

FREE

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The two spires in Macroom. © Sarah Kate Murphy

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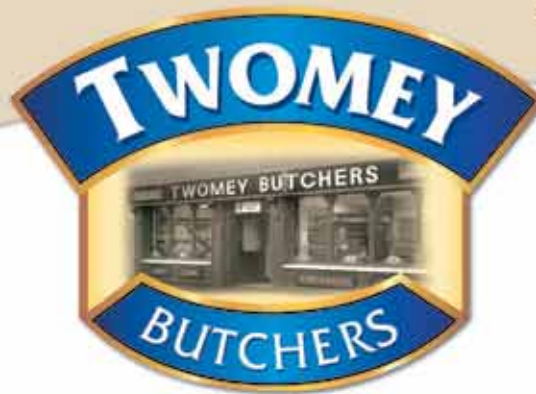
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# EDITORIAL

The news this week, has rocked by the death of yet another unarmed black men George Floyd by US police which has sparked widespread protests and riots all over America. Meanwhile SpaceX Falcon 9 made history by being the first ever commercial mission into space. Manned by two white astronauts, whose white privilege gave them a socio economic and racial advantage to be able to make that voyage. It's not enough, to be not be racists, it's time to be antiracists. It's not enough to sit idly by and watch inequality and injustice by people of colour. The Lee Valley has become a lovely melting pot of different

cultures and races, it's a time for learning, understanding and showing equality to all people regardless of color.

"My skin is not a sin." - Carlos Wallace

Editor  
Sarah Kate Murphy

## MACROOM SENIOR CITIZENS NEWS

Since the Corona Virus arrived in this country in early March all our fundraisers had to be cancelled, and our main income source, The Shopeen had to close.

We are delighted that all our residents in both Sullane Place and Sullane Haven are coping very well and our meals on wheels service is operating 7 days a week thanks to our dedicated staff and volunteers.

We are delighted to announce that our Shopeen will reopen on Mon June 8th with lots of new stock to choose from. In order to comply with present COVID-19 regulation social distance will operate with no more than four people in our shop at any one time.

We also wish to inform you that all revenue generated from our Shopeen goes directly into the upkeep of our services here in Macroom so we are asking for your support during these difficult times. We would like to thank all who supply us with clothes and brick-a-brack for our Shopeen. We are also very grateful to Joan O'Neill from Inchigeela who's presently making face masks with all proceeds from your donations going to Macroom Senior Citizens. Facemasks are available from Joan on 087

9302739.

Another fundraiser which was cancelled in March was the Macroom Launch of a book "Along the Right Path" by Cornelius Lynch. These are some reader reviews:

"I read this book from start to finish. ....an inspiring book..... both from a leisure read and an intellectual read.... so well written ...great charities too and well worth buying."

"Very much a page turner.... The story flows seamlessly through the diverse viewpoints of its characters.....really engaging .....beautifully written".

This book is now on sale at Fitzgerald's Bookshop, Fitzgerald's Street, Cooney's Bookshop, The Mall, Evelyn McSweeney, Middle Square, and Vaughan's Café, North Square.

The book is on sale for €15.50 with proceeds going to Macroom Senior Citizens and Multiple Sclerosis.

## Covid Hero

**A kind word of thanks to those who've stood tall through COVID.**

So well done to you all. You all deserve this recognition. Many thanks Mary C.

**Thanks to Lidl, Aldi, Dunnes and Supervalu**

Thanks to all the staff in Lidl, Aldi, Dunnes and SuperValu who have served us all through this awful time. All of them have gone above and beyond their remit to ensure the shelves are stocked and customers are dealt with in a very pleasant manner. I know from speaking to some of the staff, they had their concerns for their own safety and that of their families.

**Thanks to Macroom Bridge Club**

Satty and Linda have given selflessly of their time to ensure our club, Macroom Bridge Club, has remained active and members engaged online. A lifeline for many who were cocooning during the initial stages of the pandemic. Thanks for all you do for us.

From Maura

**THANK YOUR COVID HERO**

"Paul your daily visits & help mean the world to me. Thank you so much. Helen"

Email your thank you to [leevalleyoutlook@gmail.com](mailto:leevalleyoutlook@gmail.com)  
1-2 lines maximum.  
Submissions only via email.

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# KILLIAN LYNCH AUCTIONEERS

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APRIL/MAY 2020

GLANTANE WEST, CARRIGANIMA, MACROOM,  
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c.151 acres. farm holding



SALE AGREED  
APRIL/MAY 2020

MILLEEN'S, KILBARRY, MACROOM, CO. CORK,  
P12 PK84

c.40 acres. farm holding



SALE AGREED  
APRIL/MAY 2020

ANNAGANNIHY, BALLINAGREE, MACROOM,  
CO. CORK

c.74.5 acre farm holding



SALE AGREED  
APRIL/MAY 2020

UMMERA, MACROOM, CO. CORK  
P12V820

3 bedroom bungalow on c.0.4 acres



SALE AGREED  
APRIL/MAY 2020

OUGHTHERY, RYLANE, MACROOM, CORK,  
P32TH24

2/3 bedroom cottage on c.0.6 acres



SALE AGREED  
APRIL/MAY 2020

NO.2 AN FAITHIN, TARELTON, MACROOM, CO. CORK  
P12TF20

1,464 sq.ft. 3/4 bedroom detached house

## “NOTE TO OWNERS OF PROPERTY”

*Over the last 10 weeks, we have had some difficult times as we have had to put all our plans on selling and buying our homes on hold. You will be glad to know that the wait is over and you have to wait no longer.*

*We have a backlog of purchasers waiting to buy and we have a large range of property going on the market from Monday 8th June as this is when Phase 2 opens.*

*Contact us in confidence to discuss your property.*

*As regards to purchasers, you can contact me and I will be able to update you on upcoming property.*

# Macroom Artist Feature

## NDS JEWELLERY by Nicole Duranton Sigl - *Dare to Be Yourself!*



Established in 2018 and based in the Kilmichael parish, **NDS Jewellery** produces highly individual, one-off statement jewellery for the discerning wearer who has something to say. All pieces are lovingly and sustainably handmade from scratch by Nicole in her little workshop, using recycled silver and gold as well as carefully chosen, ethically sourced gemstones.

To her, jewellery is an expression of who you are, it is about playfulness and not taking fashion or trends too serious but rather doing your own thing and finding your own style. NDS Jewellery wants to bring together contrasts, surprise with unexpected details and make people smile by creating timeless classics with a twist. Nicole tries to translate the many things that inspire or interest her into jewellery: foraging walks in the charming local countryside with her family, music, books, sea, sky, travels...

Ultimately, the aim is to make jewellery that stays with people, to find a sense of continuation, in short: contemporary heirloom pieces that stand the test of time. Through commissions, ready to wear pieces or occasional collections **NDS Jewellery** creates jewellery for everyone and any occasion, to suit individual tastes and budgets. Nicole would like to bring out the beauty that she

sees in her working materials for everyone to enjoy and hopes to also do exactly that for clients: showing off their own kind of inner beauty and character. The idea is to put a twinkle in people's eyes!

**NDS Jewellery** is certainly made (and hopefully worn!) with a sense of humour. It means to empower the wearer since every day can be the occasion to surround yourself with what makes you happy. Staying true to this idea, **NDS Jewellery** strives to be versatile and easy to wear because life itself is the occasion! It tells a story for those who want to listen, about the maker as well as the wearer. Every piece of **NDS Jewellery** comes as a complete

story to which people can add and attach their own ideas, memories, meaning, or emotions. Your very own never-ending story as personal as you want it to be!

You can contact Nicole for commissions or purchase jewellery through her secure website [www.ndsjewellery.com](http://www.ndsjewellery.com) as well as via the **NDS Jewellery** Facebook and Instagram pages.



## Macroom Tidy Towns

### What is Biodiversity?

It is short for Biological Diversity. Biodiversity is the variety of life we see around us every day - trees, flowers, insects, mammals, birds and fish.

Biodiversity also includes the habitats or places where plants and animals live. Everything from hedges to woodlands, from tiny streams to large rivers, from your back garden to farmers' field. All these habitats provide a place to live for the many plant and animal species that can be found in the local area.

### Why is Biodiversity Important?

Although we may not readily appreciate it, biodiversity provides us with many of the essentials that sustain our own lives - our oxygen, water, food, clothing and places to relax in.

It is important that we protect the wealth of wildlife and habitats in our local area because we are depended on these for our survival and our well-being. The value of biodiversity also

includes the spiritual benefits to be gained from contact with nature in your garden or local park or wherever.

### What are the threats to biodiversity?

The main threat is habitat loss, resulting is less plant and animal species. Years of economic development, with increased construction for houses, roads and the likes combined with hedgerow removal for larger farms, and drainage of wetlands have all served to reduce suitable habitats.

Invasive species of non-native plants is a threat, particularly the Japanese Knotweed that is quite common now and being controlled by the Co. Co. The much-admired rhododendron is another threat as it spreads as it kills off the various habitats that existed due to its dense canopy so close to the ground.

One of the local bird species in decline are the swifts, largely due to a reduction in the type of nesting sites that they frequent. They still return to Macroom and can be seen at this time of year.

A swift tower has been erected in the mart area with 28 nesting sites, and to date this year these sites are being actively used by sparrows.

### What can you do to help?

Another area where there is habitat loss is well manicured lawns and green areas, with grass cut regularly. In terms of biodiversity, these are like deserts. The Government, the Co. Co. and Tidy Towns groups are actively encouraging people to look again at this practice and asking that each estate leave an area dedicated to biodiversity. Likewise, peoples gardens can dedicate some area for biodiversity and plant this with a variety of suitable plants and shrubs. This adds interests, reduces work while at the same time can provide a haven for wildlife, and bees in particular which are essential to our very own survival.

Some practical tips, advice and information will follow in a future Tidy Towns update.

# DAN TWOMEY LIMITED

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*Looking forward  
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Brick A Brack, Clothes URGENTLY WANTED

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Coronavirus COVID-19



COVID-10 REGULATIONS IN PLACE  
PLEASE KEEP SAFE DISTANCE

ONLY 4 CUSTOMERS ALLOWED IN THE SHOP AT ANY ONE TIME.

All income from our Shopeen goes directly to funding Macroom Senior Citizens

# McEGAN MUSINGS

McEgan College's sixth year graduation was held virtually last week on the 21st of May. The students were surrounded by their parents and teachers for the occasion. This annual rite of passage was marked with well wishes, prayer and song. Ms. Lynam (Principal) and Ms. Corkery (Deputy Principal) spoke online to the students and their families. As part of the ceremony, a photo and video montage was shown to the students. Many staff members prerecorded video clips for the students and

wished them well for the future. This was a lovely way for teachers to send messages of farewell and for students to remember all the good times they had during their time in McEgan College. The ceremony finished with leaving cert student Gabby Dollard Wozniak showcasing her musical talents for all to hear. A special thank you to Ms Carol Warren for organising the event. Well done to all the graduates and wishing them well on the next stage of their journey. Go n-eiri an t-adh libh go leir!



McEgan College Leaving Cert Graduation Class 2020

## Congratulations to our Graduating students

Jennifer Goulding and Denis Buckley today (21st May), graduated with their fellow students from the class of 2020 at a virtual graduation ceremony. We, at McEgan, are so proud of Jennifer and Denis who were among our first students in our MGL

classroom. It was a pleasure during their time with us to watch Jennifer & Denis blossom into the fabulous young people they are today. Denis and Jennifer have made many lifelong friends at McEgan who will miss Denis and Jennifer greatly. We look forward to your visits to us and to hearing about your new adventures. Wishing you both every blessing and a happy and bright future.



Back Left is Patrick O'Halloran Crowley, Back right Jack Curtin. Front left Jennifer Goulding, Front right Denis Buckley

## Let's Cook!

The countryside looks beautiful at the moment with the sweetly scented creamy-white flowers of the Elder tree blooming to profusion. Elderflowers are not just pretty they make a delicious, fragrant and refreshing elderflower cordial. If you would like to dip your toe into foraging Elderflowers are a great place to start. The lacy flowers are in bloom for the month of June.

### Tip for picking Elderflowers

- Make sure you have identified the elderflower correctly
- Choose a tree away from the dusty roadside
- Get permission from the landowner before picking
- Gather on a warm, dry day (never wet)
- Snip off the flower heads with as little stalk as possible
- Shake off any insect (Do not wash)
- Put gently in a bag
- Use the flowers as soon as possible

## ELDERFLOWER CORDIAL

### INGREDIENTS:

- 2 dozen heads of Elderflower
- 1.8 kg granulated sugar
- 1.2 litres water
- 2 lemon & 1 lime
- 75 g citric acid

\* Note citric acid may be bought in a chemist.

### METHOD:

1. Shake the elderflowers to expel any lingering insects, and then place in a large bowl.
2. Put the sugar into a pan with the water and bring up to the boil, stirring until the sugar has completely dissolved.
3. While the sugar syrup is heating, pare the zest of the lemons and lime off in wide strips and toss

into the bowl with the elderflowers. (A swivel potato peeler does a good job!) Slice the lemons & lime, discard the ends, and add the slices to the bowl. Pour over the boiling syrup, and then stir in the citric acid. Cover with a cloth and then leave at room temperature for 24 hours.

4. Next day, strain the cordial through a sieve lined with muslin (or use a new J cloth), and pour into thoroughly cleaned glass or plastic bottles. Screw on the lids and pop into the cupboard/fridge ready to use.

Dilute with water or sparkling water. A splash can also be added to fresh fruit salads.

Here is a recipe to make the most of seasonal rhubarb and local strawberries which have so much more flavour than their foreign jet-lagged imported relatives!

## RHUBARB AND STRAWBERRY CRUMBLE

### INGREDIENTS:

#### For the Filling

- 2 bunches rhubarb stalks, trimmed and sliced 2cm thick

- 1 punnet strawberries, hulled and halved
- 100 grams granulated sugar
- 1-1/2 tablespoons cornflour

#### For the Topping

- 100 g flour
- 100 g light brown sugar
- 2 tablespoons granulated sugar
- Pinch of salt
- 85g unsalted butter, cut into 2 cm cubes
- 75 g porridge oats
- 60 g chopped pecans/almonds

### METHOD

Preheat the oven to 175°C.

#### For the Filling

In a large bowl, combine the rhubarb, strawberries,

sugar and cornflour. Mix until the fruit is evenly coated with the sugar mixture, and the sugar mixture is no longer white. Transfer the fruit mixture to a 2 litre or 20-cm baking dish and set aside while you prepare the topping.

### For the Topping

Combine the flour, brown sugar, granulated sugar and salt in a mixing bowl. Add the cold butter and rub-in until the mixture resembles coarse crumbs, with a few pea-sized clumps of butter within. Stir in the oats and chopped pecans.

Spoon the topping evenly over the fruit without packing down. Bake for 45-55 minutes, until the fruit is bubbling around the edges and the topping is golden brown. Serve warm with whipped cream or a scoop of ice cream.

Note: If your baking dish is shallow, place it on top of a foil-lined sheet pan to catch any spills that might bubble over the edges.

As both rhubarb and strawberries have a high-water content the cornflour helps to thicken the released juices as the fruit cooks.





# matt m<sup>u</sup>rphy's PHARMACY

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## FOR YOUR PROTECTION



Chlorhexidine Hand Scrub - 5 Lt Size



Stop Droplet Mask



Thermometer: Infrared NO Touch Digital



Hand Sanitisers



Chlorhexidine Hand Scrub- 500 ml



5 Lt Skin Cleanser with Aloe Vera



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Disposable Face Mask

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- Or WhatsApp an image to 087 - 3984875 and bring in your prescription with you.

Please have EIRCODE ready for deliveries



## Coronavirus

### PROTECT YOURSELF



**Wash**  
your hands well and often to avoid contamination



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



**Avoid**  
touching eyes, nose, or mouth with unwashed hands



**Clean**  
and disinfect frequently touched objects and surfaces



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# MACROOM LIBRARY

Thank you all for your patience at this time. All our Libraries are still closed to the public at the moment. Libraries are supposed to be opening during the second phase, June 8th. We are not entirely sure how this is going to operate so please keep in touch with social media/advertisements on notice boards and on our library window until we get further guidance how best to do this safely.

If you have any items due to be returned, you can return to Macroom library Tuesdays and Saturdays only between 11 00 am and 4 00 pm. There will be return bins just inside the library front door where you can just throw your books in. Please do not linger and if there is someone before you, please wait at a safe distance.

As part of our **Community Support Programme**, Cork County Council Library & Arts Service will be continuing our **Housebound Deliveries** - delivering **books** directly to the doorsteps of some of its more vulnerable members. If any of our senior patrons would like to avail of this service, please feel free to contact us at **026-42483** & we will be delighted to deliver to you.

In addition to books we are also delivering **musical instruments** to those cocooning. There are a variety of instruments to choose from, violins, keyboards, banjos, guitars, accordions, mandolins and ukuleles. For health & safety reasons we are unable to provide any wind instruments.

Also Macroom Library will be operating a phone & collect Service for our **Juvenile members** after the 8th June. Please feel free to contact us on 026 42483 or email; [macroom.library@corkcoco.ie](mailto:macroom.library@corkcoco.ie)

If your **membership** is just out of date and you are unable to access any of our online resources, please contact Macroom Library at **026-42483**, 930 am-530 pm Tuesday to Saturday or email [corkcountylibrary@corkcoco.ie](mailto:corkcountylibrary@corkcoco.ie) and we will 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.

Once you are a member, your card 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.

A great selection of travel eBooks and eAudiobooks can be found online. While having to stay close to home our imagination can still travel to places described in the books.

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

Don't forget, if a book that is on your 'to read list' is checked out you can reserve it & you will receive an email once it's ready to download.

Also you can relax & read your favourite **Magazines 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 are looking for some new recipes to satisfy the whole family, then look through the Food & Cooking magazines online and see what you can make with the ingredients in your cupboard. Alternatively, check out all the cookbooks that are on the **BorrowBox app**.

With your library card number, register with **PressReader** and you can read

**National and International Newspapers** online at your fingertips such as The Irish Examiner, Irish Independent, Irish Daily Mirror, The Corkman and much more. Just download <https://www.pressreader.com/catalog>. This is a **FREE resource** so select 'Library and Group' when registering.

If you have free time, you may like to up skill 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.

Cork County Library & Arts Service are running a **Lego STEAMathon** as part of our online **Cruinniú na nÓg programme**.

Cruinniú na nÓg is a celebration of creativity in children young & old. Simply log on to our Facebook page every Saturday to find out what each week's theme is and then get building. Send in a photo of your creation to; [localstudieslibrary@corkcoco.ie](mailto:localstudieslibrary@corkcoco.ie) to be in with a chance to win one of our fabulous Lego prizes for the most imaginative interpretation of STEAM.

Submitted material may be used for promotional and public relations purposes in print and digital media form.

This week's theme for Lego STEAMathon - we are using the letter E. This stands for engineering. Our world would be a very different place without the skill of engineers. Civil Engineers help build skyscrapers, bridges and roads. Mechanical engineers build computers, trains and rockets. Electrical engineers build power plants, submarines and pharmaceutical factories. What are you going to build? We would love to see your photos. Winners will be revealed on **Cruinniú na nÓg**, Saturday June 13th.

**The Local Studies Library** is compiling an archive of material related to the Covid-19 pandemic. They are interested in how this pandemic has impacted on the lives of ordinary people throughout the county.

If you like taking photographs then you are uniquely placed to capture the visual impact on our communities, closed business, street signage, absence of people, deserted streets, wearing of masks and gloves etc. The local Studies library would be very interested in receiving a copy of any photographs that highlights the impact in your locality.

These photographs will be added to our archive and preserved for future generations. Submitted material may be used for promotional and public relations purposes, in print and digital form. Photographs can be email to [localstudieslibrary@corkcoco.ie](mailto:localstudieslibrary@corkcoco.ie) or posted to Local Studies and Reference Library, County Library Building, Carrigrohane Road, Cork. T12 K325

**Cork County Library & Arts Service** is pleased to support the **"We are thinking of You"** initiative set up by Marie McLnerney. This initiative invites you to contribute a painting, poem or artwork, which will then be sent to nursing homes and displayed in library windows. This gesture is hugely appreciated by nursing home residents who are cocooning and cannot receive visitors. Artwork can be submitted to; [wearethinkingofyou2020@gmail.com](mailto:wearethinkingofyou2020@gmail.com)

If you know someone who is Staying At Home and would like these online resources, please share this information with them while keeping your Social Distance.

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

*"A Book A Day Keeps Reality Away."*



#KeepYourDistance #StaySafe #StayPositive

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# COVID 19 UPDATE

BY DR CON KELLEHER

**Introduction: Tuesday 26th May 2020** was a red-letter day for the Republic because no new Covid-related death was recorded since the country's first confirmed loss on March 11th. It took seventy six days to reach that point, and it felt like a heavy burden was lifted, and yes, we could see days like this again. It gave a pep to our step, and collectively cheered the whole country. All sorts of possibilities opened up; we might get a government, maybe Cork will do the All-Ireland senior double and Ireland will win world cups in rugby, soccer and ladies hockey. But we better get back to reality.

**Our current situation:**

Table 1.

2020	Total Cases	New Cases	Deaths, New.	Deaths, Total	% of positive cases who die.	Residential Deaths, Total	% of Total Deaths
20 Mon. Apr.	15,652	401	77	687	4.4%	406	59%
18 Mon. May	24,112	64	10	1,543	6.4 %		
<b>May</b>							
25 Mon.	24,639	57	4	1,608	6.5%		
26 Tues.	24,698	59	0	1,606	6.5%		
27 Wed.	24,735	37	17	1,615	6.5%	884	54.7%
28 Thur.	24,803	73	9	1,631	6.6%		
29 Fri.	24,841	46	9	1,639	6.6%		
30/31 Sat./Sun	24,876	39	6	1,645	6.6%		
<b>June</b>							
1 Mon.	24,990	66	7	1,652			

The figures are taken from The Health Protection Surveillance Centre, and most were published in the Irish Times. The figures refer to the previous days' total.

1. By 1 June 1,652 people have died of a disease first identified in China in December 2019.
2. Almost 55% of deaths have taken place in residential settings. If we had got that right, our numbers would be even smaller.
3. The numbers of new cases and newly reported deaths have fallen dramatically.
4. Our current strategy is working.
5. Some figures are inconsistent; this is due to later corrections and refinements.

Other facts:

1. The Reproductive Rate or Infectivity Rate is 0.4 - 0.5, which means the virus is spreading at a very slow rate. (It takes two infected people to infect one other, ten to infect five and so on).
2. Dublin has about 48% of recorded cases. (Cities and densely populated centres have the greatest concentrations of cases).
3. Cork has about 6% of recorded cases.
4. Seven residential care settings have had each more than 20 Covid-related deaths.
5. The mean/average age of those who died was in the mid-80s.

**Development/New Research:**

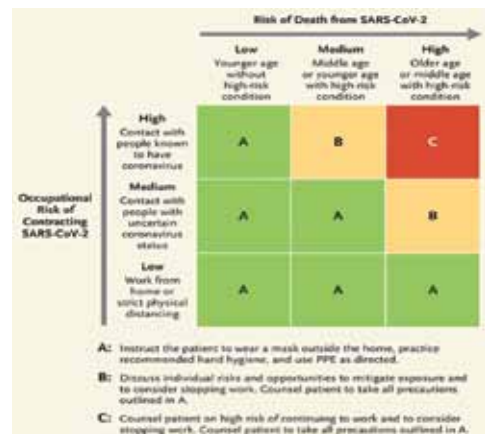
There is a huge amount of research on-going

at the moment and while the urgency is great, care has to be taken that the research is of a high quality. There has been news on testing and more good studies on the use of remdesivir have been published. And there has been a reaction to President Trump's use of chloroquine or hydroxychloroquine.

**Most at risk of getting Covid?**

The New England Journal of Medicine (NEJM) published a diagram outlining the risk of contracting Covid and what advice to following re precautions, mask-wearing and work.

As the figures in Table 1 confirm, Ireland's greatest dangers were in residential care centres which had the biggest concentration of elderly people,



diagnosis. Faecal or anal tests may confirm diagnosis. III (PCR = polymerase chain reaction). 2. Our immune system is our bodies' defence system. Antibodies are formed to attack invaders like viruses. There are three types of antibodies and they work in different ways; they also take a while to get going and different people produce antibodies to a different degree. There is no established correlation between what one measures and how effective it was/is. So there is no simple blood test that has all the answers. All tests of antibody tests have some false negatives and some false positives. Dr Mary Keogan, an Immunologist in Beaumont Hospital, Dublin, made the above and following points in an ICGP webinar on Wed. 27 May 2020. She summarised the situation as follows:

- A. A positive result in a well performing test indicates probable exposure.
- B. Does a negative result mean that the person is not infected? NO.
- C. Does a positive result mean the person is no longer infectious? NO
- D. Does a positive infection mean that the person is immune? We Do Not Know.

So you can see this is not a simple field. Coupled with the above is the quality of some of the tests. The Covid virus is new and already has shown an ability to mutate and change. As an expert in Nature wrote 'The immunology of Covid is a mystery' and much work is needed to unlock its secrets.

Tests have value as part of a clinical assessment, assessing how much infection there is in the community, or in specific groups such as health-care workers, and measuring response to vaccination.

The next time someone is pushing a test that will give a 'definitive' answer, please keep the above in mind. IV

**Treatments:**

Remdesivir is an anti-viral drug and was noted to be effective in vitro, that is in the laboratory, against the Covid virus. It has proved, so far, to be the best anti-Covid drug but is not a 'magic bullet'. Recently ' the results of a phase 3 manufacturer-conducted trial suggest that remdesivir had an effect on patients with

and in many cases, the staff were inadequately protected. About 30% of Irish hospital carers were infected. Some staff circulated between several care centres. Thankfully this situation has been addressed and improved.

One of the reasons why children under 10 have low rates of infection lies in the fact that they lack ACE2 receptors in their noses – the receptors acts as gateway. For the Covid virus to cause damage it must enter cells. We are all familiar with pictures showing spikes on the virus and the virus uses these spikes to attach to cells and gain entry. Younger children do not have the 'doors' to allow entry. As people age more receptors develop.

This is not the full story as some children are badly affected by a Kawasaki-type illness where blood vessels become inflamed, and is a serious, often fatal disease; {inflammation – 'red, hot, swollen and tender' - and think of getting a kick in the shin and the body's reaction to it}. I

**Covid Testing:**

1. Swab testing: This is called a PCR-Screening test and its reliability and accuracy depends on its timing and how well the sample is taken. It is not 100% accurate - some Chinese studies suggested 30%inaccuracy rates -, and may need to be repeated several times. Sometimes CT scans may be warranted to establish the

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## COVID 19 UPDATE CONTD.

moderate COVID-19 who were hospitalized with pneumonia but didn't have reduced oxygen levels. Patients who received 5 days of remdesivir had a higher rate of improving at least one point on a 7-point ordinal scale by day 11, compared with those who received standard care alone (76% vs. 66%). Findings for 10 days' remdesivir were not statistically significant. v According to this, our best drug has a moderate effect in some cases.

In another NEJM piece on Remdesivir treatment in more severely affected patients this appeared: 'Remdesivir treatment duration: For patients with severe COVID-19 not requiring mechanical ventilation, 5 days of remdesivir may be as beneficial as 10 days, according to an open-label, industry-supported study in the New England Journal of Medicine. Nearly 400 patients with severe COVID-19 pneumonia were randomized to intravenous remdesivir for 5 or 10 days. At 14 days, 65% of patients in the 5-day group and 54% in the 10-day group had a clinical improvement of at least 2 points on a 7-point scale. After adjustment for baseline differences in disease severity, there was no significant difference in clinical improvement between the groups. The authors caution that "with no placebo control ... the magnitude of benefit cannot be determined." Editorialists advise "In our current era of limited remdesivir supplies, priority should be given to a 5-day remdesivir regimen for patients at the early stages of severe disease."

Chloroquine: President Trump is reported to take Chloroquine as a preventative against contracting Covid. There is no evidence to support that it works either to prevent or cure Covid illnesses. His use and his advocacy were met with incredulity by most doctors and scientists. Not only is it not effective, sometimes it can interfere with the heart's rhythm and cause death through cardiac arrest. His comments were attacked in the reputable medical journal,

The Lancet. Trump's announcements led to a huge upsurge in the use of chloroquine causing a scarcity of supply. Chloroquine is very effective and useful in conditions such as Lupus, and its scarcity may lead to these patients being left without an appropriate and necessary drug. This is another NEJM extract: ' Surge in hydroxychloroquine prescriptions: In the week that President Donald Trump promoted use of hydroxychloroquine and chloroquine in a press conference, prescriptions for the drugs (less than 28 tablets) surged nearly 2000% compared with the same week the previous year, researchers report in JAMA. In total, there were roughly 500,000 excess fills of hydroxychloroquine/ chloroquine from Feb. 16 to Apr. 25, 2020, compared with a similar period in 2019. Separately, a survey by the Lupus Research Alliance found that 36% of some 330 patients with lupus had difficulty filling or could not fill their regular hydroxychloroquine prescriptions during this time.

### Recent Research on Social Distancing;

In May 2020 the Journal of the American Medical Association reported that Stay-at-Home orders were 'associated with a slowing of Covid hospitalizations in Colorado, Minnrstota, Ohio and Virginia'. Science journal reported a German study comparing the effectiveness of cancelling large events, school closures and, lastly, contact banning and closure of nonessential stores. Only 'contact banning and closure of nonessential stores . . . stopped exponential growth of the epidemic'.

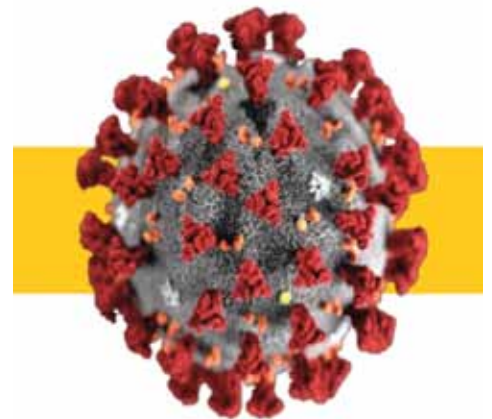
### Summary and what to do?

1. The data tells us that Covid hasn't gone away but it much less widespread and causing less havoc than in February to April 2020.
2. Remdesivir is the only drug that is partially effective in treating Covid illnesses. Chloroquine has no proved clinical benefit, and can be fatal in some.
3. Social Distancing, isolation, hand hygiene,

proper cough/sneezing etiquette, surface-cleaning and mask-wearing are the only proven effective tools in our battle with Covid.

Finally there are reports coming from Italy that the virus there seems to be weakening. However these need to be verified and evaluated, and see if they apply to Ireland. In the meantime care, caution and doing what works seems to be our best option.

Take Care.  
**Dr Con Kelleher, GP.**



- i) Journal American Medical Association, May 2020 and quoted in NEJM'S Journal Watch, May 2020.
- ii) New England Journal of Medicine, Physicians First Watch, May 2020.
- iii) HSE website.
- iv) Dr Mary Keogan, Irish College of General Practitioners' Webinar, 26 May 2020.
- v) NEJM, 1 June 2020, Remdesivir & moderate COVID-19 news release (Free) <http://response.jwatch.org/t?ctl=80FC0:447143E8B1CF2CA17C85784125CBC0B0&>
- vi) Irish Times, 22 May 2020



Macroom Town Activating County Towns: Local councilors with members of the Gardaí, Retail, Business & Community, Tidy Towns and Older Persons gather outside Macroom Town Hall after meeting to discuss their first Project to rejuvenate Business, Tourism, Festivals and to promote Safe Pedestrian Access as the country starts phase one to slowly reopen. Picture: John Delea.

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# Leabharlann Bhaile Bhúirne

Spring has eased into Summer bringing with it some warm weather and hope for good crops in the fruit and vegetable gardens that are receiving enthusiastic attention while we are staying at home so much more these days. There are little or no outside distractions and, in many homes, there are extra hands to keep busy. Gardening, cooking, crafts and home decoration provide a welcome change from home offices and home schooling. Every aspect within a 5km radius of our homes has been explored. Shopping can be a stressful situation for many, and those who have to travel for work are usually happy to get home to relax. Masks are the new fashion accessory!! Zoom and Skype have been introduced to a generation that may have thought they were beyond all that "new technology" but are proving to be experts just so that they can read grandchildren a story or virtually visit with family and friends.

Everyone has been impacted in some way by Covid-19. In years to come we will use phrases like "do you remember during the coronavirus" and "I remember when I was young there was a pandemic and we couldn't go to school for months and months!" This period is going to form some of our history and our descendants are going to be interested in what affected us and how we coped during this pandemic in much the same way that we are interested in how people coped during The Great Famine or The Easter Rising. In order to ensure that this kind of information is available someone has to write it, photograph it, record it. So, we are asking individuals, community groups, schools and library users of all ages to help us compile - 'Tales from County Cork in the time of the Coronavirus'. In order to compile a Covid-19 archive our Local Studies Library is eager to receive your personal stories and photographs of the unique nature that the Covid-19 Pandemic has impacted on you. We want your experiences in your words or through your camera lens of how this period has changed your lifestyle, your work, your family dynamic etc. For me it's things like my children haven't been able to travel to visit me, I can't go to visit and hug my Mum who is being wonderfully cared for in a nursing home, I couldn't attend my cousin's funeral, going to do 'the big shop' is an ordeal. The Library seems too quiet and I really miss all the people coming in and I won't recognise the children they will all have grown so much.

How has it affected you? Forward your story or photographs to [localstudieslibrary@corkcoco.ie](mailto:localstudieslibrary@corkcoco.ie) or drop them in to your local library when it is open and they will ensure that the Local Studies Library receives it and stores it to help record history for your children, grandchildren and great grandchildren.

In the meantime, please continue to use the Library Online services, Housebound Book & Instrument Delivery Service and you are welcome to participate in the various projects for adults and children being presented through our Social Media Pages i.e. Facebook and Twitter.

As we endeavour to move forward and expand the services we can provide as restrictions are lifted please keep an eye on local press, online and social media announcements, and information notices in the window of your local Library for details of proposed services.

The free Community Call Helpline remains available at **1800 805 819** with lines open from 8.00am to 5:00pm seven days a week. You can also email [covidsupport@corkcoco.ie](mailto:covidsupport@corkcoco.ie) or text (085) 8709010.

Ballyourney Library can be contacted on 026 45767 and [Leabharlannbhailebhuirne@corkcoco.ie](mailto:Leabharlannbhailebhuirne@corkcoco.ie).

## From the File of Leabharlann Bhaile Bhúirne Creative Writing Group

### Home Again - By Mary Harmon

*Our house was full of laughter. It was a house that attracted visitors of all types and ages and at the core of this attraction was my parents. They worked hard all their lives but never lost their sense of fun and both enjoyed a good joke so when you entered our home, you did so at your own peril. Strange tasting tea, exploding cigarettes and itching powder down-the-neck were all part of the norm. My mother was a keen frequenter of joke shops and liked to use friends and family as her human guinea pigs. The first timers made the easiest targets, the long-time sufferers would generally be more cautious but could still find themselves falling for some new prank.*

*My father was very interested in the 'affairs of the heart' and was in the habit of making matches for his daughters, the older and uglier the man the better. 'Marry a rich old farmer with a bad cough' was his constant refrain. He never got excited or panicked about anything and like my mother, he believed life was to be enjoyed not endured.*

*Like most Irish emigrants, my parents longed to return home and their wish was granted in the late 1970s when we left England and moved to Ireland to live. My father built a bungalow and we lived on a farm with cattle, sheep, hens, dogs and cats and best of all, pet lambs and calves. We had one cow whose milk we used for the house. The cow had to be milked by hand every day and then the milk was strained through a muslin cloth. My father tried to teach us all how to milk the cow but only my sister was successful in this endeavour.*

*To encourage an interest in farming, we got a calf each, on the condition we got up early every Saturday and fed and looked after them. My brother and I, had identical twin Aberdeen Angus calves, totally black and very tame. I named my calf Mathilda and my brother named his Sooty. Poor Sooty got louping-ill and afterwards could no longer walk straight so he was re-christened Wibbly-Wobbledy.*

*There were a lot of big changes for us children to get used to, our parents had returned 'home' but it took a long time for us to adjust to leaving our home in England and moving to Ireland, from living in a big sprawling town and all the amenities and activities it offered, to moving to a small rural village. The biggest change was in the modern school we left behind us with hundreds of pupils to the old-fashioned school we now attended, where the only source of heat came from a turf fire at the top of the classroom and in winter it was so cold we had to wear our coats to keep warm.*

*We soon made new friends and we gloried in our new found freedom, the joy of been able to run around the fields shouting out loud and no neighbours to complain!*

## RYLANE COMMUNITY PARK ASSOCIATION/RCPA

### RCPA (Rylane Community Park Association) Lotto results:5/5/2020

Jackpot €1,400. Numbers drawn: 23 - 30 - 39. No winner. Lucky Dip winners €20: John O'Sullivan (c% Soccer Club); Jackie Ring (Rylane); Finbarr O'Sullivan (Rylane).

### RCPA (Rylane Community Park Association) Lotto results:11/5/2020

Jackpot €1,500. Numbers drawn: 15 - 29 - 36. No winner. Lucky Dip winners €20: Mary & Connie Buckley (Rylane); Helen Spillane (Rylane); Siobhan Cleare (Kilcullen).

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# Tiobh Laoire Notes

## Virtual Historic Tour

Recently, Joe Creedon and his friend Richard Fensome, have made a short film of a tour of Inchigeela Village. Joe is a store of knowledge on Inchigeela's history in distant and more recent times and in the film he shares this knowledge and love of his native village in a warm and informal style. He deals with how Inchigeela got its name and the various changes that it has gone through in the past thousand years. He relates our strong involvement in the war of independence and of the many writers and personalities who came to Inchigeela. At the end I note that he hints there is more to come and we are looking forward to this. Well done, Joe and Richard and thank you thank

## Festival cancelled

The Inchigeela Festival, which had become a highlight in the summer calendar for young and old, from near and far, has become another victim of the Corona virus. The local GAA announced its cancellation with apologies recently but it must have been on the cards for some time. It is such a pity because so much work has gone into the planning and preparation for the event of music, dance and sporting entertainment and we know that so many supporters will be very disappointed. But it will be back and I'm sure it will be better that ever.

## Tidy Town' Plans

Inchigeela Tidy Towns group are making plans for the future. One such plan involves the interesting idea that individuals or families, to adhere to the regulation of social distancing, would take on the tasks which were formerly group work. If there are families or individual volunteers willing to take on such tasks, the secretary, Neasa, is drawing up a list at present. It would be nice to get out again! Contact any member of Croi na Laoi.

## Take Outs

Many businesses are still closed but many are doing their best to give a service albeit restricted, as in Inchigeela where Creedon's Hotel offers take out pizzas on Friday, Saturday and Sunday. Call Eamon at (087)6759695 for a choice of 10 kinds of delicious, home made pizzas.

## 100 K Run

Well done to Con and Eamon Creedon and Darren O Riordan, who took on the challenge of the big run for Pieta House and completed it recently. Their target was €1,000 but as I write, it is now at over €3,000 and still open for donations for this most worthy cause.

## Gifted Hands

Aren't some people an example to us all. Joan O'Neill of Capanclare, Inchigeela, whose work

as a dressmaker and whose love of card playing was curtailed because of the pandemic, has been busy since March making facemasks. And from this she has donated €500 to the 3 Inchigeela boys fundraiser for Pieta House, a substantial donation to Sullane Haven, Macroom, she has donated masks to Clon Red Cross, to Inchigeela tidy towns and much more. A Super woman!

## Scoil Mhuire

Guimíd saoire deas ar na miocléinn agus foireann teagaisc Scoil Mhuire, BéalAtha. Tuigimid dibh go raibh an deire téarma seo difriúil ó aon cheann a bhí ann riamh. Guimíd gach rath oraibh sa toadhcháil, go háirithe ar sibhse a bhí ag déanamh na hÁrd Teistiméireachta.

## Fáilte ar ais, Cocooners

An Cháisc seo chaite thug an Coiste Forbartha mála le bronntaisí beaga dos na daoine a bhí ag fanacht sa bhaile ón virus. Chun an chead chéim den "road map" a mharcáil fuair gach duine mála beag arís. 78 tíg ar fad a bhí ann. Moladh mór do Nóirín úí Thuama a dhein é a eagrú agus do Clodagh, Maebh, Mairéad, Neil agus Katy agus Eitne. Buiochas comh maith do Bárd na nGleann, Siopa Uí Dhuinnín, Airmedica, An Coiste Forbartha a thug tacaíocht.



2008; Ballyvourney Youth in Medjugorje © Peter Scanlan



2012; Kevin Walsh with family, friends and the Christy Ring Cup at Aherla © Peter Scanlan

*The Lee Valley Outlook*



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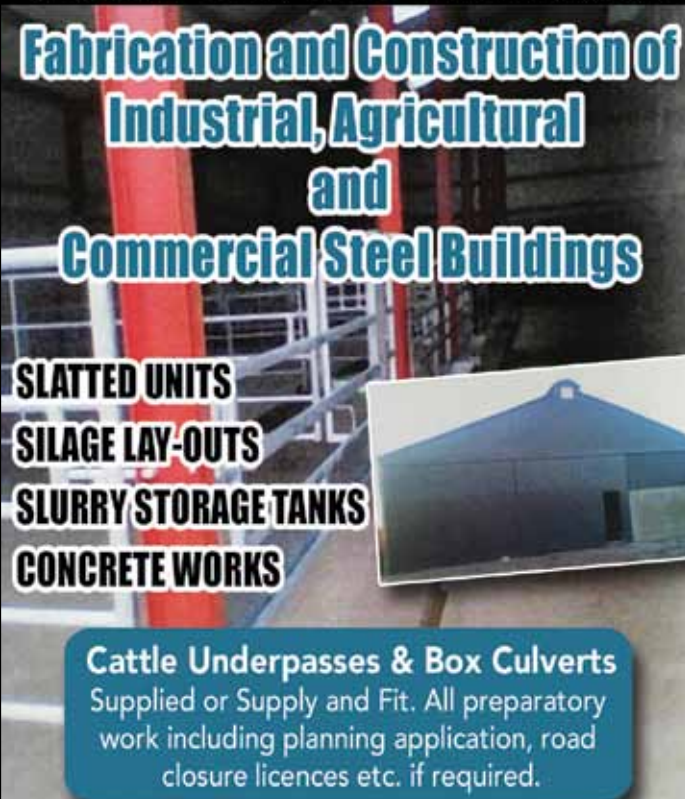




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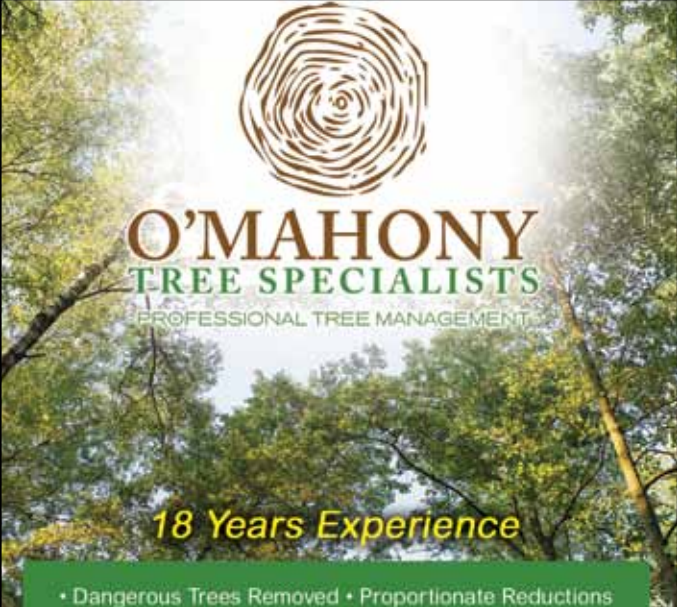
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# History

## Mrs Joan Murphy, Maynooth and Sr. Bernard (Murphy), a Macroom and Presentation Nun, Maynooth

Interview by Con Kelleher

Mrs Murphy (75) made contact with Ms Josephine Cronin-Lovell, Lee Valley Enterprise Board, regarding a good news story about a Macroom nun she first met when she was in second class in Maynooth convent. Macroom in this case probably means the wider area. Mother Borgia was a nun and a cousin, and this connection may help to identify Sr Bernard. Sr. Bernard left a life-long impression on her young pupil by giving her a love of books. Joan was anxious to tell the story of great work done by a kindly nun many years ago. In recent times nuns have often had a 'bad press' and little is heard of the fantastic good that they and other religious did. This piece relates a nun's good deeds in the 1950s.

Joan's personal history is fascinating and told beautifully and gives a window into the era in which she was a child. She herself was a surprise as her mother was forty-five when she was a born. Her elder by 61/2 years was not pleased at her arrival. For example, she said that there was no secondary school in Maynooth (population of about 2,000-3,000) in the 1950-60s, just a commerce school that lasted only a few years. It gave it the town the unusual distinction of having national schools and a university but no second level school. St Patrick's College, Maynooth, the national seminary, was cut off from the town and especially young females. The gates were open to the public only during the summer months when the clerical students were home on holidays. Although her mother was a teacher and her father a Garda sergeant, she attended Lucan Vocational School when it had had a two-year cycle. In spite of her love of books and intelligence, it was decided to send her to Lucan Vocational.

Sr. Bernard was a 'phenomenal person', a great teacher and a very kindly pleasant person. She was a tall strong lady with a gentle voice and infectious enthusiasm. She loved books and transmitted that affection to her pupils. Books were then scarce and expensive, and Joan's greatest pleasure was to get a book for Christmas or as a birthday present. Sr Bernard set up a library in the convent school for children and adults - and adults came on Saturdays. She sourced books from Foyles Library, a bookshop in O'Connell Street, Dublin - westerns, detectives, romances and so on. Enid Blyton, Agatha Christie, Conan Doyle, Daphne Du Maurier are some of the authors mentioned and read by Joan. Further, Sr Bernard brought and showed films to her audiences. These measures opened the minds and imaginations of her young charges and townspeople to the vast world outside - its geography, cultures and literature. For a young girl with a love of reading it was like being given the keys to heaven. Joan must have been very keen as Sr. Bernard asked her to help with library

work. Joan was delighted with the 'honour' and appreciated the recognition.

There was a sewing factory in Maynooth, and Joan's ambition was to work there after school. However, at age fifteen, in 1960, Joan's first job was in Foyle's Library and this was arranged by the good nun. Later Joan moved to another book shop in Dublin in which there was a locked cupboard. Book censorship was operating at the time and authors such as Edna O'Brien, Ernest Hemingway, Frank O'Connor, James Joyce and John McGahern had books banned, but some books could be ordered. These 'special' books were kept in the cupboard, literally under lock and key, and Joan was tempted to, but never bold enough, to read secretly the material.

Married in 1965 at age twenty Joan had five children. When circumstances allowed, she worked as a cook/housekeeper to priests first, and later nuns. The nuns even changed their dinnertime to ensure Joan was doing the cooking. As well as being a superb cook, Joan was gifted at dressmaking. She had only some national school sewing lessons and went to the Grafton Academy for night-lessons, after she began working. She made 'every stitch' the children wore including school clothes, and communion and confirmation outfits. When the children were reared, she travelled widely with her husband, Jim, who was an ESB supervisor. New Zealand and Australia were among her destinations. Jim's father worked with the Gore-Booths and later was a manager-cum-valet to Count John McCormack, the great singer. Jim's mother, much younger than her husband, and again later in her life, worked for Lord and Lady Carew of Celbridge, and their daughter Diana Connolly-Carew represented Ireland in showjumping. Joan's children went to university and one is currently an intensive-care nurse and one of our angels of mercy.

Unfortunately, Joan lost Jim, her husband, to cancer six weeks ago and is in mourning. Jim had been very ill and survived some very low points to rally and improve. However, he passed away in February 2020. They had a good life together and she described him as a great husband, father and provider, and she had the consolation of having travelled the world with him. Her children are mostly nearby and are very supportive. Allied to that she has many friends and she enjoys bridge in person and on-line. Covid 19 and cocooning doesn't bother her much and she makes great use of modern technology to keep in touch. It was a pleasure to talk to Joan, to hear her



St. Patrick's College, Maynooth.



Presentation Convent, Maynooth, (Lawrence Collection, NLI).



Maynooth river with Carton House in the background, (Lawrence Collection, NLI).

story and that of Sr Bernard. She must have 'exchanged atoms' with Sr. Bernard, like one of Myles na gCopeleen's characters, because she sounded so sharp, pleasant and interesting. It would be great to establish who Sr. Bernard was and whence she came, but at this remove, that may not be possible. To hear one great lady, talk about another was uplifting and it was rewarding to put on record the enduring influence that a kindly nun had on a young girl in Maynooth in the 1950s.

The interview was done by phone, and recorded, and amendments were made by e-mail; no bother to the intrepid Joan at 75.



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If you are not getting your public holiday entitlement, you may make a complaint under the Organisation of Working Time Act within 6 months. You must use the online complaint form (pdf) from the Workplace Relations Commission.

Further information is available from the Citizens Information Centre below.

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



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## Applications open for Cork County Restart Grant for Small Businesses

Online applications can now be made to Cork County Council for the Restart Grant for small businesses. As part of the Government's package of supports, this €250m fund will give direct grant aid to micro and small businesses to help them with the costs associated with reopening and re-employing workers following COVID-19 closures. Between €2,000 and €10,000 of direct aid is available to businesses based on commercial rates bill from 2019.

The grant will be available to businesses with a turnover of less than €5m and employing 50 people or less, which were closed or impacted by at least a 25% reduction in turnover out to June 30, 2020. It is a contribution towards the cost of re-opening or keeping a business operational and re-connecting with employees and customers. Mayor of the County of Cork, Councillor Ian Doyle commenting on the Restart Grant spoke of the importance of supporting local businesses, "Your local café, hairdresser, boutique or home store create that wonderful atmosphere that we have across Cork County. These small but very important businesses have had to close their doors for the last number of weeks but now we want to help them to reopen."

Chief Executive of Cork County Council Tim Lucey also highlighted how the Restart Grant will assist small businesses get back on their feet,

"Cork County has a wide range of businesses which are at the very heart of our communities. Cork County Council is investing in communities and our businesses, we can plan with a degree of confidence. As part of Project ACT, we are Activating County Towns and the Restart Fund will offer another level of support to businesses at a time when they most need it."

Mayor Doyle went on to say, "Cork County Council has established 23 Town Teams under Project ACT which will deliver individual plans and ensure, at the most local level, that we reopen and support our local economy. The Restart Grant is a very welcome addition to facilitate businesses in opening their doors as part of our national phased roadmap."

Applications for the Restart Grant can be made online at [https://www.yourcouncil.ie/service/COVID19\\_Business\\_Restart\\_Fund](https://www.yourcouncil.ie/service/COVID19_Business_Restart_Fund) Cork County Council has established a dedicated helpline on 021 4208000 and email at [RestartFund@CorkCo.ie](mailto:RestartFund@CorkCo.ie). Processing of applications and payment of the Restart Grant will depend on the initial volume



Mayor of the County of Cork Cllr. Ian Doyle has expressed his gratitude for the heroic voluntary effort that has come to fore throughout the county in the struggle against Covid 19.

of applications but, as far as possible, will be prioritised according to scheduled re-opening dates in the national roadmap.

The Restart Grant is part of the wider €12 billion package of supports for businesses of all sizes, which includes grants, low-cost loans, write-off of commercial rates and deferred tax liabilities, all of which will help to improve cashflow amongst SMEs.

## CORK COUNTY OLDER PEOPLE'S COUNCIL URGES "C.A.R.E." AS TOWNS REOPEN

### *New guidelines designed to ensure older people feel comfortable after cocooning*

As towns across County Cork prepare to re-open, the Cork County Older People's Council is asking the wider population, communities and business generally to be alert to the needs of older people. Project ACT, Cork County Council's initiative to help activate the county's towns during the COVID-19 crisis, has put support for the older population at the centre of its roll-out plans. Details are currently being finalised in 23 towns for the temporary redistribution of road space for motorists and pedestrians, usage of outdoor space, the need for temporary pedestrianisation measures, street furniture, repainting of pedestrian crossings, and parking management.

Each Town Team is to consider the Council's new CARE guidelines, which have been prepared through extensive consultation with the Cork County Older People's Council, in any decision made to ensure all members of society are treated equally with equal access to services. These guidelines ask people to observe the following; CONSIDER older and vulnerable people's needs as they re-join our communities after weeks of cocooning and isolation.

ASSIST older and vulnerable people by respecting age-friendly parking spaces and accessible parking spaces for people with disabilities in our towns, villages and shopping centres.

RESPECT physical distancing for older and vulnerable people and give them space on our streets, parks and walkways.

EMPATHISE with older and vulnerable people and understand that they may feel especially anxious at this time.

Liz Maddox, Chairperson of the Cork County Older People's Council says, "People who have been cocooning are as eager as anybody to get back into towns and live the fullest life possible after

weeks of isolation. There will be a natural anxiety amongst this more vulnerable group, and we are asking everyone across society to be conscious of this as our towns re-open. What we are asking is that people be considerate, assist where they can, respect social distancing and empathise with those who feel vulnerable. There has been tremendous community spirit in recent weeks."

The CARE guidelines have been drafted as part of the Cork Age-Friendly County Programme, an initiative of Cork County Council. The Cork Older People's Council is a representative group of older people from across the county whose role is to represent the "voice of the older person", and guide the Council in its policies, operations and service delivery.

Mayor of the County of Cork, Cllr Ian Doyle highlighted how the Council's CARE guidelines ensure consistently in terms of physical, economic and social opportunities for members of the older population, "Ageing is a matter that will affect us all and I want to see such valued members of our society enjoy the very best quality of life. Following weeks of cocooning it is vital to ensure that when our older population venture into our towns, they feel supported and safe in doing so."

Chief Executive

of Cork County Council Tim Lucey says, "When activating our county towns, we have to be conscious of all of those who will use them. Project ACT involves a €6 million investment in supporting communities and businesses, but most importantly, supports our citizens. Everyone should feel as safe as possible, and that is one of the key drivers for our Town Teams in the decision-making process. We have all rallied to support older people since the start of this crisis, and I am very confident that people will embrace the spirit of the CARE guidelines as normal activity returns in the weeks and months ahead."

The CARE message is being distributed via social media, signage in car parks and parks, and through support from other community bodies such as the GAA and an Garda Síochána.



New guidelines designed to ensure older people feel comfortable after cocooning





Dick Dineen showing off his lilies with neighbour Emma Coughlan



Dick Dineen showing off his Roses with neighbour Emma Coughlan



Ruairi O'Leary from Clohina, Kilnamartyra, helping his Uncle with the calves on a lovely sunny day



Báile Mhúirne Health Centre Staff, Nora Gallagher, Practice Manager and Margaret Lynch, Practice Nurse, all 'geared-up' to serve their patients. (C. Kelleher).



Cahereen Care Centre Staff, gloved and masked for their wonderful work. (C. Kelleher).



Nurse Sizi, Cahereen Care Centre, accepting voluntary donations of a box of masks and sanitizer fluid, and Personal Protective Equipment suits. (C. Kelleher).



Macroom Post Office Staff in time of Covid; left to right, Tec Crowley, Geraldine Lucey and Dan O'Herlihy. (C. Kelleher).



The Social Democrats have raised €650 from 30 donors for Cork Simon at a virtual coffee morning



## Macroom GAA



A big thank you from Macroom GAA to An Garda Síochána for ensuring and monitoring that all correct social distancing requirements are met



Mark Hunt and Robert Lucey who recently completed a solo run of 6.5kms each to raise funds for Lisheens House and Jigsaw charities

The club hopes you are all keeping well during these unprecedented times.

While everybody associated with the club miss the sight of football in the Castle Grounds and Tom Creedon Park, it has been more than heartening to see the various initiatives and activities that we have been engaging in with the community during this lock down.

### Visit to Carechoice and Cahereen Nursing Homes:

On Sunday April 19th our club members were delighted to have the opportunity to say thanks to the frontline workers in the town and in particular the staff in CareChoice Macroom and Cahereen Nursing Home.

We would like to thank all our members who came to say thanks and applaud and also brought gifts to the nursing home of sweets and baking.

In particular we would like to thank Colman Corrigan who spoke outside both nursing homes conveying all of our gratitude for their tireless work during these sad and difficult times. Also thanks go to Pat O'Connell who gave a rousing rendition of the Flower of Macroom and most especially to Mark O'Sullivan for organising the visits.

A big thank you also to An Garda Síochána Macroom for ensuring and monitoring that all correct social distancing requirements were met and to our photographers for supplying the footage for this video.

### Meals on Wheels:

The club was also more than happy and delighted to lend its support to the Meals on Wheels initiative in the town. When Pat O'Connell and Pat Meghian contacted the club to see if we could provide some members to the their already fantastically dedicated group, it was great to see the speed our members signed up to help and continue to work with such a worthy cause - well done to all involved for looking after the most vulnerable in the community.

### Club Community Support Group:

Our club were also delighted to set up a community support group for Macroom and surrounding areas when the lock down happened. Led and organised by our vice-chairman Mark O'Sullivan it has been fantastic to hear of the many people who have got involved delivering shopping, prescriptions from chemists and even just something as simple as posting a letter. The feedback has been superb, and we hope to continue this on even after the restrictions are eased so as to support the vulnerable in the community

The club would like to express a huge thanks to Mark and all who have signed up to help - it's brilliant to see such a community effort.

### Club Referees run for Pieta House:

Well done to our two inter county referees John Ryan and David Murnane who recently undertook a running challenge to raise funds for Pieta House along with the other 70 inter county panel referees in the country - well done to all for raising much needed funds.

### Run for Pieta House by Macroom Ladies Club:

A huge well done to Eimhin O'Mahony and all who raised much needed funds by completing a run and fundraising drive for Pieta House. It was great to see such effort and generosity by all involved.

### Mark Hunt and Robert Lucey solo the ball for Charity:

Well done to Macroom underage players Mark Hunt and Robert Lucey who recently completed a solo run of 6.5kms each to raise funds for Lisheens House and Jigsaw charities along with other members of the Cork development squads. Great to see such leadership from two younger members of the club. See them below in action!!

### Macroom Juvenile Club around the world in 80 days:

Macroom Juvenile Club are currently undertaking a very worth fitness initiative in aid of Muskerry Special Olympics and Children's

Ward in Cork University Hospital as they attempt to walk, run or cycle 40,000 kms in 80 days. You can sign up to do some kms by downloading the Strava App and using the following link: [www.strava.com/clubs/660774](http://www.strava.com/clubs/660774)

### Club Sponsors:

We would encourage all our members to please support all our local businesses when the restrictions are lifted - they have supported our club loyally and we would ask that you support them now during this tough time - buy local!! We will be profiling as many as possible in the coming weeks on our Facebook and Twitter.

### Pitches and Walkways:

Finally a huge thanks to John, Connie and Denis and all involved in our grounds committee for the immaculate playing areas and walkways on display currently in the Castle Grounds and Tom Creedon Park, they are a credit to the lads.

We hope to see you all in the Castle Grounds as soon as possible and in the interim we hope you all stay safe and healthy and also can we finally offer our condolences to anybody who has lost a friend or family member during the past couple of months.

### Club Membership:

The club would like to highlight that club membership for 2020 remains open and we would appeal to all former and any potential new members to sign up. The club membership along with our club lotto are two of the main resources for funding the club and as we have vast areas of playing fields to maintain and our walkways we would encourage anybody who can to please become a member. The club has stopped the pay as you go club car park as a gesture of goodwill to the people of Macroom during lockdown so they can park there and go for their socially distant exercise so if you could support us by becoming a member it would help the club greatly. You can sign up for membership at the following link : [https://member.clubforce.com/memberships\\_cart\\_m.asp?LL\\_ID=2128&CLB=1](https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2128&CLB=1)



Thanks to those who have already signed up for 2020.

### Club Lotto:

The club has just launched a temporary online lotto whose first draw will be on Tuesday June 09th.

As described above the club membership and lotto are the main sources of keeping our club running on a day to day basis and even though no football is being played at the moment the club still has weekly costs to meet which are usually met from our regular lotto and car park but we have no income from either currently and the membership is also down 30% from 2019, our weekly expenses still have to be met such as our Bank Loan, Mower Loan, machinery maintenance, car park insurance, water rates and our biggest expense player insurance and affiliation which alone totals c.€10k.

We want to keep our facilities and walkways at the standards they are at as exercise for people



Members from the three clubs launching the lotto

is so important at the moment so in order for us to do so we need you to support this temporary lotto and highlight it to friends and family. See photo below of members from the three clubs

launching the lotto:

The lotto can be played at the following link: [https://play.clubforce.com/play\\_newa.asp#Anchor](https://play.clubforce.com/play_newa.asp#Anchor)

## Macrooom Ladies GAA Club

Macrooom Ladies Football club are delighted to announce good news during these strange times.

Club member Erika O'Shea got a welcoming phone call to say she was called up to the Cork Ladies Senior Team! Erika's hard work and commitment has paid off with her being the first Macrooom Ladies player to make the Cork Senior

Team. Well done Erika from everyone at Macrooom Ladies Football Club! You are a great ambassador for the club. We are very proud of you.

**Macrooom Ladies Football club are delighted that Club member Erika O'Shea has been called to the Cork Ladies Senior Team!**



## Macrooom FC

With the local soccer scene paused since March due to the covid 19 pandemic, all leagues involving Macrooom FC teams have now officially cancelled their seasons. There obviously is continued uncertainty but the club is making tentative plans for next season, provided it is safe to do so later on this year. Our recent committee meetings have taken place virtually using the video conferencing tool Zoom. All participants have seen this as a very positive, important and enjoyable step. In simple terms it was great to catch up and chat, notwithstanding a few dodgy beards and hairstyles!

The FAI roadmap for the restart of grassroots and domestic football in the Republic of Ireland was recently published. In this document, dates for the slow resumption of football that are relevant to Macrooom FC are as follows:

1. The cessation of all football activities until July 20th.
2. From July 20th, all adult amateur and underage leagues can begin return to training protocols. This return will depend on clearance and advice from government and the FAI.

3. On August 10th, full collective training can resume.
4. The 2020/21 season can start on October 16th.

All decisions/dates are subject to change on the advice of government agencies, UEFA and the FAI medical team, led by medical director Dr. Alan Byrne.

With the Macrooom FC weekly lotto draw on hold, the club are currently holding a free draw every week. The 'like and share' draw has gained massive interest at this stage and is free and easy to enter: Each week the club will purchase a Euromillions lottery ticket, posting a picture of it on our club Facebook page. Anyone who 'likes and shares' the post will receive an equal share of any lottery winnings. Every week a draw for a €50 consolation prize also takes place. So far Carol Casey O' Callaghan, Karen Cullinane Clarke, Oliver Burke, Caroline Barry, Aine Deasy and Conor Murphy have all been lucky €50 weekly winners! So please visit the Macrooom

FC Facebook page for your chance to win.

While the current pandemic continues, Macrooom FC members are fully available to offer assistance if required. We are happy to play our part and provide help to anyone who needs it. We also salute the many local groups/people doing great work and we are always delighted to do our share. If assistance is needed, we will do all we can for you. Please email requests/queries to: [MacrooomSoccerClub@macroomFC.ie](mailto:MacrooomSoccerClub@macroomFC.ie)



2005; Killinardrish under 12 Soccer Team, winners of the Cork Schoolboys League 2005-06 © Peter Scanlan



## SPORTS HISTORY

### GAA - A look back on 2015

#### SENIOR FOOTBALL CHAMPIONSHIP

##### Muskerry 1 – 14 Duhallow 2 – 17

Muskerry, after a 1st round win over CIT, met Duhallow in the senior football championship at Macroom. Duhallow exploited Muskerry's defensive shortcomings and their Cork star Donncadh O'Connor scored ten points and was the outstanding player on the field.

Duhallow, despite playing against the wind, were on top early on and sorely troubling the stretched Muskerry defence, led by 0-5 to 0-3 at the end of the first quarter, Liam Seartan, Seán Kiely and Daniel Goulding the Muskerry scorers. Duhallow struck the first decisive blow in the 17th minute when a corner forward left loose at the corner of the square had the Muskerry net shaking. The Mid Cork reply was spirited – Denis Keohane's point in the 19th minute being followed by two smashing points from Fintan Goold but Duhallow hit hard again with their second goal, again a corner forward left all alone with the simple task of lashing the ball past goalkeeper Shane Masters from close range. Muskerry responded with points from Fintan Goold, Daniel Goulding and David Goold to leave the score at 2-6 to 0-9 as the half went into injury time. Muskerry now lost Noel O'Leary to injury and Duhallow added two points to lead by 2-8 to 0-10 at the break.

Muskerry made changes in defence and in attack for the second half but it was Duhallow who still forced the pace with two further points before a Daniel Goulding goal in the 37th minute, re-ignited the Mid Cork challenge and Goulding's point from a free in the 42nd minute reduced the gap between the teams to a single goal, 2-11 to 1-11. Donncadh O'Connor, oozing class, now kicked over two points for Duhallow to ease them five clear once again and Duhallow had another point to go six points clear with ten minutes remaining and they were heading for victory.

Muskerry scorers: Daniel Goulding 1-4 (0-3f), Fintan Goold 0-3, David Goold 0-3 (0-1f), Liam Shorten, Seán Kiely, Denis Keohane and Ben Shorten 0-1 each.

Muskerry: Shane Masters (Kilmichael): Marc Ó Gailí (Cill na Martra), Nollaig Ó Laoire (Cill na Martra), Amhlaoibh Ó Loinsuigh (Béal Átha'n Ghaorthaidh): Martín Ó Conchuir (Cill na Marta), Seán Kiely (Macroom), John Carey (Dripsey): Fintan Goold (Macroom), Micheál Ó Laoire (Naomh Abán): Liam Seartan (Béal Átha'n Ghaorthaidh), David Goold (Macroom), Declan Ambrose (Aghinagh): Donncadh Ó Ceocháin (Naomh Abán) Daniel Goulding (Éire Óg), Ben Seartan (Béal Átha'n Ghaorthaidh). Subs: Dhanni Merrick (Aghabullogue) (30), Seamas Ó Mathúna (Naomh Abán) and Donal Corkery (Aghinagh) (both half time), Micheál Ó Duinnín (Naomh Abán) (48).

Andrew McCarthy (Inniscarra) was manager of the Muskerry team with selectors Pat O'Leary (Kilmurry), John O'Callaghan (Ivleary), Dermot O'Riordan (Kilmichael) and Matt O'Leary



Béal Atha'n Ghaorthaidh who defeated Macroom in the Premier Intermediate Football Championship 2015. Pic Nora Ni Luasa

(Aghinagh).

#### PREMIER INTERMEDIATE FOOTBALL

##### Round 1 – winners to rd 4

BÉAL ÁTHA'n GHAORTHAIDH 0-15

Macroom 1-10

Mallow 1-12 Ballinora 0-4

NAOMH ABÁN 1-12 Grenagh 1-8

ÉIRE ÓG 3-10 Bantry Blues 2-6

##### Round 2

MACROOM 1-10 Nemo Rangers 1-9

Newmarket 2-14 Grenagh 0-10

Castletownbere 2-13 Ballinora 3-9

##### Round 4

Castletownbere 3-12 NAOMH ABÁN 2-6

BEÁL ÁTHA'n GHAORTHAIDH 3-8 Bantry

Blues 0-10

MACROOM 4-8 Newmarket 2-11

ÉIRE ÓG 2-10 GRENAGH 0-11

##### Quarter Finals:

Castletownbere 2-11 BÉAL ÁTHA'n

GHAORTHAIDH 0-11

ÉIRE ÓG 1-16 MACROOM 2-12

#### PIFC 1st Round:

##### Béal Átha'n Ghaorthaidh 0-15

##### Macroom 1-10

The better team on the night won this game at Cill na Martra. Béal Átha showed the greater desire to win, competed more fiercely for every ball, took an early lead, led by 0-7 to 0-1 after 25 minutes and when Macroom made a determined effort to recover in the second half the Gaeltacht men weathered the storm and came back again with four points in a row to again lead by six points in the 50th minute. Macroom hopes were revived by an excellent Conor O'Sullivan goal in the 53rd minute but Béal Átha survived the onslaught and were deserving winners.

Macroom lined out with county mid fielder Fintan Goold at full forward and paid a heavy price for this decision. Béal Átha got a complete grip around the midfield area and the forwards got a supply of good ball which they used to great effect with Pól Ó Buachalla, Ben and Liam Shorten and Tim O'Leary tearing the Macroom defence to shreds. Two points apiece from Liam Shorten and Paul Buckley had their

side four points clear before Ger England had an opening point for Macroom in the 16th minute and Béal Átha replied with points from Ben Shorten, Andy Concannon from a free, and Paul Buckley to go six clear. Fintan Goold, now at midfield, pointed a Macroom free, Béal Átha came back with points from Ben Shorten and Tim O'Leary and Macroom finished with two points from frees, one each from David and Fintan Goold. It was 0-9 to 0-4 at the break and it could have been worse from a Macroom perspective after a disastrous half hour.

On the restart, Macroom had points from David Goold, John Murphy and Béal Átha goalkeeper Barra Concannon saved a point blank shot from David Goold at the expense of a fruitless '45' in the 6th minute. Philip Corrigan took a fine point for Macroom a minute later and Andy Concannon replied in the 43rd minute but Conor O'Sullivan's point on the three quarter mark left the score at 0-10 to 0-8. Béal Átha lifted their game again and rattled off four points on the trot, two from Andy Concannon, one each from Ben Shorten and Tim O'Leary to lead by six points with ten minutes remaining. The goal Macroom desperately needed was now forthcoming from Conor O'Sullivan and it was a fine effort from a very tight angle and when Fintan Goold followed up with a point from a free only two points separated the sides with five minutes remaining. A smashing point from Colman Twomey for Béal Átha was a relief, Macroom had the last word with a point from Ciarán Murphy and then in a late unsavoury incident a player from each side got red carded. Béal Átha'n Ghaorthaidh: Barra Ó Coinceannain: Nollaig Ó Duinnín, Leonard Ó Conchúir, Seán Ó Donnchú: Cian Ó Duinnín, Micheál Ó Tuama, Seán Ó Donnchú: Colmán Ó Tuama, Eoin Ó Coill: Pól Ó Buachalla, Amhlaoibh Ó Loinsuigh, Ben Seartan: Aindrias Ó Coinceannain, Tadhg Ó Laoire, Liam Seartan. Subs: Seán Ó Coill 18, Ciarán Ó Nuanáin 60, Donal MacCarthaigh 61. Macroom: James O'Connell: Michael Cahill, Eoin O'Mahony, David Cotter: Kevin O'Dwyer, Rory Buckley, Ciarán Murphy: Philip Corrigan, Fintan Goold: Tony Dineen, Seán Kiely, Gerard England: Conor O'Sullivan, David Goold, John Murphy. Sub: Alan Quinn for T Dineen (52).



Referee: Eamonn Sheehy, Newcestown.

### Naomh Abán 1-12 Grenagh 1-8

It was cold and wet at Coachford for this all-Muskerry tie but Naomh Abán and Grenagh defied the elements and provided an interesting first round encounter. Grenagh started well with two points from Gerry Russell and Conor Fitzgerald but Naomh Abán quickly found their rhythm and points from Colm Murphy, Miceál Ó Cróinín and Mike Lyons were followed by a goal from Miceál Ó Cróinín in the 13th minute. DD Dorgan pointed for Grenagh but Naomh Abán were on top and they shot six more points before the interval, one each from Niall Kelly, Miceál Ó Laoire, Ó Cróinín, Diarmuid Ó Ceallaigh, Mike Lyons and Colm Murphy, to which Grenagh replied with a point from a DD Dorgan free and one from play from Gerry Russell.

Leading by 1-9 to 0-5 Naomh Abán looked to be in a comfortable position but Grenagh don't do capitulation and after Dorgan an Russell had added another brace of points Ultan Duggan got a lucky goal in the 40th minute, his fisted effort at a point falling low and touching goalkeeper Jonathan Hoare as it fell, was allowed. There were now only three points separating the teams and defences were under pressure at both ends. Naomh Abán held firm and 17 minutes elapsed before the next score, a point to Grenagh from DD Dorgan, 1-10 to 1-8. Naomh Abán badly needed a score and it came from Maidhc Ó Duinnín in the 29th minute and was followed by another from Séamus Ó Laoire in injury time to ease the tension.

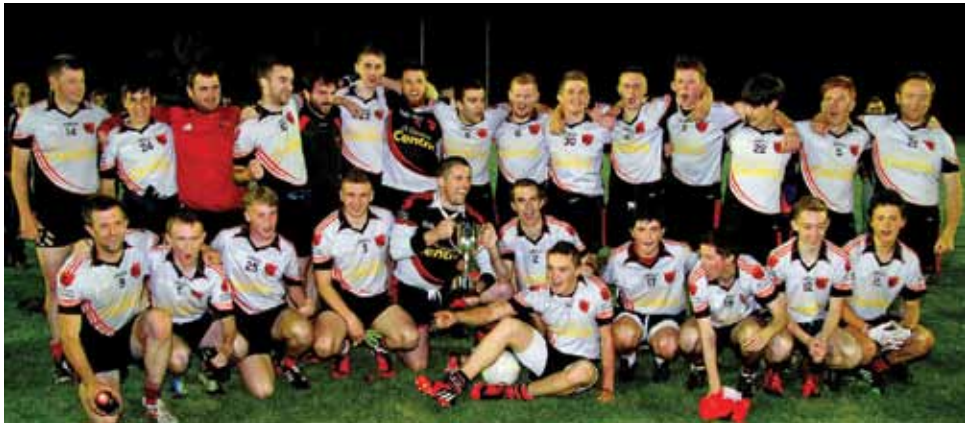
Naomh Abán: Seancháin Ó hUidhir: Séamus Ó Mathúna, Colm de hÍde, Liam Ó Luasa: Mícheál Ó Liatháin, Séamus Ó Riada, Diarmuid Ó Scannail: Miceál Ó Laoire, Tadgh Ó Scannail: Donncha Ó Cróinín, Miceál Ó Cróinín, Niall Ó Ceallaigh: Diarmuid Ó Ceallaigh, Maidhc Ó Duinnín, Colm Ó Murchú. Fir Ionaid: Séamus Ó Laoire, Donncha Ó Ceocháin, Ronán de hÍde. Grenagh: Martin Barry: Michael Lehane, Aonghus Duggan, Kevin O'Neill: Timmy Buckley, Niall Doherty, Shane Dorgan: Tom Kenny, Gerry Russell: Colin O'Sullivan, Conor Fitzgerald, Tadgh Walsh: Liam Walsh, Ultan Duggan, Diarmuid Dorgan. Subs: Liam O Donovan, Peter McSweeney.

Éire Óg 3-10 Bantry Blues 2-6

Éire Óg got off to a good start at a very wet Ballingearry and it was 2-5 to 1-4 in favour of the Ovens men at half time. However Bantry scored another goal on the restart and drew level from a free in the 39th minute at 2-5 apiece. Daniel Goulding put Éire Óg back in the lead and then came the decisive goal of the game when Ronan O'Toole reacted fastest of all to lash the loose ball to the net. In the final quarter Éire Óg remained in control and Daniel Goulding fired over four more points to copper fasten their victory, their first in the Premier grade having won the intermediate county title for the first time last year.

Éire Óg scorers: D Goulding 1-8 (0-2f, 0-1 '45'), L Sheehan and R O'Toole 1-0 each, D O'Connor and J Dineen 0-1 each.

Éire Óg: Chris Kelly: Ronan Dennehy, John Mullins, Cian O'Mahony: Dermot O'Herlihy, Alan



Beal Athan Ghaorthaidh County Junior B Football Champions 2015

O'Mahony, Michael O'Shea: Paul McDonagh, Liam Murphy: Ronan O'Toole, Liam Sheehan, Daniel O'Connor: Daniel Goulding, Aidan O'Connor, John Dineen. Sub: Denis Murphy.

### Rd 2:

#### Macroom 1 - 10 Nemo Rangers 1 - 9 aet.

A spirited Macroom left their first round form far behind them when they had the narrowest of victories over Nemo Rangers at a very wet Carraigadrohid in the 2nd round of the county premier intermediate football championship. Macroom were short Fintan Goold and at least three other injured regulars, but they played with grim determination on this occasion and after surviving an unsettled opening period they simply tore into the city side for the remainder of the very combative encounter. They came from two points in arrears with only as many minutes to go in normal time to draw level and then in extra time went four points clear before Nemo struck for a late goal to leave only the narrowest of margins between the teams when the final whistle blew.

Scorers: Macroom: D Goold 1-4 (0-3f, 0-1sl), T Dineen 0-2, C Murphy, P Corrigan, O Murphy, E O'Mahony 0-1 each.

Macroom: James O'Connell: Michael Cahill, Eoin O'Mahony, Rory Buckley: Alan Quinn, Sean Kiely, David Cotter: Philip Corrigan, James Quinlan: Tony Dineen, Ciarán Murphy, Gerard Angland: Olan Murphy, David Goold, John Murphy. Subs: Don Creedon (44), Emmett Quinlan (56). Extra time: Tony Dineen (6), Andrew Hegarty and Michael Browne (both ht.), C Murphy (18 et.)

### RD 4

#### Castletownbere 3 - 12 Naomh Abán 2 - 6

Naomh Abán's championship aspirations were over for another year after the Baile Mhuirne men went down to Castletownbere at Bantry. Naomh Abán started well and led by 1-3 to 0-3 after the opening quarter. The second quarter proved disastrous however as the Beara side added 1-6 without reply to lead by 1-9 to 1-3 at the break. On the restart, Naomh Abán cut the six point deficit back to a mere two points but then conceded a second goal to Castletown and five points still separated the teams as the game went into the final five minutes. Castletown got in for a third goal and this score

killed off whatever hopes Naomh Abán had of saving the day. It was a disappointing end to the championship campaign for Naomh Abán. The Baile Mhuirne men had a great start with Miceál Ó Laoire billowing the Beara net after only two minutes and Niall Ó Ceallaigh quickly adding on a point. Castletown had a point from a free, Miceál Ó Cronín pointed a free in reply, Donncadh Ó Cronín had N Abán point from play in the 12th minute and this was to be the last first half score from the Gaeltacht Mhuscraí men. Castletown got on top, point followed point, and the Beara men got a massive boost with a goal in the last minute of the half to give them a 1-9 to 1-3 interval lead.

Immediately on the restart, Naomh Abán Naomh Abán went on the offensive and only a superb save denied Niall Ó Ceallaigh of a goal. A minute later a penalty award to the Baile Mhuirne men saw Miceál Ó Cronín slam the ball to the net and when he followed up with a point the score was 1-9 to 2-4 and it looked as if the Mid Cork side were back in contention. Within a minute however Castletown struck for a second goal to gain a five point advantage at the three quarter stage. This margin still separated the teams after both sides added two points apiece to their tallies but then four minutes from time a third Castletown goal finished the contest.

Scorers for N Abán: M Ó Cronín 1-4 (1-0 pen., 0-3f), M Ó Laoire 1-0, N Ó Ceallaigh agus D Ó Cronín 0-1 araon.

Naomh Abán: Miceál Ó Donnchú: Séamus Ó Riada, Séamus Ó Mathúna, Eanna Ó Críodáin: Niall Ó Ceallaigh, Diarmuid Ó Scannail, Diarmuid Ó Ceallaigh: Miceál Ó Laoire, Tadgh Ó Scannail: Donncha Ó Cronín, Miceál Ó Cronín, Séamus Ó Laoire: Donncha Ó Ceocháin, Maidhc Ó Duinnín, Colm Ó Murchú. Fir Ionaid: Conchúr Ó Murchú (37), Seán Mac Carthaigh (41), Liam Ó Luasa (41).

#### Béal Átha'n Ghaorthaidh 3 - 8

#### Bantry Blues 0 - 10

Béal Átha followed up their first round win over Macroom with a fine win over Bantry Blues at a very wet and very windy Kealkil. On what was a miserable evening for football, Béal Átha showed that they are maintaining their season-long good form and they can now face their clash with Castletownbere in the quarter final



in good spirits.

Béal Átha faced the elements in the opening half but were greatly boosted by a Ben Shorten goal in the 11th minute which gave them a 1-1 to 0-2 lead at that stage. Bantry recovered to lead by 0-7 to 1-2 at the break but the Béal Átha defence had done well under pressure. The winner's points came from Andy Concannon, who was to finish with a grand tally of 1-6, 1-3 from frees.

On the restart, Bantry added a point to their total but then Béal Átha got down to business and Andy Concannon, Tim O'Leary, Liam Shorten and Concannon again had points to ease their side ahead before a Bantry point at the three quarter mark left the sides level at 0-9 to 1-6. Nine minutes from time Tim O'Leary went through the Bantry defence and blasted the ball to the net to break the stalemate, Bantry then lost the influential Rory Deane to an injury and Andy Concannon added two points to the Béal Átha lead. A late penalty award after Tim O'Leary was hauled down, yielded a goal for Andy Concannon and left Béal Átha with a comfortable winning margin. Scorers for Béal Átha: Andí Ó Coinceannain 1-6 (1-0 pen., 0-3f), T Ó Laoire 1-1, B Seartan 1-0, L Seartan 0-1.

Béal Átha'n Ghaorthaidh: Barra Ó Coinceannain: Ciarán Ó Nunáin, Leonaird Ó Conchuir, Seán Ó Donnchú: Cian Ó Duinnín, Miceál Ó Tuama, Nollaig Ó Laoire: Colmán Ó Tuama, Eoin Ó Coill: Pol Ó Buachalla, Amhlaoibh Ó Loinsuigh, Ben Seartan: Andrias Ó Coinceannain, Tadgh Ó Laoire, Liam Seartan. Fear Ionaid: Nollaig Ó Duinnín 51.

#### Macroom 4-8 Newmarket 2-11

Macroom were deserving winners of this fourth round tie but they were given a tough test by the Duhallow men and they were relieved to hear the final whistle. Weather conditions at Rathcoole were dreadful with a high wind and lashing rain throughout the contest. Macroom finished the game with only 12 players on the field, the referee also dispatched two of the Newmarket side, but it was mainly the conditions which had led to the dismissals.

Scorers: Macroom: C Murphy 2-0, F Goold 1-3 (0-2f), D Goold 1-1, T Dineen, D Horgan, C O'Sullivan, S Kiely 0-1 each.

Macroom: James O'Connell: Michael Cahill, Eoin O'Mahony, Martin O'Donnell: Kevin O'Dwyer, Rory Buckley, Seán Kiely: Fintan Goold, Philip Corrigan; Don Creedon, Ciarán Murphy, Tony Dineen: Conor O'Sullivan, David Horgan, David Goold. Subs: Gerard Angland (h.t.), John Murphy (55), David Cotter (55).

#### Éire Óg 2-10 Grenagh 0-11

Éire Óg are through to the quarter final stage of the county Premier Intermediate football championship after this fairly comprehensive victory over Grenagh in the 4th round at Inniscarra.

Scorers: Éire Óg: A O'Connor and D Murphy 1-0 each, D Goulding 0-7 (0-2 f), J Dineen 0-2 (f), K Hallissey 0-1. Grenagh: DD Dorgan 0-5 (0-4f), T Walsh 0-3, G Russell, L Walsh and C Fitzgerald 0-1 each.

Éire Óg: Chris Kelly: Shane McCarthy, John Mullins, Cian O'Mahony: Dermot O'Herlihy,



Naomh Aban who defeated Grenagh in the Premier Intermediate Football Championship 2015. Pic Nora Ni Luasa

Michael O'Shea, Dave Sheehan: Liam Murphy, Ronan O'Toole: Denny Murphy, Liam Sheehan, Dan O'Connor: Aidan O'Connor, Daniel Goulding, John Dineen. Subs: Kevin Hallissey for A O'Connor 50, Ross McCarthy for D Sheehan 56, Tim O'Leary for D O'Connor 57.

Grenagh: Martin Barry: Paul McCarthy, Raymond Dorgan, Niall Doherty: Shane Dorgan, Tom Kenny, Aonghus Duggan: Seán Bourke, Gerry Russell: Seamus Cronin, Tadgh Walsh, Diarmuid 'DD' Dorgan: Conor Fitzgerald, Liam Walsh, Ultan Duggan.

#### Quarter Finals:

#### Castletownbere 2-11 Béal Átha'n Ghaorthaidh 0-11

Béal Átha's championship hopes ended at Kealkil when the Gaeltacht side went under to Castletownbere in a great quarter final game. Two Castletown goals in less than three minutes in the closing stages settled the issue after the sides had battled it out for fifty minutes with only a point separating the teams, 0-10 to 0-9, at the time the goals came.

Castletown scored first but Béal Átha hit back to lead by 0-2 to 0-1 after 7 minutes play. The Beara side then took over and four points in a row had them in a 0-5 to 0-2 lead by the 19th minute. Points from Andy Concannon and Liam Shorten reduced the gap to a single score before a Town point just before the break had the score at 0-6 to 0-4 at half time.

On the restart, Béal Átha again narrowed the gap to a single point and when Castletown pointed twice, Béal Átha did likewise to leave it at 0-8 to 0-7 after thirty seven minutes. Two more points for the Beara men were followed by two points for the Gaeltacht Mhuscraí side from Liam Shorten and Miceál Ó Tuama, 0-10 to 0-9 after 47 minutes and anybody's game still. In the 49th minute Castletown got in for their first goal and when they then scored from the penalty spot two minutes later to take a seven point lead they were on the road to victory and a semi final spot. Béal Átha fought on to the end and registered two more points but could not get through for the goals they now needed to save the day.

Béal Átha scorers: L Seartan 0-4, (0-3f), Andrias Ó Coinceannain 0-3 (0-2f), B Seartan, C Ó Tuama, T Ó Laoire and M Ó Tuama 0-1 each.

Béal Átha'n Ghaorthaidh: Barra Ó Coinceannain: Ciarán Ó Nunáin, Leonáird Ó Conchuir, Seán Ó Donnchú: Nollaig Ó Duinnín, Miceál Ó Tuama, Nollaig Ó Laoire: Colmán Ó Tuama, Eoin Ó

Coill: Pol Ó Buachalla, Amhlaoibh Ó Loinsuigh, Ben Seartan: Andrias Ó Coinceannain, Tadgh Ó Laoire, Liam Seartan. Fear Ionaid: Donal MacCarthaigh agus Seán Ó Coill.

#### Éire Óg 1-16 Macroom 2-12

County intermediate champions in 2014, Éire Óg footballers overcame the strong challenge of Macroom at Coachford after a very entertaining and exciting quarter final. Conditions were excellent, there was a very big crowd present, the two teams gave it their all in a sporting contest, and there was no disputing that Éire Óg had earned their win, narrow and all though it was.

This game was the last played for Macroom by outstanding goalkeeper James O'Connell before he goes overseas on work assignment.

Éire Óg: Chris Kelly: Shane McCarthy, John Mullins, Cian O'Mahony: Dermot O'Herlihy, Fionn O'Rourke, Michael O'Shea: Liam Murphy, Ronan O'Toole: Denny Murphy, Liam Sheehan, Dan O'Connor: Daniel Goulding, Kevin Hallissey, John Dineen. Subs: Paul McDonagh (55), Aidan O'Connor 57.

Macroom: James O'Connell: Michael Cahill, Eoin O'Mahony, Martin O'Donnell: Kevin O'Dwyer, Rory Buckley, Seán Kiely: Fintan Goold, Philip Corrigan: Gerard Angland, Ciarán Murphy, Tony Dineen: Conor O'Sullivan, David Horgan, Olan Murphy. Subs: Don Creedon (34), David Goold (39), James Quinlan (45), David Cotter (54), Patrick Lucey (55).

Referee: Kevin Murphy, Nemo Rangers.

#### Semi Final:

#### Carrigaline 2-12 Éire Óg 0-16 (replay)

Éire Óg suffered their first county championship defeat since losing to Rockchapel in August 2013. Éire Óg were on course for another victory but allowed Carrigaline to turn impending defeat into an unlikely win with two late goals.

Éire Óg scorers: D Goulding 0-11 (0-3 frees); L Sheehan 0-3; D O'Connor, J. Dineen 0-1 each.

Éire Óg: Chris Kelly; Shane McCarthy, John Mullins, Cian O'Mahony; Dermot O'Herlihy, Fionn O'Rourke, Michael O'Shea; Liam Murphy, Ronan O'Toole; Liam Sheehan, Denny Murphy, Dan O'Connor; Daniel Goulding, Kevin Hallissey, John Dineen. Subs: Ronan Dennehy (27); Paul McDonagh (40).

Final: Carrigaline 0-12 St Michaels 0-11

#### 2015 COUNTY JUNIOR B FOOTBALL



## CHAMPIONSHIP FINAL

### Béal Átha'n Ghaorthaidh 1-14 Ballinacurra 0-14.

Béal Átha took the county junior B title at Páirc Uí Rinn after a great game of football and so completed an historic county B double, having already won the league title. A golden goal in the 38th minute from Gerry McCarthy was the crucial score and came just after Ballinacurra had a goal disallowed. Béal Átha were level at the three quarter stage but finished the stronger side and were deserving winners of a very close contest.

The sides were level at 0-4 apiece following the opening quarter before Ballinacurra then went clear with a burst of unanswered scores. They led 0-8 to 0-5 at half-time, Diarmuid Thompson hitting four of the Béal Átha scores, three frees. The second half started in a frenzy of scoring, with the Ballingearry men kicking over three points inside two minutes, two of them from Donagh Shorten and the other from Thompson to level matters at 0-8 each. Ballinacurra battled back to regain the lead with two points in a row and they had a goal disallowed after seven minutes. Within seconds Ger McCarthy had the green flag waving at the other end when he got in behind the defence and beat the Ballinacurra goalkeeper from close range. Back came Ballinacurra with two points to regain the lead, but Crothúir Lynch replied with a Béal Átha point to level again as the final quarter commenced.

Béal Átha finished strongly, a testimony to the effort made on the training field all year. Thompson, Shorten and Lynch combined to hit five points for the winners and the county cup was heading west to the Gaeltacht Mhuscraí village and huge celebrations.

Scorers for Beal Átha'n Ghaorthaidh: G McCarthy (1-0), D Thompson (0-8, 0-4 f), D Shorten (0-4), C Lynch (0-2 f).

Béal Átha'n Ghaorthaidh: G Ó Muirhille, S Ó Duinnín, D Ó Coill, C Ó Loinsigh, D Seartan, L Ó Críodáin, G Ó Creimín, L Ó Coinceannain, E Ó Duinnín, D Ó Duinnín, C Ó Loinsigh, D Ó



Cill na Martra County U21B Football Champions 2015

Ceallacháin, D Mac Tomás, G MacCarthaigh, D Seartan. Subs: Seán Ó Tuama (h-t), Seamus Ó Tuama (40), P Ó Críodáin (54).

## COUNTY U21 B FC FINAL

### Cill na Martra 2-11 Kilmeen 1-13

A thrilling Cork County U21 B Football Championship final ended with victory by the narrowest of margins for Cill na Martra at Páirc Uí Rinn.

Kilmeen opened the scoring with a point after two minutes, but then Cill na Martra replied with points from Damian Harrington and Darren Furey in the fourth and fifth minutes to take the lead. Kilmeen equalised after nine minutes and then, from a free, regained the lead before doubling their advantage with another point immediately. Cill na Martra keeper James Aynsley was deemed to have stopped a shot behind the line so Kilmeen led by 1-3 to 0-2 before Mike Desmond pulled a point back and then Gearóid Ó Faoláin grabbed a sensational goal to leave just one score between the sides. Daire MacLochlainn continued the fight back for Cill na Martra with a 19th minute equalising point. James Aynsley made a super save at the expense of a point and Kilmeen retained their narrow lead at the break, Kilmeen 1-7 to 1-6 for Cill na Martra.

The second half opened with another Kilmeen point but Cill Na Martra levelled with two points from Daire MacLochlainn. After 37 minutes, Cill na Martra hit the front for the first time and were 1-1 clear when Tadgh Corkery hammered home his side's second goal after 39 minutes. A Kilmeen point hauled them back to just a goal advantage and the play in the final minutes was hectic but Cill na Martra held on for a huge victory achieved without the injured Dan O'Dineen and regular. It was all to play for in the closing minutes but Kilmeen came up just short.

Scorers for Cill na Martra: G Ó Faolain agus T Ó Corcora 1-0 araon, M Ó Deasúna 0-7 (0-3f), D MacLochlainn 0-2, D Ó hUrdail agus D Ó Foirréidh 0-1 araon.

Cill na Martra: James Aynsley: Donagh Ó Riordain, Gearóid Ó Goilí, Finén Ó Faoláin: Eoin Ó Loingsuigh, Antóin Ó Cuana, Pádraig Ó Críodáin: Tadgh Ó Corcora, Miceál Ó Deasúna: Gearóid Ó Faoláin, Damian Ó hUrdail, Daire MacLochlann: Seán Ó Foirréidh, Daire Ó Foirréidh, Seán Ó Croinín.



Tessa Gell at Macroom GC check-in desk 29/May/2020. (C. Kelleher).



Rose Beamish and Annie Petrowski socially distancingly discussing golf matters at Macroom GC, 29/May/2020. (C. Kelleher).

## 9TH ANNIVERSARY



In loving memory of

**WILLIE MURPHY**

**Ballymakeera**

**Whose anniversary occurred on the 26th May**

*Deep are the memories,  
Precious they stay,  
No passing of time,  
Can take them away.*



Remembered always by Joan and family

St. Gobnait and St Abán pray for him

## 13TH ANNIVERSARY



In loving memory of

**DAN DINEEN**

**Cnoc Rua, Cill na Martra  
who died on the 8th June 2007**

*Softly on a June morning,  
You heard a gentle call,  
You took the hand God offered you,  
And quietly left us all.*



Loved and Sadly missed by Wife Chrissie,  
Daughter Annette, Son's Eddie, Michael,  
Donal, Pat and Aidan and extended  
families

## 9TH ANNIVERSARY



In loving memory of

**KATHY CASEY**

**Carrigaphooka, Macroom.  
We died on 29th May 2011**

*You always had a smile to share,  
Time to give and time to care,  
A loving nature kind and true,  
Is the way we will always remember you.*



*Fondly remembered by all her family  
and friends.*

## FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**PAT O'MAHONY**

**Coorolough, Inchigeela,  
Macroom, Co. Cork.  
Who died May 30th 2019**

At this time of Pat's first anniversary we, his family, wish to acknowledge our wonderful relatives, neighbours and friends who still support us. All who gave Mass cards, enrolments, letters of sympathy and attended the funeral. Thanks to our pharmacist, doctor and nurse who were on hand at all times with advice and support which allowed us the precious gift of having Pat at home with us in his final weeks, sad but treasured memories.

Thanks to our priest, sacristan, altar servers and undertakers who celebrated the mass and funeral exactly as requested. Mass will be offered for your intentions.



His wish today would be no fuss,  
Just be remembered by all of us.

## 5TH ANNIVERSARY



In loving memory of

**MAM**

**Who died on the 3rd June, 2015.**

*For all you were to me in life  
And all the joy you brought,  
Your memory is with me  
In every single thought.*

*The pain I felt at losing you  
Will never go away,  
But knowing that you're in my heart  
helps me through each day.*

*When you were here I always felt  
That nothing could go wrong,  
But you're still my inspiration  
And your memory keeps me strong.*

*And though my heart is heavy  
It's also full of love,  
And that's enough to comfort me  
While you're in Heaven above.*



Always remembered and loved by her daughter Laura.

## 5TH ANNIVERSARY



In loving memory of

**ANNETTE O'MAHONY**

**Clondrohid, Co. Cork  
Who died on the 3rd June, 2015.**

We little knew that morning  
that God was going to call your name.  
In life we loved you dearly,  
in death we do the same.

It broke our hearts to loose you,  
you did not go alone  
for part of us went with you,  
the day God called you home.

You left us peaceful memories,  
your love is still our guide,  
and though we cannot see you,  
you are always by our side.

Our family chain is broken  
and nothing seems the same  
but as God calls us one by one,  
the chain will link again.



Sadly missed by her loving family,  
Parents John & Eileen, Daughter Laura,  
Partner Paul (Long), Sisters Sheila and  
Mags, Brothers Denis and John, Brothers-  
in-law Seanie and Denis, Nephew Eric and  
Nieces Chloe and Shauna.

## 40TH ANNIVERSARY



In loving memory of

**JULIA LEHANE**

**Who died on  
16th June 1980**



In loving memory of

**PATRICK LEHANE**

**Who died on 16th  
December 1980**

**Of Cahir, Ballingearry**

*Memory will keep forever of happy times we had together*

*St. Gobnait pray for them*

*R.I.P.*



Always remembered by their daughter Kate and  
all their grandchildren and great grandchildren



**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of

**CONOR BUTTIMER**

Coolcower, Macroom

Who died on the 11th June 2019

As we lovingly remember Conor on his 1st anniversary, we his wife Sheila, son Pat, daughters Elaine, Suzann and Colette along with our extended families wish to express our appreciation and gratitude to all those who sympathised with us at the time of Conor's passing. To the countless people who travelled from near and far to attend Conor's wake, removal, funeral Mass and burial we thank each and every one of you for both your presence and the many kind words spoken by you. A special thank you to all who sent Mass Cards, enrolments, letters of sympathy and floral tributes. To those who texted and made phone calls please accept our thanks, every one of them was deeply appreciated.

To our exceptional friends, neighbours, extended families and work colleagues your support, kindness and generosity will never be forgotten. To all those who brought food and refreshments and to those who served them in the house during those 3 days and nights we thank you so much. To the friends who sat with Conor through the 3 nights he was at home, thank you.

Our sincere thanks to Dr. Ken Harte GP, Dr. Barry Plant, Dr Peter Kearney and all the staff at Cardiology in CUH for the care given to Conor. To Coillte and Wright Medical thank you for allowing our facilities to be used for parking. To Macroom GAA Club, a sincere thank you for manning the road for 3 nights. Thank you also for the Guard of Honour at both the Church and the graveyard. Our thanks to An Garda Siochana for their assistance with traffic control.

Sincere thanks to Fr John Keane, Fr. Donal Roberts, Fr. Dave O' Herlihy and Fr. Anthony Wickham for concelebrating Conor's funeral Mass. Thank you to the altar servers and Ted the sacristan. To Carolyn, Ciara, Eva, Meadhbh and Miriam for your beautiful music and singing which enriched the funeral Mass a heartfelt thank you. To the members of the John Brown Fianna Fail Cumman and the staff and pupils of St. Mary's Secondary School thank you for your Guards of Honour. Thank you also to the staff of the Castle Hotel for the guard of honour as Conor passed the Castle Hotel on his final journey.

We also extend our sincere gratitude and thanks to Martin and Billy Fitzgerald for their professional service, attention to detail and guidance shown to us. Thanks also to the gravediggers. Heartfelt thanks to Donal Mc Carthy for his beautiful singing at the graveside.

A special thank you to the management and staff of The Castle Hotel, Macroom for the beautiful food and refreshments after the funeral,

As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our deeply felt gratitude and appreciation. The holy sacrifice of Mass will be offered for your intentions.



Never more than a thought away  
Loved and remembered every day

Conor's first anniversary Mass will be celebrated on Thursday 11th June at 10.00 a.m. in St. Colman's Church Macroom. Due to Covid 19 restrictions it will be live on churchservices.ie

**THE MIRACLE PRAYER**



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

Take it dear heart of Jesus and place it within your heart where your father sees it.

Then in his merciful eyes it will become your favour, not mine. Amen.

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

Never known to fail.

Must promise publication of prayer.

M M

**9TH ANNIVERSARY**



In loving memory of

**JERRY TWOHIG**

Masseytown, Macroom

Who died on the 31st May 2011

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



Sadly missed and much loved  
Wife Ann, Daughters Edel, Valerie,  
Amanda, Sons Paul and Eddie.

R.I.P.

**4TH ANNIVERSARY**



In loving memory of

**CON DUNNE**

Killinardrish, Carrigadrohid  
Who died on the 26th May 2016

*Let nothing trouble you,  
let nothing frighten you.  
All things pass away,  
God never changes.  
Patience obtains all things,  
nothing is wanting to him  
who possesses God,  
God alone suffices.*

*Lord, help me to remember that nothing is going to happen to me today that You and I together cannot handle.*



Sadly missed and remembered fondly each day by his Wife Ann, Daughters Elaine, Julie and Ann, Sons Jerry, John Paul and Con, grandchildren, brother Ted, and many friends, relations and neighbours. Sacred Heart of Jesus I place all my trust in thee.

**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.

D.L.L

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## 6TH ANNIVERSARY



In loving memory of

### PÁDRAIG O'RIORDAN

Raleigh South, Macroom, Co Cork  
Died 10th June 2014

*My first thought in the morning,  
My final thought at night,  
A face I look to lovingly,  
Beside a candle shining bright.*

*While I may not get to see you,  
While I may not hear your voice,  
Memories of your laughter,  
Still make my heart rejoice.*

*You will always be a guiding light,  
A voice of reason when times are dark,  
You will always hold a special place,  
Forever in our hearts.*



Lovingly remembered by his parents Ellen & Martin, sister Lisa & brothers Stephen & David.

## 4TH ANNIVERSARY



Remembered with love

### DONAL O'CALLAGHAN

Inchisine, Toames Macroom, Co.Cork.  
Who died on the 8th June 2016

*Those special memories of you  
will always bring a smile  
if only I could have you back  
for just a little while  
Then we could sit and talk again  
just like we used to do  
you always meant so very much  
and always will do too  
The fact that your no longer here  
will always cause me pain  
but your forever in my heart until we meet  
again.*



Forever in my heart,  
Your loving girlfriend Karen.

## A Word of Victory

Welcome back dear reader last week we heard from someone whose life who transformed by the love of God - a wonderful testimony of God's goodness. Many people cannot relate to God because of deep rooted shame for their sins, or, they may blame Him for things that have been done to them by others in the past. This is such a lie of the devil, and it has hindered deeply spiritual people from fellowshiping with God and accepting His love. God IS Love (1st John 4:16-17). He is not a cruel, double-minded Person intent on destroying His beloved children. It is the goodness of God that leads to repentance. We are all sinners saved by God's free gift of grace. None of us deserves to come into His Holy Presence because of our sins, but because of God's love for the human race, He sent His only begotten Son Jesus to pay the penalty for our sins - to cleanse us with His blood, so that through our faith in His sacrifice we are accepted into God's family. When a person acknowledges and repents for their sins, and asks Jesus to come into their life as Lord, a supernatural change occurs in that their spirit (the 'old man') that was disconnected from God because of sin and shame, becomes re-generated and their life is made new by His Holy Spirit (2 Corinthians 5:17-21; Romans 5:1-21). This is called being 'born again', and it's what Jesus taught Nicodemus (John 3:1-21). Nicodemus tried to understand with his intellect what Jesus was saying, and questioned 'can I go back into my mother's womb? What are you talking about?' Jesus' teaching was contrary to the religious teachings of 'pay for your sins with good works'. Instead, Jesus taught that if we would acknowledge that we all are sinners, and that there is nothing we can do to make ourselves right with God, and trust and believe in Jesus, God's Son, as our Saviour and Lord we are saved. This takes the pressure off us because there is nothing we can do to earn God's favour by ourselves (Ephesians 2:8-9). But when we believe and confess aloud that Jesus is the Son of God, that He was born of a virgin, that He never sinned, and that He was beaten and crucified for our sins to be forgiven and our sicknesses healed, and then God raised Him from the dead for our complete acquittal - we are transformed and our lives become brand new in Christ - a fresh start. Hallelujah!

[See more at wordofvictory.net](http://wordofvictory.net)
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**2ND ANNIVERSARY**



In loving memory of

**MAURA  
O'SHEA**

**Clondrohid and late of Mullinroe  
Died on 3rd June 2018**

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



Always in our hearts and prayers,  
Your sisters Nell, Nora, cousin Clare, nieces  
and nephews.

**BIRTHDAY REMEMBRANCE**



In loving memory of

**NORA  
O'SULLIVAN**

**Rosnackilla, Kilmichael**

**whose birthday occurs on 10th June**

*A smile for all, a heart of gold,  
one of the best this world could hold,  
never selfish always kind,  
these are the memories  
you leave behind*



Love never dies,  
Marie and Jess  
xx

**4TH ANNIVERSARY**



In loving memory of

**PHIL  
LUCEY**

**Lackneave, Inchigeela  
who died on 11th June 2016**

*We hold you close within our hearts,  
And there you shall remain,  
To walk with us throughout our lives,  
Until we meet again.  
So rest in peace dear loved one  
And thanks for all you've done,  
We pray that God has given you,  
The crown you've truly won.*



Always remembered and sadly missed by  
John and Family

**FIRST ANNIVERSARY  
AND ACKNOWLEDGEMENT**



In loving memory of

**NELL CASEY**

**Rahoona, Ballymakeera  
Who died on 28th May 2019**

On the first anniversary of Nell's death  
her relations wish to thank everyone who  
attended the rosary, removal, funeral  
mass and burial and those who sent mass  
cards and floral tributes.

We would like to thank Fr. O'Brien and  
Fr. Joe O'Mahony for officiating at the  
sermonies, Aileen and the choir, altar  
servers and sacristans.

Thanks to Dr. Cronin, Public Health Nurse  
Ellen O'Leary, her wonderful home helps,  
neighbours and friends and Ionad Lae,  
Baile Bhuirne for meals and visits.

Thanks to the matron nurses and staff of  
Macroom Community Hospital for their  
care and kindness to Nell in her last years.  
Thank you to McCarthy's Undertakers for  
taking care of the funeral arrangements,  
to the grave diggers, and The Abbey Hotel  
for refreshments.

The Holy Sacrifice of the Mass will be  
offered for your intentions.



Anniversary mass for Nell will take place  
at a later date.

**7TH ANNIVERSARY**



In loving memory of

**JOHN NOEL  
MURPHY**

**Sleaveen East,  
Macroom,  
Co. Cork**

**Died 1st June, 2013**

*Those who think of him today  
A little prayer to Jesus say*



Sadly missed by his wife Ina  
and family.

**11TH ANNIVERSARY**



In loving memory of

**MICHAEL T  
BRADLEY**

**Droumree,  
Macroom,  
Co Cork**

**Who passed away on the  
30th May 2009**



Always remembered by your wife  
Sheila and family

**12TH ANNIVERSARY**



In loving memory of

**BETTY  
LALLY**

**Kilcondy, Crookstown,  
who died on 3rd June 2008**

*Memory is a lovely lane,  
Where hearts are ever true,  
A lane I so often travel down,  
Because it leads to you*



Always remembered with love by  
Sean, Karen, Seanie, Gabriel, Kathleen,  
Conor, Eoin and Jack

**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  
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