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“Even the Stones are Social Distancing” Sunset at Cahirbaroule © Peter Scanlan

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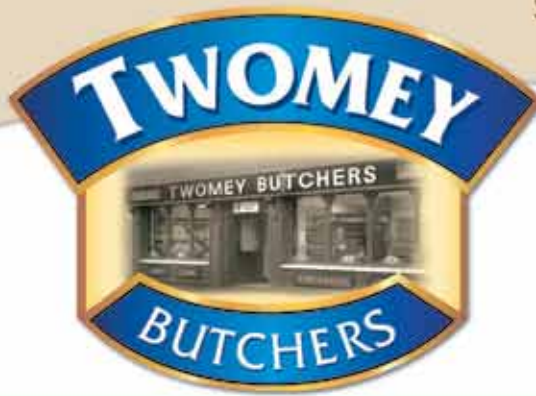
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**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

If you feel unwell with cough or fever:

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your hands well and often to avoid contamination



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#### Clean

and disinfect frequently touched objects and surfaces



#### Stop

shaking hands or hugging when saying hello or greeting other people



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



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# EDITORIAL

**“This too shall pass”** is a beautiful ephemeral saying by Persian Poet Rumi, the idea that all this is transitory, will all be over soon, must spur us on, must give us hope. It’s a week where we have seen Leo Varadkar reregister as a doctor to fight the big fight, the British PM Boris Johnson was admitted to intensive care and a tiger in the US fell foul of the corona.

In a world gone mad, ask yourself what good you want to come from this? What you’re most looking forward to once this is over? What’s now important to you, that wasn’t before?

Sending all my thoughts and prayers to those in isolation, cocooning, and struggling with illness right now. To business owners and employees, worried about the future, please make use of the support services listed in these pages. We, your community are here to help you. If you would like your good news stories, or photos published, please email all articles to leevalleyoutlook@gmail.com

*Editor*  
**Sarah Kate Murphy**

## Macroom Senior Citizens Meals on Wheels Community Service during Covid 19 We are here for you

In recent weeks the COVID-19 pandemic has affected us all and our service has also had to change. With physical distancing guidelines in place the service now delivers over 20 meals a day out to the community, covering a large catchment area. We have also implemented the following changes to our community meal service to deal with the COVID-19 lockdown and cocooning practices:

- We now provide meals 7 days a week.
- With Macroom GAA and its team of volunteers stepping up to help us at this time we are able to accommodate a larger number of deliveries while also providing much needed back up to our existing volunteers.
- Do you have an elderly relative or neighbour who could benefit from the service? If so, please get in touch with us to discuss your options and requirements.
- The cost per day is 7 euro and customers can choose the number of days per week that they would like meals delivered.
- We can cater for take-away meals, with appropriate physical distancing measures in place.

The service, which supplies wholesome and nutritious soups, main courses and desserts, is prepared in our dedicated kitchen at Sullane Haven and caters for all special dietary requirements. As a community organisation we are delighted to work with our local suppliers to source the majority of ingredients for our meals.

At this time, we would like to express our sincere gratitude to our Chefs Joan Dineen and Bridie Lynch as well as our volunteers Michael O’Callaghan, Denis Kelleher, Denis Healy, Yvonne Manning, Kay McSweeney, Noreen and Ted Dunne, Mary McEllory, Pat Mehigan, Pat and Peggy O’Connell.

A big **Thank You** to John, Danielle, Orla, Gerard, Rory, Colman, Kuba, Pa and Con of Macroom GAA who answered our call for help.

Please remember to stay safe, stay home but stay in touch with each other. You can reach us at 026-41698 if you any help and assistance during these challenging times.



Pat O’Connell, Orla Kelleher Macroom GAA Volunteer and Joan Dineen.

### ABOUT MACROOM SENIOR CITIZENS MEALS ON WHEELS COMMUNITY SERVICE

From humble beginnings in 1968 when Shelia Kelleher, Mrs. Creed, Anna O’Shea and Eileen Collins supplied meals to eleven Senior Citizens in Macroom three days per week, the service has now grown to supply over 10,000 meals a year to the community as well as the residents and day visitors of Sullane Haven.

In the early years the meals were prepared in local hotels and delivered from there. However, the need for a central kitchen and dining area was identified and in October 1975 a new center was opened at Lucey’s Lane, Macroom, when meals were cooked and delivered at a cost of 10 pence per meal. Our customers reasons for using the service vary, from convenience of having meals delivered to their home, reducing the time spent cooking, to not having suitable facilities at home for cooking. Much has changed over the years in Macroom but the need to care for and look after our community has never been more important.

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### 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

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- 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



### How to Remove Gloves

To protect yourself, use the following steps to take off gloves

-   
Grasp the outside of one glove at the wrist. Do not touch your bare skin.
-   
Peel the glove away from your body, pulling it inside out.
-   
Hold the glove you just removed in your gloved hand.
-   
Peel off the second glove by pulling your fingers inside the glove at the top of your wrist.
-   
Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.
-   
Dispose of the gloves safely. Do not reuse the gloves.
-   
Clean your hands immediately after removing gloves.

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

# Macroom Tidy Towns

**Swift Conservation project.** (This is a follow up to article in Lee Valley Magazine in July 2019)

Swifts are small migratory birds that arrive here for the Summer and are often confused with swallows or house martins. They fly about 500 miles a day and do not land on the ground or on wires and their flight pattern is different too. Their numbers are in serious decline. One of the main reasons is that their nesting sites, holes in the walls of old buildings, are getting scarce.

Tidy Towns members and Birdwatch Ireland members arranged a talk and a walkabout in 2019 and found a good number of swifts still coming to Macroom in particular; Cork Street, Fair Green and Mart area, New Street and Gurteenroe areas. Since then the Tidy Towns have erected a swift Tower with 28 nesting sites in the Mart property hoping that they will be attracted to nest here. This is part of an EU project being co-ordinated by IRD Duhallow. A solar panel is fitted to its roof to power a bird caller, which will be operated by remote control, simulating the sounds that the swifts make.

Tidy Towns have also procured seven triple nesting boxes that will be erected under the eaves of suitable premises, with funding support from Cork Co Co. These were made in Ireland using special magnesium oxide material.

Some facts about the swifts:

Swifts are coming to Ireland a long time, but in recent decades their numbers have declined significantly.

They eat insects, drink, preen, sleep and mate while flying.

Swifts only land to breed between May and August, and due to small feet may have difficulty taking off.

During their lives they fly about 2 million miles, equal to about four trips to the moon.

They arrive here from Africa in late April/early May and make the return journey in August, about 14,000 miles.

Their wings beat very rapidly, about 8 wingbeats per second, and then they glide, screeching as they go.

They approach their nests at high speeds, 40 miles/hour.

Swifts can live over 20 years. They breed after a couple of years and stay with the same partner for life, returning to the exact same nesting spot every year.

Tidy Towns are now seeking suitable buildings for these swift nesting boxes. It is recommended that they be up 5m high and have a clear flight path into the nests. If there are schools, public buildings, businesses or private houses that are interested in having a nesting box then they should contact John Lyons, Macroom Tidy Towns at 086/8175859

## Macroom Park Run



Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and we encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; we welcome you all.

Castle Demesne Parkrun Macroom was the first parkrun in Ireland outside of Dublin. It started in 18th May 2013 so will celebrate its 7th birthday soon. Since then, it has been held 340 times and a total of 2,455 people have taken part. The average number per week based on all 340 events is 54. The Cork Running Blog quotes 'The parkrun in Macroom isn't exactly the flattest but it's a nice spot all the same.'

The run in Macroom is a great way to get active and it's all FREE. You can walk or run the 5km course. Bring a friend or family member. Walkers are most welcome. It's a great way to start Saturday morning. You will feel energised and ready for the weekend. Ask any of the regular parkrunners and they will all have their personal reasons why they love parkrun.

Remember it not a competition. It's not a race. Your only competitor is yourself. You are doing this for yourself and this is your time. There is always a pre-run briefing so make sure to arrive about 10 minutes before the start. If you haven't registered before go to <http://www.parkrun.ie/register/> Print off your Barcode and bring it along Saturday morning. You need your barcode to get your time which will be emailed to you after the results have been processed.

After each Parkrun in Macroom runners/walkers and volunteers gather in the Leisure Centre for a cuppa and a chat. It is a very social event and a

lot of new friends are made. So why not register on the parkrun website <http://www.parkrun.ie/castledemense/> or visit our Facebook page <https://www.facebook.com/castledemenseparkrun/> and join us when things are back to normal at 9.30 to run, walk or volunteer!

As everyone is missing parkrun at the moment, here is something to keep you going

*Its Saturday morning, it'll soon be 9,  
That usually means parkrun time,  
But please avoid the course today,  
We need this virus to go away,  
No social gathering is what we've been told,  
We can still run.. in pairs (2 metres apart) on the road.  
I don't want to see another empty shelf,  
So let's keep our germs to our self,  
Social distancing... it's really quite easy,  
We can't let the vulnerable get sick and sneezy.  
Let's not damage our parkruns reputation,  
If we adhere to the rules we'll protect our nation.  
Times are hard but we'll soon be back,  
Instead of 5k we've got a virus to attack,  
Let's get a PB in beating Covid 19,  
We can put this virus in quarantine,  
Take care my friends and keep yourself safe,  
We'll see each other soon at a local race.*

Hope everyone is staying safe and in the best of health.





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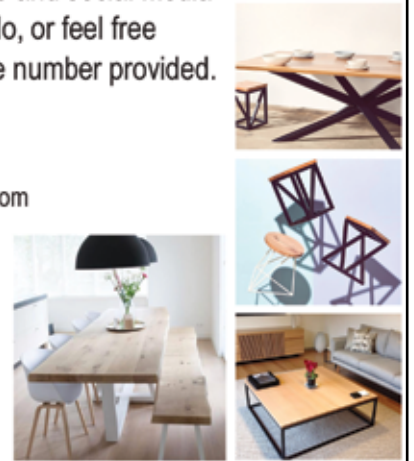
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# COVID 19 UPDATE, 5 APRIL 2020

BY DR. DR CON KELLEHER

Covid continues to dominate almost every discussion in the country.

First I express my sympathy to those who died or were ill from Covid, to those who have lost their jobs and have mortgages and commitments. Not being able to visit or comfort ill and dying loved ones is extra-ordinarily difficult and not being able to have traditional funerals and the support of neighbours and friends is very hard. Nearly every facet of Irish life has been affected. But our heroes in care and services and shops keep the essentials going.

**The Facts:** Today, Sunday, 5th April, the figures are:

**Date; April 4th 2020**

**Confirmed Cases; 4,604**

**Number of Death/%; 137/2.976%**

**No. in Intensive Care; 142**

**Median Age of deceased \*: 81**

*\* Median means half ways on the scale – half were younger, and half were older.*

Because testing is not absolute the number of confirmed cases is just that: there are many who have the disease and do not know it. Indeed, some may have it without having any symptoms (what people report as medically wrong with them) at all. It is not known for certain if immunity is long-lasting.

With any new infection and especially one that causes an epidemic people want to know what causes it, where it originated, what are its effects and how can we 'fight' it. Fear of the unknown heightens worry. This article will try to explain some terms and answer the questions posed above. There is much medical terminology flying around and the following may help.

**Terms:** The Corona/Covid 19 epidemic (a particular disease very common in a community at a specific time) is caused by a virus, Sars-Covid 19. A pandemic is when the epidemic is everywhere. A virus is a microscopic (very tiny thing, needing a powerful microscope to see) organism and has been described as being 'on the edge of life'. It is composed of a thread of genetic material, has a cover (a capsid) and sometimes an outer coating of fats (lipids). Measles, mumps and chickenpox are viral illnesses. Viruses can change (= mutate) and the new 'fellow' can behave differently. Although the epidemic began in Wuhan, China, it is not certain where the virus originated or what caused the change. Viruses live inside cells and multiply. Transmission/spread of Covid is principally through droplets (sneezing/coughing/breathing), touching fomites (materials, surfaces, utensils and furniture), or possibly through the faecal-oral route. Sneezing and coughing can send droplets up to eight metres. The incubation period is the time between when a person catches the disease and when they become sick. Not everybody infected is obviously sick. The infectious period is the time when an infected person can pass on the disease and **can be three days before** they feel sick.

**The effects:** The effects of Covid are well known.

About 80% of those affected will get a relatively mild illness – RTE's Claire Byrne and Ryan Tubridy, and Boris Johnson are examples of people mildly affected - and will fully recover. About 14% will be seriously affected and 6% will be very ill. Those at most risk of severe sickness are; the elderly, those with underlying conditions such as heart disease, diabetes and high blood pressure. Some children and young adults, not many, have died from Covid. Our immune system is our defence and, if compromised, leaves us vulnerable. Currently the death rate in confirmed cases in Ireland is 2.976%. Intensive care capacity is limited and hence the need to keep the numbers infected as low as possible.

**Management:** As there is no cure for Covid prevention measures are absolutely essential. Poor James Quinlan, Macroom, was reported as being quarantined in Vietnam, when waiting to go to America. Prevention is best achieved by cocooning (the word comes from the silk shield a larva wraps its baby-chrysalis in), social isolation, social distancing, staying at home as much as possible, hand-washing, coughing/sneezing etiquette, not touching our eyes, mouth or nose and surface cleaning. Keeping in touch with loved ones, staying physically and mentally well, and eating and sleeping well are important. Masks are now more commonly worn publicly and there is evidence to back wearing them. People in Austria are compelled to wear masks when out, and masks are recommended in the US. Here the HSE advice is that they should be worn by medics in hospital or in some community situations. One Chinese expert thought it was an effective act of kindness to neighbours, preventing others becoming infected, and an Irish expert pointed out the dangers of not using them properly. Personally, I use one when out as I think it reduces the risk.

Care in hospital means isolation, nursing care, dealing with organ failure by dialysis, giving oxygen, using drips for fluid intake and use of antibiotics for secondary infection. Home care entails phoning your doctor, possibly being tested, self-isolation for fourteen days, rest fluids, paracetamol for pain and fever, and contact-tracing if tested positive. GPs have guidelines approved by the HSE and ICGPs in

## Quiet Tuesday, 31 March 2020: First Market Day of Covid Lockdown © Con Kelleher



advising people. It is also important that other illnesses are presented to doctors.

**Treatment News:** News on treatment developments includes the following. Plaquenil/hydroxychloroquine has been licenced in the US. Lopinavir/ritonavir, an anti-HIV drug, is being assessed, and monoclonal antibodies drugs, used in arthritic conditions and Multiple Sclerosis, are also being checked. Two vaccines have progressed to phase 1 trials. It was noted that people previously immunized with BCG, the anti-tuberculosis vaccine had a lower rate of





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Quiet Tuesday, 31 March 2020: First Market Day of Covid Lockdown © Con Kelleher



Queuing in the Time of Covid, 28 March 2020, Macroom © Con Kelleher

Covid infection. This vaccine is tried, tested and safe, and if effective, it would mean increased production would be the only issue before it became available.

**Nursing Home Package:** The government's introduction of a €72 million subvention package for Nursing Homes is a great but needed move and reflects our determination to care for the all. Another measure going in the right direction is the infectivity rate, which counts the number of people infected by a known case, and this has gone from 4.3 to 2.9, a big improvement and evidence that the public health measures are working.

**Praise:** The quality of work of all hospital workers and of all involved in providing health and social care in the community has been both wonderful and heroic. Public health has been brilliantly led by Dr Holohan and his team, with able support from the politicians. It is great to hear serious political discussions without point-scoring and rancour; long may it continue. Equally press, radio and television coverage has been excellent; it is encouraging to see and to hear presenters ask intelligent and hard questions in civil tones and waiting for answers. Perhaps that too will continue post Covid.

**Ordinary People:** Finally, ordinary people are

doing extraordinary things. In Macroom, as in other areas, meals and shopping messages are delivered to doorsteps. The meitheal spirit flourishes and it, with science and technology, will lead us out of these tough days.

Meantime keep up the good work, mind yourself and look after others.

**Dr Con Kelleher, Locum GP, Macroom.**

*Sources used: The HSE website and literature, The New England Journal of Medicine, The BMJ, The Irish College of General Practitioners, RTE, the Irish Examiner and the Irish Times.*



Queuing in the Time of Covid, 28 March 2020, Macroom © Con Kelleher



## CORK FABRIC COMPANY COMES TO AID OF HSE

The Cork Gaeltacht fabric company Sullane Valley Manufacturing, based in Baile Mhic Íre, or Ballymakerra near Macroom, has stepped in to try to help Cork University Hospital to alter some of the consignment of PPE recently received from China to make it suitable for use. The company director Siobhán Uí Scannláin explained the story to An Saol ó Dheas on RTÉ Raidió na Gaeltachta this week.

Siobhán Uí Scannláin told Dara Ó Cinnéide that the company got a call from the HSE on Friday asking for their help. A staff member went to Cork University Hospital at the weekend to get a better understanding of the problem, and they then set to work tailoring the garments so that they would be safe to use.

"They got a lot of jumpsuit-type things. So we took the legs off them and used them as sleeves, because a lot of the sleeves on the garments are too short. We were able to use the legs as sleeves, and they also had elastic at the end, so

that was good.... They also wanted to get rid of the zips and use velcro because that's safer."

Siobhán Uí Scannláin said that two staff members, Margaret O'Sullivan agus Geraldine Cullinane, had worked from morning to night all weekend to fulfill the initial requirement for the hospital, and that the whole team was now working on the project since Monday.

"The most important thing for them is to be able to remove the garment quickly when they've finished working with the sick patient, to be able to remove it easily and dispose of it. That's our aim, to try to make it very simple (for them), but that they have full protection, and that they can remove the garment easily."

Siobhán said that the advantage of the material used in the PPE received was that no liquid could penetrate it, and that the company was trying its utmost to source more similar material, but that was proving difficult at the moment.

"That's the problem we have for the last few

weeks, we can't get our hands on fabric. We're trying again since this morning to get some. If we could get the material, we could do anything for them."

"We're working with what's there now – there are boxes (of the PPE) over in the factory that need to be amended, and we're happy to do everything we can to make them suitable for use. We understand now what the nurses need for their teams, and when you have that understanding then you can do whatever they need."

She said that the team was very happy to be able to help.

"They're very happy. They're very creative (at finding solutions). They're all happy to be working away at it and sewing. Hopefully, we can all help each other."

*Siobhán Uí Scannláin was interviewed on An Saol ó Dheas on RTÉ Raidió na Gaeltachta.*



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## Coronavirus

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# MACROOM ARTIST FEATURE

Artist John Flynn of Castle Street, Macroom has kindly provided two beautiful artworks for you to create your own mural of Macroom. The pint maybe gone, but why not add some colour back into our beautiful town and post your finished artwork on your windows for all to see.

John's art takes inspiration from Irish history, folklore and storytelling and are uniquely painted on Hurley's. To buy John's stunning artwork check out his website <https://johnflynnartanddesigns.bigcartel.com> or his Facebook page <https://www.facebook.com/johnflynnartandswag/>



John Flynn Art and Design (copyright)  
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# DO THUAIRIMÍ Á LORG MAR GHEALL AR THODHCHAÍ CHOLÁISTE ÍOSAGÁIN YOUR OPINIONS IN RELATION TO THE FUTURE OF COLÁISTE ÍOSAGÁIN ARE SOUGHT



SFIO (IDAC) - CRD (No. 522167) Incorporated by Údarás na Gaeltachta to develop, implement and manage the Gaeltacht Digital Hub network

Tá grá ar leith do Choláiste Íosagáin ag muintir Mhúscraí agus áit speisialta ag an scoil i stair Bhaile Bhúirne.

Ón uair gur dúnadh an scoil i 1989, tá roinnt iarrachtaí déanta chun ath-fhorbairt a dhéanamh ar shuíomh na scoile ar mhaithe na dúthaí, go háirithe ó thaobh cúrsaí shóisialta, cultúrtha, eacnamaíochta agus timpeallachta de.

Tá iarrachtaí úra déanta le déanaí ag Údarás na Gaeltachta agus a páirtithe leasmhara, ina measc, Institiúid Teicneolaíochta Chorcaí, Comhairle Contae Chiarraí. Tá éirithe go maith leis na hiarrachtaí seo.

- Ar an gcéad dul sios, ceadaíodh €180,000 faoin scéim RRDF don Údarás chun máistirphlean a ullmhú don suíomh, chun deimhin a dhéanamh de go mbeidh tionchar shóisialta, cultúrtha agus eacnamaíochta dearfach ag eascair as an dtogra go háitiúil agus ar mhaithe an réigiúin i gcoitinne. Beidh cuid den deontas seo á úsáid freisin chun na hullmhúcháin teicniúla cuí a dhéanamh don bhforbairt fisiciúil.

- Ceadaíodh €2.7m sa bhreis ar sin faoin scéim REDF chun Mol Forbartha Réigiúnach a chur ar bun. Beidh sé mar aidhm ag an MFR seo deiseanna fostaíochta breise a chruthú, agus treisiú agus éagsúlú a dhéanamh ar an mbonn frontair go háitiúil. Beidh spásanna oibre chomhionaid á chur in áit laistigh den MFR, le binsí oibre, áiseanna traenála agus cruinnithe san áireamh. Beidh an áis seo ina chuid den gréasán 'gteic' atá á fhorbairt i gceantair Gaeltachta ó cheann ceann na tíre.

Cheap Údarás na Gaeltachta foireann faoi scáth Community Engagement Partners chun na míreanna shóisialta agus eacnamaíochta den mháistirphlean a ullmhú. Tá an grúpa seo tar éis inchur a fháil ós na páirtithe leasmhara éagsúla le míonna beaga anuas, agus ba mhaith leo anois smaointí agus moltaí an phobail áitiúil a chur leis an eolas atá bailithe go dáta.

De dheasca na géarchéime sláinte poiblí atá ann faoi láthair, is gá an inchur seo a lorg ar líne seachas trí cruinnithe poiblí agus imeachtaí eile. Fós, is féidir leat tionchar nach beag a bheith agat ar thodhchaí Choláiste Íosagáin ar mhaithe Mhúscraí agus Baile Bhúirne i gcoitinne tríd an ceistneoir seo a chomhlíonadh.

Coimeádfar gach aighneacht faoi rún daingin, agus scríosfar na ceistneoirí nuair atá an anailís críochnaithe, agus treochtaí ginearálta amháin a bheidh san áireamh ins an tuairisc dheireanach.

Is féidir teacht ar an suirbhé tríd an nasc thíos.

**Go raibh míle maith agat as an gceistneoir a líonadh. Táimid fíor bhuíoch diot as do chuid ama agus do chuid tuairimí a roinnt go fíal linn. Tógfar san áireamh do chuid eolais agus an tuairisc deireanach á ullmhú.**

Coláiste Íosagáin has a well-established place in the history of Baile Bhúirne and many remember its role in the community with fondness.

Since the school closed in 1989 a number of attempts have been made to re-develop the site and use it to bring social, cultural, economic and environmental benefit to the area.

These efforts have been redoubled in recent times by Údarás na Gaeltachta and their principal partners among whom are CIT, Cork County Council. These efforts have met with considerable success.

- Firstly, a sum of €180,000 was provided from the RRDF to Údarás to allow them to prepare a masterplan for the property to ensure its redevelopment brings social, cultural and economic benefit to the area and the wider region. Part of this allocation is also to be used for the technical preparatory work associated with the physical redevelopment.

- A further €2.7 million was provided under the REDF to enable a Regional Development Hub to be established. The purpose of this RDH will be to create additional employment opportunities and diversify and strengthen the enterprise base locally. Co-working spaces are to be provided within the RDH, including desk space, training and meeting facilities. This will become part of the 'gteic' network of such hubs located in Gaeltacht areas throughout the country.

A team led by Community Engagement Partners was appointed by Údarás na Gaeltachta to prepare the social and economic parts of the masterplan. The team has been consulting with all the principal partners over the last number of months and now wishes to gather the ideas and views of the community of the area.

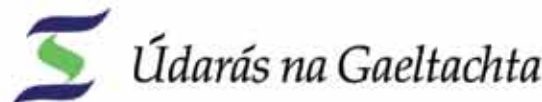
Due to the current public health situation, it has been decided to seek these views online rather than through public meetings or other events. By completing this questionnaire, you will contribute in no small way to the future use of the Coláiste Íosagáin for the benefit of Baile Bhúirne and Gaeltacht Mhúscraí in general.

All submissions will be treated in strictest confidence, questionnaires will be destroyed when the analysis is completed and general trends only will be included in the final report.

Please access the survey through the link below.

**Thank you very much if you have completed the questionnaire. We truly appreciate the time you have taken and assure you that your opinions will be taken into account in the preparation of the final report.**

<https://www.surveymonkey.com/r/BaileB>



Tá an máistir phlean seo á ullmhú le tacaíocht ón gCiste um Athghiniúint agus Forbairt Tuaithe



# MCEGAN MUSINGS



Get your students cooking with some delicious desserts from Ms Hazel Burke, Home Economics Teacher

## Let's Cook!

Desserts don't need to be complicated, showy, or expensive. These two desserts are beautiful and delicious, but still simple and accessible.

### Bread and Butter Pudding

Oven 180c (Gas 4) Serves 4

The secret to success lies in letting the pudding stand for an hour before baking. This allows the bread to swell and absorb the liquid, creating a light crusty pudding.

- 6 slices of bread, crusts removed
- 50g butter
- 75g sultanas
- 2 eggs
- 1 egg yolk
- 300 ml milk
- 25g caster sugar
- ½ level teaspoon grated nutmeg (or cinnamon)
- Brown sugar to sprinkle

#### Method

Oven 180c (Gas 4)

Butter the slices of bread and cut each into 4 triangles.

Grease a 1-pint (600ml) pie dish and arrange the bread in layers, sprinkling each with sultanas. Finish with a layer of bread, butter side up.

Beat the eggs, egg yolk, sugar and milk together.

Pour the liquid over the bread and leave to stand for 1 hour

Sprinkle the top of the pudding with brown sugar and nutmeg (cinnamon) just before putting in oven.

Bake for 30 –35 minutes. It should be well risen with a golden, brown crusty top.

Variations Try replacing the sultanas with chopped dark chocolate or frozen berries.



### Warm Lemon Sauce Pudding

This dessert is also known as Lemon Surprise Pudding. Spoon into these lovely lemon pudding cakes and discover a layer of luscious lemon sauce beneath the cake!

Oven: 175c Serves 6

- 3 large eggs, separated
- 240 ml milk
- Zest of 2 lemons
- Juice of 2 lemons
- 30g butter, melted
- Pinch of salt
- 45 g plain flour
- 200 g caster sugar
- Fresh berries and Icing sugar, for serving (optional)

#### Method

Preheat the oven to 175°C and set a rack in the middle position. Grease six (180-ml) ramekins with butter.

In a large bowl, whisk together the egg yolks, milk, lemon zest, lemon juice, butter, and salt. Add the flour and caster sugar and whisk until smooth.

In the bowl of an electric mixer, beat the egg whites until soft peaks form. (The peaks should curl when you lift the beaters out of the bowl.) Spoon about 1/4 of the egg whites into the lemon mixture and whisk until smooth. Add the remaining egg whites and, using a rubber spatula, gently fold into the lemon mixture until smooth. The batter will be light, foamy, and quite liquid.

Place the prepared ramekins into a 23-by-33-cm baking dish. Ladle the batter evenly into the ramekins (it will come almost to the top). Using a jug, pour room temperature water into the pan to reach halfway up the sides of the ramekins. Carefully place the baking pan in the oven and bake for 45 to 50 minutes, or until the cakes are puffy and lightly golden on top. Using tongs, carefully remove the ramekins from the baking dish and let cool on a rack for about 20 minutes before serving. (They will sink a bit as they cool; that's okay.) Dust with icing sugar and serve garnished with fresh berries, if liked.



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# Macrooom Library



Online Writing Workshops from Cork County Council

All our Libraries are closed to the public, but we are still working at providing you with the best service.

If you had items that were due to be returned during the closure dates, do not worry we have extended the due date on all items.

If your membership is just out of date and you are unable to access any of our online resources, please contact Library H.Q. at 021 -4546499 from 9 00 am – 5 30 pm or email [corkcountylibrary@corkcoco.ie](mailto:corkcountylibrary@corkcoco.ie) and we try to resolve any issues.

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; <https://www.librariesireland.ie/join-your-library> and follow the instructions there.

This will enable you to have access to our Online Services. There is a wide variety of online services which include access to e-books, e-audio books, e-magazines, e-newspapers, e-learning 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.

So you can relax & read your favourite magazine online without having to leave your house. There is something for everyone, whether you are looking to keep up with the latest world news, celebrity news, bridal trends, home decorating ideas & even some for children just to mention a few. Download the RBDigital app & have 100's of e-magazines at your fingertips to choose from. If you have free time, you may like to upskill or learn a new hobby. You can access over 500 online e-learning courses for free. These include courses on Advertising, Bookkeeping,

Cooking, Decorating, Homeschooling, Stress Management, Web Design and lots more.

You will be delighted to hear you can read the National and International Newspapers online at home with your library membership also. Keep updated with world news from the Irish Examiner, Irish Independent, Irish Daily mirror and much more including International Newspapers.

For all our Creative Writers out there, Cork County Library & Arts Service is extending the 'From The Well' Short Story competition 2020 deadline in light of COVID-19 until Friday, 19th April. So it is time to be creative. Check out the guidelines for entry and an entry form at;

<https://www.corkcoco.ie/en/library-services/new-events>.

All entries with the entry form can be emailed to: [arts@corkcoco.ie](mailto:arts@corkcoco.ie) Good luck.

Also Cork County Council Library & Arts Service are proud to announce three online writing workshops, beginning April 29th.

Declan Burke will explore the crime writing genre with "Criminal Intent". "A time to Write" sees Denyse Woods examining fiction-writing & finally Poet Matthew Geden will offer an insight into poetry in "A Light to Transform the World".

The free evening workshops will run until June and applications are available at

<https://www.corkcoco.ie/en/arts/opportunities>

Thanks to the support of Cork County Council and the Arts Council of Ireland, Cork can stay creative and connected.

For any Students studying History for the Junior Cert Cycle & are still completing their CBA 1 'The

Past in my Place' assignment, our local studies Library maybe able to provide assistance. They can help you find information on your project topic, check references or locate sources. Contact them at 021- 4285640 or by email; [localstudieslibrary@corkcoco.ie](mailto:localstudieslibrary@corkcoco.ie) Monday – Friday 9 00am -5 00pm.

Also, at this time the Library Service is doing a Housebound Service – service where we are delivering books to our elderly patrons. If there are other senior patrons who would like to avail of this service, please feel free to contact us at 026- 42512 & we will do our best to accommodate you.

All of us here in Macrooom Library miss meeting all our patrons but we look forward to being able to open the doors as soon as it is safe for us to do so.

At the moment, it is important to Stay at Home and Stay safe everybody. We look forward to seeing you all again soon.

Please follow us on Facebook - Cork County Library & Arts Service and Twitter -@Corkcolibrary for all our up to date news and information.

"If we winter this one out, we can summer anything" Seamus Heaney

Cork County Council has opened up a dedicated COVID 19 Community Response Freephone Helpline.

This is to help the public to access non-emergency and non-medical services and to provide support and advice.

It will operate from 8 am to 8 pm seven days a week on 1800 805 819

Also you can email; [covidsupport@corkcoco.ie](mailto:covidsupport@corkcoco.ie) Text; 085 870 9010

## MACROOM EASTER SUNDAY COMMEMORATION

The Annual 1916 Easter Sunday Commemoration will not take place in Macrooom this year due to the present restrictions as set out by the Government of Ireland.



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# Báile Mhuirne/Cúil Aodha

From the File of Leabharlann Bhaile Bhúirne Creative Writing Group

## Mischief by Fionn McSweeney

I looked up the definition of mischief in the dictionary and wasn't surprised to see it was joined in its definition by misbehaviour, misdemeanour and misconduct. A veritable quartet of spinsters!

I can just visualise these four ladies gathered around the table for afternoon tea in the Grand Hotel downtown.

Miss Chief has just arrived from Mr Fairtrades Sweet Shop where she caused havoc by insisting on a quarter pound of chocolate-covered liquorice allsorts. The poor man spent ages checking each of the multitude of sweet jars on his shelves, up and down the ladder to the high shelves, which was no mean feat as Mr Fairtrades looked after quality control himself and had the build to prove it. He searched all the shelves and although he could find ordinary liquorice allsorts, he could not find, and indeed had no recollection of, ever stocking chocolate-covered liquorice allsorts. Miss Chief asked him to check the stockroom again please. While he muttered his way into the back room she made her escape, unnoticed, giggling boldly as she went.

Miss Behaviour is sitting with her feet propped on the table and is singing a bawdy sea shanty at the top of her voice, much to the embarrassment of other diners. A starved waiter approaches her and with a discreet "Ahem" asks her to remove her feet and stop singing, but she ignores him and as he walks away in disgust she screeches after him that he can shove his "Ahem" in his pipe and smoke it! The two ladies at the adjacent table quickly get to their feet and approach the hostess, who quickly leads them to the far corner of the dining room where they are now seated safely behind a

trailing aspidistra.

In the meantime, Miss Demeanour has been squirreling away all the silver cutlery into her capacious handbag. She has also managed to remove the sugar tongs and the silver cruet set. She is intent on finishing off all the cakes and dainties from the beautiful three-tiered cake stand as it is the perfect match for the cake plate she acquired at the school garden fete last year. As she drops a tiny salt pig into her bag, she spies the delightful brooch in the shape of a high-heeled shoe, bejewelled and sparkling, which she had deftly removed from the lapel of a coat that had carelessly been tossed across a vacant chair at a table where the ladies of the Countrywomen's Society were completing a lunch meeting.

Miss Conduct was studiously studying the table. She picked daintily at a cucumber sandwich and shook her head sadly at Miss Demeanour whose mouth was bulging with both fruit scone and madeira cake as she valiantly made her way through the second tier of the cake stand. Miss Conduct sipped her Darjeeling tea and reached for a little petit fours from the top tier of the cake stand. Miss Demeanour smiled gratefully. Miss Conduct leaned over and whispered to Miss Behaviour, who stopped mid-chorus to listen. She removed her feet from the table and leaned over and whispered to Miss Chief. Miss Chief grinned, clapped her hands gleefully and pushed her chair back ever so slightly. Miss Conduct stood up, grasped the edge of the pristine linen tablecloth and with one quick movement, pulled the table cloth from the table. There was a moment of group inhalation and then the china – and what was left of the silver – rattled and crashed around the table and onto the floor with the exception of the three-tiered cake stand.

Making good use of the distraction, Miss Demeanour pushed the cake stand into her bag as they all hurried from the room.

## Clondrohid Commotions

**G.A.A.:** Clondrohid G. A.A. club is fully aware that the Covid 19 situation is causing hardship to vulnerable and elderly people in our Parish. Club Volunteers are available to give assistance, be it collecting groceries, prescriptions, fuel or other necessities. Please feel free to contact the following co coordinators if you need help. **MUINFLIUCH:** Denis Desmond 087 2143468. **CARRIGANIMA:** Noel McDonagh 087 7744686. **CLONDROHID:** Michael O'Leary 086 8248375, Tim O'Connor 086 8819292, Brian Kerins 087 1531571. Social distancing will be adhered to at all times. The G.A.A.'s policy has always been Covid 19 will only be beaten if we all take it seriously and all do the right thing.

**COVID 19:** Fr. Joe in Clondrohid would like to let all his parishioners know that we are now on Internet web cam. If you open YouTube and search for Clondrohid Church Live. There is also a Link to Facebook and Instagram. Mass is available at 9.30 am each day and Rosary and Benediction at 6pm each day. [www.youtube.com](http://www.youtube.com)

This is brilliant if you have a modern phone and are technically savvy, but unfortunately this is not so for many people especially the elderly, so Fr. Joe wishes to let you know that everybody is remembered and prayed for at these celebrations and invites you all to join in from home with him as he says Mass and rosary etc behind closed doors. Please do the same for Holy Week.

The Timetable for Holy Week is as follows: Holy Thursday April 9 Mass of the Lord's Supper at 7.30pm

Good Friday Solemn Liturgy at 3pm and Stations of Cross at 8pm and Holy Saturday Easter Vigil at 8.30pm and Easter Sunday Mass at 10.30 am.

The theme of Holy Thursday's Mass this year will be on the importance of Service, especially to one another. Extraordinary service is being shown in our country during this difficult time. All our prayers at this Mass will be centred on those in service.

Fr. Joe has suggested that children might like to draw some pictures of what Easter means to them this year in their own homes, maybe a 'thank you' card to the Front-Line workers etc. Take a photo of it and upload to Cloncarrig Face book page.

Unfortunately, due to the latest restrictions, the 2 churches in the parish are permanently closed till at least Easter Sunday. Sad times but hopefully it will pass quickly, and we will all be back to normal soon.

Remember to keep in touch with each other, send a text or make that phone call to someone who could be feeling more isolated than you. Together we can make it better.

**Healy's Spar** are available to do home deliveries. Contact them on 026 41233. You can also contact Macroom Garda on 026 20590 if you need assistance. **Cork**

**Co Council** are also available to help you with any issues you have, please feel free to contact them on **1800805819 from 8am to 8pm**. Please do not be afraid to ask for help or assistance

**COCOOING:** Some people like this word and more people don't but unfortunately it's here to stay till Easter Sunday at least. A synopsis of information received from the HSE include the following. All those over 70 no matter how healthy you are asked to stay at home, your only walk is around your back garden if you have one otherwise around your house or up and down stairs. This is hard but that is what they are advising. Arrange for food or medicine to be delivered and left outside the door. If you have a doctor's appointment or a hospital appointment ring and check with them what to do. Those with health issues should follow similar guidelines. You can ring the HSE on Call save 1850 24 1850 or 041 6850300 Monday to Friday 8am to 8pm and Saturday and Sunday 9am to 5pm for more info. Older people can contact ALONE on 0818222024 on Monday to Friday from 8am to 8pm

**PARISH ACTIVE RETIRED:** This group continue to keep in touch with all their members through Secretary Mary, sending out bits of news, funny stories, poems, prayers etc. keeping up the spirits. A laugh or a joke goes a long way!!!! They would like to suggest to members to make phone calls or texts to each other. Also, to make a phone call to someone that is not on the Active Retired messaging service and might just appreciate a friendly chat.

**CLONDROHID DEV GROUP:** They would like to wish everybody well in the parish and surrounds in these unusual times. Take care, keep your distance, wash your hands disinfect, no social gatherings check on your neighbour and help in any way you can to ease other people's burdens. We will get back again to gardening and keeping the village looking vibrant and beautiful in the not too distant future. Keep your own area clean and tidy.

**G.A.A.:** Clondrohid Club would like the following to be mentioned.

They would also like the following to be mentioned.

Clondrohid GAA would like to express its sincere sympathy to Eileen and the Kelleher family Mounahorna on the passing of Declan Kelleher R.I.P.

Declan was a most committed member to the club, as a player for over 35 yrs, a mentor and coach with various underage teams and also a key member of the club lotto committee.

Ar dheis De go raibh a anam



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## Kilmurry HAA

### Kate O' Callaghan Republican, Feminist, Sinn Féin T.D., College Professor.

Article by Noel Howard, Curator

Kilmurry Historical & Archaeological Association

Kate O'Callaghan was born in Crossmahon, Lissarda, Co. Cork, 13th October 1885 to Nelius and Julia Murphy in Crossmahon, Lissarda, Co. Cork.

She was educated at the Ursuline Convent in Cork, took a BA at the Royal University in Dublin, and later, a Higher Diploma in Education at Cambridge University.

In 1905 Kate was the first of the three Murphy sisters, (Máire, Elsie and Éilís), to be appointed to Mary Immaculate College, Limerick. Their competence, loyalty and dedication contributed much to the professional standard of the young teachers graduating from the college during this period.

In June 1914 Kate married Michael O'Callaghan, who later became Mayor of Limerick. With Pearse and Casement he founded the Irish Volunteers in Limerick in 1914. Kate and Michael played major parts in the formation of Sinn Féin and Cumann na mBan. On the night of March 7, 1921, after hearing a loud knock, Kate opened the front door of their house and two men, armed with revolvers, forced their way into the house. They shot Michael O'Callaghan dead and Kate was shot through the arm in her struggle with the killers, who then went on to murder Mayor George Clancy, who lived a short distance away.

In the 1921 Dáil Eireann election Kate was returned unopposed as a TD for Limerick, along with Kathleen Clarke, Constance Markievicz and Margaret Pearse. Kate and her sisters were part of a small but significant group of highly-educated women who played significant role in Irish public life at the turn of the century, they had significant roles in Republican politics in Cumann na mBan and the Suffragette movement

The vote on the Treaty was held on 7th of January 1922, and was won by the pro-Treaty side by 64 votes to 57. Kate introduced a proposal to extend suffrage to women over the age of 21, to bring the voting age of women in line with that of men, however her bill was defeated. Kate was returned as TD, in the June 1922 election.

12th April 1923 Kate and Mary MacSwiney were arrested on their way to Liam Lynch's funeral in Tipperary, they were taken to Kilmainham Gaol



Kathleen Clarke, Constance Markievicz, Kate O'Callaghan and Margaret Pearse (Reproduced courtesy of the National Museum of Ireland).

where they went on hunger strike. Kate's sister, Dr. Elsie Murphy and her brother Matt were also interned at this time, Kate's hunger strike lasted for 19 days.

The Anti-Treaty side suffered defeat in the August 1923 general election. Fianna Fáil was founded on 13th April 1926, however, unlike many Republicans, Kate did not join the new party. Kate continued to be active in Republican politics and in a defiant gesture she attended the last meeting of the Republican "Dáil" in 1928.

For the rest of her life she devoted herself to cultural activities in Limerick, most notably in the Irish language, drama and archaeology. She donated her Republican pension towards scholarships for children.

Kate died on the 16th of March 1961, she was buried in Limerick beside her husband 40 years after his assassination.

### Independence era 'brat agus léine', worn in 1920 by Kate O'Callaghan.

This 'Celtic Revival era' costume, produced by the Dun Emer guild, is displayed at INDEPENDENCE MUSEUM KILMURRY. This Independence era clothing provides a fascinating insight into the social side of the nationalist movement. This example, is similar to a costume currently on permanent display at the National Museum in Collins Barracks, Dublin, INDEPENDENCE MUSEUM KILMURRY were proud to have this 'Brat agus Léine' costume displayed in



Kathleen Murphy's 1920 "Celtic revival dress and doak (Photo: Noel Howard)

the 'Women in Politics 100' presentation in Dublin Castle, and Limerick, last year. This exhibition was opened by Minister Josepha Madigan & curated by Historian / Curator Sinead McCoolle.



Caum School – 1969 © Peter Scanlan



# Uibh Laoire Updates

## Closures in Store?

Many businesses and events are falling victim to the outrageous increases in insurances recently. Many who pass through Inchigeela have seen the much-photographed general store, now closed, but revived as a Museum called the Store of Memories. It's sad to say that it is under threat of closure again because of the heavy weight of insurance costs. It is a great credit to the O Sullivan family to have revived it with the help of local volunteers. It brought life and colour to the centre of the village and was used as a pop-up shop and a number of memorable cultural events were held there. Let's hope that the local community can rally behind it and save it.

## Restrictions and Freedoms

The recent restrictions on our freedom is reflected in the little or no traffic on our roads. However, it proves that all are playing their part in a silent battle against the spread of the virus and it exhibits a confidence that we will win. When its all over we will look back on these days and realise that staying at home is a very small price to pay for saving lives. And we should not feel isolated or lonely. This is an opportunity to phone our neighbours and offer some support or maybe just enquire how they are, with the offer of help with shopping for example. The GAA in all communities are offering us help and we shouldn't be shy in accepting their generosity. For those of us who are missing Mass there are many daily masses on the internet, TV and radio, and the SMA site in Wilton is one example. They are offering masses and Easter ceremonies and the site is very easy to follow. Let's not forget that's its springtime and there is lots to be done in the garden. The birds seem to be singing more sweetly this year but perhaps that's because I have more time to stop and listen to them. And the daffodils and tulips appear to be brighter than ever. And I'm looking forward to the arrival of the cuckoo. Let us all communicate and stay safe. Some local, hopefully helpful, numbers

GAA: (085)7794653

Ballingeary: (086)8844942

SVP Iveleary: (085)2490061

Garda Clinic

The community Gardaí, Raymond and Micheál will not be attending the Garda clinic in Inchigeela at present but they can be contacted at

(026)20590

## Family Quiz

In Béal atha there was great excitement on Friday last as a novel quiz was held, based on the table quiz format, over the internet, while, of course, fulfilling the regulations of physical or social distancing. 64 families took part and it was a huge success according to all reports. It was organised by the local Coiste Forbartha and they deserve a great bualadh bos for their efforts.

## Films of yester year

While browsing through the internet, I came across some very interesting and nostalgic films on youtube They should be of interest to Iveleary people at home and away. One lot is a film taken on Ballingeary Show Days of 1965 and 1966 and there are more from the nineties. The former are without sound but they are of good quality. There is also a lovely collection of stills of more recent times and they are sure to be of immeasurable value in years to come.



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



Fordson 10cwt Pickup for £460, no date probably the 1950's © Peter Scanlan



Muskerry Stock Judging 1966 © Peter Scanlan



Ballinagree Church in the 1960's © Peter Scanlan



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Outlook

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WEDNESDAY, 13th OF MAY 2020  
WEDNESDAY, 15th OF JULY 2020

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Cork Area | Tel: 021 452 1138

TUSLA  
An tSúil  
Family Support Agency





## SPORT HISTORY GAA 2010 - Ten Years Ago



Back l-r: Frank Cogan, John Murphy, Donal McCarthy, Eoin Cotter, Ciaran Sheehan, Daniel Goulding, Conor O'Driscoll, John Hayes, Donncha O'Connor, Brian O'Regan, Patrick Kelly, Paul Kerrigan, Sean Kiely, Michael O'Leary, Daniel Lane, Jim Nolan.  
Centre: Tommy Lynch, Gerard Lane, Aidan O'Connell, Colin Lane, Derek Kavanagh, Paul O'Flynn, Alan O'Connor, Colm O'Neill, Kevin McMahon, Alan Quirke, Ken O'Halloran, Paddy O'Shea, Fiachra Lynch, Fintan Goold, Ger Spillane, Nicholas Murphy, Aidan Walsh, Pearse O'Neill, Eoin O'Neill, Mick Curtin, Kevin Clancy, Dr. Con Murphy.  
Front: Terry O'Neill, Pearse Murphy, Ray Carey, Anthony Lynch, Eoin Cadogan, Noel O'Leary, Conon Counihan, Graham Canty, Jerry O'Sullivan, Michael Shields, Frank Murphy, Paudie Kissane, John Miskella, Jamie O'Sullivan, Kieran O'Connor, Peadar Healy, Ger O'Sullivan.

### All Ireland Senior Football Final

Cork Senior Footballers won the All Ireland Senior Football title at Croke Park, defeating Down in the final by a single point on a score of 0-16 to 0-15. The Mid Cork Division made a magnificent contribution to the victory with six players from divisional clubs on the field at the final whistle – John Miskella and Paddy Kelly of Ballincollig, Daniel Goulding and Ciaran Sheehan of Eire Og, Noel O'Leary of Cill na Martra and Fintan Goold of Macroom. Peadar Healy of Naomh Abán was a selector on the team, Anthony Lynch of Naomh Abán and Seán Kiely of Macroom were on the extended training panel and Michael O'Leary of Clondrohid was team physio.

After two heartbreaking All-Ireland final defeats in the previous three years, '07 and '09, the Rebels reclaimed Sam Maguire for the first time since 1990 after a 0-16 to 0-15 victory over Down at Croke Park.

Cork did it the hard way. They trailed by 0-8 to 0-5 at half-time after an anaemic first half performance, but they turned the game on its head after the break, with the experience of substitutes Graham Canty and Nicholas Murphy helping the Rebels over the line in a frantic finale. Having led early on, Cork were behind from the 14th until the 56th minute, when Paul Kerrigan's point put them back into a lead they would not let go. Kerrigan's was the first of three successive scores and it proved to be the winning break for the line, leaving Cork in a winning position three points clear with three minutes left on the clock. It was never going to be straight forward. It never is with the Cork footballers! Down hit back, Benny Coulter finally freeing himself of the limpet-like Michael Shields to cut the gap. Then, two minutes into added time, Danny Hughes fisted a ball over the bar to leave just a point between the sides. Rebel hearts began to flutter.

However, this was to be Cork's day of days. Substitute Fintan Goold won the vital kick out, was fouled, and Cork went down the field to

break the Down momentum. When referee David Coldrick blew the full-time whistle the long wait was over and joy was unbounded. Cork had answered all the questions that had been posed about their character.

Down's two most dangerous players were Benny Coulter and Martin Clarke. Clarke was brilliantly shadowed by Noel O'Leary and failed to score from play, while the only change Coulter got from Shields was a single late point. Cork started impressively and took an early lead through a Daniel Goulding free. Cork, however, looked nervous, wasted chances and Down were less profligate, kicking four points without reply in a four-minute spell to wrest control of the game. Down would stretch their lead to 0-7 to 0-2, Cork were in trouble and nothing in their play to that point suggested they were capable of turning things around.

There were some green shoots, however, in the closing five minutes of the half. Donncha O'Connor closed the gap back to four when he kicked his side's first points for 18 minutes from a free. Daniel Goulding cracked over a fine point. Down hit back but Cork had the last say in the half, O'Connor kicking a brilliant point from play. Cork were flat in the first half and yet they trailed by just three points, 0-8 to 0-5, at half-time.

Down on the resumption went four clear before Cork finally made use of the abundance of ball they had in the middle third. Goulding and O'Connor showed for the ball and it was sent into them quickly and accurately. The entire Cork full-forward line of Goulding, O'Connor and Sheehan were on target in a four-minute spell up to the 51st minute and Cork had drawn level at 0-10 apiece. Kevin McKernan had a Down point but Counihan's men had the bit between their teeth. Three more points came without reply. Goulding nailed two 45s and Kerrigan did his bit to ensure he followed in the footsteps of his father, who won All-Ireland medals with the Rebels in 1989 and '90. Peter Fitzpatrick and Ronan Murtagh hit back for the

Mourne men, but Donncha O'Connor proved his value with yet another superb score from play, this time putting Cork back into a three-point lead with an inspirational score from a tight angle. Then Cork endured the dreaded, shredded nerve finale, but held on for the win. Just.

Cork: Alan Quirke; Eoin Cadogan, Michael Shields, Ray Carey; Noel O'Leary (Cill na Martra), John Miskella (Ballincollig), Paudie Kissane; Alan O'Connor, Aidan Walsh; Ciarán Sheehan (Éire Óg) 0-1, Pearse O'Neill, Patrick Kelly (Ballincollig); Daniel Goulding (Éire Óg) 0-9, (0-3 '45, 0-4f), Donncha O'Connor 0-5, (0-2f), Paul Kerrigan 0-1.

Subs: Nicholas Murphy for A O'Connor (ht), Graham Canty for Kissane 42, Colm O'Neill for P O'Neill 56, Derek Kavanagh for Murphy 66, John Hayes for Kerrigan 69, Fintan Goold, blood sub for D Kavanagh 70.

### All Ireland Minor Football Final

Cork minor footballers, a team with great heart, went under by a single point to Tyrone in the minor final. The team went down battling as always and could have got a draw but the clock denied them in the end. Kevin Hallissey of Éire Óg was on the team, Shane Masters of Kilmichael was sub. goalie and Dr. Aidan Kelleher of Clondrohid was team doctor.

### 2010 Cork County Senior Football Championship

#### Muskerry 0 – 10 Beara 0 – 6

Muskerry footballers met Beara in the opening round of the senior championship at a cold and very windy Dunmanway on Easter Monday and a four point victory qualified them for a crack at Duhallow, the leading divisional side of recent years. Muskerry were playing against the elements in the opening half but played very well to lead at the break by 0-6 to 0-5. Victory seemed to be assured at this stage and there was no reason to have a change of opinion about the outcome when the advantage





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**Citizens Information**

**KNOW YOUR RIGHTS: COVID-19 AND FUNERALS**

**This news item was posted on April 3, 2020**

If someone close to you has just died, or you know someone who has recently been bereaved, you may have concerns about planning the funeral during the COVID-19 pandemic. We have put together some information about wakes and funerals.

After a bereavement, you should contact your preferred funeral director as soon as you can. During the COVID-19 pandemic, funeral services will remain open as they are an essential service. Funeral directors and undertakers deal with the burial or cremation arrangements. Your funeral director will have the most up-to-date information and know the details of procedures during the pandemic.

Wakes, in homes or in funeral homes, are not advised during the pandemic. Close family members can still attend funeral services burials and cremation provided the social distancing rules are respected. This relates to all funerals, including those of people who have died of COVID-19. There should not be more than 10 people in a church or at the graveside. This number may need to be smaller in small closed spaces and local churches may have other restrictions.

The Health Protection Surveillance Centre advises close contacts and relatives of the deceased to use their own transport to attend the funeral, where possible.

The Irish Hospice Foundation have suggestions about how to support family members through grief and remembering people we have lost during the pandemic. Following the funeral, you can arrange a memorial service for a later date when restrictions have been lifted. Visit [hospicefoundation.ie](http://hospicefoundation.ie) or call (01) 679 3188.

Information for those affected by bereavement (pdf) is a publication for people who have been recently bereaved. It provides information and advice on practical and material matters that arise following a death. It includes information on what to do immediately after a death, possible social welfare entitlements, tax, financial and legal issues that may arise and where to go for further information and support. You can visit [citizensinformation.ie](http://citizensinformation.ie) to download a copy.

During the COVID-19 pandemic, Macroom Citizens Information Centre is offering a phone and email service.

Know Your Rights has been compiled by Macroom Citizens Information Centre which provides a free and confidential service to the public. Address: South Square, Macroom, Co.Cork  
Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.  
Macroom Helpline: 0761078430 email: [macroom.ci@citinfo.ie](mailto:macroom.ci@citinfo.ie)

*The Lee Valley Outlook*



*Hello Spring*

**Our next edition is out on**  
**Thursday 23rd April 2020**

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had been stretched to three points by the three quarter stage. Beara put in a great last quarter however and had Muskerry defending desperately before an injury time point for Muskerry guaranteed them victory.

Muskerry: James O'Connell (Macroom): Shane McCarthy (Éire Óg), Eoin O'Mahony (Macroom), Colm Ó Laoire (Cill na Martra): John Carey (Dripsey), Nollaig Ó Laoire (Cill na Martra), Cathal MacSuihbne (Cill na Martra): Eamonn Lyons (Canovee), Fintan Goold (Macroom): Aindrias Ó Coinceanainn (Béal Atha'n Ghaorthaidh), Seán Kiely (Macroom), Martin Ó Conchuir (Cill na Martra): Michael Murphy (Ballinora), David Goold (Macroom), Liam Seartan (Béal Átha'n Ghaorthaidh). Subs: Conor Brosnan (Ballinora), Simon Foley (Kilmichael), Daniel O'Connell (Inniscarra).

#### Duhallow 1 - 14 Muskerry 0 - 10

Muskerry had beaten Duhallow only once before in the senior football championship (back in 1980) and a reversal of the trend was never looking likely once Duhallow hit the front early in the second half of this 2nd round encounter at Rathcoole. Muskerry had enjoyed a three point (0-5 to 0-2) advantage after the opening quarter but Duhallow were beginning to play well and with county star Donncha O'Connor accurate from frees Duhallow were

in strong contention at half time, trailing Muskerry by only a single point, 0-6 to 0-5. The teams were level within a minute of the restart, Duhallow went ahead within another minute and led from there to the finish, their goal coming late in the game when victory was already assured.

Muskerry had seven intermediate status teams as well as the junior clubs in the division to draw from (although some players were committed to colleges sides, including the Eire Og duo of Daniel Goulding and Ciaran Sheehan, both with CIT). Consequently there were justifiable hopes that the losing sequence against their fellow division could be ended. Muskerry opened the scoring when John Carey drove forward out of defence and then Liam Shorten added on a point and Duhallow did not open their account until the tenth minute when O'Connor, scored the first of his seven points. Muskerry added points from Shorten and Andy Concannon but in the second quarter Duhallow outscored Muskerry by three points to one, they were only the minimum in arrears at the break and were beginning to shape like winners already.

Duhallow buried Muskerry hopes in the third quarter when they outscored the visitors by six points to one and held a commanding lead of 0-11 to 0-7 by the 42nd minute. Three minutes

from time, Duhallow got through for a goal, which ended any hope Muskerry had of a late revival. It was not a good day for Muskerry and a disappointing finish to a campaign which had held out much promise. Scorers for Muskerry: Andy Concannon 0-4, (0-3 frees), Liam Shorten 0-2, David Goold 0-2, (0-1 free), Fintan Goold 0-1 free, John Carey 0-1.

Muskerry: James O'Connell (Macroom): Shane McCarthy (Eire Og), Nollaig Ó Laoire (Cill na Martra), Colm O Laoire (Cill na Martra): John Carey (Dripsey), Eoin O'Mahony (Macroom), Cathal MacSuihbne (Cill na Martra): Fintan Goold (Macroom), Eamonn Lyons (Canovee): Martin O Conchuir (Cill na Martra), Aindrias Ó Coinceanainn (Béal Atha'n Ghaorthaidh), Seán Kiely (Macroom): Michael Murphy (Ballinora), David Goold (Macroom), Liam Seartan (Béal Atha'n Ghaorthaidh). Subs: Tadg Walsh (Grenagh), Amhlaibh Ó Loinsigh (Béal Atha'n Ghaorthaidh), William Buckley (Kilmurry), Paul O'Leary (Blarney), Cian Lowney (Eire Óg). The Muskerry selectors were Leo Lowney (Eire Óg) Manager, William Buckley (Dripsey), Gearóid Ó hEaluithé (Cill na Martra), Tim O'Sullivan (Macroom).

## 2010 Intermediate Football Championship

### 1st Round:

Aghabullogue 0 - 8 Fermoy 1 - 4  
Cill na Martra 0 - 8 Kildorrery 0 - 11  
Eire Og 2 - 12 Canovee 0 - 9  
Macroom 0 - 14 Ballydesmond 0 - 10

### Aghabullogue 0 - 8 Fermoy 1 - 4

Aghabullogue won and could have won by more and displayed some of the dash of a few years ago when they won their only county junior title. It was a great team performance and a most impressive victory.

Aghabullogue dominated the opening half yet found themselves a point in arrears at the interval when Fermoy led by 1-3 to 0-5. Fermoy had the game's opening score in the fourth minute, a point, but their goalkeeper had made a superb save to deny Aghabullogue teenager John Corkery of a goal minutes earlier. Fermoy had doubled their advantage before Aghabullogue got on the scoreboard with a Pa Finnegan point and then equalised with a point from Corkery as the first quarter ended. John Hogan put Aghabullogue in front in the 20th minute with a shot from close range that could have yielded a goal and John Corkery, who was tormenting the Fermoy defence, added two further points to open up a three point gap, the second of these following another outstanding save by the Fermoy goalkeeper in the 27th minute. Aghabullogue were full value for their lead but they then saw it wiped out a minute later when Fermoy got in for the only goal of the game and the North Cork side followed up with a point from a free to lead at the break by a point, 1-3 to 0-5, a disappointing situation for Aghabullogue.

Aghabullogue kept up their all action pace for the second half but again Fermoy got a score against the run of play to go two points clear. Aghabullogue were not downhearted however and Pa Finnegan had a point from a free followed by a superb equaliser from centre back Dan Twomey in the 38th minute, tying the scores at 0-7 to 1-4. Eighteen nail biting minutes were to elapse before Patrick Finnegan at last put Aghabullogue back in front when he pointed a free and this was the final and decisive score of the game. Aghabullogue: John Buckley: David O'Leary, Mark O'Brien, Jerome Corkery: Dhani Merrick, Dan Twomey, Micheal Twomey: Niall Buckley, Brian Buckley: Eoghan Kennedy, Pdraig Murphy, Barry Kiely: John Hogan, Patrick Finnegan, John Corkery. Subs: Michael O'Sullivan, Declan Kiely, and Paudie Twomey.

### Macroom 0 - 14 Ballydesmond 0 - 10

Macroom turned in a good first half performance at Kanturk and led Ballydesmond by 0-9 to 0-3 at the break, slipped badly in the third quarter and were in trouble with ten minutes to go when their lead was down to a single point and the Duhallow men had the wind behind them. In the final ten minutes Macroom reasserted their earlier dominance and carried the game to Ballydesmond, put scores on the board and emerged worthy winners at the finish. Ballydesmond had a man red carded and another lucky to escape with a yellow card in the final minutes when the issue had been decided, Macroom had two players assisted from the field and replaced in a nasty finish to what had been a sporting game.

Macroom had the benefit of the wind in the opening half and wing forward Olan Murphy was in very impressive form in this half and scored four points, some of which were from long range and from difficult angles.

Macroom had opportunities of adding to their 0-9 to 0-3 interval lead on the restart but wasted several good chances and gradually Ballydesmond came into contention. Donncadh O'Connor pointed four frees in a row and the gap down to a mere two points in the 47th minute. Shane Dunne pointed a minute later to give Macroom some respite but two more Ballydesmond points followed and only one point now separated the teams with nine minutes remaining. David Goold pointed in the 22nd minute and Gary Morris pointed a free two minutes later. A disgraceful off the ball assault on the outstanding Sean Kiely earned the offender a red card and Macroom had two points from David Goold frees. Macroom: James O'Connell: Peter Lynch, Eoin O'Mahony, Ciarán Murphy: Rory Buckley, Fintan Goold, Philip Corrigan: Seán Kiely, Kieran O'Shea: Olan Murphy, Gary Morris, Shane Dunne: Conor O'Sullivan, David Goold, John Ryan. Subs: Brendan Lynch, Ger England and John England.

### Canovee 2 - 10 Kilavullen 0 - 10

Canovee went into this 4th round replay without the services of Pat Dunlea and Tommy Murphy, both out through injury and lost Eamonn Lyons very early on, also through injury, but nevertheless they rose above adversity and were full value for their two-goal win at the finish. Canovee: Miceal Deasy: James McCarthy,





James Scanlan, Paul O'Sullivan: John O'Brien, Timmy Lyons, Brian Ahern: Joe Cunningham, Brian O'Donoghue: Sean O'Connor, Con Dunne, Denis O'Sullivan: Eamonn Lyons, Tadhg McCarthy, Daragh Ring. Subs: Gerry Shanahan, Ger Ahern and Donal Murphy.

#### Canovee 0-8 Kildorrery 0-9

Canovee were most unlucky to lose out to Kildorrery in the championship quarter final at Donoughmore. The winning point came in injury time after a Canovee attack had broken down and it was a cruel end to a battling championship campaign by Canovee who were again understrengthened through injuries on this occasion but again rose above their problems to provide a spirited performance and they surely deserved a draw.

It was a hard fought game, littered with frees but what was lacking in pure football was made up for in grit and determination. Canovee: D Ring 0-3 (0-1f), T McCarthy 0-2, S O'Connor, J Cunningham, T Lyons 0-1 each.

Canovee: M. Deasy; J McCarthy, J Scanlon, P O'Sullivan: J O'Brien, T Lyons, B Ahern; B O'Donoghue, J Cunningham; S O'Connor, C Dunne, D O'Sullivan; G Shanahan, T McCarthy, D Ring. Subs: Paul Healy and Tommy Murphy.

#### Cill na Martra 0-13 Aghabullogue 1-7

Last year Intermediate championship runners up Cill na Martra were back in the quarter final again after their victory over neighbours Aghabullogue at the Castle Grounds, Macroom in perfect ground and weather conditions. A big crowd turned up in anticipation of a rousing encounter and the teams did not let them down with the issue in doubt to the finish. Aghabullogue were awarded two penalty shot, scored from one and they will lament the miss from the other and the misses from two scorable frees, all in the second half. Cill na Martra will however feel that they were worthy winners as they had forced the pace for much of the game.

The first half was low scoring with defences making it difficult for forwards with quick tackling and tight marking. Cill na Martra finished the half in style with three points from Martin Connors giving them that advantage at half time, 0-6 to 0-3.

Within two minutes of the restart Aghabullogue were awarded a penalty, Pa Finnegan buried the ball in the corner of John Buckley's net. Martin Connors' point restored the lead for Cill na Martra, Barry Kiely equalised for Aghabullogue. The second penalty for Aghabullogue followed, Finnegan's kick hitting the upright and rebounding out for a '45' off the back of the goalkeepers head. Pdraig Murphy punched over a point for Aghabullogue to give his side the lead, Cill na Martra reply was quick in coming as Noel O Laoire kicked over the bar, 1-5 to 0-8 as the third quarter ended.

Cill na Martra: Eoin Ó Duinnín: Marc Ó Goili. Graham Ó Mocháin. Caoimhin Ó hEaluithe: Danny Ó Conaill, Nollaig Ó Laoire, Tadhg Ó Duinnín: Sean Ó Céilleachair, Cathal Mac Suibhne: Martín Ó Conchuir, Donal Óg Ó Laoire, Maidhchí Ó Duinnín: Pdraig Ó Duinnín, Pdraig Ó hAodha, Caoimhin Ó Suilleabhain.

Fir Ionaid: Breandan Ó Loinsuigh, Shane Ó Duinnín, Caoimhin Ó hUídhir. Aghabullogue: John Buckley: Paudie Twomey, Mark O'Brien, Aidan BarryMurphy: Dhanni Merrick, Dan Twomey, Miceal Twomey: Niall Buckley, Bran Buckley: John Kelleher, Pdraig Murphy, Barry Kiely: John Corkery, Patrick Finnegan, John Hogan. Subs: John Grealish and Paul O'Rourke.

#### Macroom 2-10 Fermoy 1-5

Three months after their first round win over Ballydesmond in the county intermediate football championship, Macroom returned to action at Pairc Ui Rinn against Fermoy in the quarter final and had a comfortable win to qualify for a semi final tilt at Castletownbere. Macroom were struggling early on to gain dominance but when Fintan Goold began to show his abilities, he lifted the Macroom performance and the Mid Cork side were in control before half time. On the restart both sides were down a man after a melee and Macroom now translated their superiority into scores and the game was over as a contest by the end of the third quarter.

Macroom: James O'Connell: Peter Lynch, Rory Buckley, Barry O'Donnell: Ciaran Murphy, Fintan Goold, Michael Cahill: Philip Corrigan, Sean Kiely: Brendan Lynch, Gary Morris, Olan Murphy: Conor O'Sullivan, David Goold, John Ryan. Subs: Tony Dineen, Ger Angland and Conor Hurley.

#### Éire Óg 1-15 Cill na Martra 0-11

There was no dispute about the merit of this Éire Óg win in the quarter final of the county intermediate football championship at Carraigadrohid. Éire Óg went in front from the start, appeared to have matters under control for most of the game and the final outcome reflected their superiority on this occasion. The Éire Óg attack contains All Ireland winners, Daniel Goulding and Ciarán Sheehan, this year's county minor Kevin Hallissey and another county minor of last season, John Dineen. This quartet is a handful for any opposition to contend with and Cill na Martra did not have the resources to deal with all of them on this occasion.

Cill na Martra started with another All Ireland medalist, Noel O'Laoire, at midfield but Éire Og were quick to show that they meant business. Ciaran Sheehan had the opening point in the third minute, Daniel Goulding converted a '45', John Dineen then pointed three frees and the men from Ovens parish led by 0-5 to nil after ten minutes and by 1-7 to 0-6 at the break. Cill na Martra cut the deficit to a single goal early in the second half from a Martin Connors free kick. The Éire Og response was rapid and incisive with John Dineen scoring twice and Ciaran Sheehan adding another point and when Daniel Goulding and Aidan O'Connor had further points before the end of the third quarter the outcome had become a certainty.

Éire Og: Conor Hallissey: Cian Lowney, Shane McCarthy, Cian O'Mahony: Dermot Herlihy, Barry Corkery, Paul Lucey: Andrew Herlihy, Liam Murphy: Ciaran Sheehan, Alan O'Mahony, Kevin Hallissey: Aidan O'Connor, Daniel Goulding, John Dineen. Subs: Vincent Fahy, John Crowley.

Cill na Martra: Eoin Ó Duinnín: Tadhg MacSuibhne, Colm Ó Laoire, Gearóid Ó Mocháin: Marc Ó Goili, Danni Ó Conaill, Cathal MacSuibhne: Nollaig Ó Laoire, Seán Ó Céilleachair: Maidhchí Ó Duinnín, Martín Ó Conchuir, Donal Óg Ó Laoire: Caoimhín Ó Suilleabháin, Pdraig Ó Duinnín, Shane Ó Duinnín. Fir Ionaid: Tadhg Ó Duinnín, Breandan Ó Loinsigh agus Pdraig Ó hAodha.

#### Semi Finals:

##### Macroom 1-11 Castletownbere 0-9

Macroom won through to the final of the county Intermediate Football championship for the first time since 1990 after their deserved win over Castletownbere at Aughaville in the county semi final. Macroom hit the ground running in this game and had favourites Castletown on the back foot all through the first half. Macroom led by 0-5 to 0-1 coming up to half time and a golden goal from Brendan Lynch at that stage provided them with a tremendous boost. Macroom led by 1-5 to 0-3 at half time. They were able to survive the expected Castletown rally in the third quarter and regained the initiative as the game went into its closing stages. Again the Macroom defence soaked up the final Castletown rally when a series of high balls were rained down on the goalmouth and the final whistle brought elation to the Mid Cork side.

Macroom: James O'Connell: Peter Lynch, Rory Buckley, Barry O'Donnell: Michael Cahill, Fintan Goold, Eoin O'Mahony: Sean Cahill, Philip Corrigan: Sean Dara Quinlan, Gary Morris, Tony Dineen: Olan Murphy, David Goold, Brendan Lynch. Subs: Conor O'Sullivan, John Ryan, John Goold.

##### Eire Og 2-9 Kildorrery 2-10

Eire Og suffered a very disappointing defeat in the semi final of the County Intermediate Football championship when they went down, under lights, to Kildorrery at Pairc Ui Rinn. Eire Og were the favourites because of the power of their forward line, but Kildorrery are renowned battlers and are now back in 2010 in their third county championship final in four years - a formidable record indeed.

Kildorrery hit the ground running and were 1-5 to 0-2 in front after the opening twenty minutes and had the Muskerry men gasping. The gap was down to four points by the interval and Eire Og were on level terms within seven minutes of the resumption, thanks mainly to a Daniel Goulding goal. A string of points put Kildorrery back on top however and they looked comfortable as the game went into the closing minutes. Eire Og rallied in those closing minutes however and cut the deficit to two points before a second Kildorrery goal in injury time sealed their fate. Even though Eire Og themselves followed with a late, late goal they were still a point adrift as the final whistle sounded.

Eire Og: C Hallissey: C O'Mahony, Shane McCarthy, Cian Lowney: D Herlihy, Barry Corkery. P Lucey: A Herlihy, Liam Murphy: Ciaran Sheehan, A O'Mahony, Kevin Hallissey: A O'Connor, Daniel Goulding, John Dineen. Subs: Vincent Fahy, Tim Coveney, Vincent Fahy and





John Crowley.

**Final:  
Macroom 1-9 Kildorrery 0-10**

The long wait ended for Macroom as they landed the County Intermediate Football title in a very tight game at Páirc Uí Rinn. The club last won the intermediate title in 1990, before that in 1982, and on this, their third appearance in an Intermediate final, Macroom maintained their 100% record in deciders. There was a dramatic conclusion to a game that was always very close and exciting. With the score at 0-9 to 0-8 in favour of Kildorrery in the 53rd minute, Macroom were awarded a penalty when Gary Morris was hauled down in the goalmouth. The Kildorrery goalkeeper made a brilliant save from David Goold's spot kick but Goold caught the rebound, held his composure and lashed the ball high into the roof of the Kildorrery net. Minutes later with the gap between the teams now again at one point, this time Macroom in front, Kildorrery were awarded a penalty but their outstanding free taker Andrew O'Brien drove the ball wide of James O'Connell's posts and Ciarán Murphy later finished the scoring with a brilliantly conceived and superbly finished point to copperfasten the Macroom victory.

Seán Kiely opened the scoring for Macroom in the 2nd minute but Kildorrery equalised from a '45' in the 10th minute. Gary Morris put Macroom in the lead in the 14th minute and Seán Kiely had his second point a minute later to put Macroom two points clear. Kildorrery now took over and another '45' yielded them

a point in the 18th minute, and they followed with a point per minute to go in front by 0-4 to 0-3 and added a point later to double the advantage. Just before half time, David Goold pointed a Macroom free to leave the Mid Cork side only a point in arrears at the break. Macroom were in trouble at this stage having kicked seven wides.

Macroom resumed with Fintan Goold at midfield with Seán Kiely at centre back, David Goold at centre forward and Gary Morris at full forward and all four benefited from the moves. The defence was magnificent in the second half with goalkeeper James O'Connell and full back line denying the Kildorrery attack the goal they always seemed able to get to defeat Macroom in the past. Rory Buckley clung to his man, Eoin Mahony likewise and Barry O'Donnell did not put a foot wrong on the other flank. Outside them Seán Kiely revelled in the centre back role driving forward repeatedly and his wingers, Michael Cahill and Ciarán Murphy were very brave and defended heroically. Fintan Goold and Philip Corrigan broke the Kildorrery monopoly at midfield and the Macroom attack played with increasing zest all through the half. Still it was a hard, hard battle. Kildorrery went three points clear after the break with two points in rapid succession. Fintan Goold got one back for Macroom in the 37th minute and Gary Morris took another point in the 42nd minute. The teams were level in the 47th minute when young Brendan Lynch made ground up the right wing before cutting in and sending confidently over the bar. Immediately however Kildorrery were back in front from a free and a

minute later another free put them two points clear. Gary Morris again came to Macroom's rescue with a point (his third) and then in the 52nd minute came the Macroom penalty when Morris was fouled and David Goold's second effort found the net. Kildorrery had a point in quick reply and then two minutes from the end of normal time they were awarded a penalty, a decision that amazed even many a neutral. The ball was driven wide however and Macroom finished with a flourish, Ciarán Murphy's point coming at the end of a sequence of clever possession football. The final whistle brought elation to the Macroom team and supporters and a sense of relief that at last the promise of fine underage teams had been realised at adult level after many years of bitter defeats.

Macroom: James O'Connell: Barry O'Donnell, Eoin O'Mahony, Rory Buckley: Michael Cahill, Fintan Goold (Captain), Ciarán Murphy: Seán Kiely, Philip Corrigan: Tony Dineen, Gary Morris, Seán Dara Quinlan: Brendan Lynch, David Goold, Olan Murphy. Subs: Conor O'Sullivan (30), John Ryan (35), John Goold, Shane Dunne, Kieran O'Shea, Conor Hurley, Brendan O'Connell, Brian Tiernan, Seamus Coughlan, Mark O'Sullivan, Andrew Hegarty, Denis Quinlan, Paul Kelleher, Brian Lynch, David Cotter. Peter Lynch, John Angland and Gerard Angland who all played in earlier rounds were out injured for the final.

Noel Twomey was Team Manager and the other selectors were Colman Corrigan, Noel Creedon, Brendan Kenneally and Alan O'Shea.



Macroom Intermediate County Champions 2010

## Macroom Soccer Club

As now goes without saying, all Macroom FC activities are postponed for the foreseeable future due to the Covid-19 crisis. Back in Jan and Feb of this year when loads of games were cancelled due to storms and bad weather, we fully expected to be back playing at this stage. No one could have imagined the unprecedented times we are all now living in. And with no indication of what will happen over the coming months, there is huge uncertainty

across all parts of Irish society. Thank You.

What is fantastic to see is the incredible dedication of our nurses, doctors and healthcare staff. They are outstanding and their bravery and selfless commitment should be a lesson to all of us--Macroom FC salute you. We would also like to acknowledge and thank all those who continue to provide essential

services throughout Ireland. Your efforts are truly humbling and should never be forgotten. To all our members, families and those throughout the community, please continue to strictly follow the guidelines and advice from the HSE and Government at this difficult time. With 100% effort from all, there will surely be better days to come.



# Cork County Council COVID-19 Community Support Programme

Cork County Council COVID-19 Community Support Programme has been established to enable the coordination of a multi-agency response in the delivery of much needed services to vulnerable citizens across County Cork.

Leading Ireland's largest county, Cork County Council, through its programme, will ensure that the wide variety of groups working across the county to assist those in need, will do so in an organized, collaborative and targeted way. The Council's COVID-19 Community Support Programme will ensure the very best use of the many resources assisting vulnerable persons with their daily needs at this unprecedented time, whether that is by collecting medication, food shopping, social support or making contact at what might be a lonely time for many.

On Sunday 29th March 2020, the Chief Executive of Cork County Council convened (by teleconference) the first meeting of the Cork County Council COVID-19 Community Support Response Forum which committed fully to supporting the Council in delivering on its COVID-19 Community Support Programme. This Forum represents a multi-agency approach comprising senior representatives of both Statutory and Voluntary agencies operating across Cork County, and its important work will ensure commitment and consistency in terms of delivery of the Programme.

The reach of the range of organisations involved is county-wide, among them An Garda Síochána, HSE South, local development companies, An Post, the Civil Defence plus many more voluntary groups, whose rich local knowledge and wealth of experience will feed into a single contact point and system, established by Cork County Council.

Set to come into effect from Monday March 30th, 2020, Cork County Council has provided a dedicated **FREE contact number 1800 805 819** with lines open from 8.00am to 8.00PM seven days a week, those calling from outside of Ireland seeking assistance for a relative of friend, should call +353 21 4285517. You can also **email us at covidsupport@corkcoco.ie or text us at (085) 8709010**.

## Cork County Council's TeenTalks

"Virtual" events to offer advice for teenagers, and now also parents, during challenging times".

Cork County Council's TeenTalks events may have been postponed, but as COVID-19 affects our entire community, it is now more important than ever to communicate.

The TeenTalks series was initially designed to support teenagers with their Health & Wellbeing, particularly Mental Health. There were three "Teen Talks" for transition year students and three



associated "Gen Z" events for parents scheduled for this month to be held at venues across Cork County. While the events had to be postponed, a series of video events will now be hosted online. The events will focus on the original intention of Health & Wellbeing for Teens. They will now also be expanded to focus on the Health & Wellbeing of adults too, especially in this challenging time. This initiative forms part of Cork County Council's COVID-19 Community Support Programme which has been established by the Council in response to the current pandemic. Further information on the programme can be found at [www.corkcoco.ie](http://www.corkcoco.ie)

TeenTalks are organised by Cork County Council and funded by Healthy Ireland through the Council's three Local Community Development Committees.

Niall O'Callaghan, Cork County Healthy Ireland Coordinator & organiser of Teen Talk says

"The organisers and the speakers were all hugely disappointed in having to postpone the in-person events, but we have decided to move some of the content on-line. With everything that is going on, it would not be unusual for people to feel unsure and perhaps a little worried at this time. We must continue to support our teens and all members of our community in these uncertain times. We would encourage as many people to watch these events, which will be posted on Cork County Council's Social Media Channels. We would also like to allow the public to take part by submitting a question beforehand to any or all of our speakers."

Chief Executive of Cork County Council Tim Lucey went on to say "The priority for every member of society right now is to be physically distant, but we will ultimately stand together. Our Teen Talk initiative is an excellent example of the role of the public service in supporting our community, especially in its newly expanded version, which will include all the community. I want to thank the speakers who have agreed to take part in these online talks. Together, we can support the community, young and old."

The speakers in the on-line seminars will include; Grace O'Rourke (Special Forces Hell Week Winner), Gerry Hussey (Performance Psychology Consultant & Motivational Speaker), Pat Divilly (Fitness Expert & Entrepreneur), Graham McCormack (Former MMA Athlete & Mindfulness Coach), Elaine Crowley (TV Presenter, Virgin TV, Jennifer Barry (Actress, The Young Offenders)

These inspirational speakers will speak to teenagers and the entire community on topics relating to personal Health & Wellbeing. Teenagers and the public are invited to participate in the events by submitting a question beforehand, to any or all of the speakers. The public should submit their question, including which speaker or speakers it is directed towards to [TeenTalks@CorkCoCo.ie](mailto:TeenTalks@CorkCoCo.ie) Please include "Teen Talks" in the subject line. The initiative is part of the Healthy Ireland Initiative by Cork County Council's three Local Community Development Committees (LCDCs).

LCDCs comprises both public and private partners who promote and support economic, local and community development through greater integration in the planning and delivery of local and community development services and interventions.

The series of online events will be posted during the week beginning Monday 6th April on YouTube and will be accessible through all of Cork County Council's social media channels.

## Cork County Council Launches Creative Ireland Grant Scheme

In consideration of the impact of the Covid 19 crisis, Cork County Council has extended the application deadline for funding under the Creative Ireland County Cork Grant Scheme and for the Council's own Pop-up Shop Grant Scheme, until 12 noon on Thursday, April 23rd. These schemes acknowledge the creativity, ingenuity and commitment of County Cork communities and reflect the Council's appreciation for arts and culture in the region, especially that which makes a lasting difference. Cork County Council's Pop-up Shop Grant Scheme aims to continue to promote local arts, crafts and culture in County Cork, availing of the rich talent in the community, while ensuring it's accessibility for all. The scheme, which delivered the Chambers Ireland Excellence Award winning programme "Backwater Valley Makers" in 2019, was established to promote a wide range of activities, including support for a number of many vibrant festivals throughout the County. Mayor of the County of Cork, Cllr. Ian Doyle said "Cork County is home to incredible creative talent and a vibrant community of artists and craft makers. Artistic and cultural activity provides massive benefits for individuals and communities and is an essential part of our shared sense of identity and quality of life. Creative work does not always provide reliable income, so the Council's support of such activity is vitally important. I strongly encourage everyone with an interest to apply."

Chief Executive of Cork County Council Tim Lucey added "The Creative Ireland and Pop-up Shop Grant Schemes, along with our Creativity Strategy 2018-2022 send out a strong message. By continuing to invest in culture, we are securing a quality of life and a sense of identity for Cork County which is essential both for current residents and for prospective new members of our community from around Ireland and the world"

Applications for both schemes can be sent to [creativeireland@corkcoco.ie](mailto:creativeireland@corkcoco.ie) or to Creative Ireland Coordinator, Cork County Council, Floor 3, County Hall, Cork on, or before, 12 noon, Thursday 23rd of April 2020. For queries, contact Cork County Council on 021 4285905.

# History

## Macrooom Pubs By Maire and Sean Mc Sweeney



North Square and Monument ©Dennis Dinneen Collection



North Square Corner ©Dennis Dinneen Collection

THERE was a time when it could be said that “there was a pub in Macroom for every week of the year”. In the mid decades of the last century, Macroom had 52 drinking establishments, a few of which were, admittedly, open only on Fair Days. By the 1980s, the number of pubs or licensed premises in the town only came to 26. If one were to draw up a list of such premises now, there would be another significant drop in the total number. The list for the early years of the new millennium had 14 licensed premises in Macroom: Murray’s, Browne’s, O’Connor’s, Golden’s, Auld Triangle, Pat Mac’s, Bridge Bar, Mary Anne’s, Gearagh, Lee Valley Hotel, Castle Hotel, T.P. Cotter’s, Dineen’s and the Greyhound Bar. If one included the Golf Club and O’Riada’s Nite Club, the total would come to 16 – a huge change in number in half a century and even a drop of one third in less than a quarter of a century. Nowadays, Macroom has the Auld Triangle, Mary Anne’s, the Castle Hotel, T.P. Cotter’s, Dineen’s, the Greyhound Bar, Murray’s, Golden’s and the Golf Club. Drinking habits are changing in Macroom as elsewhere. Day time drinking has all but ceased, with people now too busy working and making money to be in pubs by day. In addition, the drink driving rules mean that people who need

a car to go to work or for their work won’t risk being caught over the limit and so, won’t drink during the day. There is a trend as well towards drinking at home, with alcohol being purchased in off-licences. All supermarkets now sell alcohol but the days of “one pub in Macroom for every week of the year” are gone forever.

### Macrooom Grocery Shops c.1955

From eastern end of town:

1. Leonard’s, Cork Street (formerly Dan Quill’s)
2. Corkery’s, Railway View (up to recently FCA HQ)
3. Ted Walsh’s, Railway View (now Dr. Con Kelleher)
4. Richard Collins’, Railway View (now chiropractor premises)
5. Dan Lucey’s, Railway View (now Twomey butchers)
6. Celia Looney’s, by Railway Gate
7. D. M. FitzGerald’s, Chapel Cross
8. Pat McSweeney’s, Chapel Cross
9. Nora Kelleher’s, Chapel Cross
10. Jackie Shine’s, Chapel Cross
11. Pat Coughlan’s, Main Street

12. Nora Durkan’s, Main Street (now Kenny jewellers)
13. Denis O’Sullivan’s, Main Street (now general shop)
14. Coakley’s, Main Street
15. Cissie Cronin’s, Main Street (now Insurance Office)
16. Dan McCarthy’s, Main Street (now café shop)
17. Farrell’s Grocery, Main Street
18. Joe Piper’s, Main Street
19. Pat Lynch’s, Main Street
20. Murphy’s, Cosy Hall, Middle Square
21. O’Driscoll’s, South Square (now O’Callaghan’s)
22. Joe Dunlea’s, North Square (now Gearagh Bar)
23. Cronin’s, Castle Street (now Quill’s)
24. Lynch’s, Castle Street
25. Peter Twomey’s, New Street
26. James Kelleher’s, New Street
27. Desmond’s New Street

### Macrooom Shops in 2005

There have been some major changes in the retail scene in Macroom over the past few weeks. The ownership of Glen Stores and the franchise of



Looking West along Main Street. ©Dennis Dinneen Collection



Main Street, looking west to Dispensary. ©Dennis Dinneen Collection





South Square ©Dennis Dinneen Collection



Main Street, looking east. ©Dennis Dinneen Collection

the store has changed and from this week, the store will be part of the SPAR group, with Gerry Gray in control. Glen Stores, on New Street at the Hospital Cross, has long been a Centra Store and when George Desmond sold the premises after many successful years trading, the store continued to be part of the Centra Group under the new owner, Mr. Joe O'Donovan. Mr. O'Donovan managed the store personally for some years before appointing a manager to run day to day affairs, as he himself concentrated on his many other property developments including Wilton Shopping Centre in Cork. Mr. O'Donovan has now ended his involvement in Glen Stores. The purchasers of the premises are the SPAR group and the new logo appeared over the shop on Monday 21 January. SPAR already has a shop at Railway View, operated by Mr. Gerry Gray, and

In recent years, June and Denis Murphy run a very successful and convenient Costcutters in Massytown, supplying the local community and customers from far and wide with delicious fresh baking, delicatessen service as well as the usual supermarket fare.

A new convenience store in the Day-Today chain opened recently for trading at Cork Street at the entrance to St. Colman's Park. The new store deals in groceries, newspapers and magazines, hot and cold deli, etc. and is open from 7 a.m. until 10 p.m. Another major change in very recent times has been the closure of Fitzgerald's off-licence in Fitzgerald Street, thus completing the move away from the sale of alcohol in this building, which had a long association with that trade. It is understood that a bookmaker's shop

will be replacing the off-licence here and will be opening shortly. Another bookmaker's premises would increase the number of bookies in the town to three, a threefold rise in a year. After this flurry of activity on the retail scene so early in the New Year, further activity can be expected as the effect of the new Dunnes Stores and the growth of retail trading in the Fair Green area of town is ascertained.

In 2020, you may shop for groceries at garages at each end of the town, at Connie O'Callaghan's, New St., June's in Masseytown, Supervalu, Eveleyn McSweeney's, the Polish shops, Dunne's, Lidl and Aldi.

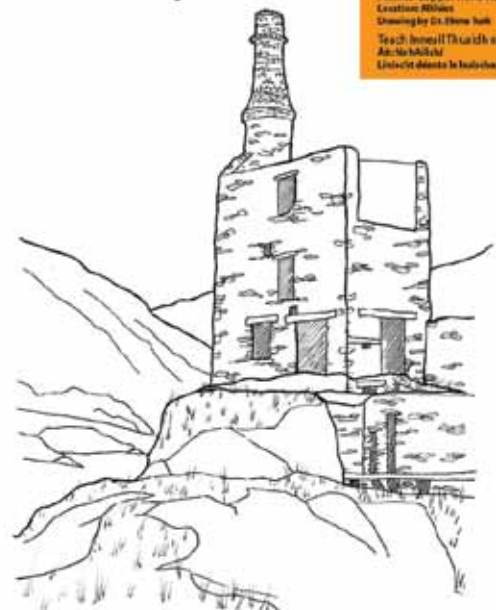
Sincere thanks to Ted Cronin, Michael Corrigan and others who contributed information for the following article. As this was compiled in 2005, some premises have changed ownership in the interval.

Map / Léarscáil



Cork County Council is putting a call out to the people of Cork for submissions of heritage sites they would like to see included in either or both publications.

## The Colourful Heritage of County Cork



Abbeys Copper Nine Heath Engine House  
Location: Abbeys  
Drawing by Dr. Eileen Turk  
Text: Inmáil Thaidh na Míreacht Chobáin  
An t-Abbeys  
Líneáil/leabair le h-Abbeys de Dr. Eileen Turk

This building housed a steam engine which pumped water out of the deep copper mine below. Abbeys was famous for its copper mines, which had over 1,000 workers in the 19th century. The small gate on the ground is now a playground since much of the mine's output went to the mines. The old or no mine is an underground system, which runs more than 1,000 metres to 100 feet.



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Cork County Council Launches Creative Ireland Grant Scheme



Aghinagh Public Speaking Team 1961 © Peter Scanlan



Crookstown Macra 1983 © Peter Scanlan



**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of

**JACKIE MCCARTHY**

**Marian Terrace, Inchigeela who died on the 2nd April 2019**

As we lovingly remember our dear Dad, Jackie, we his family Jerry, Nora, Denis and extended families wish to express our heartfelt gratitude to all who sympathised with us and supported us on our sad loss.

We thank all who attended his Removal and Funeral Mass and those who sent Mass cars and letters of condolence. We sincerely thank Fr. Anthony O'Mahony P.P., Fr. George Hayes P.P. Glenflesk and Fr. Bill Radley for the beautiful celebration of Dad's Funeral Mass.

Many thanks to Cyril Casey and his team for their professionalism and attention to details and to grave digger Micheál Conway.

Special thanks to Dad's grandchildren for the wonderful music and singing at Mass, he would have been so proud.

Thanks to all his Home Helps who cared for him so well while at home.

Special thanks to Bernie and all the staff at Macroom Community Hospital for their amazing care of Dad and especially in his final days.

Thanks to Dr. Ken Harte and his staff. We thank Joe Creedon and staff for providing the refreshments. The Holy Sacrifice of the Mass will be offered for all your intentions.

*Ar Dheis Dé go raibh a Anam Dilis*



Never more than a thought away. Loved and remembered every day.

**17TH ANNIVERSARY**



In loving memory today and always of a dear son, brother, uncle and grand-uncle

**MICHAEL DONLON**

**Roughgrove, Bandon, Co. Cork who died on 2nd April 2003**

*We miss you so much since the day you died. Your name is carved, in our hearts with pride. So Rest In Peace Michael, in Heaven above, where today we are sending you, all our Love.*



Sadly missed and always remembered by his loving father Richard, sisters Marian and Nora. Nephews Kenneth, David, Sean, Kenneths wife Laurie, grandnephews Darragh and James.

**1ST ANNIVERSARY**



In loving memory of

**TED COAKLEY**

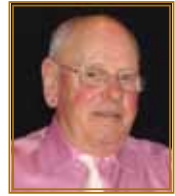
**Dromevane, Kenmare, and Monavaddra, Inchigeela, whose first anniversary occurs 5th of April 2020**

Always remembered by his wife Noelline, sons Alan and Daniel and Daniel's partner Michelle, his brother Thomas, his 4 sisters Mary, Majella, Noreen, Marian and her husband Joe and Ted's extended family.



*The family would also like to thank all those who sympathised with them by attending the prayers removal or funeral Mass or by sending cards.*

**3RD ANNIVERSARY**



In loving memory of

**PATRICK JOSEPH (P.J.) LEHANE**

**Kilnagurteen, Macroom Who died on 13th April 2017**

*As each day dawns, we think of you. As each night falls, we pray for you. And throughout our lives, no matter where, in our hearts You are always there.*



Deeply missed by his loving wife Anne, children Angela and Paul, and grandchildren Leanne, Neil and Paul, in-laws John and Donna, family and friends.

**4TH ANNIVERSARY**



In loving memory of

**SUSAN FITZGERALD**

**Oakwood, Macroom. Died 14th April 2016**

*Everyday in some small way memories of you come our way though absent you are ever near still missed, loved and always dear*



Fondly remembered and sadly missed by her family, relatives and friends.

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## A Word of Victory

Welcome back dear reader last week we spoke of the blood of Jesus our Passover Lamb. As Passover approaches next week, the victory that God gave His people the Israelites is more relevant than ever. We bless our Jewish friends and rejoice with them during this celebration. Read the account of the first Passover in Exodus chapter 12 and know this friend – God always responds to His people’s cry for help and no enemy – no virus, no sickness, no threat of war, lack or failure will overcome those who put their trust in our loving heavenly Father because He is the One Who fights for us and delivers us (2 Chronicles 20:1-30; Psalm 62). Practically, how do we plead the blood of the Lamb of God - His Son Jesus - against the spirit of death and fear currently raging? Look again at 2nd Chronicles 7:14; ‘if My people ...humble themselves...pray...repent of sin and seek My face’ - Google that verse if you don’t know it. Firstly we need to HUMBLE ourselves, that is bow before God’s holiness. 2. PRAY - talk to Him as your closest friend. Pray aloud... ‘Father God I humble myself before You. Please reveal Your love and mercy to me.’ 3. GIVE Him your life and repent of your sins. ‘Father, You know all about me and my past – I repent of all my sins and ask Your forgiveness. I thank You for sending Jesus, Your Son to die on the Cross and raising Him from the dead for me to be saved, because I could never save myself. Lord Jesus, I ask You to cleanse me of my sins with Your perfect blood, and I surrender my whole life to You. Come live inside of me Lord Jesus, and fill me with Your Holy Spirit. Thank You for paying the price for my sins by becoming the Ransom that set me free. Jesus You are my Deliverer and I trust in You.’ 4. SEEK His face – many people believe in Jesus in their hearts but they have never known real relationship with Him. Relationship is different from religious ritual. As you study the authority of God’s Word (Remember Jesus is ‘The Word of God’ – John 1:1-14) , you will grow in revelation knowledge of Who God is and how he loves you. You can then plead the Blood of Jesus over your life and family from your place of authority as God’s child, and no evil, or no plague can come near you (Psalm 91; Revelation 12:10-11). Pray In Jesus name, Amen.

See more at [wordofvictory.net](http://wordofvictory.net)  @WovKillarney 

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### 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.

MMG

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TG


### 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.

MK

### 8TH ANNIVERSARY




Treasured memories of a loving husband and father

## PAT MCCARTHY


Farnanes  
who died on April 13th, 2012

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



Your wife Mag and daughters Eilish & Aisling.

### NOVENA TO THE SACRED HEART



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KGTK

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**19TH ANNIVERSARY**



In loving memory of

**SEAN  
COUGHLAN**

Coolmakee East, Farnanes, Co. Cork  
Who Died on 13th April 2001

*A beautiful bouquet of memories,  
Sprayed with a million tears,  
If God could have only spared you,  
For just a few more years.*



Sadly missed by his loving Family,  
sons Martin, Con, Tim, Pat, Frank,  
Daughter Gillian, Son-in-law Austin,  
Daughters-in-law Marian,  
Betty, Anna, grandchildren  
& great grandchildren.

**24TH ANNIVERSARY**



In loving memory of

**MARY  
MURPHY  
(NEE MOLONEY)**

"Hillside", Kilnagurteen, Macroom.  
Who Died on 13th April 1996

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



Loved and missed everyday by her  
husband Teddy, Mairead, Sheena, Susan  
and Teddy Joe and their families.

**3RD ANNIVERSARY**



In loving memory of

**JOANIE  
CREEDON**

Coomnaclohy & Ballymakeera East  
Died 3rd April 2017

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



Lovingly remembered by her family.

**6TH ANNIVERSARY**



In loving memory of a wonderful  
husband and dad

**DENIS (DENNY)  
SWEENEY**

Curraheen, Inchigeela and formerly  
of Cahirkereen, Kilnamartyra  
Who died on 13th April 2014  
Rest in Peace.

*Memories are like leaves of gold  
They never wither or grow old.  
Locked in our hearts you will always be,  
Loved and remembered for eternity.*

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



Sadly missed and lovingly remembered by  
Marguerite, Martin and John Paul.

**9TH ANNIVERSARY**



In loving memory of

**MARGARET  
KELLEHER**

Coolcaum, Kilnamartyra, Macroom  
who died on the 4th April 2011.

*Death leaves a heartache  
no one can heal,  
Love leaves a memory  
no one can steal.*



Sadly missed by her husband Connie,  
daughter Susan, sons Greg & Conor,  
grandson Noah, parents Donal & Peggy,  
brothers, sisters and extended family.

**4TH ANNIVERSARY**



In loving memory of

**SHEILA  
O'RIORDAN**

Sleaven Road, Macroom, Co. Cork  
Who died on the 10th of April 2016

*Your name is often spoken  
We think about you still  
You haven't been forgotten  
By us you never will*



Fondly remembered by Cousins and  
Friends

Naomh ghnait guidh uirth

**11TH & 25TH  
ANNIVERSARY**



IN LOVING MEMORY OF

**JOHN R &  
SIOBHAN  
(JOAN)  
O'DONOGHUE**

Curreal, Glenflesk, Killarney  
Who died on 26th February 1995  
& 23rd March 2009.

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



Always remembered by  
your loving family.

**3RD ANNIVERSARY**



In loving memory of

**MAURICE  
O'CONNELL**

Ballymakeera Co Cork

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



Always remembered by your wife  
Mary and family.

All Memorials, Prayers and Remembrances  
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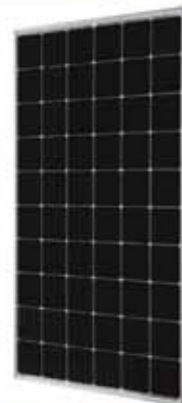
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