Byrnes, James Keohane 0-1, Liam Lyons: Colin O'Flynn, Tim Forde, George Forde: Neil Lordan 0-4, Jack Twohig: Luke Duffy 1-5, Brian McCarthy, Conor Quirke: DJ Duffy, James Noonan 2-0, Seán Philpot. Sub: Alex McAllen

C Championship - 7 teams

Round One:

Iveleary 1-15 Kilmichael 1-6
 Macroom 6-14 Éire Óg B 2-7
 Clondrohid 0-15 Béal Átha'n Ghaorthaidh 2-5
 Donoughmore 0-12 Blarney B 1-8

Round Two:

Kilmichael v Éire Óg B
 Béal Átha'n Ghaorthaidh v Blarney B

Quarter Finals: New draw between 6 winning teams

U21 C Football Championship

Iveleary 1-15 Kilmichael 1 - 6

Iveleary were impressive in their victory over Kilmichael at Kilmurry. With a strong midfield pairing, they were on top in the first half and led by 1-9 to 1-2 at the break. Kilmichael did much better in the second half but did not threaten to upset the outcome.

Scorers: Iveleary: Aaron O'Donovan 1-5, Conor O'Leary 0-4, Ian Jones 0-4, Shane Hodman 0-2, Josh Pickering 0-1. Kilmichael: Daniel Cotter 1-1, C O'Connell 0-4, Ronan Murphy 0-1.

Iveleary: Brian O'Riordan: Seán O'Riordan, Adrian O'Dea; Shane Hodman, Daniel O'Donovan, Tim O'Dea: Josh Pickering, Conor O'Leary: Olan Clancy, Ian Jones, Joseph O'Donovan: Aaron O'Donovan, David O'Donoghue. Subs: Shane Hurley, Gerry Lehane.

Kilmichael: Pádraig O'Leary: Kevin Kelleher, Gerard Murphy: Keelan Murphy, Seán Buttimer, Andrew Kelleher: Eoin Murphy, Christopher O'Connell: Alex Wood, Ronan Murphy, Alan McCarthy: Daniel Cotter, Brendan Kelleher. Subs: Josh de Lacey, Adam O'Leary, Aaron Ryan.

Referee: Peter O'Leary, Cloughduv

Macroom 6 - 14 Éire Óg B 2 - 7

Macroom were at home to Éire Óg B in the Mid Cork C Football championship and recorded a good win, the final score being 6-14 to 2-7. There was a very strong wind blowing into the town goal and Macroom had its assistance in the first half. They made good use of the advantage despite falling behind to an Éire Óg goal from Keelan McCarthy early on and were in a good position at the break leading by 4-10 to 2-0. The Macroom goals came from Kieran Doody and Dylan Twomey, Tommy Murphy scored the second Éire Óg goal. Another goal five minutes after the restart from Killian O'Donovan

secured the outcome and Macroom kept their advantage to the end and had a late goal from a Kieran Doody penalty to finish in style.

Macroom: Dylan Corcoran: James Galvin, Kevin Condon: Kuba Byrdziak, Killian O' Donovan, Shane Meany: Niko Wyczynski, Ben O'Connell: Dylan Twomey, Seán Mc Mahon, Jack O'Riordan: Bradley O'Shea, Kieran Doody. Subs used: Conor Mc Kirgan, Owen Cahill, David Hunt.

Éire Óg: Ben McCarthy: Paddy Twomey, Shane Quigley: Joseph Webster Kelleher, David Brennan, Conor Walls: James O'Shea, Cormac Allison: Graham Moynihan, Tommy Murphy, John Corkery: Keelan McCarthy, Joe Lynch. Subs: Jack Sheahan, Barry O'Connell
 Referee: Gerry Masters, Kilmichael.

Clondrohid 0-15 Béal Átha'n Ghaorthaidh 2 - 5

Clondrohid travelled to Ballingearry and had a fine win over the home side. Playing with the wind in the first half they led at half time by 0-7 to 0-1 at the break. Béal Átha came back strongly in the second half with two goals but Clondrohid dug in and showed great determination to win by four points on final scoreline of 0-15 to 2-5

Scorers: Beal Átha: Sean Ó Luasa 1-1, Seán Ó Muineacháin 1-0 (pen), Gearoid Ó Loinsigh 0-2, Seán Ó hUrdail 0-2.

Clondrohid: Conor Murphy: Ger Kelleher, Jerome Healy: JK Long, Fionn Heffernan, David O'Connell: Sean Desmond, Calum O' Shea: George Lowrie, Ciaran O'Leary, Michael Buckley: Stephen Ryan, Conor Dineen and Tiernan Quinn, Alex Kelly, Eoin Kelleher.

Béal Átha: Barra Ó Suilleabháin: Barra Ó Bargain, Gearoid Ó Loinsigh: Brian Ó Laoire, Shane Ó Laoire, Diarmuid Ó Laoire: Sean Ó Muineacháin, Sean Ó hUrdail: Conchúir Ó Buachalla, Sean Ó Luasa: Brían Ó Duinnín: Ronan Ó Loinsigh, Gavin Ó Laoire. Fir Ionad: Donncha Ó Cremín, Sean Ó Suilleabháin Rian Ó Túama, Barra Ó Túama, Dara Ó Brian.

Donoughmore 0-12 Blarney B 0-8

U21 County Football Championship Draws

Only Divisional winners will proceed to the County stages in all competitions. All County Quarter-finals are scheduled for the weekend of Saturday, March 28th.

The Draws for the County stages of the U21 A, B and C Football Competitions are:

U21 A Football

Quarter-finals

A Carbery v Muskerry
 B Imokilly v Seandun
 C Beara v Duhallow
 D Avondhu v Carrighdoun

Semi-finals

A v B, C v D

U21 B Football

Quarter-finals

A Duhallow a bye

B Carrighdoun v Seandun
 C Carbery v Imokilly
 D Muskerry v Avondhu
Semi-finals
 A v B, C v D

U21 C Football

Quarter-finals

A Duhallow a bye
 B Carrighdoun v Seandun
 C Carbery v Imokilly
 D Muskerry v Avondhu

Semi-finals

A v B, C v D



John Lehane (centre) Macroom Motors, presenting the Under 21 Football Championship medals to Damian Lordan, Eire Og, at the Muskerry GAA Gala Awards Night at Oriel Hotel. Included is Eddie O'Keefe, Muskerry Board representative.
 Picture: Mike English

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Cork County Leagues 2020

The county leagues have commenced and will conclude in mid July.

February 1st/2nd Football

Div One: Ballincollig 2-15 O'Donovan Rossa 2-10;

Cill na Martra 2-7 Mallow 1-11

Div Two: Béal Átha'n Ghaorthaidh 0-11 Carrigaline 2-10

Éire Óg 2-7 Newmarket 1-7

Div Three: Aghabullogue 1-6 Dohenys 0-10

Naomh Abán 0-8 Knocknagree 0-13,

Nemo Rangers 0-11 Macroom 0-10

Div Four: No Mid Cork team

Div Five: Kilshannig 2-9 Grenagh 1-8

Round Two – all games involving Mid Cork clubs were postponed because of weather

Div One: Carbery Rangers v Cill na Martra, St Michaels v Ballincollig

Div Two: Carrigaline v Éire Óg, Clyda Rvrs v Béal Átha'n Ghaorthaidh

Div Three: Macroom v Naomh Abán, Rockchapel v Aghabullogue

Div Five: Ballinora v Millstreet, Glanmire v Grenagh

February 16th – Hurling

Div Three: Blackrock v Blarney, Inniscarra v

Mayfield, Tracton v Ballincollig

Div Four: Argideen v Cloughduv, Éire Óg v Aghabullogue

Div Five: Ballinhassig v Grenagh, Dripsey v Glen Rovers

February 23rd

Div Three: Ballincollig v Kildorrery, Blarney v Youghal, Milford v Inniscarra

Div Four: Aghabullogue v Argideen, Aghada v Éire Óg, Cloughduv v Midleton

Div Five: Barryroe v Dripsey, Grenagh v Castlemartyr

Cork County Senior Championships – Colleges and Divisions Section

The colleges and divisions are being played off in a separate section of the county SHC and SFC. Each section has two groups of three divisional teams, each team plays two group games on a round robin basis with subsequent play offs to produce two divisional teams. These two divisional teams will then play the two colleges teams (UCC and CIT) in semi-finals and the winners play a final to produce one team in hurling and one team in football. Only one winner will emerge from each of the sections and this team will qualify for the knock out stages of the respective championships to compete against the club teams which have qualified.

The divisional/colleges section winners should be formidable opposition for any club team in either senior hurling or senior football.

SHC (round robin)

Group 1: Carbery, Duhallow, Avondhu

Group 2: **Muskerry**, Carrigdhoun, Seandun

Wednesday May 27th; Muskerry v Carrigdhoun

SFC (Round robin)

Group 1: Avondhu, Beara, Imokilly

Group 2: **Muskerry**, Carbery, Seandun

Wednesday May 20th: Carbery v Muskerry

The Draws for the **County Junior B Hurling and Junior C Football Competitions** have been made.

The draw for the Junior B Football Competition has been delayed, pending a grading decision.

Junior B Hurling

Round 1

A Lough Rovers v Rathpeacon

B Freemount v Randal Óg

C Araglen v Gabriel Rangers

D Bantry Blues v Belgooly

E O'Donovan Rossa a bye

Round 2

(i) Loser B v Loser C

(ii) Loser D v E

Round 3

Loser (ii) v Loser A

Quarter-finalists (7)

Winner A, Winner B, Winner C, Winner D, Winner

(i), Winner (ii) Winner Round 3

Only a team which has won in Round 1 can receive a bye in the Quarter-finals.

Junior C Football

Round 1

A Ballinure v Freemount

B Ballyphehane v Rochestown

C **Gleann Na Laoi** v Lough Rovers

D Glenlara v Araglen

E Lismire v Rathpeacon

Round 2

(i) Loser B v Loser C

(ii) Loser D v Loser E

Round 3

Loser (ii) v Loser A

Quarter-finalists (8)

Winner A, Winner B, Winner C, Winner D, Winner

E, Winner (i), Winner (ii) Winner Round 3

U21 Hurling Championship Draws

The draws for the P1 & P2 U21 Hurling Competitions are as follows:

Premier 1 (12)

Quarter-finals

A Bride Rovers v Douglas or Na Piarsaigh

B Midleton v Duhallow or **Blarney**

C St. Finbarr's v Sarsfields or Blackrock

D Glen Rovers v **Ballincollig** or Shandrum

Semi-finals: A v B, C v D

Premier 2 (16)

Round 1

A Tracton v Charleville

B **Aghabullogue v Inniscarra**

C Fermoy v Bishopstown

D Mallow v Kilbrittain

E Erins Own v Valley Rovers

F Newcestown v **Éire Óg**

G Carrigaline v Ballygarvan

H Ballinhassig v Courcsey Rovers

Quarter-finals

(1) A v B, (2) C v D, (3) E v F, (4) G v H

Semi-finals: 1 v 2, 3 v 4

County Championship Dates

March 28th: A, B and C U 21 Football County Championship 1st rounds.

April 4th: Senior Football: Ballincollig v St Finbarrs @P Ui Rinn

April 5th: PIFC Macroom v Kanturk @Cullen

April 11th: Senior A FC: Éire Óg v Bantry Blues @ Ballingearry

April 11th: Intermediate A FC: Aghabullogue v Kildorrery @ Mallow

April 19th: Inniscarra v Blarney @ Coachford

April 25th: Ballincollig v Watergrasshill @ P Ui

Rinn

April 26th: Intermediate A HC: Éire Óg v Sarsfields @ Ballincollig

April 26th: Intermediate A HC: Cloughduv v Aghabullogue @Ballincollig

May 2nd: Lower Inter HC: Grenagh v Dripsey @ Blarney

May 3rd: Premier IFC: Naomh Abán v Cill na Marta @ Macroom


May 9th: Senior A FC: Béal Átha'n Ghaorthaidh v St Michaels @ Ovens

May 9th: Intermediate A FC: Ballinora v Glenville at Blarney

May 20th: Senior FC: Muskerry v Carbery @P Ui Rinn

May 23rd: Tom Creedon Cup – Round 1

May 27th: SHC: Muskerry v Carrigdhoun @ Newcestown



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Answer: The minimum wage increased from €9.80 to €10.10 on 1 February 2020. A person working full-time (39 hours per week) and earning the minimum wage was previously earning €19,873 per year. They now earn **€20,484 per year**. From 1 February, USC rates also changed slightly to make sure that this increase in pay for minimum wage workers is not subject to the 4.5% USC charge. This was done by increasing the income threshold of the 2% band. The new thresholds now look like this:

Rate	Standard rate of USC (up to 31 January 2020)	Standard rate of USC (from 1 February 2020)
0.5%	Up to €12,012	Up to €12,012
2%	From €12,012.01 to €19,874	From €12,012.01 to €20,484
4.5%	From €19,874.01 to €70,044	From €20,484.01 to €70,044
8%	From €70,044.01 and over	From €70,044.01 and over

So, in 2019, if you earned €19,874, your total USC for the year was ((0.5% of €12,012) €60.06 + (2% of €7,862) €157.24) = **€217.30**. This meant your USC was **€18.11 per month, or €4.18 per week**.

From 1 February 2020, if you earn €20,484 per year, your annual USC will be ((0.5% of €12,012) €60.06 + (2% of €8,742) €169.44) = **€229.50**. This means your USC is **€19.13 per month, or €4.41 per week**.

So, with the increase in the national minimum wage, you will pay €12.20 more USC per year. This deduction will be made from your gross salary. Your increased salary will continue to be subject to the standard rate of income tax. This means you also pay slightly more income tax after 1 February 2020.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Macroom Citizens Information Service which provides a free and confidential service to the public. Address: South Square, Macroom, Co. Cork. Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000. Macroom Helpline: 0761078430



A Word of Victory

Welcome back dear reader, there is a lot spoken about identity nowadays. People can be very confused on this matter and it relates back to the foundation stones of one's life. In Ireland there are things that the devil caused to happen that messed up both our national and individual identities. The bondage brought about by rebellion causes problems generation after generation and manifests as anger, rage and violence – these need to be repented for. It also goes hand in hand with witchcraft. In 1st Samuel chapter 15:22 Samuel the prophet speaks to King Saul after he disobeyed God's instructions. Samuel basically told Saul that 'rebellion is the same as the sin of witchcraft and results in stubbornness, iniquity, idolatry and rejection'. Rebellion never brings good fruit. It is no wonder then why our nation is bound up with curse, iniquities coming down generations, religious idolatry, worship of the god of mammon (the false god of greed and financial corruption) and why people are so stubborn to let go of them. Rebellion, anger, bitterness and resentment are handed down through our bloodline. Were wrongs committed against our forefathers and foremothers? Of course there was – people were oppressed and massacred, starved and destroyed. But – "My people are destroyed for lack of knowledge" (Hosea 4:6). It was a lack of knowledge of God's Word and Power that allowed the devil access to bring these horrors to pass. Sadly, the fruit that resulted brought even more curse through rebellion which is the same as witchcraft in God's eyes. God cannot bless it when people trust in other gods or in their own might and pride. Curse follows rebellion to God's Word - opening the door for sickness, fear, depression, torment and isolation from God the One Who can bring deliverance. This is what happened to King Saul after He disobeyed God. He was tormented by a demonic spirit that caused him depression and deep distress. His total identity was taken from Him because God's Spirit left him as he had chosen to serve other gods; the god of witchcraft, of people's opinion, and his own pride instead of the God Who loved him, and his kingdom was removed from him and his family. It was only when his servants brought a young boy called David who played music anointed by the Spirit of God who brought relief to Saul, but his identity was forever changed. This David was anointed the new king because he was a man after God's own heart (Acts 13:22).

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B.T. Young Scientist winners Alan O'Sullivan and Cormac Harris visited Scoil Naomh Muire Farran, pictured with Alan's aunt Sharon and Cormac's mother Colette who are members of staff in the school



Past pupil Stephanie Cotter visited our school last week. Her team won the silver medal in the European Cross Country Championship while she won the individual Bronze. Pictured with students Libby O Shaughnessy, Amy Cronin, Ellen Barry Murphy, Muireann O Sullivan, Eileen O Shaughnessy and John Edward O Shaughnessy.



Inter County GAA - Allianz National Football Leagues 2020

Leitrim 0-9 Cork 1-15

Cork continued their winning start to life in Division 3, the visitors to Carrick-on-Shannon recording their second league victory to remain firmly in the hunt for promotion.

Cork, backed by a strong breeze in the opening half, led 1-7 to 0-3 at the break. The sides had been rather evenly matched on the scoreboard throughout the first half, Cork's 1-2 burst from the 33rd minute onwards giving them a deserved seven-point interval buffer. The Cork goal arrived a minute and a half into first-half stoppages, Ciarán Sheehan at the end of an intricate move involving Ian Maguire, Ruairi Deane, and Tom Clancy.

Cork were certainly not short of first-half goal-scoring opportunities, but a combination of poor finishing and outstanding goalkeeping on the part of Leitrim goalkeeper Diarmuid McKiernan meant three earlier chances had come to nothing.

Deane, Clancy, and Sheehan landed fine scores but there was an element of wastefulness to Cork's point-taking, similar to when presented with goal chances, the visitors clocking seven first-half wides.

Cork were rarely troubled during the second period, Luke Connolly the standout player in red. The Nemo man finished with 0-5 to his name, two apiece from play and frees, as well as an advanced mark.

Scorers for Cork: L Connolly (0-5, 0-2 frees, 0-1 mark); C Sheehan (1-2); C O'Mahony (0-3, 0-1 free); T Clancy, T Corkery, J O'Rourke, S White, P Kerrigan (0-1 each).

Cork: M Martin; K Crowley, T Clancy, L O'Donovan; Tadg Corkery (Cill na Martra), S Powter, M Taylor; I Maguire, B Hartnett; R Deane, S White, J O'Rourke; M Hurley, Ciarán Sheehan, C O'Mahony.

Subs: L Connolly for Hurley (30 mins); P Kerrigan for O'Mahony, K O'Driscoll for O'Rourke (56); Cian Kiely (Ballincollig) for Powter (58); R Harkin for Sheehan (67).

Cork 0-16 Down 1-8

Cork made it three-from-three in Division 3 of the Allianz Football League with a 0-16 to 1-8 victory over Down. The Rebels finished with 13 men at Páirc Uí Chaoimh, but they still managed to pull off a comfortable win. Sean White's 55th minute dismissal for a second yellow card removed a key player from the Cork side and then with their full set of subs employed, Kevin Crowley had to withdraw through injury in the 70th minute.

Storm Ciara wreaked havoc throughout the country over the weekend, but the game at Páirc Uí Chaoimh went ahead before a small crowd of dedicated followers. Cork were good value for their latest success, 11 different players chipping in on the scoresheet and captain Ian Maguire particularly influential as the second half wore on. Cathal O'Mahony and Damien Gore fired 0-6 between them. Backed by the wind the hosts held a massive 0-8 to 0-2 lead at half-time and while Down began brightly after the second half, Cork got their running game going to reel off a succession of points that pushed them clear. Cory Quinn got

in to boot home a 66th goal that raised Down's hopes as they cut the gap to four yet they failed to add to their scoring tally after that to come close to staging an striking revival. Luke Connolly swung over an exquisite point from a 68th minute free on the right wing for Cork and that transpired to be the last score of the game. Scorers for Cork: Damien Gore, Cathail O'Mahony 0-3 (0-2f) each, Ian Maguire 0-2, Thomas Clancy, Tadhg Corkery, Liam O'Donovan, Brian Hartnett, John O'Rourke, Ruairi Deane, Ciaran Sheehan (0-1f), Luke Connolly (0-1f) 0-1 each.

Cork: Micheál Martin (Nemo Rangers); Seán Powter (Douglas), Thomas Clancy (Clonakilty), Kevin Crowley (Millstreet); Tadhg Corkery (Cill na Martra), Liam O'Donovan (Clonakilty), Mattie Taylor (Mallow); Ian Maguire (St Finbarrs) (capt), Brian Hartnett (Douglas); John O'Rourke (Carbery Rangers), Seán White (Clonakilty), Ruairi Deane (Bantry); Damien Gore (Kilmacabea), Ciarán Sheehan (Éire Óg), Cathail O'Mahony (Mitchelstown). Subs: Colm O'Callaghan (Éire Óg) for Sheehan 50, Luke Connolly (Nemo Rangers) for Deane 52, Paul Kerrigan (Nemo Rangers) for Gore 54, Killian O'Hanlon (Kilshannig) for O'Rourke 58, Cian Kiely (Ballincollig) for Powter (62).

Also: Anthony Casey (Kiskeam), Paul Ring (Aghabullogue), Peter Murphy (Bandon), Paul Walsh (Kanturk), Kevin O'Driscoll (Tadhg MacCarthaigh), Killian O'Hanlon (Kilshannig), Michael Hurley (Castlehaven).

Allianz National Hurling League

Cork 2-24 Tipperary 1-25

Cork defeated Tipperary in a fine contest under lights at the magnificent Páirc Uí Chaoimh. Cork needed a performance after a defeat to Waterford the previous week and the players gave it a right lash and delighted the big support present. When time was called after 80 minutes, the end delayed by an injury to Tipp's John Bubbles O'Dwyer, in front of a crowd of 9,821 it was Cork who had the scoreboard cushion that delivered the victory.

The opening half goals that Cork had plundered were vital, the first from Robbie O'Flynn set up by Alan Cadiogan in the 11th minute, the second from a penalty by Patrick Horgan after O'Flynn was pulled down just before the half time break, which enabled Cork to go in 2-13 to 0-15 to the good. That was a scenario Tipperary never recovered from despite their best attempts to overhaul Cork. At various stages during the second half they got within two points of Kieran Kingston's side but it was only after Hogan's goal that Tipperary were within the minimum, 2-23 to 1-25. Then came that nasty looking injury to O'Dwyer and the game was stalled. When it resumed there was only one further score, Seamus Harnedy flying over for Cork and a levelling score eluded Liam Shedy's men.

Goalkeeper Patrick Collins did well for Cork. He was beaten by a rocket to the net in the

68th minute from a penalty by his opposite number Brian Hogan but the Ballinhassig man dealt capably with a few other scenarios where Tipperary threatened to raise green flags.

Scorers for Cork: Patrick Horgan 1-9 (0-8f, 1-0 pen), Robbie O'Flynn 1-3, Alan Cadiogan 0-4, Seamus Harnedy, Darragh Fitzgibbon 0-2 each, Luke Meade, Damien Cahalane, Mark Coleman, Aidan Walsh 0-1 each.

Cork: Patrick Collins (Ballinhassig), Colm Spillane (Castlelyons), Robert Downey (Glen Rovers), Seán O'Donoghue (Inniscarra); Chris O'Leary (Valley Rovers), Tim O'Mahony (Newtownshandrum), Damien Cahalane (St Finbarr's); Bill Cooper (Youghal), Luke Meade (Newcestown); Robbie O'Flynn (Erin's Own), Seamus Harnedy (St Ita's), Aidan Walsh

(Kanturk); Alan Cadiogan (Douglas), Declan Dalton (Fr O'Neills), Patrick Horgan (Glen Rovers) (captain)

Subs: Darragh Fitzgibbon (Charleville) for Walsh (inj) (21), Mark Coleman (Blarney) for O'Mahony (inj) (26), Conor Lehane (Middleton) for Dalton (46), Shane Kingston (Douglas) for Meade (61).

Next League Games for Cork

Hurling: Westmeath v Cork at Mullingar, Feb 15th: Cork v Limerick Feb 23rd.

Football: Tipperary v Cork in Thurles Saturday Feb 22nd



Kilmurry Under 21 team. First Round Under 21 B Championship. Kilmurry 4-16 Aghinagh 1-8

West Cork Cancer Support; Support grows in West Cork for Cancer Patients & their Families

“Giving the tools and the supports to help people live well during and after cancer is key for both the patient and the family member,” says Catriona O’Mahony, Cork ARC’s Community Cancer Support Co-ordinator. Catriona leads the services at Cork ARC’s centre in Bantry, established in 2015. Cork ARC, Bantry continues to be a place of support, confidentiality and tranquillity for its visitors, who may be affected by cancer in any way, and at any stage of their cancer journey. At Cork ARC, an unconditional welcome awaits their visitors - no appointment is needed, visitors are welcome to drop in or telephone for support, on Tuesdays and Thursdays. A team of trained volunteer listeners are in place to support visitors, with information, a listening ear, and a safe, confidential space. Improving the health and wellbeing of visitors is at the heart of the service, which is free to all visitors. Their weekly Hour of Calm takes place each Tuesday at 11.00 am. It’s a drop in group session, led by experienced facilitators offering techniques of progressive relaxation, breath work, meditation, visualisation and mindfulness which invite our visitors into a space of peace and calm. Yoga and mindfulness programmes continue, and Cork ARC is delighted to introduce T’ai Chi to the growing list of services offered free of charge. T’ai Chi is a recognised adjunct therapy and is used in conjunction with primary medical treatments, and can be adapted for many situations, especially for people post-surgery. Catriona says, “Our Tai Chi programme can help you with relaxation and stress and operates through gentle movement. Tai Chi is said to improve the energy flow of participants”.

Cork ARC, Bantry is proud to continue their walking programme called Walk with Us, a series of six planned walks in the beautiful West Cork countryside, beginning in the Spring. Catriona states, “Exercise can play an important role in every point of the cancer trajectory from prevention to recovery, during treatment and improved quality of life long when treatment has finished. It can help alleviate side effects including pain, fatigue, and insomnia as well as improving appetite and confidence.” With the continued support of the local communities in West Cork and South Kerry, Cork ARC continues to develop services at Bantry. All funds raised through events in the area are used to directly fund services for the people there. New services for Cork ARC, Bantry this spring include the CLIMB® Programme (Children’s Lives Include Moments of Bravery) as well as a Look Good Feel Good workshop.

CLIMB® is a six week programme designed to support children between the ages of 6- 11 whose parents or a significant other adult have a cancer diagnosis. The aim of the CLIMB® Programme is to build a child’s strengths and to enhance their abilities to cope with their feelings when cancer happens to their Mom or Dad. CLIMB® is based on mental health promotion. Through fun, art and play, children learn about cancer and express their feelings. Cork ARC’s Breast Cancer Nurse Counsellor, Fiona Moriarty, will return to Bantry for one-to-one appointments on Tuesday 25th February and Tuesday 28th April.

As always, services are offered free of charge to cancer patients, their families and carers.

To enquire about a programme or service or to avail of support, free of charge, please contact Cork ARC in Bantry on 027 53891 / 083 198 8580 / westcork@corkcancersupport.ie, or drop in to Cork ARC Cancer Support House at ‘The Bungalow’, Goureebeg near Bantry, P75 PK25 (open Tuesdays and Thursdays).

Contact Us: Cork City, Sarsfield Road, Wilton, Cork T12 EW9A, Tel. 021 427 6688 E-mail info@corkcancersupport.ie open Mon-Thurs: 9.30 am – 4.30 pm, Fri: 9.30 am - 3.00 p.m.

Bantry ‘The Bungalow’, Goureebeg, Bantry, Co. Cork tel 027 53891 mob 083 198 8580 email westcork@corkcancersupport.ie , open Tuesdays & Thursdays 10.00 am to 4.00 p.m.

Community Based Cancer Support : For information and to make an appointment, call or visit NICHE Community Health Project, HSE Building, Harbour View Road, Knocknaheeny, Cork, T23 XY16, Tel. NICHE 021 430 0135, Cork ARC 086 819 6888.

All of our services are free of charge Registered Charity No. 20049881www.corkcancersupport.ie

Information, please contact: Ellen Joyce, Director of Services, Cork ARC Cancer Support House Tel 021 427 6688 email ellen@corkcancersupport.ie SERVICES INFORMATION FOR NOTICEBOARDS, PROGRAMME OF SERVICES, SPRING 2020, ONE TO ONE SUPPORTS, Drop in and Telephone Support Counselling.

COMPLEMENTARY THERAPIES: Therapeutic Massage and Reflexology IMPROVING HEALTH, EXERCISE and WELLBEING: Yoga Commencing Tuesday 21st January, 10.00 – 11.15 am for eight weeks, T’ai Chi Commencing Thursday 6th February, 2.00 – 3.00 pm for six weeks, Mindfulness Date to be confirmed and Hour of Calm Tuesday mornings at 11.00 am

Drop in group session led by experienced facilitators offering techniques of progressive relaxation, breath work, meditation, visualization and mindfulness which invite you into a space of peace, rest and calm. ‘Walk with Us’ Date to be confirmed. Join Cork ARC for a series of planned walks in the beautiful West Cork countryside. INFORMATION AND EDUCATION, Look Good, Feel Better Workshop Date to be confirmed

SUPPORT FOR CHILDREN OF PARENTS WITH CANCER CLIMB® Programme Date to be confirmed

BREAST CANCER SUPPORT, One to One Support, Appointments available with our Breast Cancer Nurse Counsellor, Fiona Moriarty: Tuesday 25th February and Tuesday 28 th April. Associated information sessions include our Lymphoedema and also our Hormone Therapies information mornings in Cork city.

FUNDRAISING: Tel. 021 427 5050 email fundraising@corkcancersupport.ie



Election Count Center Mallow
Cork North-West Constituency Count in Mallow on Feb, 9th 2020 (Pat O’Connell).



Ellie O Sullivan McCarthy and Dan Desmond from Ballyvourney working at the Naomh Aban House (orphanage) in Kenya.



History

Macroom Judo Club History Part 2 *C. Kelleher.*

Macroom Judo club was founded in 1975 and had achieved a World Record before the end of 1976. The following pucks up the story from there.

World Record: In August 1976 six club members set a judo world endurance record of ninety hours; the six were Donal O'Callaghan, Noel Lehane, Sean Buckley, Gerard O'Callaghan, Johnny Sheehy and Peter Leahy. The feat drew widespread admiration and publicity. ¹ Donal O'Callaghan outlined some practical difficulties encountered. When they began training for the attempt the world record stood at about 46 hours. Shortly before the actual attempt word came through that an English club had pushed the record to more than ninety hours. The attempt was to take place in the Castle Ballroom and over a weekend. Dances were scheduled for Friday and Sunday nights. However both obstacles were overcome and a world record was created. ² Surprisingly little is written in the minute books about the event apart from the need to add a P.R.O. to the club. ³ A big influx of members ensued. See Photo.

Buoyed with confidence the club organised the biggest Irish judo event that year. In October about 600 judo enthusiasts converged on Macroom for the Samurai (South West) Judo Open. National coach John Curtin brought the event to Macroom because of space and a good local organisation. ⁴ Much work went into the preparations; McEgan College provided showers and the nearby Irish Countrywomen's Association's (ICA) Hall provided catering.

As judo was still exotic in rural Cork Macroom Judo Club gave successful demonstrations in Bantry, Kilnamartyra and at the Macroom Mountain Dew Festival (1976). ⁵ Dónal O'Callaghan won the Cork Indoor Sports Association Judo Award in 1977 for his involvement in co-founding Macroom Club and in setting the world record. He was later elected Chairman of the Cork County Judo Board. ⁶ John Curtin, a Cork city black belt, came to Macroom weekly to give lessons. At that year's Macroom's AGM Peter Leahy became chairman. John Creedon, Coolcower, had made a film *To Beat A World Record* about the world record achievement and it won a national award. ⁷ The following year saw many attending training in Sept./Oct. '77. The club arranged school demonstrations in Feb. '78. Further exhibitions at carnivals, including one given during the 1980 Macroom Mountain Dew Festival, were given. ⁸ A clash of times resulted in a difference of opinion with Youth Club committee members. The result was the suspension of Peter and Ted Leahy from the Youth Club. However the matter was settled amicably. John Buckley became chairman in 1980 and he was succeeded in the chair by

Martina O'Callaghan, the first lady to hold the office. Because of business commitments, Dónal O'Callaghan became less active in the club in the late 1970s.

In January 1981 Macroom Judo Club was reported as 'one of the most thriving clubs in the town'. Training had transferred to the Town Hall and the club was/is grateful to the Macroom Urban District Council (now Macroom District Municipal Council) for its co-operation and generosity. Thirty seven members were upgraded. ⁹ In February seven men/boys and two women/girls were successful at the Munster Judo championships in Tralee. Jerry Lehane won bronze at the All-Ireland Junior championships in Dublin. ¹⁰ In January 1982 forty men and twenty women attended for grading. May saw the club win a silver and two bronze medals in All-Ireland competitions – Allen O'Connor, silver and Jerry Lehane and Nora O'Sullivan bronze.

¹ *Cork Examiner*, 21 July 1976, p. 18 and *Southern Star* 14 August 1976, p. 18

² Conversation with Dónal O'Callaghan, 21 January 2020 in Fitz-Gerald's Macroom Bookshop & Cafe.

³ Macroom Judo Club AGM, Minute Book, 4 September 1976

⁴ *Southern Star* 30 October 1976

⁵ Macroom Judo Club Minute Book 2 April 1976 and 12 July 1976

⁶ *Ibid.*, 6 February 1976

⁷ *Nationalist and Leinster Times* 14 October 1977 and *Southern Star* 19 November 1977

⁸ *Kerryman* 18 August 1978

⁹ *Southern Star*, 31 January, 1981.

¹⁰ *Southern Star*, 14 February 1981 & 21 March 1981

September 1982 was a red letter month as four members – Peter and Ted Leahy, Eugene O'Riordan and John Buckley secured black belt status. Their success did wonders for recruitment and eighty juniors enlisted the following September. ¹¹ Later that year Ted Leahy attended the Scottish Open and experienced international competition. ¹² An October headline proclaimed 'Judo Thrives in Macroom' and the club had its highest recorded



Macroom Judo Group 1980s.



Macroom 1980s Group

membership. ¹³ Membership stood at 160 in 1983. Eugene O'Riordan became chairman that year. For St. Stephen's Day 1984 the club organised a mountain climb in Carrantwohill. In February Gerry Lehane, Ballytrasna, won the U-15 All-Ireland championship. Kevin Sheehan and Stephen Buckley came third in their weight categories. A *Southern Star* photo shows Peter and Helen Leahy receiving a presentation on the occasion of their marriage ¹⁴ (photo). In 1985 Ted Leahy, Johnny Sheehy, Eugene O'Riordan and Peter Leahy won medals at the All-Ireland and Tralee Judo competitions. The club held its tenth AGM on 25 Jan 1986 and all was well. Michael O'Leary was the new chairman and Anne Foley was wished well on her departure



from the town. Macroom brought home eight trophies from the Munster championship in Tralee. In the men's U-71 Kgs class, Ted Leahy won gold, Eugene O'Riordan silver and Peter Leahy bronze. ¹⁵ Eugene O'Riordan became a Black Belt Second Dan in Jan. 1989. Money was garnered with a club draw. Noel and Colm O'Laoire, Ré na nDóirí were successful in competition in Jan 1990. They were sons of Dónal, and Noel became an iconic Cork senior footballer and won an All-Ireland senior medal with Cork in 2010.

Meetings, training and competitions continued in the nineties. Peter Leahy's move to Drogheda was a big loss but was off-set to a degree by the emergence of new talented members. Brothers Con, Denis and Henry Delaney won many local and national medals as did Maura Twomey, Clondrohid. ¹⁶ Margaret O'Kearney-Flynn joined the club in 1993 and represented Ireland. The club welcomed Eric Deschamps, the French national coach, in August 1993. Carmel Ryan with Con and Henry Delaney and Martina were successful in a Dublin open competition in September. ¹⁷ Matthew Neville won a bronze medal at the Irish Junior Open in December 1993. ¹⁸ In 1994 Martina moved to Coventry to pursue full-time training for the 1996 Olympics. ¹⁹ She became the first club member to win an international medal in London in 1994. ²⁰ In 1995 she represented Ireland at the European Judo championships. Henry Delaney was selected for an Irish under-21 team to compete in the US in April 1995. ²¹ Con, his brother represented Ireland at the European Youth Olympics that year. ²² Joey Robenser Turner and Tom Curtis won Munster medals in December. Brothers Dean and Daniel O'Driscoll were members of the Cork Junior under-16 team, All-Ireland bronze medallists. In February 1996 the club organised a fund-raising tournament for Martina O'Kearney-Flynn's attempt to qualify for the Olympics.

- ¹¹ *Cork Examiner*, 7 June 1983
- ¹² *Southern Star* 12 March, 1983
- ¹³ *Ibid.*, 8 October, 1983
- ¹⁴ *Ibid.*, 22 Sept., 1984
- ¹⁵ *Ibid.*, 1 Feb. 1986
- ¹⁶ *Southern Star* 25 January 1992 and 4 April 1992.
- ¹⁷ *Ibid.* 25 September 1993.
- ¹⁸ *Ibid.* 11 December 1993.



Macroom Judo Club Activity

- ¹⁹ *Cork Examiner*, 22 June 1994, (a Neans McSweeney feature article)
- ²⁰ *Ibid.* 19 August 1994.
- ²¹ *Southern Star* 8 April 1995
- ²² *Ibid.* 3 June 1995.

The club continued to train, recruit new members and participate in competitions to 2000. Indeed the club survived the rocky times of the recession and is still active and competitive in 2019.

Conclusion

Judo was once considered exotic in rural Ireland. In Macroom it just another sports club. This change was facilitated by local people leaving the area and bringing a new sport home. This allied to enthusiasm, dedication and intelligence allowed the establishment and flourishing of the club. Media exposure and the loosening of social attitudes enabled people to try new things, including new sports. Success for the club can be measured on survival and the knowledge of the good that it did. Among that good is the introduction of a new sport to the area, the unfolding of a new way of thinking about sport and competition, and the values it espouses. The club trained and unleashed hidden potential of many, and on the way numerous achieved local and national successes. Several members represented Ireland.

The success of the club depended on the vision of the founders and the on-going dedication of its officials and members. The sheer excitement and enjoyment of the sport cannot be overstated. The friendly controlled competitive nature of judo is hugely attractive. This can be readily understood by its underlying principles of politeness, courage, sincerity, honour, modesty, respect, self-control and friendship. Happily these traits have been honoured and exemplified in Macroom Judo Club's journey from 1975 to 2000.

In spite of many difficulties the club continues to thrive and to provide the magical opportunity that is judo to the youth of Macroom and surrounds.

Club Members' Achievements: (Apologies for any omissions and misspelling: will be happy to correct)

Internationals: Henry Delaney, Martina O'Leary-Flynn, Lloyd Manning, Keegan Drohan, Peter Leahy and Shane Manning.

Black Belts: Dónal O'Leary, Eugene O'Riordan, Ted Leahy, John Buckley, Peter Leahy, Henry Delaney, John Joe Dennehy, Donal Lynch, Seamus Manning, Lloyd Manning, Shane Manning and Dillon Manning.

National Champions:



Macroom Judo Club Presentation to Peter and Helen Leahy on the occasion of their wedding.



World Record Report.

Jerry Lehane, Keegan Drohan, Maura Twomey, Kathy Lucey, Martina O'Kearney-Flynn, Lloyd Manning, Denis Delaney, Shane Manning, Dillon Manning, Henry Delaney and Lisa Dowling in 2019

I acknowledge and thank Ted Leahy for providing the club minute books, photos, paper cuttings and ancillary information and to thank him for his wonderful work for the club since 1975. I also thank Liam Fitzgerald and Donal O'Callaghan for sharing their knowledge.

Sources: Primary: Macroom Judo Club Minute Books 1975-1991, Ted Leahy - Interviews and recollection October 2019- January 2020, and private collection. Liam Fitzgerald, Interview 3/12/2019. Dónal O'Callaghan, Interview 21/1/2020.

Secondary: *The Southern Star*, *The Corkman*, *The Cork Examiner* and *The Evening Echo*, *Nationalist* and *Leinster Leader*.

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3RD ANNIVERSARY



In loving memory of

**NOEL
O'KEEFFE**

Schronagare, Clondohid, Macroom
Who died on
12th February 2017

*Those we love dont go away,
They stand beside us everyday,
Unseen, unheard but always near,
So loved, so missed, so very dear.*



Lovingly remembered by you wife Mary,
son John and daughter Zoe

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**JOHN
WALSH**

Dunbur Park, Wicklow
and Carriganima
Died 16th February 2019

*His brothers and sister, nephew and nieces,
sisters in law and extended family and the
Wardick Family and kind neighbours wish
to thank all those who sympathised with
us on our sad and sudden loss.*

*Thanks to Willie Doyle and Tarents
Undertakers and to the Clergy.*

Mass being offered for the intentions of all.



4TH ANNIVERSARY



In loving memory of a dear husband,
father and grandfather

**TOMMY
KELLEHER**

Moulnahorna, Carriganima
whose 4th anniversary occurs on the
14th of February.

*Not a day goes by,
that we don't speak your name,
Nothing in our lives will ever be the same,
Your locked in our hearts and there you will stay,
Loved and remembered every single day.
But it's time now for you to rest,
In the arms of god above,
You have earned your place in heaven,
Looking over those you love.*



From his loving wife Ann. Sons, Kevin,
Anthony, Stephen, daughters in law and
grandchildren.

*Anniversary mass in St. John the Baptist
church, Carriganima at 6.00pm on Saturday
15th of February.*

4TH ANNIVERSARY



In loving memory of

**JIM
MURRAY**

Lackaduve, Clondrohid.
Who died on February 8th 2016

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



Always remembered by his wife Nora,
daughters Marie and Caroline,
son Jim and their families.

10TH ANNIVERSARY



In loving memory of

**BRIDIE DORAN
CURRAN**

*Sweet is your memory
Precious your name
Close to our hearts
You will always remain*

From your sister and brother



Thinking of you Mam and Nan

Love from your sons Myles and Paddy,
Grandsons Myles and Mason

2ND ANNIVERSARY



In loving memory of

**JAMES
O'SULLIVAN**

Horsemount, Ballinagree, Macroom
Who died on the 15th February 2018

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



Remembered always by Your wife Phyllis
and family

*Anniversary Mass in Ballinagree Church at
8pm on Saturday 15th February*

13TH ANNIVERSARY



In loving memory of

**BRIAN PATRICK
KELLEHER**

Ballytrasna, Lissarda, Co. Cork
who died 11th Feb 2007

*Your smiles we miss
Your laughter we treasure
Loving you always
Forgetting you never*



Lovingly missed by
Dad and Brothers

3RD ANNIVERSARY



In loving memory of

**SHEILA
O'SULLIVAN**

Gernapeka, Ballingearry, Co. Cork
Who died on 20th February 2017

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



Always remembered and sadly missed by
your loving family.

*Anniversary mass in Ballingearry Church on
Saturday the 15th February at 19.00.*

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

EILEEN O'RIORDAN

Frankfield, Cork and Cooldorrihy, Kilmichael

Died February 23rd 2019

On Eileen's First Anniversary, we, her brother, sisters, nephews and nieces wish to thank most sincerely those who sympathised with us on our recent bereavement.

Thanks to those who attended the rosary, removal, funeral mass and burial and to all who sent mass cards and letters of sympathy.

A special word of thanks to the Staff of Cork University Hospital and Marymount Hospice for the care given to Eileen during her illness.

Thanks to Fr. Pat O'Donovan and all the priests who attended the funeral ceremonies, the organist, soloist, sacristan, Fitz-Geralds Funeral Directors and the Castle Hotel.

Please accept this acknowledgement as a token of our sincere appreciation.

The Holy Sacrifice of the mass has been offered for your intentions.



Anniversary Mass will be held on Saturday February 22nd at 8.15pm in Cooldorrihy church.

5TH ANNIVERSARY



In loving memory of

BERNIE BERGIN (NEE MCELROY)

Nadrid, Coachford. Who died 17th February 2015.

We Remember Her.

In the rising of the sun and it's going down. We remember her. In the opening of the buds, and in the warmth of summer.

We remember her. In the rustling of the leaves, and in the beauty of autumn. We remember her. In the beginning of the year and when it ends.

We remember her. When we are weary and in need of strength.

We remember her. When we are lost and sick of heart. We remember her.

When we have joys we yearn to share. We remember her. So long as we live she, too, shall live, for she is part of us.

We remember her. When we grow old and forgetful we still know. God remembers her.



Always loved, never forgotten. Jim, Frank, Siobhan, Lisa, Damian, James, Lilly & Charlie.

Weep not that I have gone, Rejoice that I have been.

Anniversary Mass will be held on February 15th at 6p.m. in Coachford Church.

4TH ANNIVERSARY



In loving memory of

MICHAEL O'RIORDAN

Lake View MacLoneigh Macroom, Co Cork, who died on 18th February 2016

We lost a Dad, Husband & Grandfather with a heart of gold, How much we miss him can never be told, He shared our troubles and helped us along, If we follow his footsteps, we will never go wrong.

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

He was a Dad, Husband & Grandfather so very rare, Content in his home and always there, On earth he toiled, In Heaven he rests, God Bless you Dad, you were the best.

Each time we look at your picture, You seem to smile and say, Don't be sad but courage take, And love each other for my sake.



Sadly missed by your loving wife Josephine & family.

5TH ANNIVERSARY



In loving memory of

BERNIE BERGIN (NEE MCELROY)

Nadrid, Coachford. Who died 17th February 2015.

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



Always remembered by Your loving family.

17TH ANNIVERSARY



In loving memory of

MARY O'SULLIVAN

Carrigagulla, Ballinagree, Macroom, Co. Cork who died on the 6th February 2003

Your life was one of kindly deeds, A helping hand for other's needs. Sincere and true in heart and mind, Beautiful memories you left behind.



Love Billy, Patsey and Family



All Memorials, Prayers and Remembrances are to be submitted to the Lee Valley Outlook 1 WEEK PRIOR TO PUBLICATION

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3rd ANNIVERSARY



Treasured memory of

**MICHAEL
(MICK PETE)
O'SULLIVAN**

Ballyvoige, Kilnamartyra.

*The eyes we loved are sleeping
The hands that toiled are still,
The one who did so much for us,
Is resting at Gods will.
Loving thoughts of times together,
Memories of you will last forever.*



Dearly loved and sadly missed by his wife Mary, sons Peter and Sean, daughters Margaret, Norma, Michelle Sinead and Claire and all his grandchildren.

*Weep not that I have gone,
rejoice that I have been.*

6TH ANNIVERSARY



In loving memory of

**MARY
O'REGAN**

**Codrum, Macroom
Who died 18th February 2014**

*A smile for all, a heart of gold,
One of the best the world could hold.
Never selfish, always kind,
These are the memories you left behind.
As you were Mary you will always be
someone special in our memory.*



Fondly remembered by your Family ,
Grand Children and Great Grand Children
xxxx

6TH ANNIVERSARY



In loving memory of

**MARY
O'REGAN**

**late of Codrum, Macroom, Co. Cork
who died on the 18th February 2014**

*"Six years have passed since that sad day
when the one we loved was called away,
God took Mam home, it was his will,
but in our hearts Mam is living still"*



Sadly missed and always remembered
with love
Gobnait and Owen

**FIRST ANNIVERSARY
AND ACKNOWLEDGEMENT**



In loving memory of

**ELIZABETH
(BESSIE) CRONIN**

**Annahala, Toames, Macroom,
Co. Cork**

Died 17th February 2019

As we lovingly remember Bessie on her first anniversary, we her nieces Eileen and Mary O'Sullivan, and extended family, would like to express our heartfelt thanks and appreciation to all who sympathised with us on our sad loss.

Those who attended the rosary, removal, funeral mass and burial. Thanks to all who sent mass cards, sympathy cards and enrolments.

Thanks to the ambulance service personnel, doctors, nurses and staff of CUH for your care, compassion and kindness. To the staff at Macroom Community Hospital for their exceptional care and kindness to Bessie. To Martin and staff of Fitzgerald Funeral Directors for their professionalism in the handling of the funeral arrangements.

Thanks to Fr. John Keane who visited Bessie and said the rosary. To Fr. Joe O'Mahony who also visited her, and Fr. Pat O'Donovan for the funeral mass, and his kind words. Thanks also to the sacristan, the choir, and the grave diggers.

Thanks to the Castle Hotel, Macroom for looking after us on the day of the funeral. Thanks to all her good friends and neighbours who were always very kind to her.

As it is impossible to thank everybody, please accept this acknowledgement as a token of our sincere appreciation.



6TH ANNIVERSARY



In loving memory of

**MARY
O'REGAN**

**Codrum, Macroom
Who died 18th February 2014**

*Your name is often spoken
My thoughts are with you still
You haven't been forgotten
By me you never will*



Always remembered and sadly missed
by your son Michael

21ST ANNIVERSARY



In loving memory of

**PATSY
CORCORAN**

**Bellmount Place, Crookstown.
Who died on 18th February 1999.**

*Another year has passed and gone
But memories of you Patsy linger on
Treasured memories never grow old
Like falling leaves they turn to gold*



Always remembered by Mary, sons John and Liam, daughters in law Sue and Paula and grandchildren Sophie, Dylan, Sinead, Niamh and Ciara.

5TH ANNIVERSARY



In loving memory of our dear dad

**TOM
O'CONNOR**

**Crookstown
Who's 5th anniversary occurs on the
17th of February.**

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

*Your memory is a keepsake
from which we'll never part.
God has you in his arms,
We have you in our heart.*



Always loved and remembered by
Danny, Tony, Barry, Denis, Lisa and their
families. xxxx



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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

NORMA MCCARTHY (NEE WELDON)

Pound Cross, Crookstown Who died on 17th February 2019

As we lovingly remember Norma on her 1st anniversary, her husband Denis, children Eugene, Denise, Liz and James, daughter-in-law Lorna, son-in-law James, grandchildren Chloe and Harry, her sisters Marcella and Patricia, her brother Jerry wish to express our appreciation and gratitude to all who sympathised with us on our sad loss. Thanks to all our family, wonderful neighbours and friends, your constant support and help made a very difficult and sad time a little easier. Our appreciative thanks to all those who helped prepare our house which allowed us bring Norma home one final time. We also thank An Garda Síochána and Crookstown Vintage Club for traffic management and parking arrangements. Thank you to all who attended the rosary, removal and funeral mass, those who travelled near and far to be with us, those who sent letters of condolence, mass cards, flowers and all those who shared great memories of Norma.

We would like to express deep gratitude to Dr Peter Cronin, the ambulance service, all the wonderful staff in the CUH especially those in GA neuro ward and the ICU who cared for Norma during her final days. The care, kindness and professionalism which was shown to Norma and compassion shown to our family was incredible, we will never forget this.

Sincere thanks to everyone who participated in the mass and ceremonies, Canon Bernard O'Donovan, Fr Dick Browne, Bishop John Buckley. The choir for the lovely music provided and Sarah for the beautiful song at the grave. A special thanks to Fitzgerald's funeral directors for their kindness and professional guidance which was very much appreciated.

As it would be impossible to thank everyone individually, please accept this acknowledgment as a token of our sincere appreciation. The holy sacrifice of the mass has been offered for your intentions.



*It broke our hearts to lose you
But you didn't go alone
For part of us went with you
The day god called you home*

First anniversary mass on Sunday the 16th February at 11.30 in St Joseph's Church, Cloughduv

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

DAN LEHANE

Cnoc Saharn, Cill na Martra who died on the 20th February 2019

As we lovingly remember Dan Lehane on the first anniversary of his passing, his loving wife Sheila and family wish to express our heartfelt thanks and appreciation to all who sympathised with us on our sad loss.

We would like to express a sincere thank you to all who called to his home and attended the rosary, removal and funeral mass and sincere thanks to all those who sent Mass cards and floral tributes.

We would like to thank Fr Joe O'Mahony for celebrating the funeral mass and all those who participated in the funeral mass, with special thanks to the musicians. We express our heartfelt thanks to McCarthy Undertakers, Ballyvourney for their kindness and professionalism at this difficult time.

A special thanks to Dr John O'Riordan, Medical Centre Macroom.

We deeply appreciate the kindness and support of our relatives, neighbours and good friends at this difficult time.

We cannot thank everyone individually, please accept this acknowledgement as an expression of our deepest gratitude.



Dan's first anniversary mass will be celebrated in St. Lactain's Church, Cill na Martra on Friday 21st February 2020 at 7pm.

10TH ANNIVERSARY



In loving memory of

NORMA O'CALLAGHAN

O'Connor Park, Masseytown, Macroom Who died 21st February 2010

*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*



Missed by your loving family

2ND ANNIVERSARY



In loving memory of

DERMOT HORGAN

Raleigh South, Macroom

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



Lovingly remembered by his wife Margaret, Sons: Derry, John & Finbar and his Daughter in law Martina.

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GYMNASTICS COACH TRAINING AND JOB OPPORTUNITY: Amateur, creative gymnastics club Gleacaíocht Mhúscraí, Coolea hall, 4 classes on Wednesdays 2-6.30pm

Contact Frida: 083-1533256.

ED4

GUITAR LESSONS: Beginner and advanced guitar lessons available. Call: 087 7690756

NOVENA TO THE SACRED HEART



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

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LEE VALLEY DIARY

Lee Valley Speakers: Meet in Castle Hotel, Macroom, on 1st and 3rd Tuesday of each month at 8p.m

Father Ryan Hall Activities – Senior Citizens & Active Retired:
Tai Chi Classes – Starting Monday 3rd February @ 7.30 p.m. and Thursday 6th February @ 3 p.m. Bridge – Every Thursday morning @ 10 a.m. Bingo – Every Thursday night @ 8.30 p.m. and Line Dancing – Every Friday @ 2 p.m.

Dripsey Ambush, Fundraising Quiz: Table Quiz at the Weigh Inn Dripsey, Friday February 21st 2020 @ 8.00 p.m. Sponsored by The Dripsey Ambush Memorial Committee: it is in aid of the 2021 Commemoration (Centenary). The Annual Parade takes place on Sunday March 01, 2020 starting @ Dripsey Cross at 3.00 p.m.

Macroom GAA (Boys) Juvenile Registration: On Fri. 7th and Thurs, 13th Feb., 6,3 p.m. in the Pavilion, Castle Grounds.

Mass of Thanksgiving for Baby Kitty in Bealnamorrive Church on Friday 14th February at 7.30 p.m.

Inchigeela Hall Big Bingo Night; Fri 21st @ 8.30 in aid of Macroom Hospital

Rusheen N.S. /Bingo night in Rusheen: The Parents' Association will hold a Bingo Fundraiser on Thursday 27th, Feb. at 8 p.m. sharp in Aghinagh GAA Hall, P12 YH96. Everyone is welcome, including children from 3rd Class upwards. A prize fund of €900 including a jackpot of €150 is available and a there will be A Great Raffle. See You There.

Kilmurry HAA: presents Master-Brewer Dag Mueller and he will speak, demonstrate and share brewing tips. The event takes place on Feb. 29th @ 7.30 p.m., Heritage Room, Independence Museum, Kilmurry. A Special Guest will attend. Tickets are €25, €20 for non-

members/members and available from Mike, Sheila's shop, or by phoning 086/0593260.

Rusheen N.S. Enrollment: Enrolment of new pupils will take place in the school on Wednesday 4th of March from 2.00 p.m. to 3.00 p.m. Come along with your child. Enrolment pack are available on the night or by contacting the school at (026) 42733 or by emailing office@rusheenns.ie Induction morning for all new Junior Infants who enrol will be held on Monday, June 15th from 9.30 a.m. to 12 noon.

Coppeen St Patrick's Day Parade: Tues. 17th March in Coppeen: A Vintage Run begins @ 12 noon, parade at 3 p.m. with over 20 floats. Irish music & song, sideshows, children's races etc, promise a great day for all the family.

Macroom Library

Tots Time: Takes place on the first and third Friday of every month.

Story Time: Takes place every Saturday at 12.00pm.

Purlies Knitting Group: Thurs at 11 a.m.

Ciorcal Cainte will meet Thurs. at 11.30 a.m. Tá fáilte roimh gach éinne.

Juvenile Book Club: Sat. at 3.00 p.m.

We are pleased to publicise Lee Valley functions, fundraisers, sports events etc. in this fortnightly Diary. We may include commercial events that are also being advertised simultaneously in the magazine. Back issues of the Lee Valley Outlook at www.macroom.ie



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