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"Early Morning in The Gearagh" © Fionn Healy.

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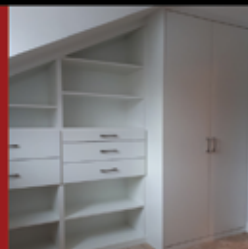
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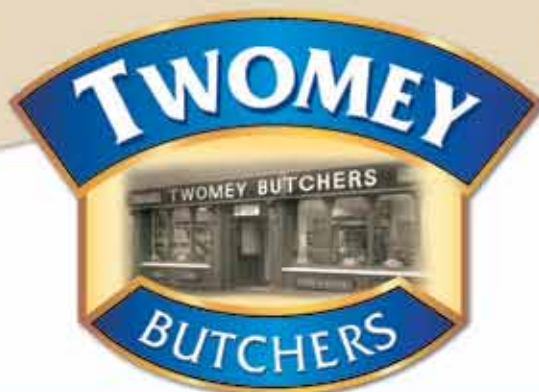
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We are one month into a level 5 lockdown as I write this, the 1st of February, an attempt at St. Brigid's crosses was made, I can't say they were much of a success but the sound of bird song in the air does bring a certain sense of hope and lifted the mood, while we worked away at our reeds. Imbolic is a mid-way point between winter equinox and spring equinox. Brigid was an ancient Celtic goddess, her namesake found throughout euro-indo literature, she was adopted by Christianity in Ireland in the form of St. Brigid, the cross was said to have come about as she minding a pagan chieftain on his

deathbed, upon seeing what she had crafted with the reeds he asked to be baptised before he died.

If you have some good news you'd like to share, it might be a birthday, or learning a new craft or discovering a new walk, please do share with us at leevalleyoutlook@gmail.com

Sarah Kate Murphy
EDITOR



MAROOM MART

Carrying on despite Covid



Macroom Mart; selling cattle to a Zoom audience only. (C. Kelleher).



Tim McSweeney (Droumcarra), Deputy Manager, Macroom Mart. (C. Kelleher).

On January 23rd, 2021, Macroom Mart had small numbers of cattle for sale. Because of Covid, buyers or sellers were not allowed enter the ring's public area and sales were conducted via Zoom or online.

Although it was a lovely crisp winter's day there was a strange feeling about the place, a bit like Croke Park on All-Ireland Final Day without the crowd.

There are many adverse aspects to the Covid epidemic and an inability to attend marts in person is one, As Deputy Manager Tim McSweeney

pointed out, farming can be a lonely and isolated existence. Whether selling, buying or neither, a visit to the mart was a social occasion. Its absence is another big minus from Covid.

But the good news is that sales continue and 'the cavalry', in the guise of the Covid vaccine, is on the way. It looks like the days of absent audiences at mart sales are numbered. Roll on February, March, April and beyond.

Congrats and thanks to another unsung and brave group for keeping this vital service going.

By Con Kelleher.



John Kelly (Ballyclough) and Pat Kelleher (Macroom) outside Macroom Mart. (C. Kelleher).

Search to find 2021 Texaco children's Art Competition winners launched



The search to find the young artists who will excel in this year's Texaco Children's Art Competition has begun.

Last year eight students from Co. Cork won prizes in the event which is now in its 67th year and widely acknowledged as the longest running arts sponsorship in Ireland.



The closing date for entries is Wednesday, 24th March. Judging will take place in April with winners to be announced in May.

Details are available through Texaco service stations and online at www.texacochildrensart.com



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Care Choice S/N Ellen Murray receiving the Covid vaccine.



S/Ns Aoife Sheehan/Lynch and Siobhan Walsh administered the Covid vaccine to Director of Nursing/Matron, Bernie Buckley, M. Sc.



Vaccination team S/Ns Catherine Hourihan, Siobhan Walsh, Monica Arrangorin, Aoife Sheehan/Lynch, and Angela Buckley with resident Theresa O Shea, Ballyvourney.

Covid Vaccines administered in Macroom January 2021, The Beginning of the End of the Pandemic?

The Covid pandemic has convulsed the world for the past thirteen months and has claimed more than two million lives world-wide and more than 3000 in the Republic.

For the past few weeks our hospital service has tethered on the brink of being overwhelmed. Fortunately, the community incidence has fallen, and hospital numbers have plateaued. Until now our only weapons were public health measures and improved hospital care. Despite heroic efforts by many, the numbers of those infected and dying rose. No doubt the carelessness of some exacerbated the problem and exploded the numbers, especially since December. We are paying a heavy price for insisting on getting the Christmas we 'deserved'. The sneaky and malicious Corona virus was delighted to see that our guard was down.

However, we have a new 'sheriff' in town and a new weapon. As with the rest of the country, the Covid vaccine has been administered to staff in Macroom Community Care Hospital, Cahereen and Care Choice Nursing Centres, to general practice personnel and to HSE frontline staff. This is not only fantastic news and protection for those at the coalface of care but is great for the community to know that health care workers will be protected as well as possible and will be able to continue to serve the community as safely as possible.

Vaccinations/immunisations have been around for centuries. The word 'vaccination' comes from the Latin word 'vacca' for cow and arose because those infected with Cowpox did not contract smallpox. Edward Jenner noticed this, and he 'invented' the smallpox vaccine in 1796. Smallpox is eradicated worldwide. The first recorded vaccination took place in China in the 15th century. Since then, many vaccines have been developed to fight and largely defeat illnesses such as measles, tetanus, diphtheria, types of meningitis, influenza, hepatitis, tuberculosis and types of pneumococcal diseases. After clean water, proper food and decent housing, vaccinations have been among our greatest advances in health care. Our immune system is our 'defence' system and is constantly warding off and defeating many attacks. Vaccines 'prime' our immune systems to defeat infections.

Although vaccines are not perfect, benefits far outweigh side-effects. In the 1980s, a scare that

claimed a connection between autism and the measles vaccine was totally discredited, and The Lancet journal withdrew the original report because the data was false. Many children unvaccinated for measles unnecessarily died or suffered long-term consequences. Overall, the rate of a serious allergic reaction from a vaccine is 3-4 per million. Initial reports indicate that that may be higher with the Covid vaccines, somewhere between 6-11 cases per million injections.

The process of developing vaccines is very rigorous, going from conception, to laboratory testing to testing on animals and then to phased double-blind trials, all carefully monitored. As of January 2021, nine different vaccines have had some regulatory approval for use, with work continuing on another 60. Pfizer's BioNTech vaccine was administered in Macroom and is a new type of vaccine, an RNA vaccine. Its quick development owed much to prior work on vaccines for similar viruses. The British-Swedish company AstraZeneca's is a 'viral vector' vaccine. The current row between the EU and AstraZeneca underlines the commercial aspects of vaccine production, and often a country's access depends on its wealth.

There are big transport, storage and differences between the vaccines. Though less effective at 75%, the AstraZeneca product is easier to transport, store and much cheaper and is the one earmarked for administration by GPs and pharmacists throughout the country. That is when it becomes readily available.

Despite the problems, the arrival of effective safe vaccines should be 'game-changing' and herald the beginning of the end of the Covid pandemic. The vaccines are not a magic bullet – they are not 100% effective, and many will refuse them – but they are a huge step in the right direction in eliminating the dreaded virus. Their use in Macroom is wonderful news for the town and district.

Macroom Community Hospital had a momentous day on 22 January 2021. Maura Casey, Acting Clinical Nurse Manager, the HSE and others planned precisely and expertly the Covid Vaccination Day well in advance. Hospital vaccinators S/Ns Angela Buckley, Siobhan Walsh, Aoife Sheehan, Monica Arrangorin and Christine Hourihan prepared well and gave willingly of their on- and off-duty time to attain the required standard. This was reflected

in the professional way they performed their task. Other nurses re-arranged their roster, and healthcare assistants and catering staff worked tirelessly to maintain the highest standards. Clerical administration ensured all worked like clockwork. While it was an historic day a celebratory atmosphere prevailed present – great excitement and joy was expressed by everyone involved; equally the staff felt proud and S/N. Arrangorin said "I was proud to be part of this day". The vast majority of patients and staff were vaccinated.

Director of Nursing/Matron Bernie Buckley is very proud of in Macroom Community Hospital's outstanding team.

Care Choice Macroom's Director of Nursing Nicola Haley reported that it had a great day on Saturday 23rd January. After a period of uncertainty and trepidation, patients and staff received the Covid-19 vaccine.

The excitement and chat amongst staff and residents created an incredible sound, and uptake of the vaccine was excellent in both groups

The vaccination team set up a flawless system from registration, vaccination, through to post-inoculation observation of all residents and staff. Nobody suffered any side-effects.

The Centre was grateful for their attendance and look forward to their return in four weeks.

Cahereen Care Centre, Macroom. Covid vaccinators attended on Friday 22nd January and administered the vaccine to 55 people who included twenty-five residents, seven nurses and twenty-three frontline and support staff. The team of administrator consisted of a doctor, nurses and clerical staff, ably organised by Director of Nursing Melba Vilson and proprietor Ms Colette Myles. Happily, the operation went very smoothly in a happy and delighted atmosphere. Luckily the Centre has been Covid-free to date.

Macroom primary care workers – doctors, nurses, secretaries, receptionists etc. – have received, I understand, their first doses and will get their second doses shortly. These were administered in Cork.

I thank Macroom Community Hospital, Cahereen, Care Choice and Dr Colette Faul for supplying information and photos.

Dr Con Kelleher, Locum GP, Macroom.



Macroom Community Hospital (MCH) resident Nora Lucey (104), Trelton, was vaccinated by S/N Siobhan Walsh.



MCH residents Richard/Dick Curtis, Carrigadrohid and Macroom and Dan Keane, Coolea delighted to have received the Covid vaccine.



Care Choice receptionist Katherina Kane receiving the Covid vaccine

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St. Mary's Musings

MEDITATION

Fr John has kindly agreed to do a 20 /30-minute meditation each week for all students and staff in St Mary's. This is such a lovely opportunity for us all to stop, appreciate and focus on the present. Thanks so much to Fr John for taking time out of his busy schedule to facilitate this for our benefit, we really appreciate it.

WELLBEING DAY

We are so delighted with the tremendous effort being put in on a daily basis by students when working remotely. Teachers too, are working solidly with students in zoom classes, preparing loom sessions and correcting assignments in an effort to ensure that the curriculum is being covered. The school organised a Wellbeing Day for both students and staff on Wednesday the 27th of January. This Wellbeing Day was designed to give each student and staff member an opportunity to pause, reflect and nurture themselves which will hopefully help them to deal with the intensity of their school/work life right now.

All students attended their first class of the day with their subject teacher through zoom, this was an opportunity for them to connect with their classmates and have a chat. The schedule of events that were on offer to the girls during the day included: Dance class with Aileen Johnson, Yoga Session with Mrs Flannery, Meditation with Fr John, Photo Competition, a Calligraphy session with Mrs Watkins, a Wellbeing session facilitated by Aileen O' Dwyer, professional coach and educational practitioner.

The school would like to acknowledge the efforts of Ms Collins and the Wellbeing Ambassadors - Patrycja Wyka, Oliwia Wyka, Marissa Duarte, Nadia Sliwa, Sadhbh Burke, Lara O Sullivan, Shauna Buckley, Lydia O Driscoll and Ciara Manning who organised this day. Their commitment to Wellbeing in our school community is highly commendable. Thanks also to Rowen Moore for all the work she did in preparing and editing videos. We owe a huge debt of gratitude to Fr John, Aileen Johnson, Mrs Flannery, Mrs Watkins, Mr Hennessy, Ms Butler and Aileen O Dwyer for facilitating sessions and/or providing material and technical expertise on the day. We hope you enjoyed the day girls!

MUSIC ON FACEBOOK

As we are physically apart at the moment, we would like to spread some joy and share some 'Music amidst the Madness' from the wonderful musical talents of our students in St. Marys. Music is a huge part of the fabric of our school life and we will endeavour to ensure that we continue to enjoy music during these strange times. We will be posting videos on our Social Media platforms for you to enjoy. So, stay tuned! Thanks so much girls for sharing your amazing talent with us and thanks to Ms Donovan for all of the hours spent (with WIFI trouble) putting this virtual performance together.

CONRADH NA GAEILGE

Ghlac daltaí na hidirbhliana páirt I gceardlann



Winner of the 6th year photography competition, taken by Ciara O'Donovan, at St Marys



Winner of the 2nd year photography competition, taken by Rachel Brosnahan, at St Marys



Winner of the 3rd year photography competition, taken by Kirsten Bonnar, at St Marys



Winner of the 5th year photography competition, taken by Lara O'Sullivan, at St Marys

Seó Baile ó Chonradh na Gaeilge inné. Ceardlann taitneamhach, idirghníomhach a bhí I gceist le cluichí, plé agus díospóireacht chun a ghaeilge a chun chun cinn I mbealach taitneamhach. Bhain na daltaí an-taitneamh agus tairbhe as an imeacht! @cnagaeilge

The transition year students took part in a workshop on zoom from Conradh na Gaeilge last week. It was an enjoyable and interactive workshop with games, discussion and debate to promote Irish in an enjoyable way. The students got great enjoyment and benefit from the activity. @cnagaeilge Thanks to Ms Donovan for facilitating this for the girls.

PHOTOGRAPHY COMPETITION

As part of Wellbeing day Students were invited to go outdoors for a walk and notice the beauty in their area. They were asked to capture it in a photo and send it to one of the Wellbeing Ambassadors. All entries were judged and the winning photos were submitted by:

- 1st Year – Sarah Lyons
- 2nd Year – Rachel Brosnahan
- 3rd Year – Kirsten Bonnar
- 4th Year – Mia Normoyle O Sullivan
- 5th Year – Lara O Sullivan
- 6th Year – Ciara O Donovan

Well done girls your photos are amazing, thanks so much for sharing them with us. You are such talented photographers. Your photos really show us how blessed we are to live in such a beautiful part of the world.

LOCKDOWN POEM

BY AOIFE LUCY

We would like to take this opportunity to share this lovely poem with you, written by TY Student Aoife Lucey.

*In this global pandemic
There's so much that may dismay us
But we should look for blessings
Hidden among the chaos*

*When life is always busy
We take so much for granted
Take a moment now to ponder
What is needed, not what's wanted*

*Take time to think of others
To consider and reflect
You can be distanced socially
But mentally connect*

*Some of us may struggle
With anxiety or fear
Reach out for one another
Let your friends know that you are here*

*Appreciate each day God sends
Your health and peace of mind
Pray for those less fortunate
And above all else, be kind*

*Though the lockdown from Covid
May keep us all apart
They can't lockdown your mind
And they can't lockdown your heart*

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MACROOM EXPATS NEW BOOK 'STICK BOY'

by Paul Coomey

Paul Coomey, an author and illustrator from Cork has published *Stick Boy*, his debut book for children, this month. Paul, who grew up in Crookstown and went to school in De La Salle, said, "It's not the book launch I would have imagined when I started working on *Stick Boy* two years ago, but it's still incredibly exciting to see it come to life." Instead of a traditional book launch, Coomey is now engaging in virtual book tours and online Q&As while in isolation.

Stick Boy is a fully illustrated story for a reading age of around eight and up. It tells the story of a boy, Stick, who's a stick figure living in a 3D world. From the moment Stick and his family move to Little Town, there is a lot more to worry about than being the new kid. There's a mysterious plot involving Baron Ben's new Mega Mall, odd pop star Jonny Vidwire and the highly suspicious HomeBots that are infiltrating every home in town...

Cooney says that the idea for the book came from wondering what the world would be like for a character who can't physically hide their feelings. "Feeling different as a child and figuring out where you fit in is a common experience and one that can be tricky. Sometimes we hide our tricky feelings from other people, even people we love.

I wondered what the world would be like for a character who wasn't able to hide their feelings from everyone else at all – what would that mean for them? Trying to figure that out led to Stick's appearance, and from there the story builds on the different ways that people react to him."

Paul credits his love for reading and now writing to weekly trips with his mother to the library in Macroom, when it was still in the castle. "The

books that I was borrowing had a big influence on my style, especially Asterix – the bold colours, the big noisy text and of course the idea of a small group of heroes standing to the big bad guys!"

Stick Boy is published by Little Tiger Press and can be ordered from your local bookshop or ordered online from Easons and Amazon and Book Depository.

Find out more at <https://www.stickboy.tv/>



Dripsey Ambush 1921, Executions & Reprisals

by Mary O' Mahony

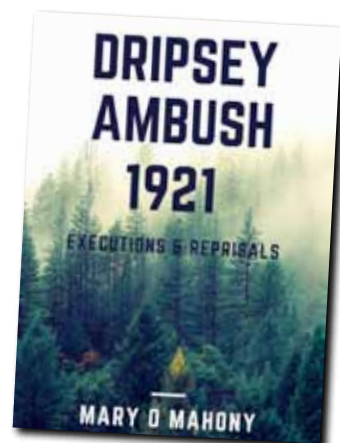
To commemorate the centenary of Dripsey Ambush, local historian Mary O'Mahony will publish a book titled – Dripsey Ambush 1921, Executions & Reprisals on the 28 February 2021.

This book will include an insightful account of the ambush and is testimony to the brave local volunteers. It describes the major engagements undertaken by the 6th Battalion, Cork No. 1 Brigade leading up to the Dripsey Ambush. The subsequent capture, trial by court martial and execution of five IRA volunteers and the death of

another volunteer from his wounds. It outlines the actions taken by the IRA to prevent the execution of the volunteers including the kidnapping and execution of Mrs Mary Lindsay and James Clarke and examines the impact that these events had on a local, national and international level.

Proceeds from the sale of this publication will go towards Independence Museum Kilmurry and the Dripsey Ambush Site Fund.

Book Price: €15. Books can be pre-ordered by contacting kilmurry.historical@gmail.com or telephone: 087 2251184.



Catherine's Old Time Recipe Book

Author Catherine Ross Murphy
(December 2020)

Christmas and crackers go together, and Catherine's first book is certainly a cracker. Published in December, it serves the treble purpose of making available lovely easy-to-follow recipes, honoring her mother, Eileen, by dedicating the book to her and using her recipes, and raising funds for local charities. Her goals were realised by producing a quality publication which succeeds at all levels. Much of the bookwork was done at home, with secretarial and editing assistance from her daughter Natalie and design guidance from Rosanna Lenci. Despite minimal production costs, a 'tasty' book has emerged, and it will last the test of time.

The idea for the book was conceived about August 2020 and Catherine began baking and taking photos. Natalie processed the photos and typed the scripts. Because of high printing quotations, Catherine decided to do the printing herself. She and Natalie got advice on paper, ink and fonts, and their kitchen became a printin-

works; Rosanna Lenci designed a lovely cover. The covers were printed professionally, and after that it was 'all steam ahead', with many long hours spent printing, stapling, marketing and delivering. Despite long work shifts, Natalie was brilliant. The Covid pandemic prevented a public launch, which generates interest and sales; this became just another hurdle to negotiate. The book's cover is very attractive, the printing is clear and most importantly the recipes are brilliant and easy-to-follow. It has the added advantage that many Christmas recipes are contained in one volume. 2020 saw more time spent at home, and baking is a great way to use family time while imparting life-long skills.

Catherine's Old Time Recipe Book contains recipes for scones, Christmas mince meat, mince pies, puddings, carrot cake, crumbles, Banoffi pie, porter cake, madeira cake and many others. It is available in many outlets in Macroom, Clondrohid and Dunmanoway and so far many hundreds have been sold. At £10, it is great value and local charities will benefit from sales. Already Catherine has presented a cheque of €2,280 to St Vincent De

Pau, Macroom. Other charities will benefit from any profits accrued. The book will be available in the shops after Christmas.

A woman of many talents, Catherine is a very active member of Macroom Tidy Towns Committee and was very involved in developing Masseytown's Fairy Garden. The Tidy Towns Committee does wonderful work and has improved the town's appearance greatly. The group meets every Saturday morning and concentrates on specific objectives and schemes. The last time I had seen Catherine was when she was holding a ladder for Brian O'Sullivan who was busy house- and window-clean. This book provides evidence that she is creative, bakes well and takes lovely photos. She has the determination and grit to publish a very good and useful book and demonstrates that her heart is large and generous.

Many do great work in Macroom and district throughout the year. This Christmas Catherine has made a special contribution to the well-being of the town and area. Long may her work continue.

Congratulations Catherine.

Con Kelleher.

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MACROOM LIBRARY

In line with Level 5 Government restrictions, Macroom Library and all Cork County Library buildings are closed to the public.

However, we continue to provide a Service Online. From our website you can join the library and access a full range of free online services from home. As a member you have access to BorrowBox for ebooks & eAudiobooks, RBDigital for magazines, PressReader for newspapers, Transparent Language for language learning and Universal Class for online courses. These can be accessed on your phone, tablet or computer.

Loads of free online courses e.g. dog training, grooming & pet first aid are just some of the 500+ courses available at UniversalClass.

Be sure to spread the word about our online services available from Cork County Library, it might be just the information someone needs to help them get through Lockdown.

Find out more at; <https://www.corkcoco.ie/en/library-services/library-online>

We know that home-schooling is not always easy, and in these strange times both teachers and parents need all the help they can get.

BorrowBox is the free e book and e audiobook service available to all library members, available as an app on both PCs & mobile devices.

For those of you who have not used it before, or maybe just need a refresher course, we are delighted to announce a free, live training session

on how to use the service on Wednesday, February 10th at 6pm.

This session will walk you through everything you need to know, as well as answer any BorrowBox questions you might have. To register your interest, please email:

Schoools.library@corkcoco.ie with your details.

The impact of COVID-19 is not just about the restrictions we face, there is an emotional impact as well, particularly for children and young people. The HSE psychology service, our partners in Cork County Library's Positive Mental Health Programme, Your Good Self, have recommended a number of videos and resources, produced by the HSE, Enable Ireland and others, which are all available on our library website. There is a list of recommended titles available in ebook and audiobook format and are also available on Borrowbox.

Details can be found at; <https://www.corkcoco.ie/en/library-services/healthy-ireland-your-library> Also keep an eye out for our Online Weekly Quizzes for children and adults. They are a great source of entertainment and fun for all the family or maybe you can have a zoom quiz meeting with your friends some evening. Our Facebook page is Cork County Library & Arts Service & have all the details.

A Housebound Book Delivery Service is available for our elderly and vulnerable patrons. If you are

interested in availing of this service, please contact the Cork County Council's Community Helpline at 1800 805 819 or email covidsupport@corkcoco.ie or contact Macroom Library at; 026 42483.

Cork County Council has set up a dedicated COVID 19 Community Response Freephone Helpline. Our COVID-19 Community Support Programme is here to assist vulnerable members of the community or those living alone who may need help in getting food/medication/fuel or other household items delivered or someone to talk to. Call; 1800 805 819

Also, you can email; covidsupport@corkcoco.ie or Text; 085 870 9010

It is important, if at all possible, to Stay at Home & Stay Safe. It is what we must do now to protect each other during Level 5 Covid-19 Government restrictions.

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

Of course, if you have any queries please feel free to contact us in Macroom Library - 026 42483

Tuesday - Saturday 930 am - 5 30 pm.

We would only be too delighted to assist you.

"A little reading is all the therapy a person needs sometimes"

LEE VALLEY UPDATES

Contact the Editorial Team: 026 - 42023 or Email: leevalleyoutlook@gmail.com

Clondrohid Notes

CLONDROHID GAA A.G.M.:

This AGM was held last Friday night Jan 29 virtually on Zoom to comply with Covid regulations, an historic first.

Both Chairman Brian Kerins and Secretary Tim O'Connor in their end of year reviews acknowledged the unusual year that was 2020 brought about by the Pandemic.

They thanked all members for the hard work required to comply with all the new regulations, and successfully allow all age groups to train and enjoy Gaelic Football.

The year brought success at U 12 and U 16 levels as well as some good victories for all teams with some competitions not completed due to level 5 lockdown in Oct.

The year was also marked with great sadness with the passing of club stalwart Declan Kelleher. R.I.P.

All officers agreed to stay on in their current roles with Gary O'Brien taking on the new role of Asst Treasurer

CHURCH CEREMONIES: Mass in Clondrohid Church online is at 9.30am every morning including Sundays.

New Mass booklets are available at a cost of €5 which covers all masses for 2021. They can be got from Bridget, or Fr. Joe, or drop in to Post Office for your copy.

Churches remain open for private prayer only. Adoration is back again on Mondays from 10.30am to 6pm. There will be no public prayer except a blessing by Fr Joe at 6pm.

Sunday devotions, with rosary and evening prayer continue online at 5.30pm

Anyone looking for an anniversary Mass for a loved one, needs to book nearly 3 months in advance.

The statues in the Church are in need of repair and to be painted. The Crib figures need to be upgraded as well. The cost of this work is €1,300, and if anyone would like to make a contribution to this cost, it would be appreciated. Put it in an envelope and mark it statues and leave it at Post Office.

Anyone wishing to make their weekly contributions to the church, please continue to do so, either in the church, or at the Post Office. Unfortunately, the usual bills have to be paid.

Ceremonies that took place this week included the blessing of candles for home use only at the 9.30am Mass on Tuesday last.

On Wednesday morning, those people tuned in online had their throats blessed, and Fr. Joe was available in the church on Wednesday night to bless throats as well.

CARRIGANIMA NATIONAL SCHOOL:

Carriganima.NS. is currently accepting enrolment applications for all classes for Sept 2021. Please contact the school on 0867943289. Enrolment forms are available on their website or click on the following link: https://carriganima-ns.weebly.com/.../enrolment_form_2020...



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*Did you know the deadline to register your right of way / easement is the **30th of November 2021***

Register your right of way

We are now taking appointments for

March / April surveys

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Ballyvourney's new Sensory and Well-Being Garden: Gáirdín Ghobnatan

by Con Kelleher

Ballyvourney is a beautiful place in which to live and work, and its latest improvement will add greatly to the attractiveness of the parish. Next to the Health Centre, a lovely recreational and relaxing space has emerged, chrysalis-like, over the past few months, and hopefully its opening soon will be a timely local boost to morale.

The new Sensory and Well-Being Garden, Gáirdín Ghobnatan is the product of much hard work by Ballyvourney Tidy Towns Committee. Under the chairpersonship of Sue Morton, a resident for twenty-five years, the committee examined options and decided on this project. The facility will benefit all, and it has especially attractive areas for children. Recently Sue gave me a conducted tour of the new garden and explained the origin and the ideas behind each section.

The committee conceived the idea following a brain-storming session with the twin goals of visually improving the village and providing a useful public amenity. An overgrown unsightly available plot, 60 by 20 metres, along the main N22 was identified. A sensory and well-being garden was the choice because it would benefit all and would be both therapeutic and educational. The story-telling area is a good example. Literally the flower area will enable people to smell not only roses but many flowers.

Possession of the area was procured and after much consultation planning secured. Macroom Municipal District Council was very helpful with essential



Ballyvourney Tidy Towns group at work (Supplied by Sue Morton).

advice and funding. This is the biggest project ever undertaken by the committee and to date has cost €45,000. Fund-raisers included an Easter Egg-Hunt, church-gate collections and proceeds from a Tidy Towns calendar. Covid scuppered other initiatives. The Hen Harrier Project Fund and the Clár Grant were other sources of money. But principally it was the vision, voluntary labour and the enthusiasm of committee members that was most important. Gáirdín Ghobnatan was designed by Samantha Morton, and she and Sue are supervising the work. The area is divided into three areas and caters for people's mental, social and physical needs. The three areas of mind body and society are intimately connected as evidenced by the restrictions of the current pandemic. The sensory area consists of

flower beds that will be in bloom for most of the year and will attract bees and insects. Next to this is the social area where people will be able to meet, mingle and chat in beautiful surroundings. Finally, there is an activity area where children will be able to play in tunnels, climb, play outdoor chess and table-tennis and will be able to hear stories being told.

John McCarthy and Mike Dineen assembled the pergola and Dan Lynch made and donated lovely wrought-iron gates. Many other contributions were made by locals, often anonymously. Again, because of Covid many planned fund-raisers had to be cancelled and the committee continues to seek donations from each and every quarter.

The volunteers are avidly looking forward to the Gáirdín's opening. They have worked very hard most Saturday mornings for the past two years and are delighted to see their efforts of research, planning, plotting, cajoling and fund-raising coming to fruition. February 11 2021, St Gobnait's Day, was the proposed day of opening but this may be affected by Covid.

Congratulations to Ballyvourney Tidy Towns Committee for completing a project that will greatly improve the quality of life in Ballyvourney and the surrounding areas. Do visit as you will undoubtedly enjoy the experience.

More information is available on Ballyvourney Tidy Towns Facebook page.

Leabharlann Bhaile Bhúirne

A few weeks ago, someone drew my attention to a lovely poster produced by the Cork branch of Bird Watch Ireland. It was titled "The Stay-At-Home Birdwatching Challenge Identification Poster". It's a beautiful poster featuring all the usual garden birds and detailing their colouring and size. I have always derived great pleasure watching the feathered visitors to my garden where they snack on the bird food that I leave on a bird feeder for them. I find it very relaxing and even amusing to watch their antics. A red squirrel has even put in an appearance every now and then and the birds seem to be happy enough to share. Of course, over the years I have identified the feathered visitors and have used various books to help me identify the ones that I wasn't sure about, but I have to say this poster is excellent.

I was so taken with the poster I logged onto the website www.birdwatchcork.com and found that, in their Publications & Education Material, I could download my own copy, it is even available in an Irish language version. In fact, I found a treasure trove of information, posters, quizzes, and puzzles. There are also a few illustrated talks which are excellent and relevant. It explains how even the smallest garden or even patio can attract birds. Another thing I noted was that they gave information sheets on how to make a bird table, a nest box, and the one that really drew my attention was the one on how to make a barn owl nest.

One evening a few years ago I was sitting at my kitchen table and I glanced out the window. Something seemed odd about one of the timber posts at the back of the garden, it seemed taller than the others. But as my eyes adjusted to the darkening evening light, I saw that it was a beautiful owl perched on top of the post. Such an impressive bird. A few months later as I

walked from my car just at dusk, I felt a ripple of air eerily cross my path, when my eyes found the movement there, flying silently across the garden, was the owl. I haven't seen the owl since then but they are night birds and are usually out and about while I'm tucked up in bed, so I do hope he is still a silent neighbour – literally a night owl.

In addition to the Bird Watch Cork website, I have used Cork County Library Online Services to check for relevant books on Borrow Box and magazines on RBDigital and I have not been disappointed. Such a wealth of information literal at my fingertips! On Universal Class I found a course called Bird Watching, Food, Feeders & Behaviour. Those of you who read this piece regularly are probably tired of constantly being reminded of the great, free, online services but I have to emphasize what a wide range of services are available – there really is something to suit everyone. So take a closer look at our online services today, you won't be disappointed - <https://www.corkcoco.ie/en/library-services/library-online>.

The online services are being added to all the time. One of the most recent additions include the Cork County Council's Library & Arts Service series of free online writing workshops for Spring 2021, designed to support creative writing throughout the county. Six online courses begin in mid-February, catering to a variety of ages and styles including adults, teens, songwriters, crime-writers, fiction and non-fiction. These workshops will continue the success of online workshops and collectives hosted by the Council throughout 2020, to foster creativity in the community for Cork County residents. All workshops are free, but places are limited. Applications are open to people aged 14 to 17 or over 18 depending on the course and limited to those residing in the Cork County administrative area. Participants will

be selected by the facilitator and their decision is final. Closing date for applications is Sunday, 7th February 2021. Applications are available on the Arts Section of corkcoco.ie.

The COVID 19 Community Response Freephone Helpline is also still available as part of Cork County Council's Community Support Programme. So, if you, or anyone you know, needs help accessing collection or delivery of food, essential household items, fuel, medication or simply needs some non-emergency/non-medical advice or support, please contact Cork County Council's Covid 19 Community Call Helpline on the dedicated and confidential FREE Number 1800 805 819 or call +353 21 4285517 from outside of Ireland to seek assistance for a relative or friend. You can also text 085 8709010, email covidsupport@corkcoco.ie or visit www.corkcoco.ie for more information.

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*"The first day of Spring is one thing,
and the first Spring day is another.
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sometimes as great as a month."*

- Henry Van Dyke

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Uibh Laoire Notes

EAMONN RYAN RIP.

There were many shining tributes to Eamonn Ryan in the media recently, on his passing on 14th of January. All were well deserved. The tributes summed up the genius of the quiet man, who steered Cork to 10 Ladies All Irelands, the much-loved teacher from Watergrasshill, the man who played football for Cork and much more. We in Uibh Laoire knew another Eamonn: the family man who came to live in our parish on his retirement about 17 years ago, but who really never retired; the devoted husband of Pat, on whose family land the couple built a beautiful house looking on to Loch Allua. When Eamonn arrived at first, he feared that he might not settle down in West Cork but in no time at all he was one of our own. He always remained fit and active and was an example to the rest of us retired folk. When he wasn't teaching or coaching in UCC, his "walking track" was the scenic main Inchigeela/Ballingeary road on which he took to cycling as well, more recently. Eamonn was a gentleman and treated everybody with respect and kindness no matter who you were or what age you were. You always felt better after even a short chat with him, having experienced his positive attitude and that infectious smile. He could chat as Gaeilge as well, since he was a fluent Irish speaker and had an obvious love for the Irish language. Eamonn was a great communicator and motivator and understood people very well and knew how to get people to improve themselves and to achieve great things. He no sooner had arrived in Uibh Laoire, than he was playing an influential part in coaching the local teams, helping promote the Junior footballers to Intermediate level and the girls parish team to numerous successes. He was intelligent and kind and never let his celebrity status go to his head. He was admired, respected and loved by everybody. His legacy will live on long after him. Our sympathy goes to Pat and family and to his many friends. Go raibh leaba i measc na naomh aige.

CROI NA LAOI.

The Inchigeela development group are occupied at present with some interesting projects. Among these are repairing or replacing the Castle bridge; further works on the River Island; work on the scenic climb to the Holy Year cross; the possibility of doing repair works on the hall or replacing it with a new one etc. Meetings are held by the magic of ZOOM nowadays of course. The Tidy Towns people are looking forward to tackling the work of making the area beautiful again. They invite new volunteers to their activities when conditions allow.

BAILTE NÉATA

In Béal Atha, Coiste na mBailte Slachtmhara group are doing a survey to see what local people think are the priorities for the coming years work. The survey is short and anonymous and it offers an

opportunity to help the Tidy Towns group get the views of the people.

SHOP LOCAL

Dinneen's Shop in Ballingeary are offering a delivery service for anybody who want their shopping brought to their home during the Covid pandemic. Its a very good idea especially for anyone who would prefer not to go out shopping right now and would prefer to shop local as well. Shop local -Stay safe!

PARISH NEWSLETTER

Due to restrictions in activity at present and therefore lack of content, the parish newsletter will be published once a fortnight until further notice.

WORKING FROM HOME

Thanks to SC, an Iveleary lady, who has been working from home for nearly a year now, for the following contribution:

THE IMPORTANCE OF ADAPTING TO CHANGE AND HAVING ROUTINE WHEN WORKING FROM HOME.

Up to March 16th 2020 I travelled 60,000kms a year for work. Without warning with the arrival of Covid 19 this had to stop and I found myself working from home fulltime. As a company we had to change our modus operandi completely. No more face to face meetings. Technology had to be embraced and we had to figure out how to conduct business in this new and uncertain world. With the car parked up (and it has remained so for most of the year) I found myself home 24/7 which was a very unusual reality for me. Not only did I travel a lot for work but I was used to joining my card playing friends at the drives at least two nights a week, meeting my family and friends for nights out. All stopped. What now? Up to now I was rarely at home for any length of time.

All the things I took for granted were suddenly gone, visiting the branches around the country, the chats with colleagues, going out to lunch and the continuous office banter. No two days were ever the same. Lockdown meant no more outings or meeting with family and friends. Everything was home based. No different to anyone else. "Stay home. Stay safe"

I decided very early on that I needed to re-invent not only how I conducted my work, but I had to change my mindset completely in what was now going to be my new norm. I set up office almost immediately in the conservatory as it is bright and airy and I was able to keep a keen eye on the happenings of the outside world. I now conduct all meetings remotely. Instead of driving to meet people, they now appear on screen. Apart from the social aspect, work resumed as before. The same targets and objectives had to be met.

My commute to work used to take a minimum of an hour and sometimes two depending on

where I was going. In my new norm I found myself having time for breakfast, even relaxing over it! I was rarely home for my dinner before 8pm in the evening. Now I can have it closer to 6pm. Lunchtime is spent with my home based family who now all work from home. We discovered the tv quiz "The Chase" and we follow with trepidation the fate of the contestants against "The Beast", the Sinnerman, the Vixen, the Dark Destroyer and the Governess. The two to four hours a day spent driving I now have to myself to do other things and not be as tired all of the time.

I decided to use my time to take on new challenges and try things that I had not achieved before. I looked at what others were doing. One of these that I loved was Katie's cooking videos from Gougane Barra Hotel. I got working on her recipes and it gave me great satisfaction when my efforts turned out like they were supposed to. I have whole new recipes learned and I can't wait to show off once Covid is a thing of the past and I can have visitors again. Coiméad suas an dea obair Katie. I learned to play a tune on the tin whistle from following Peadar O'Riada's videos online. Go raibh maith agat Peadar but I will not be standing up to play the tin whistle anytime soon! The world of trad music will remain safe with the more naturally talented. I will remain as before a fan and a listener. It was fun learning though. Today I made my "Cros Bríde" (St Bridget's Cross) having followed Maighréad Uí Riordáin's video on YouTube. Maith thú Maighéad. I remain open to new skills all the time as I come across them.

For those of us working from home it is important to put a structure and routine to our day. Make sure to develop a routine. Have a start and finishing time. The pressures that come with a Monday -Friday work week have not changed - only the setting has. Being able to separate and distinguish between "work time" and "home time" has helped me a lot. I try to make sure I enjoy the weekends as much as I can. I recommend the following link to an article from professionals who experience isolation frequently in their work environment and have to develop their own routines, one of the standout lines to me was "Make the weekends different. You have to differentiate time" <https://amp.theguardian.com/lifeandstyle/2020/apr/01/start-a-daily-routine-and-make-the-weekends-different-the-isolation-experts-guide-to-lockdown-living-coronavirus>.

For me, personally, it's this balance that's so important, mentally I can only do so much and being able to allocate my full attention and focus to my work can only come if I allow myself to switch it off and allow myself to focus on and enjoy other things. It helps me to not burn out or get disinterested or unmotivated.

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King Mathgamain, King of Munster

Medieval Ireland was interspersed with Viking raids and Norse settlements, it was a lot different to how it is now. In the 10th century, Ireland was divided into separate kingdoms, in fighting and cross fighting was commonplace as were plagues, warfare, death, famines, and slavery. The Dál gCais, were the most prominent rulers of Munster of this time, a vast stretch of land, which started in Clare in the West and stretched right across to Waterford in the East. King Mathgamain (Mahon), leader of the Dál gCais, mounted a massive offensive in to capture the kingship of Cashel, he also seized Norse settlements of Limerick and Waterford, further expanding his vast swathe of power and wealth in the process. But great success is not without opposition. In 976, King Mathgamain was kidnapped and brought to the remote location of Musheramore where he was executed by Máel Muad. King Mathgamain's brother, Brian Boru, set out to avenge his death. Following on from a battle at Bealick Mill, where the river Laney and the River Sullane meet, Brian Boru succeeded in becoming King of Munster and High King of Ireland. The killing of King Mathgamain on Musheramore thus was of massive importance and a huge turning point in Irish history.

Mahons Rock, the spot which marks the murder still stands on the side of Musheramore, on Brandy Road.

Photos: Musheramore © Sarah Kate Photography



Canovee History Tour to Castleloyns, 2008. © Peter Scanlan



Crookstown Vintage 2006. © Peter Scanlan

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Looking Back in Time



Cloughduv Camogie victory social in 2006. © Peter Scanlan



Cloughduv Camogie U14 League champions 2004. © Peter Scanlan



Macroom MNF, National Winners of the Light Entertainment competition 2004. © Peter Scanlan



Enjoying Bengour Festival 2005. © Peter Scanlan



Smiles and Sunshine at Crookstown Vintage in 2006. © Peter Scanlan



Kilmurry Parish say farewell to Fr Martin O'Driscoll 2005



Brian Crowley MEP speaking at the Kilmurry Parish welcome home party to Special Olympic Champions, Teddy O'Connor Cloughduv and Timmy O'Connor Farnanes in 2004. © Peter Scanlan



"Cooking with Canovee ICA" 2007 Front L to R: Joan Lucey (founder member), Tessie Moynihan (treasurer), Kathleen O'Shea (President), Maureen Lyons (secretary), Valerie Senior. Pat Lynch. 2nd Row: Tanis Kellett, Joan Buckley, Annie Lehane, Nellie O'Sullivan, Mena O'Sullivan, Mary Boyle, Ellen Boyle, Catherine Hurley. 3rd Row: Helena O'Riordan, Rita O'Brien, Mairead Kelleher, Anne Murphy, Kathleen Buckley, Marjorie Brent. Missing from photo: Kathleen Murphy, Paula O'Sullivan, Teresa Dennehy, Betty O'Regan, Deirdre Lyons and Teresa Newstead. © Peter Scanlan

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Looking Back in Time



Macroom MNF 21st Birthday Social 1984 © Peter Scanlan



The Macroom team who competed at the Cork County final of the Panel Speaking Competition in 1983, Jimmy Cotter, Geraldine Murphy, Marcella Creed and Pat O'Callaghan. © Peter Scanlan



Macroom MNF 1983. © Peter Scanlan



Dan Dineen and Dan Cronin at Ballyclough Co-Op AGM 1983. © Peter Scanlan



Tim Buckley Coachford, Dick Wolfe Ardagh and Con O'Shea Caum at Ballyclough AGM 1983. © Peter Scanlan



Aghinagh Heritage committee launching the "Aghinagh Way" at Bealick Mill (No Date). © Peter Scanlan



Muskerry MNF Ladies Poultry Judging competition at Coolcower House, (Late 60's). © Peter Scanlan



Ann Murphy Carrigadrohid, and Sheila O'Riordan Macroom, who came second and third in a National Competition to create a Recipe using Rank Flour in 1966

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Local Walks

As we are back in lockdown again, I thought it might be nice to explore and discuss some of the various walks within our region. And boy are there many. If you have a walk you'd like to share with our readers, just email leevalleyoutlook@gmail.com

The Caste Demese walk

Located in the heart of Macroom, the Castle Demesne is an asset many of us are grateful for, especially with lockdown, its history may have escaped those new to the area so it's well worth a wander, keeping your feet in the present but your head in the past. The grounds, wrapped by stone walls, encompass the old Demesne and are home to a beautiful selection of trees such as Oak, Chestnut, Yew, Beech and more. The oldest tree is said to be 500 years old. To start the walk, enter through the castle gates, walk west, past Bishop McGan School and the pathway begins here. Stroll beneath the 12th century O' Flynn Castle remnants and follow the meandering path along the river, towards the 'The Witches Kitchen'. Proceed under the arch and continue towards the new foot bridge to the right which will bring you to the town park and the Weirs. Or take a left and proceed up the hill towards the 'back gate'. The back gate is a favorite of mine and is particularly nice all year round. The grounds are home to squirrels, bats, ducks, swans, to name but a few. I did hear a story that Lady Olive the last Baroness of the Castle, had sparrowhawks on the grounds, and what a site that would have been. The walks are short and suitable for most levels of fitness.

Photos: © Sarah Kate Photography



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ASK KAREN, KAREN WALSH OF WALSH AND PARTNERS

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Dear Karen,
I live in the UK and have land in Ireland. I am concerned about someone claiming they have squatter's rights to my land. It is difficult to keep an eye on it when I live so far away. With Covid restrictions I haven't been in a position to come to Ireland to inspect my land this year. What can I do to protect my land? What would you advise?

Dear Reader,
Squatting is a problem that affects owners of all types of properties. Evicting squatters can be both time consuming and costly and the financial implications are not only limited to the legal expense of eviction. Costs can also arise from damage caused to a property during its occupation and through loss of rental income for landlords. Adverse possession, as it is known in legal terms, (otherwise known as "Squatter's Rights") allows a third party to claim a right over land which is registered in the name of another person, on the basis that they have occupied the land continuously for over 12 years with the intention of excluding all others, including the true owner. If the claimant is successful in the claim, he or she is entitled to be the registered owner of the land in question. The previous owner is ousted, and the claimant gains title. The threshold of proof for a landowner who seeks to regain possession of his or her land is relatively low. However, it is important

that a landowner is not careless and that he or she makes it known to whom the property belongs. If you own property you will want to take protective measures to avoid squatters occupying it. The best way to ensure this is to always be aware of activity on your land. As you do not live close enough to check in on your lands it would be wise to hire someone to keep an eye on the land. It is prudent to look for signs of entry or use such as new fences having been erected, animals grazing, or crops planted. If there is such evidence, the identity of the person must be ascertained immediately, and legal advice sought as to how to remove him or her from the property.

Placing no trespassing signs is a helpful way to keep squatters away. A squatter cannot claim possession if they are not able to make it their own so finding ways to steer them away from your property is key. Keeping all access points secure is imperative. Try to visit your property as regularly as possible. I appreciate that with Covid this is difficult, if not impossible at the moment. Ask your neighbours to be vigilant and to report any suspicious activity to you. Make sure the property is secure and gates have locks and are in good order and repair. Actively protecting your boundaries safeguards the value of your property, and ensures that you can enjoy your property without interference, intrusion or aggravation from others.

Instituting legal proceedings against the trespasser will stop the clock running on adverse possession. A landowner should also exercise some active ownership over the property in the interim for example erecting fences or buildings or placing animals on the land.

Another potential option available to a farmer is to procure from the person in possession an agreement signed by him or her to rent the land at a certain figure (which could be nominal) and for a certain period or alternatively simply acknowledging that he or she is present on the land at the owner's permission. If such an agreement is signed, then the person in possession cannot bring a successful adverse possession claim. It must be emphasised that a landowner cannot afford to be complacent and must act promptly. The adverse possession clock only stops when legal proceedings are issued, not when a phonecall is made to a Solicitor for legal advice.

Karen Walsh



ALL CREATURES GREAT AND SMALL

With the coming of Spring it's a great time to observe nature because it's all around us. In my garden I have hedgehogs from time to time, they are a very small animal with a shiny coat, short legs and they can roll themselves into a ball for defence. When driving in the road please watch out for the hedgehog because his legs are so small he can not run very fast.



When I was in Dingle a few years ago on a beautiful summers day I saw Fungie the dolphin. What a beautiful creature, he loved the company of the people and was very playful around them. He first came to Dingle around 1984. It has been said that he was released by the Russian Navy, will we ever see the like of Fungie again. Please come back Fungie. This is my beautiful border collie "Luckey". He was only a few months



old when we first met. He is now going on for 11 years and he still has the energy and playfulness of a young puppy. He was very loyal to me and a great watchdog. I would say to anyone it's great to have a dog. Mary O Callaghan Hallissey, Raleigh North, Macroom, Co Cork



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

Coachford AFC Lotto Results

18/1/2021 Jackpot: €2,200. Numbers Drawn: 24 – 30 – 34. No Winner. €40 Josephine Moynihan (Yearly Ticket). €20 Tom Tarrant (Yearly Ticket). Catherine O'Flynn (Online Ticket). Geraldine Hunt (Online Ticket). Jillian O'Shea. 25/1/2021 Jackpot: €2,400. Numbers Drawn: 2 –

16 – 25. No Winner. €40 Kieran O'Connell (Online Ticket). €20 Yvonne Hayes. Dan O'Mahony. Grace Donovan. Dan Joe Finnegan (Yearly Ticket).

RCPA (Rylane Community Park Association) Lotto results:

11/1/ 2021 Winning numbers: 4, 24 & 28 Jackpot – €2,300. No Winner.


LOCAL SNIPPETS

Lucky Dip winners who received €20 each: Oliver Spillane (Rylane); Mags O'Brien (Coachford); Brendan Cogan (Rylane) & Anne-Marie O'Shea (Killeens - Online)

Next week's Jackpot will be €2,400.

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BUYING ONLINE FROM THE UK AFTER BREXIT - ADVICE FROM THE CITIZENS INFORMATION SERVICE

The impact of Brexit is now being felt by Irish consumers up and down the country. As a result of the UK leaving the EU, there are changes to consumer rights that everyone needs to be aware of when buying from online retailers in the UK.

In particular Irish consumers should be aware of the following changes when it comes to purchasing goods from a UK retailer online:

- The sale of goods from the UK to Ireland are now treated as imports to Ireland, this means additional import charges and VAT may apply when buying from UK websites
- EU consumer protection legislation may no longer apply, instead Irish consumer rights will be set down in UK law.
- It may be more difficult to resolve a dispute with a UK business

As a general guide, packages valued more than €22 are subject to import taxes and charges. The consumer will have to pay import taxes/customs duties and also VAT charged at the Irish rate of 21%. In some cases, the duty and tax for EU deliveries will be covered by the UK company, but this is completely up to the individual retailer. So, check the small print!

Speaking about the impact of Brexit on Irish consumers, Anne O'Donovan, West Cork's Citizens Information Manager said, "From 1st January 2021, you should be especially careful when buying from a UK seller. It is very important to carefully check the terms and conditions on the seller's website and familiarise yourself with their proceedings. If you have any concerns relating to buying online from a UK retailer please contact your local Citizens Information Centre, we remain open and are here to answer any questions you may have."

For anyone needing information, advice or have an advocacy issue, they can call a member of the local Citizens Information team in West Cork on 0761 07 8390, they will be happy to assist and make an appointment if necessary. The offices are staffed from Monday to Thursday from 10am to 5pm, and 10am to 4pm on Friday. Alternatively, you can email on bantry@citinfo.ie or log on to www.citizensinformation.ie for further information and contact details.

KELLEHER CALLS FOR MUTUAL RECOGNITION OF COVID 19 VACCINE APPROVALS

- MEDICINES' REGULATORS SHOULD NOT NEED TO START FROM SCRATCH ON EVERY VACCINE -

Irish MEP, Billy Kelleher has said that the EMA should seek global agreement with other medicines' authorisation agencies on the mutual recognition of Covid 19 vaccines in an effort to speed up approval and distribution.

"This is crucial in terms of the expected approval of the Johnson & Johnson vaccine in the United States - a one shot, moderate temperature, vaccine - in roughly two weeks.

"I would be highly sceptical of this vaccine being approved for use in the EU by the EMA until early March at best based on how previous applications were dealt with.

"I firmly believe that, due to the severity of this pandemic, the EMA in the EU, the HPRA in the

UK, the FDA in the USA, and their counterparts in Canada, Australia and New Zealand, should agree to mutually recognise their authorisations," said the Renew Europe member of the ENVI committee.

"If one agency is able to approve a vaccine, while adhering to standards, I do not see why other agencies should have to start from scratch. We should be able to fast track approval based on the work carried out by other regulators that adhere to globally recognised standards.

"We're already running into trouble with the Oxford Astrazeneca vaccine, and it hasn't been approved yet. We cannot afford to wait any longer, than is necessary, to have the Johnson & Johnson vaccine approved and in use.

"Additionally, we need to get to the bottom of contractual problems with companies the EU has entered into approval purchase agreements with; we must have full transparency. Citizens and MEPs are demanding it. A I I contracts should be made available immediately," concluded Kelleher.



PICTURE PARADE

Contact the Editorial Team: 026 - 42023 or Email: leevalleyoutlook@gmail.com



Members of Canovee Historical Society, before departing for a visit to Kilbrennan in 2005. © Peter Scanlan



"Anyone need a tractor driver?" Ballinagree Vintage 2006. © Peter Scanlan



Clodagh Healy from Macroom who celebrated her 10th birthday on 25th Jan



St Colman's Church spire and Leary's Lane, Macroom (C. Kelleher).



Dick (now Fr.) Browne as a boy.

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HACCP qualification requiried.



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MACROOM GAA

The club hopes you are all safe and well as we exit Winter and hopefully move towards being able to see some kind of light at the end of the Covid tunnel.

The club would like to highlight the following:

CLUB MEMBERSHIP

Membership for 2021 is now available online for both Juvenile and Adult players as well non playing members of the club. Also available online are membership and yearly lotto packages as well the ability to buy a Rebel Bounty ticket. The link to the purchase your membership and any other package is at the following link: https://member.clubforce.com/memberships_cart_m.asp?LL_ID=2128&CLB=1

MACROOM GAA CLUB, JUVENILE AND LADIES SECTIONS

Macroom GAA Club Adult, Juvenile and Ladies Sections, Castle Grounds Macroom, Cork are on Clubforce - download the Clubforce app today to stay up-to-date with club news and make securely payments online. member.clubforce.com



GAA NEWSLETTER:

The GAA's centrally issued newsletter for January 2021 is available for all to view at the following link: <https://www.gaa.ie/news/read-the-latest-club-newsletter-january-2021/>

READ THE LATEST CLUB NEWSLETTER - JANUARY 2021

The January edition of the GAA Club Newsletter is now available. This month's edition includes the following: - The GAA is committed to ensuring that any delay on the inter-county season will not have a negative knock-on effect on club championships matches. - GAA President, John Horan, calls on clubs www.gaa.ie

GAA'S SUGGESTED HOME ACTIVITIES FOR CHILDREN:

The GAA continues to offer a lot of resources for kids to do during lockdown such as a range of colouring and art challenges located at the following link:

<https://www.gaa.ie/my-gaa/getting-involved/kids-activities>

ACTIVITIES FOR KIDS! - GAA

<p>We know that there's nothing like kicking a ball around at your Club, but for now we all must stay safe in our own homes. That doesn't mean you have to be bored! On this page we will be adding lots of fun activities for you to do until it</p>

www.gaa.ie

They also offer fun exercises for primary school children to try at home which can be accessed at the following link:

<https://learning.gaa.ie/primary-school>

PRIMARY SCHOOL | GAA DOES

Welcome to the Primary School section of the Learning & Development Portal. The GAA circulated a document to highlight how it can continue to support Primary Schools as the new year begins amidst the impacts of COVID-19. The Coaching Programme & Support document outlines a number of resources that can help Teachers in the planning and delivery of physical activity opportunities and the wider ... learning.gaa.ie

GAA LAUNCHES CONCUSSION AWARENESS CAMPAIGN



The GAA has recently launched a concussion awareness campaign which should be reviewed by all players, mentors and parents, more information can be found at the following link <https://www.gaa.ie/news/gaa-launch-concussion-awareness-campaign/>

GAA LAUNCH CONCUSSION AWARENESS CAMPAIGN

By John Harrington.

The GAA today launched its new Concussion Awareness Campaign at the 2020 GAA Games Development Conference in Croke Park. In the first of a series of videos that will hopefully increase awareness of the symptoms and treatment of concussion, Donegal star Ryan McHugh speaks about his experience of concussion (you can view this video below). www.gaa.ie

RELIVE FORMER REBEL GLORY:

If you have gone through every series on Netflix, now might be a good time to enjoy Cork's All Ireland final triumph over Meath in 1990 which completed the historic double, the GAA have made the match available at the following link: <https://www.gaa.ie/football/news/flashback-1990-all-ireland-sfc-final-cork-v-meath/>

Rebel Bounty
Rebels' Bounty is a new initiative of 'ONE CORK' to give clubs a significant opportunity to raise funds at a time when traditionally fundraising has been impacted by restrictions imposed to prevent the spread of COVID-19.

The benefits of purchasing a ticket to Macroom GAA is that it will greatly financially support the club in these extremely challenging times and also you will see the benefit of:

- 100% commission to clubs above minimum targets
- €500,000 in prizes
- 12 monthly draws
- 360 chances to win
- Support your local club

COMMUNITY SUPPORT DURING COVID 19:

Again this month we would remind you that Macroom GAA has a dedicated team of volunteers who have been and are continuing to support the elderly and vulnerable in our community during Covid 19 and we as a club are a member of the Cork County Councils Community Covid Support Group. If you know of anyone who needs a medical prescription picked up and delivered or their shopping picked up and delivered please let us know, we will aim to support any request possible as we have been doing for the last eleven months all while observing Government Covid 19 protocols.



De La Salle Macroom - Cork Colleges U16 C Hurling Champions 2011



'Making History, Inniscarra Senior Co. Champions 2010'

Ten Years Ago Inniscarra Camogie win Cork and Munster Senior titles



The Winter/Spring of 2020/2011 was an historic period for Inniscarra Camogie Club as the senior team drew with Imokilly in the 2010 county final, went on to win the Munster club title and then returned to win the club's first ever Cork County Senior championship title by defeating Imokilly in the county final replay.

The new county and Munster champions then went on to defeat O'Donovan Rossa of Antrim in the All Ireland semi-final but alas there was to be no fairy tale end to the glorious journey as Inniscarra lost to Galway champions Killimor in the All Ireland final at Croke Park.

MUNSTER SENIOR CLUB FINAL

Inniscarra 0 – 10

Granagh-Ballingarry, Limerick 0 – 7

An historic day for Inniscarra as the club won its first ever Munster senior title and in the process were the first Cork club in 16 years to take the Munster senior club title! The triumph was the result of unbelievable commitment and sheer hard work and a 'never say die' spirit. The play was tight and defences were under constant pressure and most of the scores came from frees. Joanne Casey came up trumps for Inniscarra in this regard, slotting over no less than 0-7 of her personal tally of 0-9 from placed balls!

The Limerick girls played with the slight wind in the first half and led at half time by 0-6 to 0-5. Inniscarra goalkeeper Sinead Ní Riain saved her side on three occasions and the lead point for

the Granagh girls came late in the half after the sides matched each other score for score with free takers busy. The Inniscarra defence had been outstanding and continued to be so for the remainder of the game as they snuffed out the threat of the Limerick attack. Joanne Casey and her team captain Margaret Noelle O'Sullivan got on top around the vital midfield sector and the former pointed two frees to put 'Scarra in the lead at the three-quarter stage. Granagh equalised with their only score of the second half but Casey put Inniscarra back in front with two points, one from play. Laura Burke added a point to leave three points between the teams

and the Inniscarra defence, strengthened now by the introduction of Rena Buckley, the county star recovering from injury, held the incessant Limerick attacks at bay to ensure an historic victory for the Lee Valley girls.

Inniscarra: Sinead Ní Riain: Mary Buckley, Liz Hayes, Karen Jones: Orla Healy, Rosie O'Mahony, Aoife Kavanagh: Fiona O'Connell, Joanne Casey: Niamh Dilworth, Margaret Noelle O'Sullivan, Kathy O'Mahony: Margaret Cosgrave, Niamh McCarthy, Allana Twohig. Subs: Laura Burke and Rena Buckley.



'Making History, Inniscarra Senior Co. Champions 2010'



'Making History, Inniscarra Senior Co. Champions 2010'



'Making History, Inniscarra Senior Co. Champions 2010'



Cork County Senior Final Replay

Inniscarra 1 – 8 Imokilly 1 – 7

The replay of the county final took place at CIT and was a real close affair with the winning score for Inniscarra coming in the 4th minute of injury time, Rena Buckley's goal turning impending defeat into a glorious victory. Joanne Casey opened the scoring for 'Scarra with two early points but Imokilly hit back with a kicked goal to lead 1-1 to 0-2 after 12 minutes. Niamh McCarthy had a point for Inniscarra and Joanne Casey matched a similar score for Imokilly in the 21st minute. At half time Imokilly led by 1-2 to 0-4. On the restart, Imokilly added to their lead

but Inniscarra hit back with points from Emma Kingston, Niamh Dilworth and Niamh McCarthy to take the lead at the end of the third quarter. Back came Imokilly with three points in a row to which Inniscarra answered with a point from Niamh Dilworth. Imokilly increased their lead to two points once again and the game went into five minutes injury time. With four minutes gone, Inniscarra were awarded a free which Niamh Dilworth sent goalwards and when the sliotar was blocked a scramble ensued and Rena Buckley reacted best to flick the ball to the Imokilly net. It could not have been closer but

Inniscarra didn't mind one bit!

Munster Club Champions and now Cork County Champions, both for the very first time! Inniscarra will certainly remember 2010!

Inniscarra: Sinead Ní Riain: Karen Jones, Liz Hayes, Mary Buckley: Rosie O'Mahony, Rena Buckley, Aoife Kavanagh: Margaret Noelle O'Sullivan, Emma Kingston: Fiona O'Connell, Niamh Dilworth, Kathy O'Mahony: Joanne Casey, Orla Healy, Niamh McCarthy. Subs: Margaret Cosgrove, Laura Burke and T McCarthy.

All Ireland Senior Club Semi Final

Inniscarra 1 – 14

O'Donovan Rossa, Antrim 1 – 6

The dream lives on for the ladies from Inniscarra! Cork county champions for the very first time, and Munster champions, they are now only one game away from being All Ireland champions after their defeat of an experienced O'Donovan Rossa side at Kilkenny in the All Ireland semi-final. The first half exchanges were pretty even but Inniscarra had the boost of a goal from Niamh McCarthy in the ninth minute and this score separated the teams at half time when the Cork girls led by 1-4

to 0-4. Margaret Noelle O'Sullivan and Niamh Dilworth shared the points for Inniscarra. On the resumption, points were exchanged but then the Northern girls drew level with a goal in the 41st minute. Inniscarra responded well to the challenge and raised their game to a level their opponents could not match. Five points in a row from Niamh Dilworth, Niamh McCarthy(2), Fiona O'Connell and the outstanding Rena Buckley had them in control and the 'Scarra defence was rock solid in front of a sharp Sinead Ní Riain in goals. Niamh Dilworth and Joanne Casey rattled over

some more points and Inniscarra were heading for an All-Ireland final meeting with Connacht champions Killimor- another stiff challenge for the girls in Blue and White.

Inniscarra: Sinead Ní Riain: Karen Jones, Liz Hayes, Mary Buckley: Rosie O'Mahony, Rena Buckley (0-1), Emma Kingston: Margaret Noelle O'Sullivan (0-1), Orla Healy: Fiona O'Connell (0-1), Niamh Dilworth (0-7, 0-5 frees), Margaret Cosgrave: Joanne Casey (0-2, 0-1 free), Aileen Sheehan, Niamh McCarthy (1-2). Subs used: Katie O'Mahony, Terese McCarthy

All Ireland Camogie Senior Club Final

Killimor, Galway 3 – 18

Inniscarra, Cork 1 – 4

A larger-than-expected attendance of 4,724 came through the stiles at Croke Park to watch Brenda Hanney lead the Galwegians to success. "Those are fantastic figures" Camogie president Joan O'Flynn said. "It's a great boost for camogie (and) for the club finals in their first year back at Croke Park and we hope to build on this now." It was Killimor's day and they raced into a four-point lead early on as Inniscarra were very slow to settle and when Killimor's Helen Quinn goaled in the 17th minute, the signs weren't good for the Cork outfit. Niamh Dilworth finally got her side off the mark with a pointed free in the 23rd minute but Lorraine Donnelly goaled at

the other end directly from the puck out to give her side a scarcely believable 2-4 to 0-1 lead at the break.

Inniscarra were clearly shell shocked and failed to improve after the resumption, as the Galway girls kept the scoreboard ticking over. Inniscarra did have plenty of possession but they struggled massively against a resolute Killimor rearguard and all the damage was being done at the other end and Martina Conroy sent a stunning shot to the Inniscarra net from 16m, added another couple of points from frees, while Emer Haverty also struck a brace and Hanney also found the target to stretch the margin to 20 points.

Rena Buckley fired over from a '45' before Dilworth scored an excellent 53rd minute goal,

catching Joanne Casey's delivery and sending a powerful shot to the roof of the net.

It was scarcely a consolation though and a flurry of points put the seal on a wonderful day for the Tribeswomen.

Inniscarra: S Ní Riain; A Sheehan, L Hayes, M Buckley; K Jones, R O'Mahony, E Kingston 0-1; R Buckley 0-1 (45), O Healy; J Casey 0-1, MN O'Sullivan, K O'Mahony; M Cosgrove, F O'Connell, N Dilworth 1-1 (0-1f).

Subs: L Burke 21; T McCarthy 47; L Buckley 50 Inniscarra selector Irene O'Keeffe. "I thought our preparations went well all week, the girls were very focussed this morning but Killimor got a good start and we never came back from it."

Cork Colleges U 16 ½ Hurling Champions

De La Salle, Macroom 3 – 10

Ballincollig Community School 0 – 4

De La Salle won the Cork Colleges U 16 ½ 'C' hurling championship at Cloughduv with a convincing win over Ballincollig CS in the final. The game was played in really nasty conditions, with high winds, rain and cold making it very difficult for players and spectators alike. The two teams deserve great credit for providing an entertaining encounter which was very competitive until DLS got on top in the final quarter.

DLS played into the element in the first half and led through a point from a Cian Healy free. Ballincollig equalised and when Cian Healy pointed from play, BCS equalised from a '65' in the 17th minute. Pádraig Berhanu then availed of defensive error to hit a goal for DLS a minute later and Cian Healy pointed another free to put DLS 1-3 to 0-2 in front after 20 minutes. BCS had two point from frees before half time to leave DLS 1-3 to 0-4 in front at the break.

On the resumption, Peter Kelleher, outstanding for the winners at midfield, struck over a point and in the 38th minute, Joseph Ryan dispossessed the goalkeeper and blasted the sliotar to the

Ballincollig net. Healy and Seán Kelleher added points to give DLS a lead of 2-6 to 0-4 at the three quarter stage. Further points from Cian Healy, Pádraig Berhanu(2) and Seán Kelleher and a long range goal from Peter Kelleher in the final quarter gave DLS a comprehensive winning margin, the U16 title and a double as DLS have already won the U18 county title.

De La Salle Macroom: Ciarán O'Donoghue (Kilmichael): Barry O'Leary (Iveleary), David Murphy, (Iveleary), Cillian Cooney (Aghabullogue): Shane Foley (Kilmichael), Dermot O'Callaghan (Aghabullogue/Aghinagh), Liam Kearney (Iveleary): Peter Kelleher (Kilmichael), William Coakley (Aghabullogue/Aghinagh): Seán O'Sullivan (Aghabullogue) capt., Seán Kelleher (Aghabullogue/Aghinagh), James Moynihan (Cloughduv): Joseph Ryan (Cloughduv), Pádraig Berhanu (Cloughduv), Cian Healy (Newcestown). Subs: Cillian O'Mahony (Newcestown/Macroom), Brendan O'Sullivan (Macroom), John Murphy (Macroom), Michael Dunne (Cloughduv), Michael J Grainger (Cloughduv), Daniel McSweeney (Clondrohid), Michael Cronin (Macroom), Liam O'Flynn (Macroom). Team Coach: Mr Fergus Ryan, DLS staff.

MUNSTER COLLEGES U 16 1/2 FOOTBALL - CORN NA GCOLÁISTÍ

De La Salle, Macroom 3 – 9 Col. na Tríonóide, Youghal 2 – 6

DLS met a determined Youghal side at Ballincollig in perfect conditions in the quarter final and although they had six points to spare at the finish, had the seiders been more accurate with their shooting, the winning margin would have been a lot less. After a very even first half, DLS led by 1-2 to 1-0 at half time, Noel Murphy getting the goal for the Mid Cork side. Goals from William Coakley and John Murphy helped DLS to a 3-5 to 1-2 lead at the three quarter stage but the East Cork boys staged a strong rally in the concluding stages and had the winners under considerable pressure to the final whistle. De La Salle: Dylan Dineen (Macroom): Barry O'Leary (Iveleary), Adam Healy (Kilmurry), David Murphy (Iveleary): Shane Creedon (Mac.), Michael Cronin (Mac.), Dermot O'Callaghan (Aghinagh): Peter Kelleher (Kilmichael), Pádraig Berhanu (Kilmurry): William Coakley (Aghinagh), Seán O'Sullivan (Aghabullogue), James Moynihan (Canovee): John Murphy (Mac.), Seán Kelleher (Aghinagh), Noel Murphy (Macroom).



De La Salle 5 – 14 (29) Mt. Hawke,

Tralee 6 – 13 (31) aet

DLS lost the Munster semi-final at Rathmore after extra time by a single point. Aided by a strong wind in the opening half DLS played confidently after a slow start and led by 1-7 to 0-1 after 17 minutes, Aidan Moynihan getting the goal. DLS then conceded a goal and after Sean O'Sullivan shot a second goal for the Cork boys, Mt Hawke got through for a second goal also. James Moynihan had a third goal for DLS on the stroke of half time and they led by 3-10 to 2-2 at the break – an eleven point advantage which was deserved.

Within 12 minutes of the restart the teams were level at 3-10 to 4-7. The Kerry boys now had the wind and after shooting four points in a row they registered a third goal and followed up with two points and another goal to draw level. Two further points and a fifth goal put them five points in front and DLS had not scored anything in reply. William Coakley had a fourth goal for DLS in the 55th minute to cut the deficit to two points and when Mt Hawke had a point from a



De La Salle Macroom - U16.5 footballers 2011, Munster semi finalists.

free, a battling DLS replied with a fifth goal from James Moynihan to level the scores. The Tralee side again went ahead but Sean O'Sullivan pointed for DLS to send the game into extra time, 5-11 being the score at this stage for each side.

In extra time DLS had the wind at the start and John Murphy and Aidan Moynihan had points to put them in front, but they then conceded a sixth goal to the opposition. When James Moynihan

saw his shot come back off the Tralee upright one felt that this was not going to be the Cork boys' day and so it proved. Aidan Moynihan levelled matters with a point but Tralee had two late points to get back in front and they stayed there this time. DLS were without the injured Dermot O'Callaghan but had Aidan Moynihan back after injury for this game.

Mid Cork Junior Football - Muskerry Cup 2011

1st Round:

Dripsey 1-12 Ballincollig 0-9: Donoughmore 3-15 Canovee 0-4

Quarter Finals:

Donoughmore 1-7 Dripsey 0-7: Iveleary 2-8 Clondrohid 1-8

Aghinagh 0-12 Ballinora 0-9: Kilmurry 4-7 Kilmichael 0-4

Semi Finals:

Kilmurry 0-14 Aghinagh 1-4: Iveleary 0-8 Donoughmore 1-14

Final:

Donoughmore 2-5 Kilmurry 0-6

Dripsey 1 – 12 Ballincollig 0 – 9

The first game of the year in Muskerry produced a lively and entertaining contest at Ballincollig before Dripsey emerged victorious. Ballincollig started well and had a 0-4 to nil lead in the opening quarter. Dripsey then rallied strongly and dominated to such an extent that they led by 0-8 to 0-5 at the break. Aidan Buckley had their first point from a free in the 16th minute and added two more from play. David O'Sullivan pointed to level matters and four more points followed before Ballincollig managed a sole point in reply. Ballincollig were on top on the restart and three points in a row brought them level by the 42nd minute. Aidan Buckley pointed to put Dripsey back in front and in the 48th minute took a pass from Diarmuid O'Riordan and buried the ball in the Ballincollig net from close range. This was the decisive score of the game and Dripsey were now on top and held their advantage to the finish despite the best efforts of the home side.

Dripsey: Ray Moynihan: Joe Murphy, Thomas Ahern, Liam Buckley: Daniel Buckley, Conor Hayes, Pat O'Riordan: Mark O'Sullivan, Aidan Murray: John Carey, Diarmuid O'Riordan, David Buckley: David O'Sullivan, David Foley, Aidan Buckley. Subs: Gary Murphy, John Buckley, Shane Manley, Brendan O'Regan and Stephen Murray. Referee: Mr John Ryan, Macroom.

Iveleary 2 – 8 Clondrohid 1 – 8

The players on both sides rose above the miserable weather conditions, wet, windy and cold, at Inchigeela to produce a contest that was always entertaining and interesting with the outcome uncertain until very late in the game.

Indeed at one stage in the first half it seemed that Clondrohid were the better side and again in the second half Clondrohid enjoyed a three point advantage as late as the 50th minute. They then conceded a penalty which was blasted to the net by Donal Cotter and Iveleary, with the benefit of an extra man on the field, were on top in the closing minutes and consolidated their position further.

Daniel O'Mahony had an opening point for Clondrohid but Iveleary replied with points from Patrick Cronin and Denis O'Leary to take a 4th minute lead. Clondrohid levelled matters at 0-2 each through a Paddy Lynch free and proceeded to dominate matters thereafter. Points from Aidan Kelleher, Fergal Kelleher and Martin Kelleher gave them a three-point lead by the start of the second quarter and only the alert goalkeeping of Jamie Cronin for Iveleary denied Clondrohid of goals on two occasions. Clondrohid looked to be in control but then Iveleary finished the half with a blast of scoring with Brian Cronin doing the damage on the scoreboard. Cronin pointed a free in the 21st minute, added a point from play and then took a pass from his brother Patrick before planting the ball in the far corner of the Clondrohid net in the 25th minute. A tap over free followed and Iveleary led by 1-5 to 0-5 at the break.

Early in the second half, Clondrohid had a man red carded after an exchange of opinions with the referee but they were not inhibited by this in the least. Fergal Kelleher levelled matters with a punched goal in the 42nd minute, adding to a Trevor O'Brien '45', and then pointed to put his side back in front at the three quarter stage. Further points from Daniel O'Mahony and Fergal Kelleher opened up a three-point gap between the teams with ten minutes remaining, 1-8 to 1-5 in Clondrohid's favour. Denis O'Leary had an Iveleary point and then in the 26th minute Iveleary were awarded a penalty, Donal Cotter blasted the spot kick high to the roof of the Clondrohid net to regain the lead for his team and then Seáníe Lehane, with perhaps the best score of the game, pointed for Iveleary from way out on the wing and into a strong westerly wind. Brian Cronin added a point from a free as Iveleary piled on the pressure and the home side were three points clear at the final whistle and now in

control.

Iveleary: Jamie Cronin: Kevin Manning, Ger O'Riordan, Barry Murphy: Seáníe Lehane, Cal McCarthy, Daniel O'Riordan: Donal Cotter, Shane Galvin: Denis O'Leary, Edward Buckley, Brian Cronin: David Dineen, Patrick Cronin, Alan O'Brien. Sub: Eamonn Creedon. Clondrohid: Sean O'Callaghan: James Kelleher, Denis Desmond, Conor O'Leary: Richard Balfe, Trevor O'Brien, Conor Desmond: Fergal Kelleher, John O'Connell: Aidan Kelleher, Paddy Lynch, Neilus Murphy: Martin Kelleher, Daniel O'Mahony, Iarla McCarthy. Subs: Jeremy O'Sullivan, David O'Leary, Brendan O'Callaghan and Mark Creed. Referee: Mr Ger Ahern, Canovee.

Donoughmore 1 – 7 Dripsey 0 – 7

The golden goal, which separated the teams at the finish of this Muskerry Cup quarter final at Donoughmore, was scored, appropriately enough, by Stephen Golden in the 15th minute. Conditions were difficult with high winds and a second half of rain, scores were hard to come by and the game's only goal was decisive in the end. All credit to the players on both sides who conquered the elements to provide a good quality competitive game.

Aidan O'Shea opened the scoring with a point for the home side and their hopes received a major boost with Golden's goal, set up by Jerry Buckley, in the 15th minute. There was little subsequently between the teams up to the interval, at which stage Donoughmore led by 1-4 to 0-3. Jerry Buckley, Colm O'Callaghan and Stephen O'Connor had points for the home side while Barry O'Regan, Aidan Buckley and Gary Murphy had a point apiece for the visitors. On the restart Mark O'Sullivan had a Dripsey point but Donoughmore replied with points from Jerry Buckley and Daniel Forde. Aidan Buckley pointed for Dripsey in the 43rd minute but Stephen Golden had a Donoughmore point to keep five points between the teams. As the game entered the closing stages, David O'Sullivan and Barry O'Regan had further points for Dripsey but they had kicked too many wides and had found the Donoughmore rearguard too vigilant and so a goal still separated the teams at the finish.

Donoughmore: Lawrence Barry: Dan McSweeney, James Honohan, Aidan Corkery: Ciaran Crowley,



Paul Crowley, Dan O'Sullivan: Daniel Forde, Conor Kelleher: Aidan O'Shea, Jerry Buckley, Stephen Golden: Stephen O'Connor, Brian O'Connell, Colm O'Callaghan. Subs: Tom Daly, Ollie Murphy, Patrick Murphy.

Dripsey: David Foley: Conor Hayes, Joe Murphy, Jeremy O'Driscoll: John Carey, Stephen Murray, Daniel Buckley: Mark O'Sullivan, Aidan Murray: Diarmuid O'Riordan, David Buckley, Gary Murphy: Barry O'Regan, David O'Sullivan, Aidan Buckley. Subs: Shane Manley and Pat Fitzgibbon.

Kilmurphy 0 – 14 Aghinagh 1 – 4

Kilmurphy, last year's runners up, are through to another Muskerry Cup final after their comprehensive victory over Aghinagh at Kilmurphy in the first of this year's semi-finals. Kilmurphy led from start to finish and were comfortably in front at half time and had victory wrapped up by the three-quarter stage. Battling Aghinagh never gave up, and finished well but their inaccuracies early on were their undoing.

Kilmurphy took the lead after only two minutes when William Buckley scored their opening point but they did not add to their lead until the 21st minute when Buckley pointed a free kick. In between Aghinagh had wasted many scoring opportunities and remained scoreless as Kilmurphy now added three further points to their tally through Buckley, James White and Dermot Desmond. Seán Horgan opened the scoring for Aghinagh at last in the dying seconds with a point to leave Kilmurphy in front by 0-5 to 0-1 at the break.

On the restart, Kilmurphy added four points to their tally, David O'Halloran (2), William Buckley and James White being the men on target. Effective Aghinagh substitute Paud Twohig had his side's second point in the 43rd minute but Kilmurphy replied instantly with a point from William Buckley to lead by 0-10 to 0-2 at the three-quarter stage. Paud Twohig and Michael O'Brien had a point apiece for Aghinagh but Kilmurphy replied with a brace from Martin O'Sullivan and John O'Leary to maintain the status quo. Five minutes from time, Micheál Corkery set up Paud Twohig for a blistering shot which hit the back of

the net and reduced the deficit to five points but again Kilmurphy responded and late points from Martin O'Sullivan and Michael John O'Mahony had them comfortably in front at the final whistle. Kilmurphy: Dean Knight: Liam Buckley, Eoin Barrett, Edward Long: Kevin Barrett, William Barrett, Liam Long: Finbarr Crowley, Kevin Crowley: Liam White, Dermot Desmond, David O'Halloran: Michael Linehan, James White, William Buckley. Subs: Martin O'Sullivan, John O'Leary, Michael John O'Mahony.

Aghinagh: Paul O'Sullivan: Daniel Kelleher, Micheál Corkery, Noel Healy: Paud O'Sullivan, Dave Barry, Seán Horgan: Noel Lehanne, Michael O'Brien: Trevor Burns, Jeremiah Kelleher, Alan Hourihan: Kieran Lehanne, Seamus O'Leary, David Kiely. Subs: Paud Twohig, Eamonn Fitzgerald, Donagh McCarthy.

Referee: Mr Ger Ahern, Canovee.

Donoughmore 1 – 14 Iveleary 0 – 8

Donoughmore reversed last year's semi final result and denied Iveleary their passage to a third successive Muskerry Cup final by outscoring the home side in the second semi final at Inchigeela. Iveleary were this year trying to make it three Muskerry Cup wins in a row but they never looked like getting the better of the visitors who have a young enthusiastic side, with a few wiser heads thrown in for a nice balance. Iveleary scored first and still led after ten minutes but Tommy Day's 12th minute point for Donoughmore put the winners into a lead they never looked like losing subsequently. Iveleary were never overwhelmed and had the difference between the teams down to a single point early in the second half but Donoughmore drew away from the home side again, very slowly in the third quarter and then with a flurry of scores in the final seven minutes which gave them a slightly flattering winning margin.

Cathal Vaughan had the opening score of the game for Iveleary with a point from a free in the 3rd minute but Jerry Buckley soon had the teams level with a point from play. Finbarr McSweeney put Iveleary back in front, Aidan O'Shea equalised and then in the 12th minute

Tom Daly put Donoughmore in front for the first time. Daly and his midfield partner Daniel Forde then added to the Donoughmore tally and when Jerry Buckley finished off a fine Donoughmore movement in the 20th minute with a point, the winners were leading by 0-6 to 0-2 and were well on top. Ten minutes before half time, Cathal Vaughan, now operating at full forward, had an Iveleary point from a free to which Jerry Buckley replied with a similar effort. Cathal Vaughan then set up Finbarr McSweeney for a point, pointed another Iveleary free and then punched over a point to reduce the deficit for the home team to a point. Stephen O'Connor had a late point for Donoughmore who thus led by 0-8 to 0-6 at the interval.

Despite the play sweeping from end to end there was little scoring in the third quarter, Seánie Lehanne getting a point for Iveleary before Aidan O'Shea and Conor Kelleher replied for Donoughmore. Five minutes from the end of normal time, Aidan O'Shea pointed for Donoughmore, Aidan Corkery and Colm O'Callaghan added a point each and then Stephen Golden, after drifting in behind the defence, took a pass from Colm O'Callaghan and blasted past Cathal O'Riordan from close range. Aidan O'Shea popped over another point and Daniel O'Riordan had a late consolation point for Iveleary.

Donoughmore: Laurence Barry: James Honohan, Barry Holland, Aidan Corkery: Daniel O'Sullivan, Paul Crowley, Ciaran Crowley: Tom Daly, Daniel Forde: Stephen Golden, Jerry Buckley, Conor Kelleher: Stephen O'Connor, Aidan O'Shea, Colm O'Callaghan. Subs: Dan McSweeney, Barry Crowley and Barry Twomey.

Iveleary: Cathal O'Riordan: Kevin Manning, Kevin Hourihan, Barry Murphy: Cal McCarthy, Gerard O'Riordan, Shane Galvin: Edward Buckley, Donal Cotter: Cathal Vaughan, Brian Cronin, Denis O'Leary: Finbarr McSweeney, Seánie Lehanne, David Dineen. Subs: Eamonn Creedon, Daniel O'Riordan.

Referee: Mr. Ger Ahern, Canovee.

2011 Muskerry Cup Final

Donoughmore 2 – 5 Kilmurphy 0 – 6

Donoughmore took the first junior football trophy of the season when they captured the Muskerry Cup by defeating Kilmurphy in the final at Coachford. Donoughmore had defeated Iveleary, the winners for the past two seasons, in the semi-final and now regain a trophy they last won in 2008. The Donoughmore victory was pretty comprehensive as they led for most of the game after the sides were level at 0-1 each in the 12th minute. Gerry Buckley had the opening score for Donoughmore in the 10th minute and James White had Kilmurphy's only first half score to equalise two minutes later. Donoughmore had been on top and this situation continued for the remainder of the first half. Daniel Forde put them back in front in the 17th minute, Colm O'Callaghan doubled their advantage a minutes later, and Aidan O'Shea, who was to emerge as their leading forward, made it a three-point lead immediately after. In the 23rd minute Aidan O'Shea picked up Tom Daly's long kick into the Kilmurphy goal area and from close range the Donoughmore made no mistake and buried the ball in the net. The score at half time was 1-4 to 0-1 and Donoughmore had been in command. On the restart, Paul O'Sullivan had an early Kilmurphy point but Gerry Buckley's point quickly cancelled it out. There was no further score until



Donoughmore U21 A Footballers who lost to Éire Óg in the Muskerry final

the three-quarter mark when William Buckley pointed a free for Kilmurphy but the Donoughmore defence was in control and Kilmurphy could not break them down. In the 53rd minute Aidan O'Shea had a second goal for Donoughmore when put through by Stephen O'Connor and the outcome was now certain. Late points from William Buckley and Alan O'Sullivan served to improve the scoreboard but could not change the outcome.

Donoughmore: Laurence Barry: Aidan Corkery, James Honohan, Denis O'Connell: Ciaran

Crowley, Paul Crowley, Dan O'Sullivan: Tom Daly, Daniel Forde: Stephen Golden, Gerry Buckley, Shane Sexton: Colm O'Callaghan, Brian O'Connell, Aidan O'Shea. Subs: Conor Kelleher, Stephen O'Connor, Kevin Kearney, Con Buckley, Ollie Murphy.

Kilmurphy: Dean Knight: Liam Buckley, Kevin Barrett, Eoin Barrett: Liam Long, Eoin Creedon, Kevin Barrett: Finbarr Crowley, Dermot Desmond: Joe O'Dowd, David O'Halloran, James White: Greg Barrett, John O'Leary, William Buckley. Subs: Paul O'Sullivan, Alan O'Sullivan, Mark O'Sullivan.



2011 Macroom Motors Muskerry U21 'A' Football Championship

Semi Finals

Donoughmore 1 – 14 Ballincollig 0 – 9

Donoughmore dethroned the champions of the past two years, and the dominant team in the competition over the past twenty years, when they deservedly got the better of Ballincollig at Coachford in the semi-final of the U21 'A' football championship. Donoughmore will now meet Éire Óg in the final and as neither of these clubs have won an 'A' U21 championship previously, a new name will be inscribed on the Mid Cork trophy this year. Donoughmore have produced fine minor teams in recent years and it seems that they are now beginning to carry those successes on into adult ranks.

Donoughmore were the more forceful side from the throw in and in the third minute opened the scoring when Kevin Kearney had a point from play. Two minutes later it was all square again as Ballincollig pointed. Donoughmore then took over, Colm O'Callaghan had a point from play, and this was followed by two points from the boot of Kevin Kearney, both from frees. The winners were rally flying and Shane Healy increased their lead further with a point from play, 0-5 to 0-1. Five minutes before half time Ballincollig got a point back but Donoughmore had their tails up and finished the half in blistering fashion with three further points, one each from Kearney, O'Callaghan and Shane Sexton, to one for Ballincollig, and they led by 0-8 to 0-3 at the interval.

Four minutes into the second half, Kevin Kearney pointed another free for Donoughmore to further increase their lead. Ballincollig fought



Mid Cork Motors U21 A Muskerry Football championship final. Pat Malone, Leas Cathaoirleach Mid Cork Board on left, Éire Óg captain Liam Murphy, John Manning, Mid Cork Toyota sponsors.

back and in a good period for them, they added three points to their half time tally to leave only three points between the teams at the three quarter stage, 0-9 to 0-6. The play was now very exciting and Donoughmore got some relief when Shane Healy pointed in the 46th minute but Ballincollig hit back with two points to reduce the deficit to two points. The Donoughmore defence was now under pressure but stood up to the challenge with full back David Lee very prominent. The only goal of the game was the next score when in the 53rd minute Terence Looney placed Sean Healy who made no mistake and billowed the Ballincollig net from close range. This goal shattered the

Ballincollig hopes and Donoughmore kicked four more points before the final whistle with Terence Looney, Kevin Kearney, Colm O'Callaghan and Kearney again on target. It was a great win for Donoughmore but a more difficult task lies ahead when they meet championship favourites Éire Óg in the final.

Donoughmore: Kevin O'Riordan: Stephen Looney, David Lee, Denis O'Connell: Shane Sexton, Paul Crowley, Darren Barrett: Daniel Forde, Conor Kelleher: Stephen Golden, Colm O'Callaghan, Stephen O'Connor: Shane Healy, Terence Looney, Kevin Kearney. Subs: Alan Twomey and Sean Healy.

Éire Óg 1 – 20 Macroom 2 – 7

Éire Óg were hot favourites going into this game and they justified their ranking. After an even enough opening period, the Ovens men got down to business and the undoubted strength of their attack quickly began to show. A goal for Ciarán Sheehan in the 14th minute made the score 1-5 to nil in their favour and they had held Macroom still scoreless by the interval when they had amassed a match winning score of 1-14 themselves. In the second half Macroom redeemed themselves somewhat with a battling display and while they never looked like winning they at least managed to contest and some of their scores were top class.

Macroom needed to score early to put pressure on the favourites but despite several good opportunities in the opening minutes they failed to score. John Dineen had the opening point for Éire Óg in the 6th minute and had added two more before Kevin Hallissey and Philip O'Sullivan had further points in the 11th and 12th minutes as Éire Óg began to show their power in attack, aided by their midfield dominance through Liam Murphy and Kieran Hutchinson. Philip O'Sullivan set up Ciarán Sheehan for a goal from close range in the 14th minute and Macroom already looked on a hiding to nothing. They were under the cosh for the remainder of the first half as points for Éire Óg followed in relentless succession from Ciarán Sheehan, Sheehan again, Liam Murphy, Dineen, Hallissey, Dineen, Dineen again, Fionn O'Rourke and Hallissey again to leave the half time score at 1-14 to nil. It was all over as a contest at this stage as Macroom did not possess the resources to turn that deficit around but they did at least inject some energy into their second



Macroom U21 footballers defeated by Éire Óg in mid Cork semi final

half challenge.

John Dineen opened the second half scoring, as he had done in the first half, with a point and Daniel O'Connor had another. Andrew Hegarty had a Macroom point in the 37th minute, their first score, but Ciarán Sheehan replied for the winners. Conor O'Sullivan had a second Macroom point and Tony Dineen a third in the 43rd minute. The two Dineens swapped points and then Ronan Sills and Andrew Hegarty did likewise. In the 54th minute Macroom's Tony Dineen scored a fine goal to give some dignity to the men in green and two minutes later Macroom were awarded a penalty after Darren Creed was knocked near to goal. Conor O'Sullivan's penalty was blocked by Craig O'Driscoll but the rebound came straight back out and the kicker punched to the net. John Dineen pointed a free for Éire Óg and in the minutes remaining Tony Dineen and Brendan Lynch had points for Macroom to leave Éire Óg comfortable winners at the final

whistle and heading for a final show down with Donoughmore in a novel Mid Cork final pairing. Donoughmore are reigning Mid Cork 'B' football champions but Éire Óg have never won an Under 21 title in any football grade and will be all out to rectify that situation this season. Donoughmore: Craig O'Driscoll: Kieran O'Sullivan, Tim Coveney, Killian Murphy: Ronan Dennehy, Eanna Lowney, Cian Murphy: Liam Murphy, Kieran Hutchinson: Kevin Hallissey, Ciarán Sheehan, Fionn O'Rourke: Daniel O'Connor, Philip O'Sullivan, John Dineen. Subs: Paul Ryan, Fintan Brennan, Sean O'Connor, Michael O'Shea, Ronan Sills.

Macroom: Thomas Creedon: James O'Connor, Colm Casey, Robbie O'Dwyer: Darren Kelly, Stephen Crowley, Tony Dineen: David Cotter, Trevor Horgan: Daniel Downey, Brendan Lynch, Denis Quinlan: David Horgan, Conor O'Sullivan, Andrew Hegarty. Subs: Darragh Crowley, Philip O'Sullivan, Mark McSweeney, Darren Creed. Referee: Mr Ger Ahern, Canovee.



Mid Cork U 21 'A' Football Championship Final – 1st title for Éire Óg

Eire Óg 0 – 16 Donoughmore 0 – 13

Neither team had won the 'A' championship before so irrespective of the result, history was going to be made when Éire Óg and Donoughmore clashed in the 2011 final, played under lights at Cloughduv. The game was a cracker with Donoughmore, underdogs before the start, really putting it up to their more fancied opponents who finished strongly, inspired by a great performance from their All Ireland Senior medallist Ciarán Sheehan. Ten minutes from time Donoughmore led by two points on a score of 0-12 to 0-10, but Éire Óg outscored them by six points to one in the closing segment, Ciarán Sheehan getting three of these match winning points.

Éire Óg started well and very early points from John Dineen and Ciarán Sheehan were followed by further points from Dineen, Sheehan and Daniel O'Connor to put Éire Óg 0-5 to nil ahead after eight minutes. Donoughmore had their first score from Kevin Kearney in the 9th minute and Declan Barrett subsequently added a point to leave Éire Óg three points clear at the end of the opening quarter. Donoughmore had improved immeasurably as the game progressed and

they were matching the favourites now. Ciarán Sheehan had an Éire Óg point in the 21st minute but Donoughmore countered with points from Shane Sexton, Shane Healy and Colm O'Callaghan before John Dineen finished the half with a point for Éire Óg, which left his side leading by 0-7 to 0-5 at the break.

On the resumption Donoughmore were back on the attack and points from Stephen O'Connor and Conor Kelleher had them level within three minutes. Ciarán Sheehan, now at midfield, restored the lead to Éire Óg with a point in the 35th minute but Shane Healy pointed to level once again and then Kevin Kearney kicked Donoughmore into the lead for the first time. It was all square again in the 43rd minute when Kevin Hallissey pointed for Éire Óg but within minutes Donoughmore were back in front when Daniel Forde fisted a point and then Kevin Kearney added another to cause Éire Óg added anxiety. John Dineen had an Éire Óg point which was matched by a Kevin Kearney point for Donoughmore and so with ten minutes remaining the men in Black and White led by two points. At this critical stage of a marvellous contest Ciarán Sheehan made his presence felt in

a telling fashion. He pointed a long range free in the 52nd minute and began to drive his side forward from midfield. Kevin Hallissey equalised and John Dineen's point put Éire Óg back in front again. Ciarán Sheehan doubled the advantage with a really superb point from play. Another point from Sheehan was matched by a Shane Sexton point for Donoughmore before Kevin Hallissey had the final score which gave Éire Óg a three-point victory and their first Mid Cork U 21 football title. Éire Óg: Craig O'Driscoll: Kieran O'Sullivan, Tim Coveney, Killian Murphy: Ronan Dennehy, Eanna Lowney, Cian Murphy: Liam Murphy, Ciarán Hutchinson: Kevin Hallissey, Ciarán Sheehan, Fionn O'Rourke: Daniel O'Connor, Philip O'Sullivan, John Dineen. Subs: Fiachra Landers, Sean O'Connor, Paul Ryan, and Fintan Brennan.

Donoughmore: Kevin O'Riordan: Denis O'Connell, Paul Crowley, Alan Twomey: Shane Sexton, David Lee, Darren Barrett: Daniel Forde, Conor Kelleher: Stephen Golden, Colm O'Callaghan, Stephen O'Connor: Shane Healy, Terence Looney, Kevin Kearney. Sub: Sean Healy. Referee: Mr Gene Buckley, Grenagh.



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Éire Óg - Mid Cork U21 A Football Champions for the 1st time

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OUR EDITORIAL TEAM: Tel: 026 42023 | E: leevalleyoutlook@gmail.com

Editor: Sarah Kate; 087- 2579497 | E: sarahkate1984@me.com

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Vaccinators at St Finbarr's Community Hospital. L-R Weng Limansag; Elbin Joseph; Majella Bradley; Rose O'Leary; Sam Varghese and Catherine O'Donovan



Peer vaccinator Weng Limansag vaccinates her colleague Rose O'Leary. Rose was the first staff member at St Finbarr's Community Hospital to receive the Covid-19 vaccination.



Weng Limansag vaccinating Kitty Owens, the first community hospital resident to receive the Pfizer BioNTech COVID-19 vaccine in Cork



Weng Limansag and Catherine O'Donovan prepare to vaccinate Kitty Owens, the first resident of a community hospital or nursing home in Cork to receive the Covid-19 vaccine. Weng and Catherine are staff members at St Finbarr's Community Hospital.



Cahereen Health Care Assistant Emilia Raczka receiving the Covid vaccine.



Cahereen resident Margaret Spilland receiving the Covid vaccine.



Cahereen's vaccination scene.

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5TH ANNIVERSARY



In loving memory of

**MAUREEN
HORGAN
(NEE KISSANE)**

Lyrenageeha, Ballingearry, Macroom,
Co Cork

Who died on 3rd February 2016,
aged 58

*God looked around his garden
and found an empty place
He then looked down upon the Earth
and saw your tired face
He put his arms around you
and lifted you to rest
With the help of his angels they flew
you to your heavenly place*



Remembered with love by all her family
and friends
Are dheis De go Raibh an anam dilis

20TH ANNIVERSARY



In memoriam

**JOHN
MURPHY**

Cooldorrihy, Kilmichael

Who died on 12 February 2001

A kind and generous man who lives long
in the memory of those who knew him.
Remembering also John's neighbours,
friends and relatives who helped him
when he was most in need.

We are always grateful for the stories and
fond memories we can share about John,
and may that long continue



Remembered always by Michael

5TH ANNIVERSARY



In loving memory of a dear husband,
father and grandfather

**TOMMY
KELLEHER**

Moulnahorna, Carriganima, whose
5th anniversary occurs on the 14th
of February.

*Though his smile we cannot see
and his hand we cannot touch,
We have wonderful memories
of the man we loved so much.
His memory is now our keepsake
of which we will never part,
God has him in his keeping
and we have him in our hearts.*



Sadly missed but never forgotten
by his loving wife Ann, Sons Kevin,
Anthony, Stephen, daughters in law and
grandchildren.

9TH ANNIVERSARY



In loving memory of

**KITTY
BUCKLEY**

Carrigagulla, Ballinagree, Macroom
Who died on 30th January 2012

*The world changes from year to year
Our lives from day to day
But the love and memory of you
Shall never pass away.
Parting comes, Hearts are broken,
Loved ones go with words unspoken
Only those who have lost can tell
The sorrow of parting without farewell.*



Remembered today and
everyday by your loving family

3RD ANNIVERSARY



In loving memory of

**DERMOT
HORGAN**

Raleigh South,
Macroom

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



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

20TH ANNIVERSARY



In loving memory of

**BARTHOLOMEW
(BATT) O' LEARY**

Kilmore, Ballingearry, Co Cork

Remembering with love today and every
day our father Batt who died on
February 02nd 2001 R.I.P
On his soul Sweet Jesus have mercy

*Your life was love and labour,
Your love for your family true,
You did your best for all of us,
We will always remember and love you.*



Always loved and never forgotten by
Sheila, Catherine, Joe and extended
family.

2ND ANNIVERSARY



In loving memory of

**PEG
O'SHEA**

7 O'Mahony Terrace, Dripsey.
Who died on 11th February 2019

*Remembering you is easy
I do it everyday,
Missing you is heartache
That never goes away.*



Lovingly remember
Your sister Joan & family

2ND ANNIVERSARY



In loving memory of

**PEG
O'SHEA**

7 O'Mahony Terrace, Dripsey.
Who died on 11th February 2019

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



Always remembered & sadly missed by
your nephew John Dineen & Mary O'Neill

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AN 5ú CUIMHNEACHÁN



In loving memory of

**DAN
LUCEY**

Bun Coille, Sliabh Riach, Baile
Mhúirne.

D'éag 04.02.2016

*I gcuimhne ar fhear uasal, stuama, a
sholaigh le grá dá chlann,*

*Suaimeas síorraí ar d'anam Daid
I bhfoluain na Naomh go raibh tú.*

Máire is do chlann.



3RD ANNIVERSARY



In loving memory of

**DENIS
HARTNETT**

Carrigleagh, Inchigeela, Macroom
who died on 4th February, 2018

*We thought of you with love today,
But that is nothing new.
We thought about you yesterday,
And the days before that too.
We think of you in silence,
We often speak your name.
All we have are memories,
And your picture in a frame.
Memories are our keepsake,
With which we will never part.
God has you in his keeping,
And we have you in our hearts.*



Sadly missed by his wife Anne, family
and grandchildren

10TH ANNIVERSARY



In loving memory of

**NORA
O'RIORDAN
(RYAN)**

64 Cork Street Macroom,
Whose Anniversary occurs on
February 6th.

*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 Mom,
and thanks for all you've done,
we pray that God has given you
the crown you've truly won.*



Missed and loved always by Daughters
Joanne and Fiona (Casey), Son in law John
and Grandsons Colm and Zachary.

20TH ANNIVERSARY



In loving memory of

**MAISIE
O'LEARY**

Carriganima, Macroom
Who died 9th February 2001

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



Always remembered by your daughter
Hannah Mary, son in law Tadgh,
granddaughter Gobnait and grandson
Martin

3RD ANNIVERSARY



In loving memory of

**JAMES
O'SULLIVAN**

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

*Down the path of memories
We gently tread today
Our thoughts and prayers are with you
As life goes on its way*

*Some May forget you
Now that you are gone
But we will remember
No matter how long*



Remembered always by your wife Phyllis
and family.

5TH ANNIVERSARY



In loving memory of

**JIM
MURRAY**

Lackaduve, Clondrohid.
Who died on February 8th 2016

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



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

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A Word of Victory

Welcome back dear reader "you shall not be afraid of the terror by night" (Psalm 91:5). Night terrors are a real struggle for many, both young and old. Fear can manifest in such ways as insomnia, obsessively checking doors and locks, bedwetting, nightmares, or fear of being attacked. These can all be rooted in a spirit of fear from past traumas. Everything appears much worse at night. As children many of us were terrorised by the threat of the 'boogie man' but we can still be dealing with that type of fear only now it arises in a different format.

Friend, God does not want you to be afraid at night - or at any time of the day for that matter! Fear is not from God, it is a weapon the devil uses to keep people in bondage. The sense of out of control fear and overwhelming stress in the atmosphere right now because of Covid, is aggravating difficulties preventing good sleep. If you are enduring pressure at work, or in your relationship, or in your finances, night time when everything goes quiet, is when thoughts start racing and it can be so lonely and isolating especially if others are in the house sleeping soundly. If this describes you listen, you are not alone. This is something many people struggle with during difficult seasons in life. It is a horrible feeling to be woken up by a nightmare, or to not be able to drift off into sleep because of fretting and being consumed by irrational fears that seem so real.

So how do we deal with fear? Bring it to God. Talk to Him and ask Him to reveal His love and peace to you. This will come through the study of His Word. Fear is the opposite of faith so work on your faith in God. How? By taking His Word which is His promises to you and applying them to your circumstances. "Faith comes by hearing and hearing by the Word of God." (Romans 10:17) A good place to start strengthening your faith and displacing fear is in the book of Psalms. King David wrote many of these inspired by the Spirit of God, but they were not all written when he was in a positive frame of mind. Very often they were cries from the heart when he was overwhelmed with terror. "What time I am afraid, I will trust in You" (Psalm 56:3).

Pray - Lord Jesus, I ask You to come into my life as my Lord. I ask You to fill me with Your peace. You are my Shield, the Lifter of my head. I will lie down and sleep sweetly for You will protect me. (Psalm 3:3-6; Proverbs 3:24). I renounce all fear and trust You instead. In Jesus Name I pray, Amen.

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NOVENA TO THE SACRED HEART



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

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

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

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

Must promise publication of prayer.

DS

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DS

Powerful Novena of Childlike Confidence



O Jesus, Who hast said, ask and you shall receive, seek and you shall find, knock and it will be opened to you, through the intercession of Mary, Thy Most Holy Mother, I knock, I seek, I ask that my prayer be granted (Request)

O Jesus, Who hast said, all that you ask of the Father in My Name, He will grant you through the intercession of Mary, Thy Most Holy Mother, I humbly and urgently ask Thy Father in Thy Name that my prayer be granted. (Request)

O Jesus, Who has said, "Heaven and earth shall pass away but My word shall not pass", through the intercession of Mary, Thy Most Holy Mother, I feel confident that my prayer will be granted.

MOL

2ND ANNIVERSARY



In loving memory of

**JIM
CORCORAN**
(JIMMY/JAMES)

Clodagh, Crookstown and late of
Terelton
whose 2nd anniversary occurs on the
5th of February

*God called your name so softly,
That only you could hear;
And no one heard the footsteps,
Of angels drawing near,
The golden gates stood open,
God saw you needed rest;
His garden must be beautiful,
He only takes the best.*



Lovingly remembered by Phil and family.

3RD ANNIVERSARY



In loving memory of

**JOAN
HERLIHY**

Derryroe, Macroom whose 3rd
Anniversary occurs on 4th. February.

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



Sadly missed and fondly remembered by
your loving family

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**NORA
CREEDON**

Bawnmore, Macroom
Died 30/01/2020

The family of the late Nora Creedon wish to extend our gratitude for your kindness and sympathy when it was greatly appreciated. We would like to thank our relatives, neighbours, friends and all those who attended the funeral ceremonies, sent messages of sympathy and Mass cards.

Special thanks to her carers, Ann O'Callaghan and Ann Healy and the teams in the Mercy University Hospital, Marymount HomeCare, Macroom HSE Community Care, Dr. Peter Cronin, the staff of Sullane Family Practice and Murphy's Pharmacy.

Heartfelt thanks to Monsignor James O'Donnell whose visits on the first Fridays were treasured by Nora, and for his guidance through the ceremonies.

Thanks to the Clergy and Sacristan of St Coleman's Church, Canon David Herlihy, Fr Michael O'Connell MSC and to Fitzgerald's Funeral Directors for their professionalism.

To all who helped in any way, please accept this acknowledgement as a token of our gratitude.
Mass has been offered for your intentions.



Suaímhneas síoraí dá h-anam.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**GERARD
SHEEHAN**

Chapel Road, Coachford
Who died 10th February, 2020

As we lovingly remember Gerard on his first anniversary his sister Sheila wishes to express her sincere gratitude and thank most sincerely all those who sympathised with her on her sad loss.

Thanks to all who phoned, sent Mass cards, letters of sympathy and floral tributes, your kindness is greatly appreciated and to all who travelled long distances to be with her.

Thanks to all who attended the removal and Funeral Mass.

A special word of thanks to Fr. Peadar Murphy PP, Cannon Donal Roberts for your lovely prayers and funeral Mass for Gerard.

Thank you to the altar society, musicians and singers.

A heartfelt thank you to the management, nurses, staff of Bridhaven Nursing home and GP Dr. Brennan for the wonderful care Gerard received during his time there.

I would like to express my deep appreciation to our extended family, wonderful neighbours and friends who helped and comforted me, their kindness and generosity was greatly appreciated. Thank you to Cyril and all the staff of Casey's Undertakers for their kindness, understanding and professionalism throughout the Funeral it was very much appreciated.

As it would be impossible to thank everyone individually please accept this acknowledgement as a token of her sincere appreciation.

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



Always remembered by your loving family and friends

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**HANNAH
O'LEARY**

The Rectory, Macroom, Co Cork who
died 27th February 2020.

The family of the late Hannah would like to thank most sincerely all those who sympathised with them on their great loss.

We offer our heartfelt thanks to the many friends, neighbours and well-wishers who visited our home, attended the wake, service and burial and who provided emotional and practical support for us at this difficult time. For those who telephoned, travelled sent floral tributes, cards and messages of condolences, we are truly grateful.

A special word of thanks to Hannah's Carers, Sullane Medical Practice & all the staff of Supervalu Macroom for the love and kindness you showed to Hannah.

To those who helped in any way, your contribution made our loss more bearable. As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our deepest gratitude.

*Bring flowers of the rarest
Bring blossoms the fairest,
From garden and woodland
and hillside and dale;
Our full hearts are swelling,
Our glad voices telling
The praise of the loveliest flower
of the vale!*

*O Mary we crown thee
with blossoms today!
Queen of the Angels
and Queen of the May.*



Rest in peace

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SHOP LOCAL
KEEP LOCAL JOBS

Households should be able to sell excess renewable power 'by summer' - Ryan

Stephen McNeice

GREEN NEWS

Ireland outlines net metering scheme for solar and renewables

The scheme is now under public consultation and is aimed at enabling citizens, farmers, business owners, and community organisations to sell excess solar power to the grid.

JANUARY 21, 2020 EIMILIANO BELLONE

SEAI

14 January at 07:49 - G

Today Minister Eamon Ryan announced that a new micro-generation support scheme is being designed to allow citizens and communities to generate their own renewable electricity, and sell the excess to the national grid. #HaveYourSay on the scheme: <http://tinyurl.com/10bda72>

New incentives planned for microgeneration

RTÉ

News & Analysis

Farmers to receive 'fair price' for selling excess electricity back to the grid under new scheme

Kathleen O'Sullivan

Jan 14, 2020, 6:45am

Ireland consults on new support scheme for microgeneration technologies

SEAI

14 January at 07:49 - G

BREAKING NEWS: Support scheme for selling your excess power at a fair price is coming this year

A new small scale electricity generation scheme for selling excess power to the grid will finally be a reality in a few months time.

This scheme will be open to home owners, farmers, business owners and community groups.

Now is the time to install your own Solar PV Panels. A free, remote site assessment and consultation can be done during Covid-19 lockdown.

SEAI grants of up to €3000 are still available, so have a chat with John Moynihan at JM Energy Savings & learn how you can invest in the future.



JM Energy Savings

www.jmenergy.ie

John Moynihan - JM Energy Savings, Ballingearry - Mobile: 086 374 2260 or visit the website



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