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Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
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- please phone the pharmacy for a supply of your medicines or advice about your medicines.

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and disinfect frequently touched objects and surfaces



Stop

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Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



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Government of Ireland

EDITORIAL

COVID 19

We are in unparalleled times with the worldwide outbreak of Coronavirus. Declared a pandemic by WHO on March 11th 2020, Ireland has reacted swiftly and with due care for her people. St. Patrick's day was cancelled, schools, universities, pubs and nightclubs closed. The phrase 'flatten the curve' has become mainstream with the hope that we won't overwhelm our already fragile health care system. New vernacular such as social distancing and social isolation to protect our nation's most vulnerable. We have been asked as a country, a community of talkers, tea drinkers, pints and craic, to come together by staying apart.

As our president, Michael D. Higgins said "Inter-generational solidarity has been one of the greatest resources of contemporary Irish society. Future generations, it is my belief, will look back at this critical time, and I hope that they will be proud of how we as a society rose to the challenges

together, with different generations taking account of one another." He also goes onto say that we are at a crucial point now where our actions have consequences not only for ourselves as individuals but for society as a whole. We have only one shot to get this right, to ask ourselves, what we as a community can do to help each other and support each other through this.

As a community I think it's safe to say collectively a massive thank you to all those brave medical staff fighting the virus on the front line. Let's do what we can, to support them and staying home.

If you would like your COVID-19 support services and good news stories published, please email all articles to leevalleyoutlook@gmail.com

Editor - Sarah Kate Murphy

Macroom Senior Citizens

MEALS ON WHEELS

Our Meals on Wheels service which consists of soup, main course and dessert is still operating six-days a week Monday to Saturday at a cost of €7 per day.

During these difficult times if anyone needs help or meals delivered please contact us on 026/41698 or 089/2662192.

MACROOM SENIOR CITIZENS ACTIVITIES

Due to the Coronavirus all our activities including Bingo, Bridge, Line Dancing, Tai Chi, Painting Classes and Chiropody service have been cancelled and our Charity Shop is also closed.

MC EGAN MUSINGS



Training in CPR for the whole school community at McEgan



Mr Brian Devane and Paul Lynch demonstrating CPR to McEgan Pupils

McEgan College Students Complete National CPR Course -CPR 4 Schools -with Irish Heart Foundation

The entire student body of Bishop Mc Egan College recently trained on how to deliver Quality CPR, how to use an AED and how to communicate with the National Emergency Services. Bishop McEgan is the first school in Macroom to take part in the nationwide initiative from The Irish Heart Foundation, and it is a great achievement to see all students fully trained in this life saving skill. The students were certified from the I.H.F. on Tuesday March 9th, after completion of their training. The students worked on the five links in "The Chain of Survival" and were taught the importance of knowing your Eircode in the case of an emergency. Eircode provided

materials and cards to assist students in identifying their location to the Emergency services. The students learned how to establish if a person is in Cardiac Arrest and the difference that early intervention and good quality CPR makes to the survival of a life. Almost 70% of all Cardiac Arrests occur in the home and now McEgan students are in position to provide aid to a casualty until the ambulance services arrives, which could be the difference between life and death. McEgan College students will be further trained in more progressive life skills which will benefit the Community for the years ahead. Well done to all the students and the trainers. A special thank you to first responder Paul Lynch, for his expert skills and help on the day.

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IMPORTANT PLEASE STOP AND READ THIS

INFORMATION FOR PERSONS COLLECTING PRESCRIPTIONS

In the interest of Public Safety we are asking all patients to phone us to order repeat prescriptions two days ahead.

If you have visited the doctor and need a prescription, please ask your doctor to email or fax the prescription WITH your contact details.

This action is reduce the Coronavirus (Covid-19) risk to everyone particularly those at high risk.

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Coronavirus

THINK PHARMACY

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your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid
touching eyes, nose, or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces

- Washing hands with soap and water is just as effective as an alcohol-based hand rub
- There is no evidence that using masks is of any benefit to people who are not sick

Thank you for being so patient in these unprecedented times, please stay safe and keep on isolating and cocooning.



Social Distancing Walks on your Doorstep

For many of us, our daily walk is our saving grace. The desire to get out of the house and enjoy the beautiful spring air is encouraging many families to explore local parks and beaches. Whilst this is a great idea, many popular places have become overpopulated and are putting us at risk. If you are looking for a walk, away from the crowds that would facilitate Social Distancing then, perhaps to consider what's on our doorstep.

Mushera Mountain is just a short drive north of Macroom town, it has an elevation of 664m and is the highest point in the Boggeragh Mountains. Muisire Mór, meaning "great [mountain] of the Múscraige" offers eye-watering views over Macroom town to the south. Just beyond the Millstreet Country Park entrance, you can enjoy beautiful views over the Derrynasaggart ranges, St. John's Well and Limerick on a good day.

It is an ancient place of worship with several cairns, holy wells, standing stones and wedge tombs located in the area, and once at the top, it is easy to see why it's such a sacred place. To access the summit of Musheramore, start at the car park at Millstreet Country Park, and follow the route over the style. For those looking for an easier walk, the road towards Knocknakilla Stone Circle offers beautiful views, plenty of sheep and beautiful mountain peat bog, grasses and heathers.

Remember to follow HSE guidelines:

- Avoid an area if it looks busy.
- Go somewhere else for your walk or enjoy the scenery from the safety of your car.
- Keep 2 metres apart on walks.
- Keep group sizes to a minimum.
- Don't arrange to meet up with other groups.

Coronavirus COVID-19 HSE Public Health Advice

Social Distancing Outside
Spending time outdoors is good for our health. But social responsibility is essential for ALL our health.

- Avoid** close contact with others
- Distance** yourself at least 2 metres (6 feet) away from other people
- Small group** sizes should be kept to a minimum
- Don't arrange** to meet up with other groups
- Avoid** an area if it looks very busy and go somewhere else for your walk

For Daily Updates Visit www.gov.ie/health-covid-19 www.hse.ie

Ireland is operating a risk strategy in line with WHO and ECDC advice

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Photos: Sarah Kate Murphy

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MACROOM FAMILY RESOURCE CENTRE

@Preschoolerskeptbusy keeping those little minds and hands busy during this extended period at home

Louise, Amanda and Gina from Macroom FRC have come together to give parents some simple ideas on how to keep children's learning and development on track in the home environment. We try as best we can to only use household items in our activities that parents don't have to leave the house to get. All our activities are free and aimed at preschool aged children, but we do encourage the whole family to get involved. Activities are aimed at all developmental areas to ensure holistic experiences. For more great ideas follow the girls on Instagram @preschoolerskeptbusy. A minimum of 3 activities will be posted daily these will include more activities like above, more art & craft, baking and much, much more. We also have lots of hints and tips on developing routines and visual schedules to help children adapt to these new circumstances. For now, here are a few pictures of simple activities for the children to do at home. We look forward to welcoming all our children back to Macroom FRC in the near future.

Fine Motor Activities:

Peg- It

What you will need: Pegs and a tin/basket
 What to do: Allow the child to use their thumb and index finger to open the pegs to put along the outside of the tin/basket and children will have to take them off again

Great For: Fine Motor, muscle strengthening exercises

Squeeze It

What you will need: two bowls and a cloth/sponge

What to do: Fill one bowl with water. Put the cloth into the dish with water to soak it up and squeeze it into the empty bowl. Keep going until all the water is transferred

Great For: Muscle Strengthening, Sensory

Gross Motor Activities:

Morning Exercises – Each morning exercises are put up online to get the whole family up and moving

Alphabet Movement

What you will need: All the family involved
 What to do: Pick a theme e.g. transport. Adult asks can you think of some kind of transport beginning with the letter A... sounds like.... Give hints to make it a little easier.

Child must guess.... E.g. Aeroplane and

everyone moves around the house like an aeroplane.

Great for: Gross motor, imagination, letter and sound recognition and cognitive development

Art, Craft and Creativity

Daily Newspaper

What you need: Colours, pencils, materials
 What to do: Each evening sit down together and draw a picture of your favourite memories from the day. Write what the drawing is and date it. Keep all the drawings and at the end you will have created a lovely memory book together

Great for: Language skills, fine motor, creativity, memory skills

Sensory Play

What you need: Rice, some cups and spoons
 What to do: Put some rice into a container. Let the children explore it using their hands, spoons and cups. The can spoon it into cups and pour it from one container to the other.

Great for: sensory, fine motor skills and independence skills.



MACROOM ASLYUM SEEKERS

It is now seven months since the arrival of the asylum seekers to the Riverside Park Hotel and the hotel is operating at full capacity with over 100 residents. All those residing here are families, and of these there are 55 of school going age. A couple of new babies have been born here since their arrival also.

The countries represented are South Africa, Syria, Albania, Nigeria, Georgia, Zimbabwe Tanzania

Somalia, Malaysia, Iraq. Since arriving, many have become involved in a voluntary capacity in groups and organisations and have engaged in courses of various sorts. They were very much involved in the international section of the Food Fair in Macroom Food Festival, last October where they cooked and presented their native dishes.

Some are involved in Tidy Towns, Men's Shed, Girl Guides, Athletics, Soccer and working in various outlets such as charity shops. Some adults have participated in adult education doing classes in Art, English, Relaxation, Retail and attending bead making classes at the hotel. Others are doing online courses and assisting in NASC and other places, and some participated in the Parish Mission. Volunteers from the hotel made a significant contribution to the erection of the Christmas lights in Macroom, spending several long evenings at work with locals. In school the children have been involved in cultural events and others have attended various activities in Macroom Youth Reach and other groups.

The families in the hotel were moved to Macroom from other centres and did not arrive directly here. Those in the system for 8 months are eligible to apply for work permits and if successful can take up work after nine months. Many are in the country over the nine months, have attained work permits and a few have already gained some local employment. The families have applied for refugee status and must complete comprehensive documentation and attend for interview in Dublin and then await the outcome. There is no definite timeframe on this, but it takes many months and even years in cases. If successful, the families

can then seek residency and again this takes some time.

Those areas where residents are finding most difficulty with are cooking, transport and lacking space, where the families, including parents and children share one room in most cases. Not having access to cooking facilities to prepare their own meals is something that is missed. Transport is a difficulty, not having a bus stop locally.

The hotel itself has been modified internally, with the provision of a large recreational area with TV and a kid's corner, while the car park outside is used for football. The residents benefit from various visits from specific support services on a regular basis. A Facebook Page was set up, 'Macroom Friends of Asylum Seekers', and this has served to address some of the material needs. Residents are grateful for the welcome that they received since arriving in Macroom as they were landed into a strange place, with very little advance notice and with much anxiety.

There have been many offers of support from local and this continues on an ongoing basis, and those with queries can contact the hotel at **Riversidemanagement@nextweek.ie** or on 026/20093, particularly so if there are any opportunities for some local work. Several residents, male and female, now have work permits and are most keen and anxious to avail of any opportunity to get a start.



Group of regular Tidy Towns volunteers and new asylum seekers pictured last Autumn going planting spring bulbs and litter picking.



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We Will Overcome - Ní neart go cur le chéile – strength in togetherness

Con Kelleher

Like no other topic in recent memory, The Covid-19 pandemic has captured our attention. This is so because it is a threat to our lives and our health, to our social activities and to our jobs and the economy. It seems unfair that when people were putting the woes of the latest recession to the back of their minds the corona virus strikes. Further, we saw and heard of the damage in China and know what is happening in Italy.

A young man well known to me, when he was young, had a sign on his bedroom door and another on his wall. The outside one went 'No Girls Aloud' (sic) and 'Nasty Things Happen', the latter expressed more earthily and bodily. It was quite philosophical for a ten-year-old. But it is true and now both our country and the world have 'nasty things' happening.

The Black Death or Bubonic Plague (1340s-1350s) was caused by *Yersia pestis* and resulted in an estimated 75-200 million deaths in Europe and Asia, and killed 30%-60% of Europe's then much smaller population. One effect was a boost to the English language in Britain because 'clever' lay people, without Latin, were quickly ordained. Before that, Latin and French were the languages of religion and government and the elite. During the Great Irish Famine 1845-52, of eight million, about one million extra people died and another 1.5 to 2 million quit the island 1846-1856. Most of the famine deaths were caused by infections and not starvation. There was another famine in the eighteenth century and may have killed proportionately more Irish people. Hunger and starvation struck again in the West of Ireland in the 1880s.

In the twentieth century we had two World Wars, the Spanish 'Flu, the first and second uses of atomic bombs and many other catastrophes. In this country we had the War of Independence and the Civil and Economic Wars. From 1939-1946 the country experienced the 'Emergency', and in the fifties about 400,000 Irish people were forced to emigrate. Between 1800 and 1921 about eight million Irish people were mostly forced to leave the country and the 1980s saw another upsurge in emigration. Tuberculosis (TB) was a big 'killer' in Ireland until the 1960s. For example in 1916 9,323 succumbed to TB (the Irish population in 1911 was c. 4.39 million). Global warming is the issue of our time and threatens civilization.

The Spanish 'Flu killed about 17 million 1918-20 worldwide (some think the figure may be even as high as 100 million) and about 23,000 in Ireland, more than the combined Irish deaths in the War of Independence and the Civil War. Despite the limited travel at the time, the pandemic reached almost every part of the world. A feature was that the 'flu struck quickly and affected many young adults, and it left many orphans. About 35,000 Irish people lost their lives in WW1 (1914-18) or an average of 7,000

per year.

The above is not to depress but to give perspective. While the numbers which came out of China were big, we must recall that it has a population of about 1,437.7 million (300 times the size) and Italy's is about 60 million, or 12.5 times as big as ours. For proper comparison we can divide the Italian numbers by 12.5.

As I write today, Saturday 21 March 2020, the numbers in Ireland (R.o.I) are 683 cases, three deaths, with twelve patients admitted to intensive care. These numbers are bound to rise. Compared to the huge numbers who died in the Famine and the Spanish 'Flu the numbers are still thankfully small.

Although so far there is no cure for Covid 19 many drugs are being tested and some such as chloroquine (Plaquenil) have promise. Plaquenil is an anti-malarial medicine, is cheap and available, and has a good safety profile. All new drugs and new uses of existing older drugs must be assessed for effectiveness and safety. Remdesivir, an antiviral, is also showing promise in trials. The Japanese anti-flu drug, made by a subsidiary of Fujifilm, favipiravir also has potential. The development of a vaccine is probably the best option but that takes time, and then it must be tested for effectiveness and safety. Mercifully, for about 80%, the illness is mild, but 14% become quite ill and about 6% become very ill. In China, emergency teams sent to Wuhan have been sent home or are going abroad to help other countries in the fight

While it is a cliché to say that prevention is always better than cure, it is absolutely true of Covid. The virus is spread by contact – droplets, shared surfaces and clothing, and faecal-oral contamination. Like other infections, coronavirus grows exponentially. This is because, like a chain reaction, the number of new infections tomorrow depends on the number of uninfected people today. Exponentially growing infections have a "doubling time," that measures how quickly the infection is spreading through a population. For example, in most European countries at the moment, the doubling time of coronavirus is about three days. If one infected person enters the country three days later two people will be infected.

On day six, four people will be infected; on day nine, eight people will have gotten it. The numbers get large quickly, and become overwhelming. Without interventions like social distancing, the virus will take the same amount of time to get from one thousand to one million as it has taken to get from one to one thousand. However, the doubling time depends not only on the virus itself but also on our behavior. So, the 'trick' is to take as many steps as possible to prevent new infections. For example, if the doubling time stays around three days, the virus will take about two months to infect a million

people: enough to totally overwhelm emergency rooms. If we increase the doubling time to 10 days, it will take almost seven months to reach this figure: still not great, but it gives us a much better chance to build up capacity and prevent unnecessary deaths. And, hopefully, in these extra months, better treatment options will have arrived.

So how do we prevent the infection spreading? Basically, we do it by following the rules:

1. Scrupulous handwashing.
2. Scrupulous coughing and sneezing etiquette.
3. Do not shake hands or hug.
4. Clean surfaces particularly but clean everything.
5. Keep your distance – at least 2 metres or six feet is recommended.
6. Social isolation. Keep contact with others to a minimum. Avoid social gatherings, including extended family occasions. (Bushing in the Castle Grounds, Macroom, or anywhere else flies directly in the face of safe practice.)
7. Social cocooning for the vulnerable.
8. Keep active physically and mentally.
9. Being outside in the fresh air is healthy and safe
10. Watch out for your neighbours and help where and when you can.

The message is that the Covid 19 pandemic is temporary and no or very few new cases are being recorded in China. **The better we behave, the less severe will be its impact and the shorter the pandemic will last.** The illness is mild in 80% of cases and there are some promising treatment options being researched. More than 80,000 have recovered from the illness.

Finally, I would like to thank all our Health and HSE officials for their wonderful efforts so far. The mind boggles at what this society could achieve if the same efforts could be applied to housing and other problems. The medical community has been fantastic, especially the nurses, lab technicians and ambulance people as have been shop owners and assistants and many more.

The reaction of people in acts of kindness has been heart-warming. We must keep up the good work and continue to help each other. Take one day at a time. Take care of yourself and help others.

Remember 'We Will Overcome' through practicing 'Ní neart go cur le chéile' - strength in togetherness.

I thank my son Colm with the 'maths' and proof reading.

EST. 2004

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St Joseph's Primary School

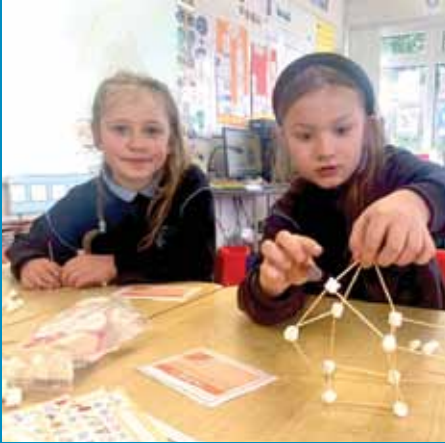
Engineering Week

Engineering Week which was from March 2nd to 6th was an excellent success with both children and staff learning loads! We, at St. Joseph's, would like to send a huge 'Thank you' to all who helped make our recent Engineers Week such a success, particularly all our engineer parents who gave their time, knowledge and expertise to expose our students to the endless possibilities that engineering can provide. In particular, we would like to thank Maeve Deasy, Alice da Silva, John Sheehy, Denis Paul Bradley, Lynda Hurlley, Colette O Connor and Jeremy Kelleher, many of whom are also past pupils. We learned about wind turbines, rockets, medical devices, computers, water filtration as well as different types of engineers and the important roles they all play. We are sure their presentations, activities and experiments will inspire several of our students to follow in their footsteps in the future! Our younger pupils enjoyed a workshop from Lismore Heritage Centre. We would also like to thank local company, Wright Medical for

all their efforts in arranging a site visit for our 6th class pupils, which had to be cancelled at short notice. Hopefully, we will get to see all the important work they do at some point in the future. Well done to all the teachers who arranged additional activities in class during the week. The positive response from students was fantastic. Thanks finally, to Olive Murphy and Analog Devices for their donation of native Irish trees for planting in order to highlight the environmental implications of carbon emissions.

During these difficult times we wish all our pupils, parents, grandparents and staff the very best. Remember to practice social distancing and to wash your hands regularly. We hope to see you all back in school soon, until then, take care and look after each other.

Ní neart go cur le chéile!



D'éirigh go h-iontach le ceoltoirí Scoil Abán le déanaí i Scór na bPáistí an tarna áit sa ghrúpa ceoil a bhaint amach! Maith sibh cailíní!



Beal Atha Ghaorthaidh u12 in Pairc Ui Chaoimh playing half time Cork v Derry game



St. Joseph's Primary School

NUI Panel - Seanad Éireann

Laura
HARMON

Vótáil #1
www.lauraharmon.ie



Return ballots before
March 31st



A Chara,

I am asking for your #1 vote in the Seanad NUI election.

I want to be an active Senator in the community who is not based up in Dublin all the time and I will stand up for Munster in the Seanad and hold regular public meetings so that people can have their say on the issues that matter to them.

We have been promised Seanad reform over and over again and nothing has been done. I will push for voting rights to be extended for the Seanad. I have the track record and the vision to make a big impact in the Seanad. I don't see the Seanad as a consolation prize, I see it as a forum to effect real change and to amplify the voices of minorities.

Education is a priority of mine and I will ensure that I am active as a Senator in calling for increased funding for all colleges. The cost of rent for students and for all people is astronomical and as a renter myself I fully support a rent freeze. Students and their families have it hard enough as Ireland now has the highest college fees in Europe. If we are to maintain quality and access, we need to ensure that the sector is funded properly and that students are supported.

If I am elected to the Seanad, I will introduce legislation to effectively deal with hate crime in Ireland. It is shocking that Ireland lags behind other European countries in not having proper hate crime laws in place. In recent months, we have seen a rise in hate crime attacks on LGBT people, women and migrant communities in Ireland. In particular, the current law does not effectively deal with the issue of online hate crime which is unfortunately on the rise.

Other priorities of mine include: universal free contraception, collective bargaining legislation for workers, investment in public housing, investment in childcare and climate action and fair pay for public sector workers.

Originally from Gaeltacht Múscraí, Co: Cork, it was during my UCC days when I became political. I came out as gay when I was in college and this politicised me and I knew then I was not going to stay quiet about the inequalities in our society.

I narrowly missed out on a seat in the last NUI Seanad elections in 2016, placing fifth out of 30 candidates. Aged 33 I am one of the youngest candidates in the Seanad NUI election. During the campaign to repeal the Eighth Amendment, I served as national Head of Mobilisation for Together for Yes. I am a former President of the Union of Students in Ireland (2014/2015) – I was the first woman to fill that role in 20 years. In the lead up to the marriage equality referendum, I led the student campaign that registered 30,000 new voters.

I am passionate about change and equality and I want to bring my experience to the Seanad. I am asking all NUI voters to consider giving me your number one voter or highest preference. Please make sure to post your ballots by free post before March 30th.

Further information is available at www.lauraharmon.ie or on Twitter, @Harmonica26 #HarmonForSeanad

*Thank you,
Laura Harmon*



Báile Mhuirne/Cúil Aodha

Linn Snámha Conchúbar Ó Laoghaoire (Coolea Swimming Pool)

An Samhradh 2020: Tá ana áthas orainn go mbeidh an linn ag ath-oscailt ar an Aoine, an 22ú do mí Bealtaine.

Ranganna snáimh agus tarrthála sa linn 6ú - 10ú Iúil

3ú (lá saoire baince) - 7ú Lúnasa

Meastúchain agis clárú ag tarlú cupla lá roimh na ranganna

Lean sinn ar Facebook: Linn Snámha Chúil Aodha do tuille eolas nó

cuir ríomhphoist go linnsnamhchuiladha@gmail.com

Summer 2020: We are delighted to announce that the pool will re-open on Friday the 22nd of May this year. We look forward to seeing you all! Swimming and lifesaving classes will take place this summer during the weeks of: 6th -10th July 3rd (bank hol) - 7th August. (Assessment and registration will take place in the days leading up to the classes). Follow us on Facebook: Linn Snámha Chúil Aodha for more info and updates or email linnsnamhchuiladha@gmail.com

Leabharlann Bhaile Mhuirne

Well our doors may be closed at present, but you can still enjoy a lot of Cork County Library services online.

If you are not currently a member of the library, you can now become a member at this time by going to the Libraries Ireland website at <https://www.librariesireland.ie/join-your-library> and following the instructions there.

This will enable you to have access to our online services.

If you have any questions, please contact Cork County Library at 021 4546499 or email corkcountylibrary@corkcoco.ie.

The online services include access to e-books, e-audio books, e-magazines, e-newspapers, e-learning courses, and 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.

You can also follow Cork County Library on Facebook and Twitter (@Corkcolibrary) for all our up to date news and information and some hints and tips on how to let us help you through this peculiar period of our lives. Be assured that while our doors are closed, we are busy working on ways to bring as much of our service as we can to you. We are also working on projects that will ensure that when our doors open again, we will be able to offer you a wonderful library experience with up to date stock and interesting events.

I miss meeting my regular customers, but I look forward to being able to

open the doors as soon as it is safe for us all to mingle again. In the meantime, I really hope that you will find some of our online services of use to you and the younger members of your family. If you have older family members who are not familiar with accessing online services perhaps this would be a lovely time for you to read to them either from an e-book, e-magazine or e-newspaper. Remember this can even be done over the phone if you are not able to visit in person.

There is an Irish saying **Ní neart go cur le chéile**, it means There is no Strength without Unity or A Chain is only as Strong as its Weakest Link. During this health crisis our strength and unity is in staying apart. This is what will make the chain strong. Don't be the weak link! To protect yourself and your loved ones of all ages please follow the Social Distancing guidelines as advised by the HSE and their advice to:

- **WASH YOUR HANDS PROPERLY AND OFTEN.**
- Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.
- Put used tissues into a bin and wash your hands
- Do not touch your eyes, nose or mouth if your hands are not clean.
- Do not share objects that touch your mouth – for example, bottles, cups.
- Do not shake hands.

Ní Neart go Cur le Chéile

CLONDROHID COMMOTIONS:

COVID 19 INFO ON COMMUNITY SUPPORT FROM DEPT OF RURAL AND COMMUNITY DEV. FOR VULNERABLE PEOPLE:

DO's

- DO remember that help and advice is only a phone-call away
- DO make yourself aware of contact numbers for vital services and keep these numbers handy
- DO keep in touch with neighbours
- DO ask to see identification if a stranger call to the door. If in doubt, call the organisation they claim to represent for verification.
- DO remember to practice social distancing, keeping a space of two metres between you and other people
- DO follow HSE guidelines around hand washing, sneezing and coughing into your arm or a tissue

DON'TS

- DON'T answer the door to someone you don't know unless you feel comfortable doing so.
- DON'T shake hands with anyone that might come to the door.
- DON'T let someone into your home unless you know them, or it is absolutely necessary.
- DON'T give ANY personal details including your

bank details or your credit/debit card to anyone you don't trust, whether in person or over the phone.

• DON'T interact with other vulnerable members of your community. If you have any symptoms of illness. DON'T be alarmed by false information on social media. Stick to HSE advice

CLONDROHID PARISH ACTIVE RETIRED: This group has their own group messaging facility and each day bits of info, anecdotes, poems, prayers etc. are passed on by Secretary Mary. Only what is suitable and correct is passed on as there is a lot of false info out there. About 2 messages per day is the norm. If any member would like to share something, they can do so by contacting Mary on 0872036947

We all need to look out for each other, make that phone call or sent a text. Obey the rules especially on social distancing and washing hands and disinfecting.

A suggestion by one member is every time you wash your hands, say a Hail Mary, it takes that time to wash your hands as recommended. A lot of members and many others besides in

Clondrohid are lighting a candle in a window at night around the same time and saying prayers. Uniting together though separated. Please use a battery candle for safety. A novena to the Sacred Heart for nine days. Daily Mass is available on the channel RTE NEWS NOW at 10.30 am each day on Saor View Channell 22 and Sky 521

There is also a Parish Council and Clondrohid Parish messaging service. Fr Joe's number is 0872712058

Healy's Spar Shop has offered to do home deliveries if required. Contact them on 026 41233 Great to see everyone in Clondrohid doing the best they can and putting their shoulder to the wheel.

CLONDROHID GAA have put a slogan up in face book saying WE NEED TEAM PLAYERS. Covid 19 will only be beaten if we ALL take it seriously and ALL do the right thing. Social distancing saves the lives of our parents and grandparents and relatives with health issues. Be responsible, don't go out in Groups, risking lives.



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Ford Transit WLTP Fuel consumption 8.0 l/100km - 9.0 l/100km; CO 2 Range 211g/100km - 236g/100km.
March Registrations. Prices Quoted have all Supports Removed.

History

HIGHWAYS AND BYWAYS

The Working Life of Paudie Bradfield by Michael Goulding

When we travel the roads of County Cork, it's unlikely we give much thought to their construction or their origin. While motorways are a relatively new development, the rural roads and boreens can often follow ancient bridle paths with their twists and turns from an era when it was common to go around obstacles, such as hills etc., or cross rivers and streams at their lowest point. When Cork County Council came into being in 1899, responsibility for the upkeep of thousands of miles of roadway and bridges etc. rested with them and many generations of the same family worked for 'The Council' and do so up to the present day.

Paudie Bradfield of Bealnabla, now in his 93rd year, worked for Cork County Council all his life, as did his father, Jeremiah, and brother, John Joe. He joined the Council in 1944 as a fulltime employee but prior to that had been a tea boy for road maintenance gangs at the age of 12. When Paudie began his working life, most roads were constructed of stones picked from fields by farmers and dropped at designated points where groups of up to three council men would spend their day breaking the stones with lump hammers into 2" size, for road construction. They wore steel goggles to protect their eyes and each man was expected to break up to three tons per day. A County Council engineer could pick stones at random to see if they would pass through a 2" steel ring gauge. If a sample stone didn't pass through, 'there would be trouble.' During WW2, council men worked cutting turf in bogs such as at Annahala and Nadd. He recalls being collected by lorry in Kilmurry and spending all day footing turf in the bog. Even though the work was hard, it was healthy, being in the fresh air and enjoying the company of local men such as Mattie Corcoran (who later became a priest)

and Timothy (Sandy) Corcoran, well known for his wit and good humour. They would have their breaks drinking tea from billie cans, kept warm over a campfire.

Paudie has also dug graves at times and was a member of the LDF (Local Defence Force) during WW2, he can recall training with a Springfield rifle and marching with the regular army in Bandon town on the South Main Street.

With the JCB and such machinery far in the future, road maintenance was carried out with tools such as slashers, billhooks, grubbers and shovels, etc. Each Council man would maintain his own particular area and knew all the drains and culverts there. In the summertime, contractors from Waterford would use a steamroller for tar and chipping the roads. They would be away from home for months at a time and stayed in a 'living van', (a wooden caravan fitted with bunks and stove, etc) towed behind the roller and usually parked at a convenient crossroads. He recalls these men playing the melodeon in the evening, they're days' work done, but would be up early again the following morning to get the fire going in the steam engine. It was for a crew such as this that Paudie had worked as a tea boy, making sure that their stove was lit and the all-important billycans of tea were available to them. Men worked on the roads in all weathers without the benefit of modern rainwear. 'If you got wet in the morning, you'd be wet for the day.' The men were overseen by a foreman, known as a 'ganger'. Paudie was promoted to a ganger himself and would collect the men each morning in a Ford pickup with a workman's hut mounted on the back. He would drop them home in the evening and kept account of their hours in a logbook.

Paudie attended Bealnabla National School, walking there and back every day, he is the oldest



Paudie Bradfield, road worker of times past

surviving past pupil. His teacher was Mr. Fleming. Paudie featured in the recently published book on the history of the school, launched in Kilmurry Museum in 2019. His school days were happy, playing football with stones or jackets for goalposts and recalled many a match on the quiet roads of the time. He recalls the practical jokes people played in his youth such as one played on a man who had a few pints too many in Bealnabla. While he had a snooze, some local characters removed the wheels from his donkey cart and reassembled the donkey and cart inside the pub. When the man awoke and made an effort to leave the pub, he said to the donkey, 'can't you go out the same way you came in.'

I would like to thank Paudie for his time and memories in compiling this article.

Michael Goulding



St. Joseph's Primary School



Laura Cronin, Toonsbridge & Inchigeela who left a package for her grandmother Mrs O'Mahony, a patient, on Mother's Day at Macroom Community Hospital. The Hospital is closed to visitors. The hospital continues its care of patients as usual. The ambulance continues as usual. © Con Kelleher

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Macroom's Boys National School locked due to Covid. © Con Kelleher



Macroom GAA Castle Grounds pitch - no feet, no footballs. © Con Kelleher



Macroom Garda Station, open and working. © Con Kelleher



The Tricolour flies high over Inchigeela as a tribute to all our health workers and those who look after us daily

History

The End of the Road

Máire MacSuibhne

After more than half a century's debate, plans and promises and countless millions spent on studies and consultations, it seems that travelers from Slieveveagh and Ballyvourney to Macroom and beyond may well take a new route before 2025. Work has finally begun on the long awaited Macroom Bypass. May all who work on it and eventually travel on it do so in safety and health, while sometimes remembering the scenic if tortuous N22 from Mons to Ballyvourney.

There follows a report written for the West Cork News, a supplement of the Irish Examiner, many decades ago. Seán Ó Muimhneacháin and the late John Kelleher N.T. contributed much information to.

History

The stretch of road from the Halfway House to Ballymakeera- Ballyvourney, on the way, to Killarney, well qualifies for a preservation order as an historical monument to the convoluted minds of the road makers of another age. Emigrants returning after an absence of forty or fifty years are known to bemoan the changes brought about in the name of progress. They complain that towns, villages and roads are unrecognisable. But people retracing their steps to the Coolavokig area can wallow in nostalgia as bends, humps and hollows are precisely the same. And they can console themselves, if not the residents, with the thought that there is little fear of any immediate changes. The E.C., in its 1989 – 1993 Operational Programme of Peripherality, has allocated £13m to a 13km stretch eastwards from Sliabh Riach, but its utilisation doesn't seem imminent.

But sarcasm aside, it is a most interesting bit of road. The Halfway House earns its name - it is halfway between Cork and Killarney and half-way between Macroom and Ballyvourney. It is known locally as the Mons. Many explanations are offered for the title. At one time, the house is reputed to have had only female occupants. In the local Gaeltacht area, it came to be known as Tigh na mBan and this was anglicised into Mons. In direct contradiction to this is the theory that a colourful gentleman who lived there was referred to by neighbours as the "Mon". The third suggestion is that, since the Halfway House was the only pub for miles around, it was a favourite drinking spot. It is reported (not very reliably) that a bloody battle was fought there after closing hours one night during the First World War. A local wit later compared the brawl to the Battle of Mons and the name stuck.

Whatever the origins of the name, the Mons is

a noted landmark. In the late '50s and early 60s an open-air platform flourished just east of the crossroads, in the townland of Lisacreasig - "the fort of the savage or glutton". Music was supplied by local musicians, particularly the White Heather Band. Many a middle-aged couple will recall that they first met while trying to evade the midges at tree-sheltered Mons platform, on the banks of the Sullane.

The owners of the Halfway House had farm buildings at the other side of the main road. In front of these, on the roadside, was a long stone bench where passengers from Cill na Martra, Renaniree and Clondrohid waited for the Ballyvourney bus. This bench was known as "The Hob". It was a great gathering place on summer evenings and Sunday afternoons. Here the male population congregated to play "Pitch and Toss", to gossip and to watch the world go by. On Whit Sunday, when all roads led to St. Gobnait's in Ballyvourney, small children went only as far as the Hob, from which they had a grandstand view of the passing traffic. John Kelleher, a local teacher, penned the enclosed lines in memory of wonderful hours spent at The Hob.

THE HOB

Those days are gone forever,
those days of long ago,
When in joyful mood, we gathered at the Cross-
We were not small in number, we sometimes
reached a score,
And manfully, we played our Pitch and Toss.
Our hearts were light and airy, our laughter loud
and shrill.
Our thoughts were always 'resting on the job'.
The rivalry was always keen, 'twixt Timmy, Tadhg
and Bill,
On those evenings when we met down at the
Hob.

Some were young and merry, full of laughter
and of song,
Some indeed had reached the twilight of
their years,
Some had sampled life's mixed basket and
shared it right and wrong,
Some had tasted of its sorrows and its tears.
But to some the sound of laughter and the loud,
resounding cheer
And the ne'er to be forgotten burst of song
Seemed to banish all their troubles,
their sorrows and their fears
On those evenings when we met down
at the Hob.

And when the game was over, we reclined

upon the seat.

Some talked about the topics of the day,
The prospects of weather, the sunshine and
the heat,

The efforts made to cut and save the hay.
Others spoke of matches; the old ones had
their say

Of men of yore who wore the red of Cork,
The arguments were friendly but the young folk
used give way
On those evenings when we met down at the
Hob.

Alas, those days are over, the famous
Hob has gone
But has left us with the memories of the past
The arguments, the topics, the little bursts
of song

That will be precious treasures while we last.
Those days we will remember; those days of
long ago,

The voices of old John, Tadhgeen and Bob
Seem to haunt us and remind us of those
happy days of yore

That we spent in joyful mood down at the Hob.

The Coolavokig road is reputed to have been built in 1820 so Daniel O'Connell was probably a frequent early user on his way from Derrynane to the Law Courts in Cork. Prior to that, the main Cork- Kerry road, Bóthar na Réidh, ran further north to Uisce na dTrí dTeorainn, passing by Cuasán, Ardeen, Shronegare (Sruth na gCaor), Páirc na gCeartan and Tobar an Ghabha. During the Famine, the Board of Works road was made from a point west of Coolavokig school and stopped short in the middle of a field about 20 yards from the main road at Mons. It is interesting to note that plans for the straightening of the road, under the Programme of Peripherality, take the same line as the Famine road. Will they too lack implementation after 150 years?

THE ROAD WEST

The tortuous section of road from the Halfway House to Coolavokig school has several interesting features. The place names reflect the rugged terrain. It goes through Lackaneen (Leac Fhinín) to the townland of Coolavokig. Nothing is known of Finín but Cúl a'Bhuachaigh has many interpretations. It may have been 'the nook of the bleachers' as flax was commonly grown in the district at one time. But language purists aren't completely happy with this as 'buachachán' is the Irish word for a bleacher, not 'buacach'. 'Buchach' means a prominence and this may have been applied to the district. Another plausible explanation is the 'recess of the family of Uí



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Bhuaigh! They were an ancient tribe, pre-dating the Ó Floinn family, for whom Múscraí Uí Fhloinn is named.

Poll Carraige is just within the townland of Coolavokig. A stream there is known as the Red Water because of the visual effect of iron ore. An overhanging rock nearby is remembered by many scholars for the shelter it provided from sudden showers. Near the school are two rocks known as the Shelf and the Slippery Rock, down which loitering children loved to slide on their bottoms. The Shelf had a sheltered nook in which the newspaper and letters were left for a local farmer.

"The turn below the school" was well known to all pupils. Coolavokig had a school from 1870 to 1983. Past pupils, John Kelleher and Seán Ó Muimhneacháin, themselves teachers, recall some of the dangerous pranks they got up to during their schooldays. The school yard had another sliding rock on which they tested the seats of their pants. When overheated, they went to the School Well to drink. What should have been an innocuous activity was rendered hazardous by the depth and position of the well. To get a drink, they had to lean downwards, headfirst, at an angle which was nearly perpendicular. Despite dunkings, the School Well claimed no victims. Water seemed to have had a fascination for the Coolavokig children. At lunchtime, during the summer, some of the more

adventurous took off for a swim in the Sullane and were back again for the resumption of classes. Of course, bathing suits were completely superfluous! Before tarring, about 1930, scores were played all along the road. Old people spoke of the mighty distance's bowlers covered "when they got on the track" - when the bowl carried along the wheel rut. West of the school is Geata Bán, the scene of an ambush during the War of Independence. Then one comes to Scairtín an tSolais and Cnapóg. There was a well-known watering hole for horses at Scairtín. The butter convoys travelling to and from Cork early in the morning and late at night watered their horses there. They were all equipped with lanterns or carriage lamps and that is how Scairtín became Scairtín an tSolais. The hump on the road, west of Scairtín, earned itself the name Cnapóg.

Onwards towards Ballyvourney, one comes to Geata Gorm, though, in living memory, there has never been a blue gate in the locality. Crois na Cathrach is a crossroads in the vicinity of a fort, near the site of the ambush at Culfnacahera.

Poll na Bró is commonly held to mean the hole of the quern, where corn was ground. But another interesting explanation from one who should know, is related to the fact that it, was a great place for poaching salmon. "Bró éisc" means a shoal of fish and all the poachers recognised that the biggest fish were to be caught at Poll na Bró. Tonn Lán (the great wave), brings us to Goirtín a

Phláigh near Baile Mhúirne (the beloved town). St. Gobnait, the local saint, protected the area from a raging plague. She came as far as Goirtín a'Phláigh and forbade the illness to pass that spot. **(We might well call on her now, in 2020 and ask her to protect us from the plague of Covid 19/ Coronavirus).**

Jerry Mike Mór's hall, at the cross east of Ballymakeera, is now the Quilt Centre. But for decades, it was a famous dance hall. It was the only place that had a dance on Christmas night. People, particularly emigrants' home on holiday, travelled miles for an annual reunion. Ballymakeera, Baile Mhic Íre, may have been named for a wolf but more probably, it is so called for the tribe of Uí Mhic Tíre, an old family in East Cork, of whom the Hoares may be descendants. The area where the hall now stands was famous at the turn of the century because "Ceithre Máistrí Baile Mhúirne" lived there, within a stone's throw of one another. They were experts on the language and had a rich store of béaloideas. They were Maidhc Mór Ó Loingsigh, whose son Jerry built the hall in 1935; Tadhg Ó Riordáin, Conchúr Ó Deasúna and a local teacher, Mícheál Ó Briain. Their knowledge attracted scholars from all over to the area at the time of Aithbheochain na Gaeilge. They didn't achieve the same fame as Dáimhscoil Chúil Aodha but they enriched the cultural life of the district.



Christine Linehan from Ballyvongane NS receiving the Denis O'Donovan Trophy for Best School on the Night



Pupils from Ballyvongane NS with some of the trophies they won at the recent Mid-Cork Scór na bPaistí Finals.



Cailíní Scoil Abán Naofa a ghlac páirt i gComórtas Sacar sa Bhlárna le deanaí.



Seachtain na h-Innealtóireachta i Scoil Abán Naofa. D'fhreastal Rang 4 ar ceardlann leictreachas sa Lifetime Lab i gCorcaigh



Vaughan's cafe front window with its notice of closure due to Covid 19. © Con Kelleher



The official opening of Macroon Museum in 1979c © Peter Scanlan



Macroon Intermediate County Champions 2010,



Fintan Goid Captain received the Cup from Gerry O'Sullivan Chairman, Coiste Chontae Chorcai



McEgan College donated four lovely fruit trees to Macroon Tidy Towns (as they were too big for their pots) . They are now planted and on display in the Biodiversity Garden



Macroon Ploughing Association inaugural meeting in 1970. © Peter Scanlan



Stephen Buckley, Collette O'Riordan and Marie O'Riordan.



Early officials, Hugh, Ted, Martin and Tony.



Macroom GAA Juvenile Report 23 March 2020

Sport – ‘absence makes the heart grow fonder’.

Covid 19 has caused the suspension of all GAA matches, training and meetings until the end of March at least but the cessation is likely to extend well beyond that. The country is in a crisis and the GAA is playing its part well. Countrywide and local co-operation is strictly adhered to and the use of Croke Park and Páirc Uí Chaoimh as testing center's underlines this. It is difficult for everybody and focuses how important sport is for individuals and the community. A modification of the phrase "you'll never miss your mother till she's gone" could now be applied to sport.

Nobody knows when GAA activity will resume. There will be a glut of fixtures in all sports but with a spirit of co-operation issues will be resolved. At least better weather and longer daylight will facilitate matches and training. Over activity may become a problem, but a good one in the present context.

The GAA Club is organizing a group of volunteers to help/look in on the more vulnerable in our community. If interested, please contact Mark O'Sullivan or John Ryan.

The GAA's juvenile's quiz scheduled for 13 March was cancelled.

Before Covid poor weather stopped many games and training sessions. However, some matches and other activities went ahead before the suspension.

U-16s: They travelled with thirteen players to play Sliabh Rua in Riverstick on March 6th for a D2 League tie. On a good pitch Macroom did well for the first 20 minutes but then conceded two goals before half-time. Behinf 1-4 to 3-7, some players did not contest for the last third of the game. Best for Macroom were Jonah Dervin, Ben Herlihy, Liam McSweeney and Dylan Wenger. Tackling needs to improve. Team Jonah Dervin, Ben Herlihy, Liam McSweeney, Cian Noonan, Robert Lucey, Dylan Wenger, Liam Holland, James Slattery, Dylan Molyneux, Ronan Morey, Rian Coughlan, Mark Hunt and Darragh Hogan.

U-14s: Macroom played their first Div 1 game versus Inniscarra on Sat. 7th March at a very wet and windy TCP. On a poor day for football, Macroom prevailed on a score-line of 3-6 to 2-3. The lads dug in really well to seal the win and get off to a good start. One player was injured. **Registered** players now number more than 150.

Macroom GAA Juvenile Coaching Course:

Macroom GAA Club held the second week of its coaching course on Tuesday 4th March in the Castle Hotel. James McCarthy, Games Development Officer, conducted



Macroom GAA U14s © Con Kelleher

the session to an audience of nineteen – all but one were Macroom coaches. The second night was about turning theory into practice. Three groups listened and struggled with tasks given by James. In a directed but interactive way answers were discussed and teased out. The idea of appropriately pitching coaching to the various age groups was stressed as was the difference between doing drills and coaching. The formula of introducing, demonstrating, executing and attending skills was emphasized with 'attending' being the hardest component. Skills were further broken down to analyzing head, hands and feet functions in their execution. Coaching skills in match situations was encouraged. Many good ideas were suggested and implemented. The challenge of devising exercises for twenty to thirty players using one cone brought many creative suggestions. Equally one player using one cone drew many novel ideas. The final message was: be organized, understand and respect our players, make it fun and foster friendship and love of the club. Like much nowadays, coaching is complex and hard but its value for individuals, clubs and society is invaluable. These two sessions should improve the club's coaching quality. James was warmly applauded and thanked for his contribution.

Macroom U-14/13s visit Cahereen Nursing Home/Care Centre. Cahereen Nursing Home has presented a set of sports tops to Macroom U-13s. The U-13 team was Macroom's most successful underage 2019 team and won a league and cup double. The players are good and interested, are well managed and coached, and if they keep working hard, they should do well. Macroom GAA caters for about 200 boys aged between six and

sixteen and needs many volunteers, money and support. Cahereen has greatly helped in this regard and its support is appreciated.

Part of the Macroom fabric of care for the infirm and elderly for many years, Cahereen is a 27-bedded care centre situated in Codrum and has beautiful rear views over the Lee Valley. The building is bungalow-style and this facilitates easy access and care, and allows the residents to enjoy the fresh air and al fresco dining during the finer weather. Deservedly Cahereen has a great reputation for its nursing care, and this was built on the skills, commitment, diligence and humanity of past and current matrons and staff - one thinks of Monica Arangorin and Siobhan Calnan.

While Cahereen and Macroom GAA cater for people at opposite ends of the age spectrum, the principles of care are surprisingly similar. The Home's core values include promoting independence, respect for the dignity of all, enhancing life experience, and integrating in the community. The juvenile club shares these attitudes. On Wednesday 5 March 2020 U-13 members visited Cahereen to thank Matron Melba Wilson for the very generous donation. After mingling with residents and staff, the boys were treated with 'goodies' and Tony O'Sullivan graciously thanked Melba for the tops and reception. Melba was delighted that Cahereen could support another community activity and invited the boys to return. Whether by foresight or fortune, Mort, Noreen and Colin Kelleher were playing music and it was clear that the residents, staff and the visitors all enjoyed the session. Macroom Juvenile GAA Club warmly thanks Cahereen Nursing Home/Care Centre.

Macroom Golf Club

10 Mar Seniors Scramble: 1st Michael Lillis (15), Kieran Savage (16), George Desmond (26) 38.3

14-16 Mar 14-Hole Open Singles: 1st Charlie Foley (7) 33pts, 2nd Martin O'Mahony (12)

32pts

17 Mar 14-Hole 3-Person Team: 1st Barry Hurley (6), John Hourihan (15), Daniel O'Sullivan (7) 49pts

Macroom GC Results (Men) 21/22 Mar 14-Hole Club Singles: 1st Declan Bowen (11)

33pts, 2nd Sean Cronin (16) 32pts, Cathal O'Sullivan Hole-in-1 @ 6th, Martin O'Mahony Hole-in-1 @ 13th

Fixtures: 28-29 Mar Club Singles



Muay Thai



Jędrzej Rajca represented the Muay Thai Macroom club in the K1 70kg category in Dublin at the WAKO Irish Open Championships. He fought very well and won a silver medal.



On the 28th of February in Dublin the WAKO Irish Open Championships took place. There were 4300 people from different countries fighting. Jędrzej Rajca represented the Muay Thai Macroom club in the K1 70kg category. He fought very well and won a silver medal. Jędrzej however wasn't the only person from the club that fought in the past two months. On the 8th of March the Muay Thai Macroom club also headed to Dublin.

Sam Lynch represented the club in the Muay Thai 70kg weight category. He fought a professional fight and used some great tactics him and his coach Andrzej Sliwa practiced before the fight. He won the fight by points. We are very proud of him and can't wait for he's future fights which hopefully will also bring us success.

Mid Cork Championships 2020

The intention of the Mid Cork Board was to play off all first-round games in the MJK Oils Junior Hurling Championship and the Ross Oil Junior Football Championship in the month of May, followed by second round games for the losers in late June. All such plans have now been abandoned due to the corona virus plague. It is almost certain now that no games of any type will be played in April and probably in May as well. When the go-ahead for a resumption of activities is given, then clubs must be given a reasonable period for preparation of teams and playing of league games before championship action. State examinations, 3rd level examinations, Cork hurlers and footballers in Munster Championships, all will impact on the fixture programme which will be proposed and at present no one knows when the present health crisis will end and what its legacy will be. The B championships cannot commence until after the opening rounds of the A competitions and can be followed by the C championship. The completion of the Under 21 B and C Football championships must also be considered in drawing up a schedule.

Ross Oil Junior A Football Championship Round One:

- A Ballincollig v Blarney
- B Éire Óg v Grenagh
- C Canovee v Aghinagh

- D Clondrohid v Béal Átha'n Ghaorthaidh
- E Cill na Martra v Kilmurry
- F Inniscarra v Iveleary
- G Kilmichael v Donoughmore

Round Two (Losers round): New draw after round one completed

MJK Oils Junior A Hurling Championship Round One:

- A Kilmichael v Blarney
- B Éire Óg v Ballinora
- C Donoughmore v Cloughduv
- D Aghabullogue v Iveleary
- E Inniscarra v Ballincollig

Round Two (Losers round); to be drawn after first round completed.

Cork County Leagues 2020

The county leagues had commenced before the corona virus close-down and are most unlikely to be concluded in mid July as planned. There had been little enough activity due to bad weather so clubs will need to get some games played before being asked to play championship.

Cork County Championship- original April/May schedule abandoned

The original April/May schedule for 1st round games included the following fixtures affecting Mid Cork clubs. This has now been abandoned.

Senior Football: Ballincollig v St Finbarrs @P Ui Rinn

PIFC Macroom v Kanturk @Cullen

Senior A FC: Éire Óg v Bantry Blues @ Ballingearry
Intermediate A FC: Aghabullogue v Kildorrery @ Mallow

PIH Inniscarra v Blarney @ Coachford

PIH Ballincollig v Watergrasshill @ P Ui Rinn

Intermediate A HC: Éire Óg v Sarsfields @ Ballincollig

Intermediate A HC: Cloughduv v Aghabullogue @Ballincollig

Lower Inter HC: Grenagh v Dripsey @Blarney

Premier IFC: Naomh Abán v Cill na Marta @ Macroom

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

Intermediate A FC: Ballinora v Glenville at Blarney

Senior FC: Muskerry v Carbery @P Ui Rinn

Tom Creedon Cup – Round 1

SHC: Muskerry v Carrigdhoun @ Newcestown

There will have to be a complete review of the fixture schedule when it becomes feasible to forecast accurately the end of the health emergency. There are so many imponderables in the equation that it is futile trying to forecast what will be done eventually.

Inter County GAA

Cork footballers have two games still to play in Division Three of the Allianz National League, at home to Louth and away to Longford. Cork are unbeaten, the only team in the country with this 100% record and are sure of promotion – if the leagues are concluded! Cork hurlers are out of contention in the league but with the suspension of activities are not paying the price of failure.

Cork footballers were scheduled to play Kerry in the Munster semifinal in May in Cork.

Cork hurlers were due to play Limerick at home and Waterford away in May, Clare at home and Tipperary away in June.



SPORT HISTORY

Aghinagh/West Muskerry (1984 -2000) – A Brief History



Ted O'Herlihy's uncle Bill's bowl - the inspiration.
© Con Kelleher



Theresa Scannell and Ted O'Herlihy checking results. © Con Kelleher



All-Ireland-winning relay team with Ted and Martin. © Con Kelleher

Aghinagh Athletic Club and later called West Muskerry Athletic Club has existed since 1984 and this is some of its story. It caters for athletes mostly within a fifteen miles radius of Macroom. Its members have successfully competed at local, county, provincial and national levels. Furthermore, it has produced female and male internationals. Its change of name in 1988 was timely, appropriate and accurate. For a club that has its own home only since last year it has been wonderfully resilient and successful. Officials were few but of the highest calibre. This article records the club's beginnings, problems and struggles, and its many triumphs.

Aghinagh is a small parish west-northeast of Macroom and Ballinagree, one of its villages, is famed for the 'Bould Thady Quill' song. West Muskerry is a barony (or half one) and the 'West Muskerry Cup was run for by County Cork horses, at Macroom' in 1832.¹

Macroom district has a very strong athletic tradition. It has produced a world record-holder – Paddy Looney, a world-beater, Con Walsh and many national champions. West Muskerry A.C. continues that tradition.

At Rusheen National School centenary celebrations in 1984, Ted O'Herlihy brought a trophy won by his uncle, Bill O'Herlihy, at Macroom Open Sports – no date recorded – as memorabilia. Talk among past pupils led to a jogging group, and later Aghinagh Athletic Club (A.C.) was formed on 26 September 1984.² Ted was the first chairman, his wife Eileen secretary, and Hugh Twomey became treasurer. Horizon Homes donated £100 and Martin Fitzgerald, Macroom, sponsored singlets. The club quickly registered with Bord Lúthcleas na h-Éirean (BLE) and after much work and many meetings the first parish athletics event was staged on 23 June 1985. The meeting was a success, but the crowd was small.

Early problems were insurance, and the dangers of night-running. The original colours chosen were blue – for Aghinagh – and red; as red was already taken orange was substituted. Aghinagh GAA Club offered its field, when available, for training, and local priests Fathers O'Mahony, Fitzgerald and later Keane joined. A surplus was recorded in 1984-85 and James Kelleher and John O'Leary were thanked for providing use of their fields. The officers and committee were re-elected with some new people added to the committee.

Around that time Martin Coughlan had

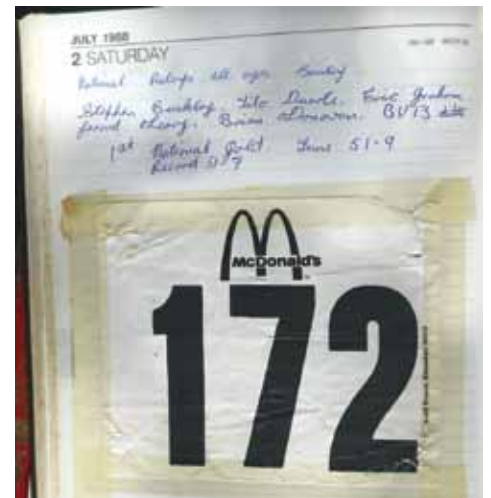
organised casual races in St Colman's Park for children of the park; numbers mushroomed as other Macroom boys and girls attended. One-night Martin took some athletes to Rusheen, and shortly after he and the athletes joined the club. He was co-opted onto the committee and became a mainstay of the club. The West Cork cross-country championship was held in Gus Murphy's field in December. Members attended coaching courses and learned from reading, courses and other coaches. Juvenile cross-country teams competed in Skibbereen and junior men ran in Glounthane. Church gate collections netted £175-73. 3 Things 'snowballed' after that.

¹ *Freemans Journal*, 9 November 1832.

² Aghinagh/West Muskerry Minute Book, 1984-1993, p. 1

³ *Ibid.*, p. 44.

As numbers grew, the work increased. Notable early successes included successful boys' relay and girls' cross-country teams. 4 A 'Macroom 10' was fixed for May or June 1986. Tony Daly was well-known for road- and marathon- running and he was a great ambassador for the club. Twenty athletes won medals at the West Cork Track and Field championships in Cork. The annual sports were open, and the school sports confined to the parish. Mick Walsh, Stephen Buckley and Shane Prendeville won medals at South Munster and open meetings. Club members stewarded at the Cork Marathon. Canovee GAA pitch was used for the annual sports and a big programme of events was scheduled. However, the attendance was poor, and a financial loss ensued. The AGM returned the officers in block and arrangements for the cross-country season were made. Church gates collections were held in Rusheen and Béalnamorrive. January 1987 saw the club making arrangements for forthcoming cross-country and road races. New singlets were ordered. Athletes entered the Munster championships and shot putts were ordered. Six people attended the 9 March committee meeting.⁵ In April the principal business was selecting teams for the Cork Inter-Club meeting. Later that month the Club was renamed West Muskerry as members now came from many parishes. Denis O'Donovan joined in May 1987 and went on to become a club stalwart. A boys' U-12 relay team came third in Munster in June 1987. In July Stephen Buckley won a Munster 800 metres and the U-12 boys won the Munster



Winning All- Ireland relay team members and number.
© Con Kelleher



Newspaper photo. © Con Kelleher

relay and came third in the All-Ireland. Micheál Ó Scanaill and his wife Theresa, Báile Mhic Íre, became heavily involved and were wonderful club members.

The club was blessed with the emergence of some outstanding athletes. Among these were Marie O'Riordan and her sister Collette, Tito and Brandon Duarte, Stephen Buckley, Eric Graham, Gerard O'Leary, Nigel Daly, Shane O'Leary, Katie Lyons, Brian O'Donovan, Martina Hickey



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Citizens Information

KNOW YOUR RIGHTS:
JOBSEEKER'S BENEFIT FOR SELF-EMPLOYED PEOPLE

Question: I have run my own company for several years, but things have become very difficult lately. I've always understood that being self-employed meant that I didn't qualify for unemployment benefits but I heard that there have been changes lately. Will I qualify for social welfare if my business goes bust?

Answer: You may qualify for the new Jobseeker's Benefit (Self-Employed) (JBSE), if you are no longer self-employed. To qualify for JBSE, you must have lost your self-employment involuntarily and not because of a temporary shutdown or seasonal closure. However, you do not have to cancel your registration for taxes with Revenue to qualify.

You must also be:

- Aged between 18 and 66
- Unemployed – you can work as an employee for up to 3 days per week and still be considered unemployed
- Capable of work – if you have an illness or injury, you may qualify for a different social welfare payment and should talk to your GP and local Citizens Information Centre or INTREO office.
- Genuinely seeking full-time work

You must also satisfy the social insurance (PRSI) contributions conditions. You need:

- At least 156 weeks of Class S contributions or at least 104 weeks of paid Class A or H PRSI since first starting work
- 52 weeks of Class S contributions paid in the governing contribution year. This is the second-last complete tax year before the year in which your claim is made. So, for claims made in 2020, the governing contribution year is 2018.


If you do not qualify for JBSE, you may get Jobseeker's Allowance.

If you have 260 or more Class S PRSI contributions, you can get JBSE for up to 9 months. If you have fewer than 260 Class S PRSI contributions, you can get JBSE for up to 6 months. If you are over 65, you may continue to be paid until your 66th birthday, even if your claim is due to end before that date. The maximum rate for JBSE in 2020 is €203. You may be entitled to an increase for your spouse or partner, and children.

You should apply as soon as you are no longer self-employed. To apply, you fill out a UP1 application form and bring it to your local Intreo Centre or local Social Welfare Branch Office.

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, "if My people who are called by My name will humble themselves and pray, and seek My face, and turn from their wicked ways, then I will hear from heaven, I will forgive their sin and heal their land. My eyes will be open and my ears attentive to every prayer made in this place" (2 Chronicles 7:14-15). Prayer is the only thing that can stop this Corona virus friend (Psalm 91). Medical professionals have no answer for it, and are themselves terrified. Scientists are frantically working on cures, but it's too late for those who have died. Precautions are in place to prevent it spreading and this will curb the devastation, but there is only ONE answer to the spread of the virus - it is the blood that Jesus Christ our Passover Lamb shed for us. Read the account of the first Passover celebration - the night before Moses led God's people the Israelites out of slavery from Egypt by God's mighty hand. Each family followed God's instructions taking an unblemished lamb as a sacrifice and putting the blood of that lamb over their doorposts. When the angel of death came into the land that night the firstborn (the false gods that were worshipped there) were killed in every household, but in the houses of God's people who had the blood over the doors - all were safe (Exodus 12:23). This prophetically foreshadowed the coming of God's Passover Lamb - His Son Jesus. There is no need for any further sacrifices since Jesus died on the Cross because His sacrifice was for all mankind for all time (Read Hebrews chapter 10). Many sincere people are praying in earnest to God for protection and for an end to the virus. But often believers are frustrated and struggle with doubt that God even exists, because they don't see answers to their prayers. This is because they are not following the Words of Jesus when He taught us how to pray (Matthew 6:5-18; Mark 11:22-25; John 14:13). Let's pray aloud - Father God in Heaven I worship Your Holy Name. I thank You for sending Your Son Jesus to die for my sins to save me. Lord Jesus, You are my Passover Lamb Whom God raised from the dead. I repent of my sins, and I ask You to come into my life as my Saviour and Lord. I plead Your Precious blood over myself and my household, and thank You for healing and protecting us, in Jesus name I pray, Amen.

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26.03.20 Outlook 25



(Millstreet), Teresa O'Grady, Brid McSweeney, Marie Corkery, Niall Sheehy and James Fleming to name but some. The O'Riordan sisters won many national titles and represented Ireland. Collette captained an Irish team and is now the doyen and driving force of the club. Tito excelled in the long jump and sprints and held long-lasting Munster schools and national records. Brandon his younger brother showed his mettle when coming in the first ten in his first cross-country race, and later was a very good sprinter and long jumper.

Fields were provided mostly by generous local farmers and by local GAA clubs such as Aghinagh, Canovee and Macroom. A cinder track was laid in the Tom Creedon Park and was a great boon. Unfortunately, it was washed out in a flood. Finding a home for the club was always a priority but was not realised until 2019 when West Muskerry bought a field in Umera from Conor O'Riordan.

Ciaran Ó Lionáird was another athlete who developed through the club and his father Seán became very involved. Ciáran won many titles and was awarded an athletics scholarship to the US. He competed at international, European and Olympic championships. Unfortunately, West Muskerry loses many boys at their teenage years, and largely the absence of other lads was the principal reason why Ciáran transferred to Lee Vale, a Cork city club. While disappointing for the West Muskerry, it is understandable as serious competitors need companionship and intra- and inter- club competition, and indeed, rivalry. 6

4 Ted O'Herlihy, Interview with Martin Coughlan 24 October 2019.

5 Minute Book p. 70

6 Interview with Ted O'Herlihy and Martin Coughlan 24 October 2019.

Transport was provided by parents, club officials, loans of cars and buses. Ted and Martin recall travelling all over the country, literally to the four provinces. Dublin's Morton Stadium was frequently visited as were Tullamore and Nenagh Indoor complex. The six counties of Munster were regularly traversed, and a famous victory was recorded in Ferrybank, Waterford. Ted modified his van and put in timber benches. Officials and players alike had great fun travelling to and especially coming home from athletic meetings. Later buses were hired and on one occasion, the club took one to a Cork athletics meeting. Coming home one of the lads said flames were coming 'out the back' and was not believed. Fortunately, or not was telling the truth. Eventually the bus stopped and luckily no-one was hurt. Even a burned valuable medal was rescued. 7 On other occasions Micheál McSweeney, Toyota, loaned the club a car.

There was a recession in Ireland in the 1980s with high unemployment and emigration. 8 Businesses were struggling, and jobs and money were scarce. Fund-raising included sponsorship, raffles, membership and sponsored walks. Humphrey Lynch, The Bakery, presented the club with a cheque of £300. 9 Hugh Twomey kept a tight rein on finances. The



Collette with her parents, coaches and their spouses and her shield of medals. © Con Kelleher

March 1988 Macroom Church Gate collection yielded £559. 10 While money was ever a problem, the club always managed.

Publicity was provided chiefly by the Corkman, Southern Star and the Lee Valley News. Seán Mac Suibhne, John O'Sullivan and Catherine Ketch took many invaluable photos. Occasionally reports and photos appeared on the Echo and the Cork Examiner. Later the Lee Valley Outlook published many news items and photos. As viewed by smaller clubs, the GAA garners much of the limelight. Sometimes winning athletic All-Irelands did not attract notice or publicity. In this regard Tony Daly's marathon running in Cork, Dublin and overseas attracted much attention and Tony in turn used this to raise the club's profile and draw more athletes to the club.

Training was 2-3 times per week with athletic meetings at the week-end, often involving travelling long distances. In-club chores like committee meetings, equipment provision and storage and dealing with athletes and parents also took time. While being involved in the club was very enjoyable it demanded many hours, and it was hard work. Much family time was sacrificed. Members also attended county, provincial and national gatherings and Ted became a national official and Martin was elected chairman of Cork County BLOE. Before computers became everyday items, administrative work was done by hand and this too was time-consuming. Eileen O'Herlihy is married to Ted and it certainly helps to have a close connection between chair and secretary. Athletic activity went from strength to strength. However, Patsy Coleman's untimely death caused much grief and was a big setback. A race held in his honour in March 1989 was a great success. A 'big breakthrough' was recorded when the U-13s boys' relay team won the All-Ireland in 1989 with Eric Graham, Stephen Buckley, Tito Duarte, Gerard O'Leary and Brian O'Donovan the members. That year Liam Cotter, Collette and Marie O'Riordan competed in the All-Ireland senior cross-country championships All-Ireland. Martin Coughlan was elected chairman at the AGM. A special finance sub-committee was set up with and a ten-week draw was begun. It netted a profit of £3,404. 11

The 1990s saw the club go from strength-to-



Paper clipping. © Con Kelleher



Newspaper and photo re Marie O'Riordan. © Con Kelleher

strength. To capture all the club's activities would take many pages. To serve the purpose of this article, I will take one year, 1996 and document some of West Muskerry's activities.

1996: In January, Martin Coughlan was elected vice-chairman of West Cork BLE. 12 In a yearly review the Southern Star noted the outstanding



potential of West Muskerry's young athletes and featured a photo of the BLOE All-Ireland winning U-12 team. ¹³ Collette O'Riordan came seventh for Cork in the All-Irelands and won a team silver medal. ¹⁴ The AGM report reported that Nicola Kenny won a 1500 m All-Ireland, and that Teresa O'Grady won the U-12, closely followed by Katie Lyons in 3rd place. The West Cork road races in Dunmanway yielded many medals for the club. ¹⁵ At the W. Cork Track and Field in the RTC grounds new medal-winners such as the Perrott brothers, Brendan, Joseph and William emerged.

⁷ Interview with Ted O'Herlihy and Martin Coughlan, 24 October 2019.

⁸ Enda Delaney, *Irish Emigration Since 1921* (Dundalgan, 2002) p. 6.

⁹ Aghinagh/West Muskerry A.C. Minute Book 1984 -1993, pp. 84, 104.

¹⁰ Aghinagh/West Muskerry A.C. Minute Book 1984 -1993, p. 88.

¹¹ Aghinagh/West Muskerry A.C. Minute Book 1984 -1993, p. 124,

¹² *Cork Examiner*, 5 January 1996.

¹³ *Southern Star*, 6 January 1996.

¹⁴ Ibid. 13 February 1996.

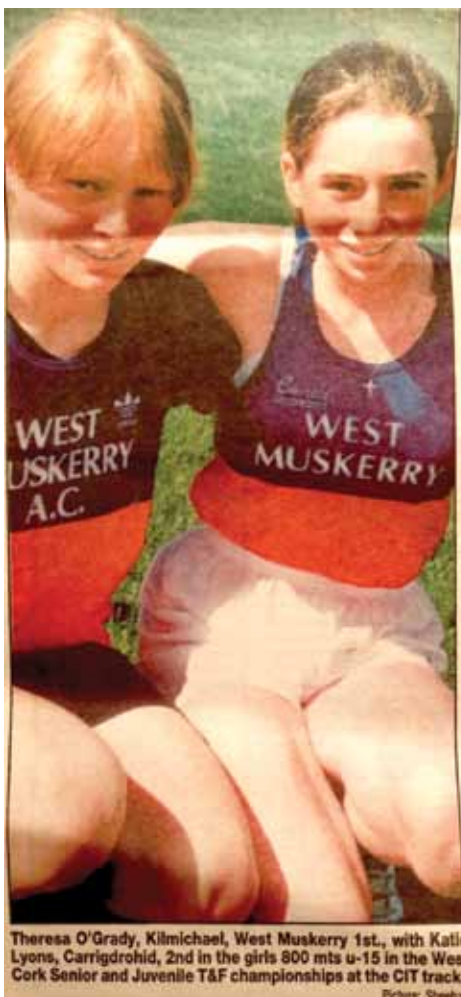
¹⁵ Ibid, 5 April 1966.

¹⁶ Ciarán Ó Lionáird came third in the U-9 300 m race. ¹⁷ Nicola Kenny won the Cork County BLOE 800 M title in a time of 2.25.0.

¹⁸ Collette O'Riordan had a double at Bantry Open Sports winning the 100 and 800 m races.

¹⁹ Both Teresa O'Grady and Mairéad O'Sullivan recorded doubles at the Munster championship in Waterford RTC. ²⁰

Martin was elected Macroom UDC Chairperson in July and pressed for a community centre and youth club for the region. Tracton Open Sports drew many athletes and despite keen competition, W. Muskerry won many prizes with Lisa Foley winning her 100 m race. ²¹ Francis Horgan enjoyed a triumphant day at the Cork Track and Field championships winning the discus and javelin and coming third in the shot putt. ²² At Tullamore, Teresa O'Grady won gold and silver medals at the BLOE All-Irelands with William Perrott finishing third in the boys U-15 1,500 m race. Cork RTC was the venue for the club's Open Sports and this proved very successful. Eleanor O'Sullivan won the U-15 1,500 M race, with Collette O'Riordan and Donal Twomey winning their events. ²³ West Muskerry again did well in the West Cork BLOE cross-country and C. Long was first in the girls' U-12 and K. Leonard, presumably Ciarán, was first in the boys' U-8 race with Colm Dromey third. ²⁴ Four titles were taken at the event. ²⁵ Thirteen local National schools took part in a cross-country competition in the Town Park and the meeting proved a great success. ²⁶ Athletes



Theresa O'Grady, Kilmichael, West Muskerry 1st., with Katie Lyons, Carrigrohid, 2nd in the girls 800 mts u-15 in the West Cork Senior and Juvenile T&F championships at the CIT track. Picture: Sheeha

Theresa O'Grady and Katie Lyons. © Con Kelleher

from West Muskerry were described as 'being in a class of their own' when they competed at the county BLOE championships, returning with an impressive collection of medals. ²⁷ Senior club athletes ran in the Rehab 10 K road race: Collette and Marie O'Riordan were fourth and fifth respectively. ²⁸ West Muskerry U-11 boys won the Munster BLOE cross-country team event and Teresa O'Grady was first in the girls' U-13 race. ²⁹

Donal Twomey won the Millstreet 4Km road race in October and West Muskerry won five out of ten West Cork BLOE cross-country league races, round 2, in Macroom. ³⁰ Collette O'Riordan won a Munster silver medal on the same day. Several club athletes won team medals with Cork and the u-14 girls won silver team medals at the Munster championship. The following week, the boys U-14s won the Cork BLOE B team event in Bandon. ³¹ At the BLOE nationals, the U-13 girls won the team event

and Teresa O'Grady was second individually. ³² Jennifer Hurley won the girls' U-12 B Munster BLOE race. ³³ The club finished the year in style when Marie O'Riordan was selected for the Cork senior ladies team and the girls U-14s took team silver in the BLOE National Championships in Santry.

Such was some of the club's 1996 activity and the mind boggles at the amount of work and organization involved in entering, preparing and transporting the many athletes. One could justly say without fear of contradiction that the potential of the outstanding athletes was fulfilled.

Since then the club has survived, thrived and progressed. Stephanie Cotter, Michael's daughter, has recently achieved great things in Europe and is a wonderful role-model for the current club members. A boys' relay team recently won silver in Wicklow.

¹⁶ *Cork Examiner*, 3 May 1966.

¹⁷ *Southern Star*, 11 May 1966

¹⁸ Ibid. 22 May 1996.

¹⁹ Ibid, 22 June 1996.

²⁰ Ibid. 15 June 1996.

²¹ Ibid. 13 July 1996.

²² Ibid. 27 July 1996.

²³ Ibid. 3 August 1996, *Cork Examiner* 13 September 1996.

²⁴ *Cork Examiner*, 20 September 1996.

²⁵ *Southern Star*, 28 September 1996.

²⁶ Ibid. 5 October 1996.

²⁷ Ibid. 12 October 1996.

²⁸ Ibid. 26 October 1996.

²⁹ *Cork Examiner*, 28 October 1996.

³⁰ Ibid. 1 November 1996, *Southern Star*, 9 November 1996.

³¹ *Cork Examiner*, 18 November 1996.

³² *Evening Herald*, 26 November 1996.

³³ *Cork Examiner*, 2 December

Both Ted and Martin retired about 2000 and the club is now in the capable hands of Collette O'Riordan and her colleagues. A cohort of new administrators and athletes has come to the fore and some are the children of former athletes. One, Lucia Duarte was recently selected on a Munster cross-country team.

Ted, Martin and their colleagues Eileen O'Herlihy, Tony Daly, Denis O'Donovan (RIP), Hugh Twomey, Mick and Theresa Scannell and many more must be well satisfied that their hard work continues to bear fruit.

This article was facilitated by interviews with Ted O'Herlihy and Martin Coughlan, and through access to Ted and Eileen's club minute books and personal records. The Irish Newspaper Archive is a wonderful resource and was liberally used.

Con Kelleher



#KeepYourDistance #StaySafe #StayPositive

Outlook
MAGAZINES



Aghinagh ICA celebrating their 21st Birthday in 1988 © Peter Scanlan

Aghinagh G.A.A. Aghinagh G.A.A. are seeking a groundskeeper immediately for Community Employment Position. 19.5 hours per week, flexible hours, contact supervisor on 0879664143

Volunteers: Uibh Laoire GAA Club has sent a letter to each household with the following message: "Over the course of the next few weeks, Uibh Laoire GAA would like to extend a helping hand for those living in our community who might need extra assistance at this time or may be feeling isolated. For anyone who needs help with day to day tasks, such as shopping, medication pick-ups etc. Please reach out and we will do our best to help!" The numbers given are (085)7794653, (087)9129532 or (087)9253698

The letter ends with a very encouraging and positive: "Working together during this time, in the parish and community we will make sure that we all take care of one another"

The local chapter of the **Saint Vincent de Paul** are reaching out to anybody who feel that they can assist them, and the number given is (085)2490061 In Ballingeara a similar plan is set up and the number there is: (086)8844924. Well done everybody

Flying the Flag : The national flags flying in Inchigeela would have been raised for the Easter commemorations, to honour the heroes of the past. Instead it's been decided to fly the national colours now in honour of our modern day heroes as well, the brave health workers who look after us, the tradesmen and delivery men and all others who will see to it that our community and country will keep going defiantly in the face of this difficult time.

An tAthair Peadair: An Canónach, Peadair O Laoire, better known as An tAthair Peadair is being remembered in Clondrohid at present as it is the centenary of his passing. But the man who wrote Séadna and Mo Scéal Fein has connections with UibhLaoire. He is descended from the branch of the O'learys who once lived in Carrignacurra castle just east of Inchigeela. And if you look at the front wall of the Halla in Beal atha you will see a sign where he placed the foundation stone in 1914.

Telephone Box: Many will think that their eyes are playing tricks on them as they pass through Ballingeara. A telephone box has appeared where one used to be some years ago, before it was removed like so many around the country. Well, its actually a replica made by a group of volunteers and it will hold the new difibrillator, which was purchased from the funds raised at the



Denis Cronin Aghinagh, Tim O'Sullivan Cloughdub & Den Carroll, all well known members of Macra Na Feirme. Photo taken sometime in the early seventies. © Peter Scanlan



Canovee Historical Society Members at a meeting in 1981. © Peter Scanlan

big Tráth na gCeist or quiz at Christmas time! Under the direction of Seamus O Conchubhair, retired teacher and master craftsman, the job was done by Micheál, Elton, Tadhg, JK and Fionnaí. Maith sibh.

Lone Pipers: The eagerly awaited St Patrick's Day parade in Béal átha was postponed, as we know, but the pipe band, not to be defeated had a novel way of coming around it, while physically distancing. Each piper at midday stood at their own door or in their own yard and played "Dóchas linn Naomh Pádraigh." (and played it very well!) and its on youtube.

Finally: A word of praise for all who are following the guidelines of physical distancing and who adhere to the practice of hand washing, as our health experts have strongly advised. Together we will do it.



Confirmation in Macroom sometime in the 1950's © Peter Scanlan



Commemorative Committee of Ballyvongane National School. Back L to R: Johnny Hubbard, Mary O'Brien, Mary O'Regan, Gobnait McCarthy, Denis Lehane. Front L to R: Mary Coffey, Tim Buckley, Joan McCarthy (President)

Ballyvongane NS celebrating 100 years of education in 1997. © Peter Scanlan

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FOR SALE: 09 Ford Focus Salon - Metallic Black - DSL - 1.8 Tdci - Low Tax Model - In Mint Condition inside and out - NCT until the of January 2021 - Alloys - Good Tyres - Air Conditioning - Parking Sensors - Window Visors - Both Belts have been recently changed- Car is Serviced - 260 Klms - 2 Keys :: €2300 Ono.

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Ed06

FOR SALE: 04 TOYOTA COROLLA - 5 dr hatchback - 1.4 Petrol - 165 K Mls - just fully serviced - NCT until mid July 2020- Taxed until the 1st April 2020- 4 brand new tyres fitted recently- sky blue in colour - has a hitch fitted - very economical- with 2 keys - Perfect Car - €700 Ono. Contact **087 6237163**

**NOVENA TO
ST. CLAIRE**



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

MW

**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.

KE

**NOVENA TO
ST. CLAIRE**



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

Mary D

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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.

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.

Macroom Library

Well our doors may be closed at present, but you can still enjoy a lot of Cork County Library services online.

If you are not currently a member of the library, you can now become a member at this time by going to the Libraries Ireland website at <https://www.librariesireland.ie/join-your-library> and following the instructions there.

This will enable you to have access to our online services.

If you have any questions, please contact Cork County Library at 021 4546499 or email corkcountylibrary@corkcoco.ie.

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You can also follow Cork County Library on Facebook and Twitter (@Corkcolibrary) for all our up to date news and information and some hints and tips on how to let us help you through this peculiar period of our lives.

Be assured that while our doors are closed, we are busy working on ways to bring as much of our service as we can to you. We are also working on projects that will ensure that when our doors open again, we will be able to offer you a wonderful library experience with up to date stock and interesting events.

I miss meeting my regular customers, but I look forward to being able to open the doors as soon as it is safe for us all to mingle again. In the meantime, I really hope that you will find some of our online services of use to you and the younger members of your family. If you have older family members who are not familiar with accessing online services perhaps this would be a lovely time for you to read to them either from an e-book, e-magazine or e-newspaper. Remember this can even be done over the phone if you are not able to visit in person.

There is an Irish saying *Ní neart go cur le chéile*, it means There is no Strength without Unity or A Chain is only as Strong as its Weakest Link. During this health crisis our strength and unity is in staying apart. This is what will make the chain strong. Don't be the weak link!

To protect yourself and your loved ones of all ages please follow the Social Distancing guidelines as advised by the HSE and

Deadline: Monday before publication. **Email:** leevalleyoutlook@gmail.com

their advice to:

Wash your hands properly and often.

Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.

Put used tissues into a bin and wash your hands
Do not touch your eyes, nose or mouth if your hands are not clean.

Do not share objects that touch your mouth – for example, bottles, cups.

Do not shake hands.

Ní Neart go Cur le Chéile

LOTTO RESULTS

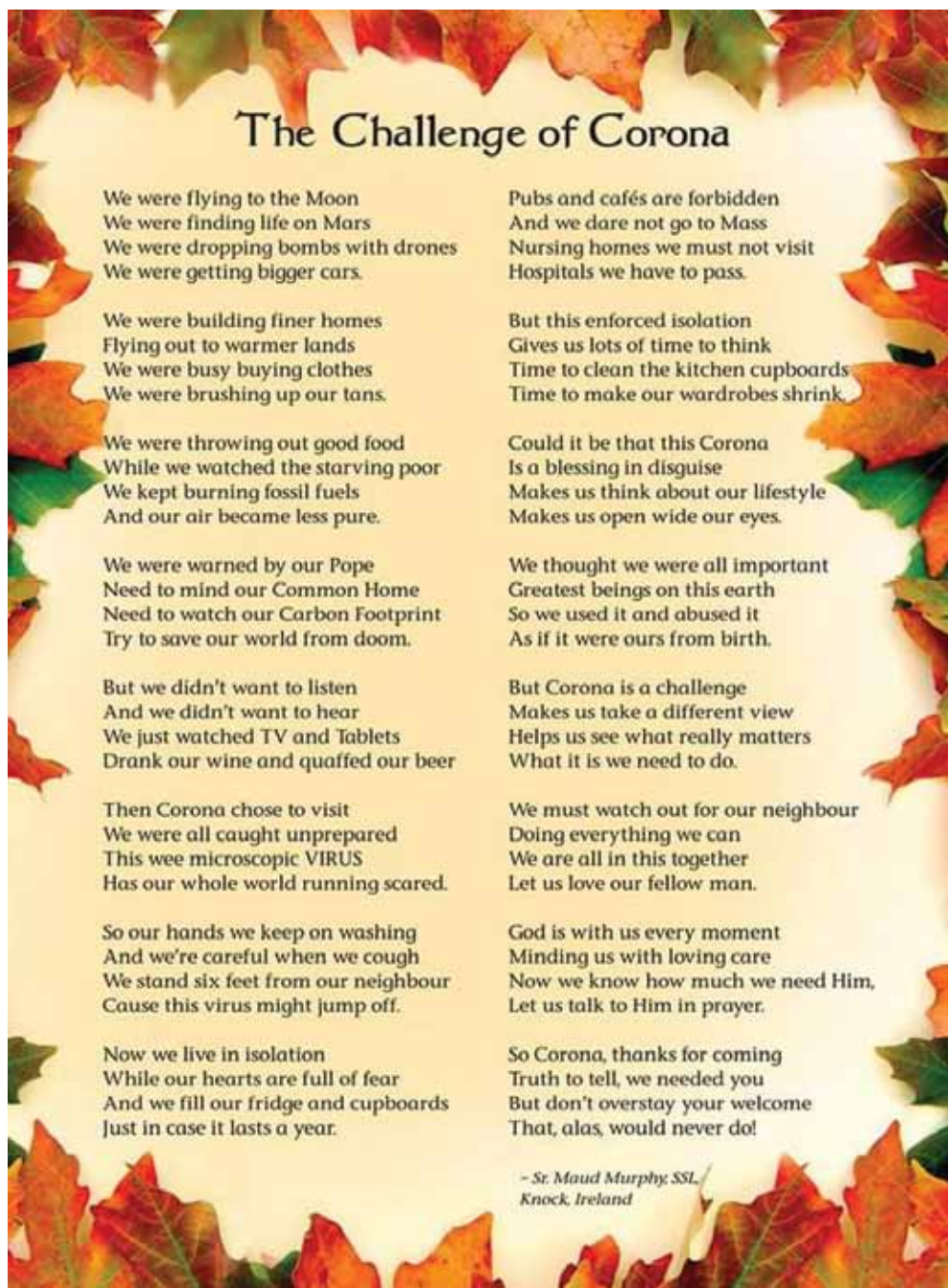
Aghinagh GAA: Lotto Results 8th March, 2020
The jackpot was €1,900.00. Numbers drawn were 01, 17 and 39. There was no jackpot winner. Consolation prizes: €50.00 to Trevor Burns, Oakwood, Macroom. €20 each to Jerome & Sheila Twohig, Leades Cross. Seamus O'Leary, Dromduve. Mairead O'Sullivan, Curraghwaddra. Joan O'Leary, Sleaveen, Macroom. Next draw takes place on Sunday, 15th March in Tigh Ui Laoighaire, Bealnamorrive at 9.00 p.m. Jackpot

€2,050.00.

Lotto Results 15th March 2020

The jackpot was €2,050.00. Numbers drawn were 22, 28 and 32. There was no jackpot winner. Consolation prizes: €50.00 to Raymond and Marcella McCarthy, Ballyvongane. €20 each to Denis Desmond, Oughtierra, Rylane. Gerard Kelleher, M & J Oils. Barry O'Riordan, Coachford. Martin & Julie Buckley, Woodleys Cross. Lotto suspended until Corona Virus restrictions are lifted. Next Jackpot Prize €2,200.00.

Rylane Community Park Association/RCPA: Monday March 9th 2020 - RCPA (Rylane Community Park Association) Lotto results: 9/3/2020 Jackpot €1,200. Numbers drawn: 22 - 28 - 39. No winner. Lucky Dip winners €20: Mary O'Sullivan (Rylane East); Jack Fitz & Antoinette (Coachford); Mary O'Sullivan (Masseytown). Seller's Prize €20: Helen Kelleher.



PUTTING OUT YOUR BINS

Coronavirus COVID-19



To reduce the potential for cross contamination, please follow this advice when putting out your household bins:

- Bins to be presented on the evening **before** scheduled collection
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<https://www2.hse.ie/conditions/coronavirus>

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Cork Pharmacy Technicians Graduate at The Irish Pharmacy Unions Pharmacy Technicians Graduation 2020 which took place at the Mansion House, Dublin. Cliona Kavanagh, Joyce's Pharmacy, Mallow; Denise Twomey, Deasys Pharmacy, Macroom; Fiona Hurley, Rosscarbery Pharmacy, Rosscarbery; Mary O'Riordan, O'Sullivans Late Night Pharmacy, Mallow; Daragh Connolly, President of the Irish Pharmacy Union; Fiona Coughlan, Drinagh Pharmacy, Dunmanway; Hazel O'Keeffe, Cloghroe Pharmacy, Blarney; Kristina Skurdelyte, Mellericks Pharmacy, Fermoy; Emily Fry-Hartnett, O'Connors Pharmacy, Kinsale; Melanie Tait-Gregg, Collins Kinsale Pharmacy, Kinsale



Aghinagh AC Group photo c. 1986.

DEATH NOTICE



The death of loving father and local businessman

STEN BJORSELL

occured on March 13th 2020

He died in Bons Secour hospital of heart complications ... only 17 months after his beloved wife Ewa passed away.

They are together now in the loving hearts and fond memories of their children Anna, Frida and Emil and their grandchildren Maria, Merryn, Eilbhe, Ella and Escher.

Sten was buried, by his wish in Woodbrook Green Graveyard in Wexford, where instead of headstones, a tree of choice is planted for each person on their graves. A tree called Liquid Amber marks his grave. It was his wish to give back to earth, his body to the soil, to support ongoing life through this tree that will go on, growing and changing through the seasons yet to come.

Sten came to Macroom with father Håkan in 1975 to start Ship Company, PCB manufacturing and employing locals. He was a devoted worker and employer. It was with sad heart Ship co. had to wrap up the local manufacturing part in 2006.

Sten was of great character with a keen ongoing interest for investigating and inventing. His humour and full spirit now fills and resides in our hearts and memories.

Rest in Peace, Sten, Dad, Morfar, Farfar xxx



2ND ANNIVERSARY



In loving memory of

HOWARD (SPUD) MURPHY

Hill of 100 Oaks, Raleigh South Macroom
Died 23rd of March 2018

*We are sad within our memory
Lonely are our hearts today
For the one we loved so dearly
Has forever been called away
We think of him in silence
No eye may see us weep
But many silent tears are shed
When others are asleep*



Always loved and never forgotten by his wife Noelle and daughters Ciódhna & Jessica

11TH ANNIVERSARY



In loving memory of

JAMIE KELLEHER

Droumree Cross, Macroom, Co. Cork.
Who died 27th of March 2009

*Laughter,
his gift to all who knew him.*



Rememered always by –
His Quiz Friends.

6TH ANNIVERSARY



In loving memory of

JERRY VAUGHAN

Teerbeg, Macroom, Co. Cork
Who died on the 17th March 2014.

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



Fondly remembered by
Noin, Peggy, Martina, John, Denis
and Michael

13TH ANNIVERSARY



In loving memory of

CON MOYNIHAN

Coachford, Co. Cork,
who died on 28th March 2007

Ar Dheis Dé go raibh a h-anam dheilis.

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



Always remembered by his loving family,
Seamus & Mairéad

6TH ANNIVERSARY



In loving memory of

HUGH TWOMEY (HUGH MIKE HUGH)

The Mills, Ballyvourney
Who passed away on 3rd April, 2014

*There is a face before us
A voice we would love to hear
A smile we will always remember
Of a dad we loved so dear.*

*Dear Dad you gave us so much
Your sense of fun and fairness
Your love and wisdom
And the importance of enjoying
and treasuring life.*



Always remembered with great love and
affection by his family
Miss you so much Dad xx

2ND ANNIVERSARY



In loving memory of

TIMMY O'CALLAGHAN

Curraclough, Lissarda
Who died on 6th April 2018

*Deep in our hearts
Your memory is kept
To love, to cherish
And never forget*



Always remembered by his loving
wife Sheila and family

MEMORIALS
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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

JOHNNY CREEDON

An Gleann, Macroom who died on 29 March 2019

As we lovingly remember Johnny on his 1st anniversary, his wife, Patricia, children Seán, Margaret, Patricia, Claire and Brian, daughter-in-law Diane, sons in law Rory, Michael and Paul, grandchildren, Michelle, Patrick, Culann, Meghan, Dylan, Cillian, Euan, Elodie, Luca and Liam wish to express our appreciation and gratitude to all who sympathised with us on our sad loss. Thanks to all our family, wonderful friends and neighbours for your kindness and support at this sad time. Thank you to all who attended the Rosary, Removal and Funeral Mass; to those who travelled near and far to be with us, those who sent letters of condolence and Mass cards. We would like to express deep gratitude to the ambulance service and the staff at CUH EDU for their care, kindness and professionalism.

Our thanks to Macroom GAA who provided a Guard of Honour. Sincere thanks to everyone who participated in the Mass and ceremonies, Canon Donal Roberts, Msgr James O'Donnell, Fr Joe O'Mahony, Fr John Keane, Fr Sean O'Sullivan; musician Gobnait O'Connor. A special thanks to FitzGerald's Funeral Directors for their kindness and professional guidance which was very much appreciated. Thanks To the staff at the Castle Hotel, Macroom for looking after us on the day of the funeral

As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our sincere appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.



First Anniversary Mass on Saturday, 25th April at 7.30pm in St. Colman's Church, Macroom.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

MARY McCARTHY

Crookstown

We the loving family of Mary McCarthy, whose first anniversary occurs at this time would like to express our thanks and appreciation to all those who sympathised with us during the time of Mary's passing.

We would like to thank our extended family, neighbours, friends and those who came from near and far to attend the prayers and funeral mass offered for Mary.

A special thanks to those who sent get well cards, mass cards and sympathy cards throughout her illness and there after.

We would like to give a special mention to the Crookstown Social Club that Mary loved being a part of, their friendship and support meant so much to her, especially during her illness.

A special thanks to Dr Gerard Murphy, the Oncology Team in CUH, Marymount and the home carers for the treatment and care they gave during her illness.

A special thanks to Canon O Donovan and Monsignor O Callaghan for celebrating the Mass.

Also Tessie for her help and kindness shown during our difficult time.

A special thanks to Gabriel & O Donovan undertakers for their professionalism.

As it is impossible to thank everyone individually, please accept this acknowledgement as an expression of our heartfelt appreciation. The Holy Sacrifice of the Mass has been offered for your intentions.



Thinking about you and missing you everyday from your loving family

Mary's Anniversary Mass will be held on Saturday 28th March in Cloughduv Church at 8 o'clock.

3RD ANNIVERSARY



In loving memory of

MICHAEL LEAHY

Droumreague, Kilnamartyra Who died 30th March 2017

Silent memories keep you near, As time unfolds another year. Lovingly remembered by Ann, John and Joan.

Your memory will live forever, Engraved within our hearts. Always remembered by Sean, Goretti and family.

Not a day goes by, That we don't think of you. Sadly missed by the Buckley families.



3RD ANNIVERSARY



In loving memory of

MICHAEL D'ARCY

Gurteenroe, Macroom Who died on the 26th March 2017

A beautiful life that came to an end, You died as you lived, everyone's friend, In our hearts a memory will always be kept, Of one we loved, and will never forget.



Always in our hearts and prayers, Your wife and loving family.

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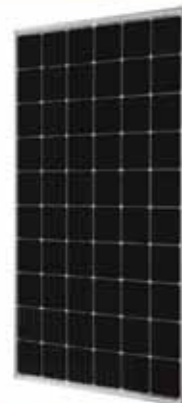
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