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Snow covered Musheramore and Musherabeg taken from Knockpogue shortly after dawn on the 17th January. PICTURE: HUMPHREY TWOMEY

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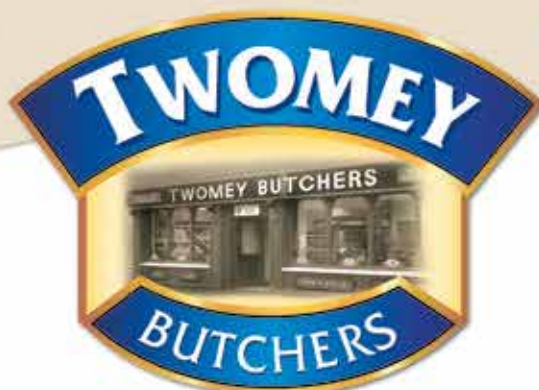
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If you cannot access physical copies, the LVO can be viewed online at:
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We are a bi-weekly magazine; therefore, submissions must be on the Sunday before publication at the latest, if you want a piece included in the following week's edition. Due to print processes, late submissions will be published in the following edition.

As always submissions as Gaeilge are always welcome too!

For Advertising email Des. E: des@outlookmags.com

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Macroom Library

Open Hours: 9.30 am – 5.30 pm from Tuesday – Saturday. Closed on Monday and Sunday.

Phone: 026 42483

Email: macroom.library@corkcoco.ie

Upcoming Events at Macroom Library:

All are free to attend.

Ciorcal Cainte will meet on Thursday January 26th at 11.30am.

Adult Book Club will meet on Wednesday February 1st at 11.30am.

Purlies Knitting Group will meet on Thursday February 2nd at 11.30am.

Creative Writing Group will meet on Friday February 3rd at 11am.

Bridge Club will meet on Wednesday February 8th at 10am.

RIGHTS MUST TAKE FLIGHT

Macroom Library will be full of colour on Friday February 10th from 10am – 12.45pm for a fantastic event called Rights Must Take Flight. People in attendance will get the chance to give wings to a wonderful heron sculpture and will hear from the contributing artists on the representation of the heron sculpture symbolising disability rights in arts and culture. This event is in partnership with Cope Foundation, Kanturk Community ArtLink, Cork Education and Training Board, and Cork County Council.

For more information and to book your place at this event, please visit us at the library desk or phone us on 026 42483.

LIBRARY CLOSURE

The library will be closed on Saturday February 4th because of the Bank Holiday weekend.

ART EXHIBITION SPACE

If you are a local artist and would like to display a selection of your work, please call in to us at Macroom Library to arrange for your art to be displayed in our art exhibition space. We would love to show off your creations!

Help us to make our Library more Age-Friendly
We're trying to make our library more Age-Friendly for our elderly visitors. To do this, we have created a short questionnaire for you to complete. We would love to read your thoughts and ideas on how we can make your library-going experience much more enjoyable and easier for you – Clearer signage? Better lighting? Less noise? All feedback is welcome.

The anonymous questionnaires are available in the library and, once completed, they can be put in the box near the library desk. Thank you.



John Cronin who recently retired from the Credit Union.



Lara Daly, Saoirse Desmond, Rachel Maher and Kitty O'Mahony represented Berrings NS at the Allianz Sciath na Scol Sports Quiz at Rochestown Park Hotel, PICTURE: MIKE ENGLISH

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Ed 02 - 26th January
2023

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- Tiziana Breakfast Club and Afterschool Club Leader
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- Rachel Preschool Leader
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- Collection from school



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At the Irish Community Air L-R Jo-Anne and Lena Cotter, Shauna O'Dowd, James O'Sullivan, Siobhan O'Dowd, Declan Sheehan, Donie Lucey, Liam Walsh, Deirdre Mor.

MACROOM AND DISTRICT LIONS CLUB HAND OVER €11,890 TO IRISH COMMUNITY AIR AMBULANCE, FUNDS RAISED FROM THEIR 'BALL RUN ON THE BYPASS'

In the lead up to the highly anticipated opening of the new Macroom Bypass last month, Macroom and District Lions Club members saw an opportunity to organise a unique fundraiser... and they seized it. In a few short weeks, the Club had distributed and sold thousands of tickets for their 'Ball Run on the Bypass' which took place on Saturday, 3rd December ahead of the official opening of the new road. The Ball Run involved 12,000 brightly coloured and individually numbered plastic balls being released at the same time from a point on the Bypass and racing to the 'finish line'.

Cork County Council, and Bypass developers, Jons Civil Engineering got behind the fundraiser, along with some incredible sponsors (Delforno Tiles and Timber; TK First Aid and Hygiene Supplies; and Matt Murphy's Pharmacy). Along with this, almost one hundred different businesses, retailers

and community groups supported the event, resulting in thousands of balls being sold across Cork and Kerry in less than two weeks!

With all prizes sponsored, every cent raised went directly to Irish Community Air Ambulance, a vital and life-saving service for rural communities such as Macroom.

The first prize of €1,000, sponsored by Delforno Tiles and Timber, was won by Maura Donnelly. The second prize of €200, sponsored by TK First Aid and Hygiene Supplies, was won by Grace Nash. Third, fourth and fifth prizes, sponsored by Matt Murphy's Pharmacy were won by Jill Kelleher, Tom Linehan, and Fr. Roberts, respectively. Prizes were handed over just in time for Christmas!

Macroom and District Lions Club members visited the Irish Community Air Ambulance base in Rathcool recently to hand over the cheque of €11,890 to Donie Lucey from the charity and to learn more about the service. At the cheque

presentation, Club member, James O'Sullivan wished to acknowledge the impact the service has on communities and how deserving it is of the funds raised. James also acknowledged the tremendous support shown for the fundraiser and thanked the many businesses, retailers and individuals who helped to sell and buy balls for the Ball Run.

Macroom and District Lions Club are busy making plans for 2023 and will kick off their year with a 'Meet The Clubs Day' on Saturday 4th March - a date for your diary if you are interested in learning more about the clubs, groups, and societies in the Macroom area. More information to follow.

Keep an eye on our Facebook and Instagram for more updates and get in touch with the Club by email macroomlionsclub@gmail.com or phone 087 4370466.



Grace Nash accepts a cheque for €200 from Macroom and District Lions Club members at The Castle Hotel, Macroom.



Joan Walker accepts a cheque for €1,000 on behalf of her mother, Maura Donnelly, from Macroom and District Lions Club members at The Castle Hotel, Macroom.

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MCEGAN COLLEGE

NATIONAL BORD BIA FINALISTS

On Wednesday 25th January McEgan College TY Students Kate Buckley, Brigid Ward & Fatima Abdulkadir are off to the BORD BIA HQ in Dublin as one of the three finalists in the Food for Thought competition. This nationwide competition for 2nd level students is about raising awareness among teenagers of sustainable practice in the food industry. Students made TIKTOK videos of their cooking and wrote an article explaining how they sourced their ingredients locally, showing an awareness of sustainability regarding food miles and reducing food waste. Our students made an impression on the judges with their creative entry as one of the 3 finalists. We are so proud of these students who were guided in their efforts by Ms. Hazel Bourke & Ms. Susan Dineen. Best of Luck to them.

POSITIVE REWARD FOR 5TH YR. STUDENTS

5th year students were brought to local business Kool Café as a reward for excellent work ethic, positive attitude towards school and their behaviour is exemplary. We are so proud of our 5th year students who are such positive role models for our younger students. This was a nice break from the books as students start preparations for their upcoming February midterm assessments.

U – 16 1/2 FOOTBALL

Recently McEgan College played Mayfield Community School in a tough Boys u16 1/2 Football match in Mayfield. Despite a very competitive game played by McEgan, Mayfield ran out winners by a goal. Looking forward to our next game already.



Past Pupils return to McEgan. Left to Right Niam McSweeney, Oisín McSweeney, Kate Clarke, Shauna Cronin, Katelyn Harrington, Shauna Bradley, Sheena Sheahan, Ava Coleman. Back Row Some of the 2nd Year students who got to hear about the reality of college life and the importance of keeping up with their studies and remembering that there is a lot of financial help available to help with the expense of college life.

BASKETBALL RETURNS

Our minor and junior girls' basketball teams are up and running and we currently must play 4 games in our pool. On Thursday 19th January our minors played MICC Dunmanway at home in the sports complex. The girls produced some excellent basketball but unfortunately could not get the better of a stronger Dunmanway side. The minors and juniors play again on Thursday 26th at home against Colaiste Ghobnatan. Best wishes to all the girls.

valuable insights into their college experience. All the current students got to meet with them. Their advice and experiences will hopefully inspire and motivate current students in their studies.

BIOLOGY STUDENTS GET EXPERIENCE IN MTU RESEARCH LAB

Tuesday 17th Jan Leaving Certificate Biology students carried out several experiments at MTU research laboratories. Working in a real research lab gave students insight into college life, university research and an opportunity to meet other students.

PAST STUDENTS RETURN MCEGAN

On Thursday Jan 19th, McEgan past students Niamh McSweeney, Kate Clarke, Katelyn Harrington, Oisín McSweeney, Shauna Cronin, Ava Coleman & Shauna Bradley returned to give



Top 3 finalists for the BORD BAI Food for Thought competition, Fatima Abdulkadir, Kate Buckley, Brigid Ward & Ms. Susan Dineen.



McEgan 5th Yr students enjoying a short respite from studying on Friday 20th. Thomas Pedrosa, Aisling O'Leary, Maya O'Mahoney enjoying the Kool Cafe Macroom



McEgan U16 1/2 footballers who lost by 1 goal recently in an intensely competitive match.



Conor Lych McEgan defending, while Noé Kollar comes to assist in their recent game vs Mayfield Community College.

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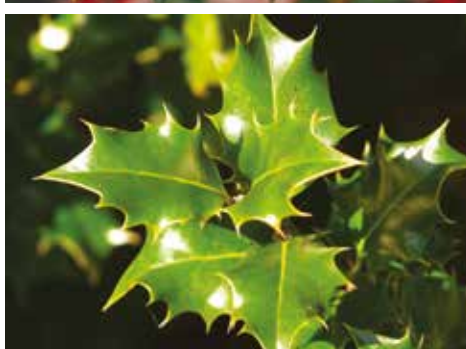
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The Macroom and District Environmental Group Think Globally, Act Locally

HOLLY - Medicine Plants of the Hedgerow

Hi! Chris Barrett back with you, hoping everyone had an enjoyable Christmas and wishing readers a very enjoyable 2023! Today I have the pleasure of speaking again with Ted Cook, Our local Heritage specialist. In previous talk now available online, see L.V.O. Nov.17th 2022, we traced the scientific discovery in 1828, of Salicin, (an active chemical in our Willow Tree) to the French pharmacist Henri Leroux. Salicin, Ted informed us, is the painkilling molecule in aspirin. Since that article was published, a University academic, researching Irish herbal medicine has translated a 15th Century manuscript written by a Feargeal O Ce' (O He'), hereditary physician to the McDermott kings in Co. Roscommon. O Ce' describes the pain relieving qualities of willow's cambium, or inner bark. Rosario Kingston, an acclaimed Cork herbalist, has described the 'Expulsion of the Earls' in September 1607, from Lough Swilly's western shores. The 'Expulsion' from Ireland included those hereditary Gaelic families, including their libraries which had for centuries provided pharmacy and surgery for the Gaelic nobility. The gathering and garlanding of our hearths with holly branches, from Ireland's only evergreen broadleaf, continues a tradition which has lasted for thousands of years. In a translation from French, we learn from Palaiseul that decoctions of fresh or dried Holly leaves were prescribed in ancient times for, 'catarrhal complaints and engorgements of the human respiratory tract including persistent cough, bronchitis, pneumonia and influenza'. Ted has kindly left me Palaiseul's Recipe for the use of Holly leaves, so I can provide it to anyone who is interested. I have chosen not to publish it here as my research has led me to a few sites on the Internet which say that Holly leaves have been known to cause diarrhoea, nausea, vomiting and stomach and intestinal problems. However, I also



read that both English Holly and American Holly have been used to make medicine in the past. I am reminded by Ted who tells me from personal experience, that the mixture, once made, will be extremely bitter and dry if it is not sweetened with honey, and that the berries must NOT be used. There is evidence everywhere that the berries are poisonous. Ted reminds us to leave the berries for the birds. Ted continues by telling me about Diana Beresford, a U.C.C. chemist and nuclear

botanist graduate who has recently published her insights, together with peer-reviewed research from numerous analytical laboratories. Beresford claims that from the time of gathering, before the Winter Solstice, up to about 6th January, these holly garlands released powerful health-giving aerosols into the atmosphere of the home. This complex outgassing 'edges down high fevers encountered by bronchitis' by protecting and expanding both the movement and expansion of our capillaries, i.e. oxygenating the body. In 2019 exploration of a fungus, unique to the 'plumbing', water transport pipes of Holly, was advancing. Interestingly, this fungus which functions to keep Holly healthy i.e. resistant to decay, is being trialled as a new Cancer Therapy. Mature leaves with intact terminal spines, which are found further up the Holly bush, are more concentrated as a tonic. Originally known as the Holy Tree, Holly still holds its place in our winter solstice celebrations which Ted reminds me have been borrowed for Christmas. I have been fascinated to hear how ancient and cutting-edge learning are working together regarding our understanding of the wonderful bush that is Holly.

I thank Ted for his contribution, and look forward to hearing more about Medicine Plants of the Hedgerow in the future. If anyone would like to share their experiences regarding this piece, or contribute an environmental article to this publication, please contact me chrisleevalley@gmail.com. Remember you can always contact the Environmental Group by emailing macroomenv@gmail.com

COACHFORD COLLEGE

Thursday night next January 26th sees one of the highlights of our school year as The Great Coachford Dance-Off makes a very welcome return to a live audience for the first time since January 2020. The event, which is co-ordinated by our Transition Year students, promises to be a colourful extravaganza, and the culmination of many months of preparation on the part of our students and staff. All proceeds will go to Marymount Hospice, the students' charity of choice.



MEP Kelleher calls for common EU approach to procurement and distribution of core medicines

Fianna Fáil MEP Billy Kelleher has said that the pan-European shortage of critical medicines to treat patients suffering from respiratory infections is proof positive that EU countries must continue to work together in terms of the procurement, purchasing, storage and distribution of key medicines. Kelleher was speaking ahead of a debate in the European Parliament this week on this very important and timely issue. "All EU member states, and not just Ireland, are suffering from shortages of common Over the Counter (OTC) medicines used to deal with the symptoms of respiratory infections. "While this current situation originates from a unique coming together of three serious viral infections - influenza, Covid 19 and RSV, at the same time, it demonstrates to us the weaknesses EU countries have in terms of accessing medicines at critical times.

"I firmly believe that Member States, led by

the Commission, need to agree to common procurement in terms of these and other important medicines. This is similar to how we dealt with the Covid 19 pandemic when it came to vaccines.

"We cannot allow a situation to arise where we see different national health systems competing with each other to buy the same limited stocks. We also need to ensure that there is a centralised database of who has what type of medicine, and who does not, to allow sharing of medicines between Member States if, and when, the need arises.

"At present, the EU Treaties do not allow for the EU to take the lead on most issues related to healthcare. I think it's time to review this, as I do see the value in a European Health Union to ensure value for money, easier procurement and sharing of resources at times of need.

"We cannot have any more winters where basic OTC drugs are simply not available to citizens," concluded Kelleher.

O'Mahony Walsh



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LIBRARY DATES FOR YOUR DIARY

- Knit, Craft & Chat Group Every Tuesday 11am to 12.30pm
- Library Book Club Friday 10th February 2023 11am to 12pm
- Creative Writing Group January meeting deferred to Sat. 28th Jan 11am to 12.30pm.
- Please confirm monthly meetings with the library on 026 45767 during opening hours.

Snow can be a delight and a frustration all at once. I must say I love the whispery silence that surrounds us after a fall of snow. To look out at such a white vista, with its little pops of colour from taller shrubs and dwellings. Seeing various animal footprints highlighted in the snow and being amazed that so much wildlife surrounds us. Knowing that children are delighted with the opportunities it creates – no school, lots of snowmen and snowball fights. Remembering the fun we had as children ourselves and years later recreating that fun with our own children. Seeing some of our furry friends, the cats and dogs who are our indoor pets, totally bemused by this strange cold, white carpet. But on the other hand, if you live rurally at any little bit of an elevation it's quite a different story. How to navigate the weather to get to work, appointments, even to get to the shop for basic necessities takes planning. It's such a frustration and it can be nerve wracking and the roads can be quite dangerous. It can be very stressful knowing that you are so near 'civilisation' but yet you can't get beyond your own lane. It's not so bad on a bright, snowy day when the sun reflects on the snow and creates a lovely clear light. But during this last stretch of snow we had fog that lasted all day. It was dull and gloomy and if you can't get out of the house it can be very disheartening. So although snow does bring a certain amount of joy we are usually quite happy to see it receding from the landscape leaving only a white cap on high ground to remind us that it is still Winter.

Although it is still Winter, I know the gardeners amongst us are busy. Now is the time to plan your vegetable plot, your plant containers to provide colour from Spring onto Autumn and of course there is pruning to be done. Ballyvourney Library has a very large selection of books on gardening from how to plan and layout a garden down to what plants to choose for the various aspects of

your garden. There are books on patio design and container gardening and a great selection on gardening for self-sufficiency. There are books to suit complete novice gardeners up to experienced gardeners.

If gardening is not your thing Leabharlann Bhaile Bhúirne has many other topics to choose from and of course if the book you need isn't available in the branch it can be ordered in if it is available on the national catalogue.

If you prefer reading fiction, there are circa nine thousand fiction titles to choose from in Ballyvourney Library and of course the option of ordering from the national catalogue is open to you also as it is for DVDs and CDs. All the popular authors are represented and many series by authors can be availed of.

Leabharlann Bhaile Bhúirne has a great children's section. There are lovely board books, touch and feel books and pop up books that appeal to very young children and babies. There is a large selection of easy readers in English to get your little scholars off to a good start with basic reading and similarly in Irish there are books to suit every age. Children can then advance through the picture book stage onto easy chapter books and then onto longer chapter books and there is a great teen section as well as a young adult section for those transitioning between children's books to adult books.

Leabharlann Bhaile Bhúirne will be closed on Saturday 4th February as it is a Public Holiday Weekend. St Brigid's day, which falls on 1st February annually, was chosen as Ireland's new public holiday honouring our pandemic heroes, heroines. I'd like to think it also remembers those we lost during the pandemic, who didn't get traditional Irish funerals, like my own Mum. The Celtic Goddess Brigid was known for her gift of healing, strength, resilience and hope therefore, I think St Brigid's Day is a good choice for this new holiday and it's great to see an Irish woman at the forefront of it. The ancient Celtic festival of Imbolc which marks the first day of Spring in Ireland also falls on the 1st February. The National School I went to was St. Brigit's, so we used to get the day off. For a few days in advance of Lá Fhéile Bríde we were kept busy picking rushes to make St. Brigit

Crosses and making sure to put Brát Bríde out. I'm sure many others of you have these memories. Leabharlann Bhaile Bhúirne has a lovely leaflet about St. Brigid available, please drop in to collect one.

Beidh Leabharlann Bhaile Bhúirne dúnta Dé Sathairn 4ú Feabhra mar gur Deireadh Seachtaine Saoire Poiblí é. Roghnaíodh Lá Fhéile Bríde, a thiteann ar ú Feabhra gach bliain, mar lá saoire poiblí nua na hÉireann chun onóir ár laochra paindéimeach agus banlaochra. Ba mhaith liom smaoineamh go gcuimhníonn sé freisin orthu siúd a chaill muid le linn na paindéime, nach bhfuair sochraidí traidisiúnta, cosúil le mo Mhamáí féin. Bhí aithne ar an Bhandia Cheilteach Bríd as a cumhacht leighis, neart, athléimneachta agus dóchais mar sin, ceapaim gur rogha mhaith é Lá Fhéile Bríde don tsaoire nua seo agus is iontach an rud é bean Éireannach a fheiceáil chun tosaigh inti. Titeann an fhéile ársa Cheilteach Imbolc ar an gcéad lá den Earrach in Éirinn ar an 1ú Feabhra freisin. Ba í Scoil Naomh Bríd an Scoil Náisiúnta a ndeachaigh mé, agus mar sin bhí an lá saor againn. Ar feadh cúpla lá roimh Lá Fhéile Bríde bhí muid gnóthach ag piocadh luachra chun Crois Bhríde a dhéanamh agus ag déanamh cinnte Brat Bríde a chur amach. Táim cinnte go bhfuil na cuimhní seo ag go leor daoine eile agaibh. Tá bileog álainn faoi Naomh Bríde ar fáil i Leabharlann Bhaile Bhúirne, buail isteach le do thoil chun ceann a bhailiú.

BRIGID'S PROMISE

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O'm lá-sa amach
Agus leath mo lae feinigh*

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Dúnta gach Luan agus Déardaoin
Closed every Monday & Thursday
*Dúnta ar Shatharn Deireadh Seachtaine na Saoire Poiblí
*Closed on Saturday of Public Holiday Weekend
- Eolas : 026 45767



Mary Noonan presenting the Seamus Noonan Memorial Cup to the winning Poc Fada team of Sean O'Callaghan, Ned Coleman and Conor Leisk (Capt.), which was hosted by Inniscarra GAA and Inniscarra Camogie Clubs on St. Stephen's Day



Meabh Ni Cheilleachair, Liam O'Duinnin, Barra O'Laoire agus Nathan O'Croinin represented SN Beal Atha an Ghaorthaigh at the Allianz Sciath na Scol Sports Quiz at Rochestown Park Hotel. PICTURE: MIKE ENGLISH

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NUACHT Ó CHOLÁISTE GHOBNATAN

COMÓRTAS DÍOSPÓIREACHTA UÍ CHADHAIN

Le Doireann Ní Mhocháin

Ghlacamar páirt sa Chomórtas Díospóireachta Uí Chadhain in Óstán an Radisson i Luimneach. Na daltaí a bhí ar an bhfoireann ná Aobha Ní Mhuimhneacháin, Claire Ní Aodha, Niamh Ní Laocha agus mé féin. Ní raibh an t-ádh linn ar an lá ach bhaineamar an-taitneamh as. Ba mhaith linn ár mbuíochas a ghabháil lenár múinteoirí – Iníon Ní Bhriain agus Iníon de Brún – a chabhraigh linn.

TURAS CHUIG AN TAISPEÁNTAS EOLAÍ ÓG

Ar an Aoine 13ú Eanáir chuaigh an tríú bliain agus an ceathrú bliain go dtí an Taispeántas Eolaí Óg san RDS, Baile Átha Cliath. D'fhágamar Baile Mhic Íre timpeall a 8 ar maidin. Bhí sé suimiúil chun feiscint ar na tionscnaimh difriúla agus an obair go leor a chuir na daltaí isteach iontu. Bhí na postaeir ar chaighdeán an-ard. Bhuaileamar le cairde ó scoileanna eile. Ag cúl an RDS bhí seó trádála le roinnt comhlachtaí - ceann amháin faoi grafaicí comhtháite mar shampla. Chuaigh roinnt daltaí isteach san ionsamhlóir timpiste a bhí ag an RSA chun taithí a fháil ar thimpiste cairr. Tháingamar abhaile timpeall 9.30 - lá fada ach taitneamhach. Míle buíochas do na múinteoirí – Iníon Ní Riordáin, Máistir Ó Laoire agus Bean Uí Thuama – a thaistil leo

TURAS FISICE

Le Micheál Ó Céilleachair

Ar an Domhnach 15ú Eanáir, chuaigh mé suas go dtí Gaillimh le mo rang fisice agus an rang fisice i mbliain a sé. Shroicheamar ár n-óstán agus ansin bhí am againn chun siopadóireacht a dhéanamh. Tar éis sin chuamar go léir go dtí bialann deas agus chonaiceamar ár múinteoirí don chéad uair gan scáileán. Ar an Luan d'éiríomar go luath don bhriceasta agus shiúlamar go dtí Ollscoil na Gaillimhe. Shroicheamar an tsaotharlann ag 9 agus bhuaileamar suas le na daoine eile atá inár ranganna. Chaitheamar cúpla uair a chloig ag déanamh trialacha éagsúla. D'fhágamar an tsaotharlann ag a 3 agus chuamar abhaile ar an mbus arís. Gabhaimid ár mbuíochas a ghabháil le hIníon Ní Riordáin agus an tuismitheoir a thaistil linn.



Aobha Ní Mhuimhneacháin, Claire Ní Aodha, Doireann Ní Mhocháin agus Niamh Ní Laocha ag glacadh páirt i

LÁ NA NGEANSAITHE NOLLAG

Rith an Comhairle na nDaltaí Lá na nGeansaithe Nollag ar son "Cork Simon" agus bhailíodar €100 - maith sibh!

CÁRTAÍ AITHEANTAIS AN MHIC LÉINN

Le Lucy Ní Aodha

D'eagraigh an Chomhairle na nDaltaí cártaí aitheantas pearsanta a chur ar fáil don scoil. Bhí praghas €15 ar na cártaí seo agus is féidir linn laghdaithe a fháil in an-chuid siopaí móra leis an cárta seo. Silim gur rud an-áisiúil é dúinn, go háirithe na scoláirí níos óige mar go mbeidh siad in ann iad a úsáid go deireadh bliain a sé. Chabhraigh Bean Uí Dhonnchú go mór linn é seo a eagrú agus bhí suim ollmhór ag scoláirí iad a cheannach!

PEILE SINSIR NA MBUACHAILLÍ

An tseachtain bhí ár bhfoireann peile sinsir na mbuachaillí i leath-cheannais na Mumhan. D'imir siad in aghaidh Meanscoil Naomh Iósaeaf ó Rinn na Spáinneach. Faroar ní raibh an t-ádh oraibh ar an lá. Míle buíochas le Máistir Ó Creimín a bhí mar a dtraenálaí

BLIOTSA PEILE NA GCAILÍNÍ

Le Rebecca Ní Chárthaigh agus Katie Ní Chonaill

Bhí bliotsa peile againn i nDroichead na Bandan, bhí sé an chéad turas amach mar fhoireann. Dheineamar téamh suas ar dtús agus ansin thosaigh sé ag cur báistí don chéad cluiche in aghaidh Brogan's



Darcy Ní Bhriain agus Sara de Grant ag an Taispeántas Eolaí Óg sa RDS.

Droichead na Bandan. Bhuamar an cluiche sin 8-2 in aghaidh 1-6. Sa dara cluiche d'imríomar in aghaidh Dún Mánmhai. Bhuamar an cluiche sin freisin 4-5 in aghaidh 2-4. Sa chluiche dheirneach d'imríomar in aghaidh Ros Ó gCairbre. Chríochnaigh an cluiche sin ar chomhsóir. Bhaineamar an taitneamh as! Bhí lá iontach ag an bhfoireann go léir. Bhuamar an bliotsa agus ciallaíonn sé sin go bhfuilimid ag dul ar aghaidh go dtí an cluiche leathcheannais sa chomórtas anois, Go raibh mhaith agat d'Iníon Ní Chonchúir agus Iníon Ní Bhuachalla a thaistil linn ar an lá

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Daltaí Fisice ag an Lá na dTurgnaimh in Ollscoile na Gaillimhe

Why Do I Wake Up With Neck Pain?

Sometimes described as a "crick" or "kink" in the neck, pain on waking in the morning is a common complaint from patients that come into our office.

The result is not only pain but an overall decrease in the range of motion of the neck. **So, how does this happen?**

The main cause of neck pain upon waking is poor sleeping position. People who sleep on their stomachs typically have the most issues with their necks. While sleeping on the stomach for 6-8 hours each night the head is rotated to the left or right when laying on the pillow.

So, imagine standing or sitting with your head rotated in either direction for up to 8 hours. Another way to develop the "kink" or "crick" is by sleeping on more than one pillow or a pillow that is too large. This

will cause the neck to either be pushed forward or to the side too much where it is not aligned with the rest of the spine resulting in misalignment, muscle pulling and pain.

To have a "crick" or a "kink" is a term used when the bones, (vertebrae) in the neck are severely misaligned and putting pressure on the nerves leading to pain and decreased motion. Some people like to refer to this as a "pinched nerve". The misalignment of the neck will also cause muscle pulling over a period of time that can lead to spasm and inflammation resulting in pain.

How does the "kink" get fixed? As chiropractors we help to treat the problem in the neck with an adjustment. This will allow the bones to be restored to their normal position in the neck which results in reduced nerve pressure. After an adjustment, range of motion

and pain will be improved but inflammation is still taking place. The use of ice for periods of 15-20 minutes at a time will help with decreasing swelling and pain between adjustments.

Be sure to consult a chiropractor after feeling a "kink" or "crick" in the neck and do not allow the injury to try and heal over time.

Even if the pain subsides, the chances for re-exacerbation are high because the nerve pressure still exists.

It's important to remember, painkillers work to numb the pain but never resolve the underlying issue.

Chiropractic on the other hand will help relieve the pain and symptoms while also addressing the root cause.



By Dr. Ben Martin
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ST MARY'S NEWS

NATIONAL WRITE A POEM COMPETITION

Great news-two of our students have been awarded prizes in the National Write a Poem Competition and have been invited with their parents and teacher to an awards ceremony in Portlaoise in April. Their poems will also be published in a collection. The National Write a Poem adjudication committee has awarded Chloe Lehane's "Written in The Stars" second place in the Junior Cycle category. Chloe's poem demonstrates effortless control of form and theme. The poem's plea resonates with us all. The National Write a Poem adjudication committee has highly commended Eugenie Kelleher's "A Teddy Bear's Essence" in the Junior Cycle category. Eugenie's poem is one of three highly commended poems. Eugenie's lyricism and mature voice are remarkable and are undoubtedly the signs of an emerging poet. Congratulations to you both on this wonderful achievement. Your dedication to the development of authentic student writing is exceptional. Thanks so much to your English Teacher Ms Murnane for her support and encouragement. Well done all

BT YOUNG SCIENTIST AND TECHNOLOGY EXHIBITION 2023

Huge congratulations to Lily O'Shea, Grace Kelleher and Caoimhe O'Brien for receiving a special award at the 2023 BT Young Scientist and Technology Exhibition for their project on 'Passenger transport emissions modelling to inform local and National school sustainable transport policy'. This is a sustainable transport award was awarded by the judges at the exhibition and was sponsored by efflow.

Huge congratulations also to our 2 winners of 'Highly Commended' awards.

Leah Coakley and Holly Wenger won in the Technology category for their project 'Construction and Evaluation of a DIT Air Filter' and Lucy Murray for her project on 'Can Ireland sustain producing its own quality baking flour with triticale amidst the current food crisis'. Well done girls on this amazing achievement. We are so proud of you all.



Highly Commended at Bt Holly Wenger and Leah Coakley with Michéal Martin.



Cork U14 Football Team Members Ruby Prendeville, Roisin Ni Liatháin Agus Hayleigh O'Shea.



Highly Commended at BT Lucy Murray.

While the focus at BT is mostly on students, our fantastic teacher Shannen Foley was one of the main winners. Ms Foley was recognised with an "Educator of Excellence" award. We at St Mary's are so proud of Ms Foley and she is very deserving of this award.

SPORTS UPDATE

Our First and Second Year basketball teams are off to a flying start after their wins recently.

First Year St Mary's 32 - St Aidans 6

Second Year St Mary's 34 - St Aidans 6

Well done girls and thanks to trainers Paul and Ms Hickey.

-Great win for our 1st Year Footballers last week in their game against Coláiste Choilm Ballincollig. St Mary's Macroom 6-09 Coláiste Choilm Ballincollig 0-07. Well done girls and coaches.

-Well done to our U16 ½ Camogie Team who competed in the Cork Colleges A Cup County

Camogie Final against Presentation Mitchelstown in the Colleges Pitch in Mahon recently. Captains were Annie O'Brien, Annah Devine and Ciara Kelleher.

-Trainers Liam Slattery and Mrs McSweeney. Our girls put on a fantastic performance but lost to the better team on the day, congratulations to the girls from Presentation in Mitchelstown.

CONGRATULATIONS

Congratulations to Ciara Kelleher and Lily O'Shea who have been selected on the Cork U16 football team for the coming year. Not only that but both players are also members of the Cork U16 camogie team. What an amazing achievement. Well done girls.

Congratulations to Caoimhe O'Brien who has signed for Cork City U17s. Caoimhe is a very dedicated soccer player and all her dedication and hard work has paid off. Well done Caoimhe on this amazing achievement.

Congratulations to Roisin Ni Liatháin and Hayleigh O'Shea who have been selected as part of the Cork U14A team for the coming year. Congratulations to Ruby Prendeville who has been selected as part of the Cork U14B team for the coming year. A great achievement girls, well done we are very proud of you all.

FILM PREMIERE WHEEL OF DREAMS

We would like to congratulate Rosie McCarthy Adair ahead of the Film Premiere of 'Wheel of Dreams' which will take place tomorrow from 5.30pm to 9pm in the Clonakilty Cinema and Park Hotel. This is a ground-breaking film by nine Traveller girls and young women from West Cork which gives a unique insight into their life and experiences. Rosie McCarthy Adair, one of our 3rd year students is one of the primary actors. West Cork Travellers developed the Wheel of Dreams programme after outreach and development work identified a lack of opportunities for Traveller girls and women in West Cork, linked to anti Traveller discrimination in the wider community, gendered cultural expectations and challenges progressing in formal education training and employment. Well done Rosie we are so proud of you and we can't wait to see you on the Big Screen!



National Write a Poem Competition Write A Poem Competition Winners Eugenie Kelleher and Chloe Lehane with their English Teacher Ms Jennifer Murnane.



Special Award Winner At Btyse 2023 Caoimhe O'Brien, Grace Kelleher and Lily O'Shea.

HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie

Rusheen National School

Rusheen, Coachford, Co. Cork



NOW ENROLLING PUPILS FOR SEPTEMBER 2023

Visit our Website: www.rusheenns.ie or contact the school by phone on:

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Muinefliuch National School



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Open Day & Information Evening

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Tuesday February 7th

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DE LA SALLE NEWS

UPDATES FROM ROOMS 30, 44 AND 45

De La Salle Autism class group have been very busy ringing in the new year. With the great help of Mr Long, they have constructed three shelves to house books in our school's new library. They have also made a table top from reclaimed wood for the school's 'Chess Zone'. Lastly, they are welcoming back their weekly yoga sessions which bring zen grounding to their school day.

TY IRISH TRIP

All transition students had the pleasure of going to see the well acclaimed film 'An Cailín Ciúin' with their Irish teachers in The Reel Picture, Blackpool last Wednesday. This film has been shortlisted for an Oscar in the best international film category. Despite a frosty start, 60 students enjoyed the film and the day out. Tá súil againn go mbeidh bua ag an scannán sna Gradam Oscar!

TY UPDATES

Transition Year students participated in a new set of activities between mid-term and the Christmas holidays. The boys enjoyed modules in Drama, Hip-Hop Dance, Sports Analysis and in the Macroom Town Complex.

Transition Year students participated in the annual Macroom Charities Appeal on December 15th and 16th. The proceeds of the collection will be donated to three local charities: St. Vincent de Paul, COPE and Macroom Senior Citizens.



Pictured below are some of our coaches kitted out in the stylish new gear! The GAA coaching team consists of Fergus Ryan, Conor Kinsella, Michael Burns and pictured below: Stephen Quinn, Fiachra Landers, Liam Long, Cian Kiely, Shane Ryan, John Ryan and Michelle Healy.

We would like to thank the local community for their generous donations.

DE LA SALLE COLLEGE GAA COACHES

We are lucky in De La Salle to have such a committed staff. Some of that staff are involved in preparing our football and hurling teams and generously give a massive amount of their free time to the development of GAA in the school. They would like to thank Mr. Murphy (principal) for providing our coaches with gear for the wintery conditions on the sideline.

Pictured below are some of our coaches kitted out

in the stylish new gear! The GAA coaching team consists of Fergus Ryan, Conor Kinsella, Michael Burns and pictured below: Stephen Quinn, Fiachra Landers, Liam Long, Cian Kiely, Shane Ryan, John Ryan and Michelle Healy.

Finally, a big congratulations to our maths and PE teacher Mr. Shane Ryan on his All-Ireland Intermediate Football club victory with Rathmore two weekends ago. Shane got man of the match, scoring 1-3 to cap off what have been a terrific few months for him. Well done Shane, we are all so delighted for you.



De La Salle College.

AGHINAGH NOTES

AGHINAGH G.A.A. HISTORY

Aghinagh G.A.A. are currently researching the history of the G.A.A. in the Parish. If anybody has any relevant information, photos, stories, etc. please forward to Gerard Coakley at aghinaghgaaresearch@gmail.com or contact any of the following:- Neily Lehane (026) 41910, Jimmy Cotter (086) 1281891, Patrick Twomey (087) 6126313.



Inchigeelá- looking north to Mullach an Ois and the Paps. PICTURE: NORA O'RIORDAN



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WILL BE CLOSED
FROM TUESDAY 31st
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8th February
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CLONDROHID NOTES

CLONDROHID ACTIVE RETIRED

This group hosted their first coffee morning of 2023 on Wednesday last. A great crowd attended and the chat and banter was refreshing. Membership for the next 12 months was collected, so it's all systems go from February onwards.

NEWSFLASH: A new DVD (Action Through The Years) will shortly be available locally, courtesy of the one and only Johnny Cool. As you may remember, or may not, depending on your age, but Johnny was well known for his feats, featured regularly on Dan Joe's local TV, climbing trees, roof tops, standing on a rolling barrel on top of a roof, just to mention a few.

Well he has decided with the help of his family to bring these stunts into the modern world of technology. So all will be revealed shortly, when the DVD becomes available. More on this later. Can't wait!!!!

PARISH OFFICE

Please note the Parish Office at the Parochial House is open on Thursday mornings from 11am to 1 pm. The landline is 026 61933. Emergency sick calls number is 0858471249

MUINFLIUCH NAT SCHOOL

Open day and Information Evening for prospective Pupils and Parents on Tues Feb 7, 9.30 to 3.30pm and 7 to 8pm. Telephone 026 44077 All welcome CARRIGANIMA NAT. SCHOOL: Open week Tues Feb 7 to Fri. Feb 10 from 9.20 to 3pm.

No appointment necessary, if time is not suitable ring 0867943289 to arrange a time. Every welcome. Clondrohid GAA would like to extend their deepest sympathies to the family and friends of Paudie Palmer, whose passing came as a massive shock to everyone

Clondrohid has many memories of Paudie at their festivals, many years ago. He judged their Lee River Rose competition with humour and wit. A gentleman to be remembered. May he rest in peace.



JANE O'BRIEN CLONDROHID, RETIRES FROM CREDIT UNION AFTER 30 YRS SERVICE.

MUINEFLIUCH N.S.

Showtime in Muinefliuch N.S.

The day before our Christmas holidays, the whole school community came together to be entertained by the children in Muinefliuch N.S.

The Junior Room opened the showcase with a selection of Christmas themed songs and poems which they had learned over the few weeks before the performance.

Next up were the Middle Room, who blew everyone away with a dazzling variety show including singing as Gaeilge agus as Béarla, acting, poetry and some tin whistle.

Last to take to the stage were the Senior Room who raised the roof with a hilarious play entitled "Uisce

Beatha". This was a very professional performance from a group of incredibly talented actors, which included singing, comedy and dancing. They had the whole audience in stitches by the time they were finished.

To round off a very enjoyable afternoon, the children in each of the classes came together to sing "Winter Song" before celebrating a job well done.

CARRIGANIMA N.S.

State-of-the-art AstroTurf Pitch at Carriganima National School

Pupils in Carriganima National School are thrilled with their new Astro-Turf Pitch which is located on

the school grounds. It helps to create a captivating and safe outdoor learning environment and is an exciting and secure space to play, learn and develop social skills and friendships.

As an Active School, the new facility will have a positive impact and will help to encourage the whole school to enjoy physical activities.

It is a tremendous addition to the sporting curriculum and playing facilities in the school and is an incredible achievement for the school community.



Showtime in Muinefliuch N.S.



Astro Turf Pitch at Carriganima National School



Bernie O'Riordan, Cormac and Maighread Buachalla, Martha and John McCaffery, Jane O'Donovan and Doug Lucey, organisers of the Coachford 200 history exhibition.



Coachford College Graduation ball 2021.

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UIBH LAOIRE NEWS

CROI NA LAOI AGM

The development society had its AGM recently and the following officers were elected for 2023: Chairperson, Tim Ó Meachair, Vice Chair: Dan Kelleher. Secretary, Mary Murphy, Assistant Sec. Stephanie Murnane. Treasurer: Andy Wells, Assistant: Fin Cronin, PRO: Nora O Riordan. There was a good attendance with some new faces, all made welcome. Tributes were paid to the officers and members for making 2022 a very successful year. Special tribute was paid to the outgoing Chairman, Dan Kelleher and outgoing Secretary, Neasa Ní Laoire for their tremendous work and leadership during the past three years. Special mention was made to the local community for chipping in when needed and to the school community and parents for joining in the good work. We wish the new committee and members continued success.

NEWS LETTER

A very interesting news letter was again produced for the recent Christmas, containing interesting essays, news, songs, poems, history etc. Such an achievement doesn't happen without the joint effort of many contributors. So, well done to all writers, sponsors and to the production team, Neasa, Colette, Deirdre and Fin, who made it happen. The magazine was snapped up pretty quickly but if you can get your hands on one or borrow one, it's well worth reading,

NICE WIN

Congrats to Cliona O'Riordan winner of the GAA Lotto Jackpot recently. Well done and enjoy. And of course, if you're not in you can't win!

LIGHTING UP

Iveleary GAA have opened up their grounds to the community for exercise and the walking route is well lit up. See facebook for details.

PRESIDENT OF ICSA

Congratulations to Dermot (Derry) Kelleher of Inchigeela who has been re elected as National President of the Irish Cattle and Sheep Breeders Association. Derry works a farm in Carrignacurra and has fought hard for the rights of farmers all his life. No doubt he will continue valiantly in this role and we wish him well.

SIÚLÓID SLÁINTE

Tá na siúlóidí sláinte ag tosú arís imbliana i mBéalAthán Ghaorthaigh. Beidh se ar siúl ar feadh sé seachtainí. Teachnt le chéile ag an halla 7.30pm , tráthnóna De Mairt agus Dé hAoine.

COACHFORD NEWS

COACHFORD AFC

Coachford AFC celebrated one of their most successful seasons ever at a fabulous Victory Dinner Dance function in the Lee Valley Golf and Country Club recently.

Players, officials, coaches and supporters turned up to pay tribute to the wonderful Coachford AFC Premier team who won the AOH Cup and Premier League titles in the 2021/22 season.

The effort that the premier team put in pre COVID, during COVID and after COVID paid off in an unbelievable season of success. Club Chairman, Liam Casey made a very fine speech thanking all involved in the club who helped to look after all our teams during the year and especially all those involved in the Premier team set up. Awards were made to Club persons of the year, Sandra Healy and Joe Ronan, Adam Murphy and Luke Casey in recognition of their International Caps and Danny Boy O'Connell for his work on the grounds. Premier team manager, Donal Moynihan, praised the commitment of his players and his assistant managers, the club committee and everyone who helped to bring the club the hugely successful season. Donal made presentations to Player of the year, Adam Murphy and Golden boot recipient, Evan O'Sullivan. Murphy's Stout Cork AUL representative, Cathal Hughes, praised the club for their professionalism and dedication to the game and said Coachford AFC were one of the finest Junior sides in Munster.



COACHFORD 200

The curtain came down on 12 months of celebrations of Coachford 200 last weekend. The year long celebrations of the village of Coachford was full of looking back, celebrating the rich history of Coachford, discovering the origins of the community, reminiscing about the colourful characters and many events that shaped the village over the last 200 years.

Last Sunday saw the culmination of events when 2 time capsules were buried in the Church grounds after 10am mass. Fr. Peadar blessed the capsules and thanked all the school children for putting such thought into what should go into them. It is hoped the time capsules will be dug up in 100 years time. A plaque was also unveiled in the village marking the general location of the 'ford' where coaches crossed in the early 1800s and which gives the



village its name.

The main event of the final celebrations was the exhibition of clubs and organisations in the GAA Hall. Many clubs displayed old photographs and documents that were collected and preserved down through the years. There were photographs from the Coachford Pantomimes, the Muskerry Light Railway, The Coachford Batchelor Club, Broomhill Vintage Club, Coachford Foróige, Coachford Players, Coachford ICA and many more. There were talks given by local historian Doug Lucey and music was provided by Aghinagh Comhaltas. The day was a huge success and was a fitting end to a marvelous year looking back on the rise of Coachford from humble beginnings but also looking forward to a new, larger village and the many challenges that that will bring.



Tom Walsh, Grace Donovan, Jane O'Donovan,
Dan & Mary Spillane at the Coachford 200 history exhibition.



Mary O'Donoghue
and Donal Foley at
the Coachford 200
history exhibition.

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CARRIGADROHID/CEANN AN MHAÍ NEWS

CANOVEE NATIONAL SCHOOL

2023 is in full swing in Canovee NS. The children in 3rd & 4th classes are really enjoying taking part in the Indoor Hurling games in Cloughduv every week, with excitement building for the start of swimming lessons. Mrs O'Briens classroom has been busy celebrating the New Year and the recent snowfall with some wonderful artwork, maith sibh. Our Active School committee are busy organising their next Feel Good Friday event which takes place on January 27th - Skipping To A Summit. Each class will pick a mountain peak in Europe and skip till they reach the top, 1 skip = 1 metre. Good Luck everyone.

Scór na bPaistí dates have been announced, and we are delighted to be back rehearsing our songs, recitations, instruments and Irish dancing. Its great to have Deirdre O'Sullivan back helping us with our Irish dancing.

Comhgairdeas to our hard-working Ray of Sunshine team, who along with the wonderful children in our morning & after school care, recently won the 3D Art competition. The children with their leaders Linda and Julie worked really hard as a team to create their wonderful 3D 'Tree of Helping Hands' Art project.

Applications for enrolment for the 23/24 school year are now open. Forms can be downloaded from www.canoveens.com or contact the school on 026-48142 or office@canoveens.com

Keep up to date with all of our activities by



Children competing in the 'Holly Hang' Active School Challenge.

following us on Facebook 'Canovee National School'.

CARRIGADROHID TIDY TOWNS 2022 REVIEW & AGM

2022 was a very busy year for Tidy-Towns in Carrigadroid. As well as our weekly clean-up schedule which began in April, we organised our Mid-Summer Street Feast, Townland/local road clean-up events, Sunflower planting with Canovee N.S., village floral displays, Christmas village lights, Christmas market and Santa's visit. With financial support from Eirgrid, we have also commenced the restoration of the stone wall east of the village. The village always looks fantastic thanks to the

local community and all the volunteers working week in week out cleaning and maintaining the footpaths, picnic areas, grass verges and flower beds. This is recognised in our results on the 2022 Tidy Towns Competition where we achieved 324 points, up 16 points on our 2021 result.

Each year our Tidy Towns organisation completes village enhancement projects with financial support from Cork County Council, Department of Rural & Community Development and the Heritage Council. In the past 5 years we have secured grand funding in excess of €10,000. We have put this to good use completing the cobble stones on Barrack Hill, installing the speed sign on the Macroom hill, restoring stone walls, maintaining Christmas lights and purchasing picnic tables.

All of this is achieved by the hard work and dedication of our committee and volunteers. We cannot thank them enough.

For 2023 we need your help to keep Tidy Towns going and keep our village as a great place to live. We need volunteers to get involved. If you are interested in helping with any aspect of what we do e.g. admin., cleaning, gardening, event organisation, if you have any ideas for projects for 2023 and beyond, please come along to our AGM on Thursday 9th February at 8pm, Canovee N.S.

Canovee 4th Class who took part in Indoor hurling and camogie this month.



DROMLEIGH NS NEWS



Dromleigh N.S. students participating in the recent Sciath na Scol Primary Sports Quiz.

Well done to both of our teams that travelled to Rochestown Park Hotel on January 17th. They proudly represented the school at the annual Sciath na Scol primary sports quiz. A fantastic performance by one and all!

We continue to enjoy the Buddy Reading literacy programme throughout the school. We were delighted to present certificates of completion to our latest graduates in recent weeks.

Keep up to date with all of our activities by following us on Facebook 'Dromleigh N.S. Kilmichael' or visiting our website www.dromleighns.ie



Canovee Artwork in seomra Bean



Dromleigh National Schools most recent graduates of the Buddy Reading programme.

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KILMURRY NEWS



KILMURRY ACTIVE RETIREMENT NEWS

To Macroom

*Let's get on the bus
We'll go to Macroom
Why wait or discuss
It's cheap I presume*

*We'd all venture in
We're from the vicinity
Good time to begin
To regain lost affinity*

*The young generation
Had told such a tale
Congestion frustration
And tempers so frail*

*But now heard a rumour
Announcements so strange
Townfolk in good humour
And hopeful of change*

*Oh what will transpire
What shall we meet
A townscape to admire
Will we find a seat*

*Dreaming shops galore
Good food on the street
Our traditions and folklore
And some places to meet*

*A walk along the river
And around by the mill
One that might deliver
A town view from the hill*

*They're making a plan
To arouse and unite
Encouraging their clan
The world to invite*

*Be stirred but be wise
Consult then decision
Conserve and surprise
Enchantment envision*

You will be glad to hear that your committee held a meeting last week to plan the activities for the spring.

Yes, a trip to Macroom was discussed! But we are starting on Monday 13th February with a talk on 'skin care as we age' to be given by Mary Mullins. All are welcome and no charge. However, if you want to join us as a member the annual membership is just twenty euro! There has been no inflation there. After the talk we are holding our AGM. Following that, we are restarting our Wednesday ACT (Activities Chat and Tea) on February 15th in the Heritage Room, Kilmurry Museum at 2pm. We will have talks on some Wednesdays and activities on others and both on some. Some of those Wednesdays will see the return of the Yoga, Tai Chi, meditation and health talks given by Rose McCarthy.

We will have Rose to give a talk some evening yet to be fixed on herbal remedies. We will taste some of those remedies too, but let's say nothing about that yet! We will have talks on age friendly homes and on energy saving measures and more yet to be arranged. We will be doing ceramic art on either Monday or Tuesday evenings, and we will have gardening and cookery demonstrations and more besides, but let's wait because I am afraid you will be getting tired by just reading and before you get to the activities at all.

The aqua aerobics are back Wednesday mornings in Macroom, and the bowls are back on Monday mornings in Coachford.

Staying Fit for the Future courses given by Cork Sports Partnership are starting in Kilmurry 7pm on the 23rd and Crookstown at 5pm on the 27th of January. The class at 6pm is booked out. However you can still register at <https://www.corksports.ie/staying-fit-for-the-future/> or contact me about how to do so by phone. If you have not done this course before it is well worth trying out. It is for ten weeks, one hour per week, and costs sixty euro. We are looking forward to seeing our members again and to an active season ahead for all tastes. If you would like to join us, our association is open to all, and now is a great time to join, you get a full year for your membership fee of just twenty euro. Our philosophy is that age makes no difference, but health does. We try to do what we can to keep healthy and challenged in body and in mind, and together that is easier. You will be kept as busy as you choose to be and positively engaged in the community, and we think you will enjoy it. For more information contact Aidan at 0894057676 or aidanpbarry@outlook.com.

KILMURRY INDEPENDENCE MUSEUM

Are you doing a New Year clear out?

Donate your unwanted clothes to the Independence Museum Kilmurry.

Drop off 12pm to 5pm Thursday 26th, Friday 27th, Saturday 28th, and Sunday 29th of January 2023.

- Clothes with holes accepted.

- Shoes, Hats, Belts

- Bed linen, sheets, pillow cases

- Curtains and towels

- NO quilts or pillows

All proceeds go towards the running of the museum and heritage room.

JANUARY LECTURES AT THE MUSEUM

Munster Plantations – Stories from Muskerry and Beyond – A talk by Michael Keane, including Nettleville, Carrigadrohid and Kilcrea House.

When: Thursday January 26th @ 8pm in Kilmurry Museum.

Admission: Free for members & €5 for non-members.

SNIPPETS | DIARY...

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

- January 26th - Coachford College Dance Off in aid of Marymount Hospice @ 7.30pm
- January 26th - KHAA Muster Plantation Lecture, Kilmurry Museum @8pm
- January 28th - Macroom U16 girls Vs Torro Co. Meath, Murrays Field @2pm
- February 5th - Inchigeela Hall Social Dancing continues Feb 5th, 3pm to 5.30pm. Music Dermot Lyons
- February 9th - Carrigadrohid/Killinardish Tidy Towns AGM in Canovee National School @ 8pm
- February 26th - Annual Dripsey Ambush Parade @ 3:00pm
- March 4th - Scór Na bPaistí, Aghabullogue GAA

Complex Coachford, @ 12:30pm

•March 5th - Scór Na Nóg, Aghabullogue GAA Complex Coachford, @ 2:00pm

LOCAL LOTTO RESULTS

RCPA (Rylane Community Park Association)

Lotto results:

9TH JANUARY, 2023:

Jackpot: €4,300 Number Drawn: 5, 9, & 27.

No Winner

Lucky Dips: Antoinette & Leon; Ger Carey (O'Riordans Bar); Grace & Lucy O'Brien (Rylane – yearly); Kathleen Moynihan (Rylane). Seller's prize: Crowleys (Rylane).

Next week's jackpot will be €4,300

16th January 2023:

Jackpot: €4,400 Number Drawn: 18, 35, 37.

No Winner

Lucky Dips: Denis O'Sullivan Rylane, Ted O'Sullivan Rylane, Orla McSweeney (Enfield, Co. Meath-yearly

ticket) Anna-Maria O'Shea (Aghabullogue – online) Sellers prize: Shelia O'Sullivan (Rylane). Next week's jackpot will be €4,500

CLONDROHID LOTTO RESULTS

January 11th 2023

Jackpot €6000 Numbers Drawn:

Winner: Donie Kelleher

Lucky Dips: €70 Peggy Lynch, c/o The Laine Bar, €20 Donnacha Spillane, Mounahourna, Peter & Susan Kelleher London, Mgt Lucy Gortnalicka, Donie & Kay c/o The Laine

January 18th 2023

Jackpot €1000

Numbers Drawn:

No Winner

Lucky Dips: €70 Juileanna Rehlihan, Glounanarrig €20 Cath Cotter Kilvoutra, Denise Murphy c/o Laine, Betty Desmond Bridgemount, Roxanne O'Leary Coleman's Park

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1. Capital Fund Scheme
2. Community Contracts
3. Amenities Fund Scheme

Further information about this funding is available online and you can also apply online from 10am Wednesday, 11th January 2023 at www.corkcoco.ie or www.yourcouncil.ie

The closing date for receipt of completed applications is 4pm Tuesday, 14th of February 2023.

Personal Information may be collected by Cork County Council to enable the processing of your submission/ enquiry. Cork County Council can legally process this information as necessary to comply with its statutory/legal obligations. Such information will be processed in line with the Council's privacy statement which is available at www.corkcoco.ie

FÓGRA POIBLÍ

SCÉIMEANNA CISTIÚCHÁIN POBAIL NA GCEANTAR BARDASACH 2023

Tá Comhairle Contae Chorcaí tiomanta do thacú le pobail áitiúla ar fud Chontae Chorcaí. Tá cúnamh airgeadais ar fáil do ghrúpaí pobail & deonacha chomh maith le heagraíochtaí áitiúla trí na Scéimeanna Cistiúcháin Pobail 2023. Tá na scéimeanna seo á riaradh ag na 8 gCeantar Bardasach timpeall Chontae Chorcaí agus tá trí shruthanna maoinithe ar leith ann ag brath ar chineál agus costas do thogra.

1. Scéim an Chiste Chaipitil
2. Scéim na gConarthaí Pobail
3. Scéim an Chiste Taitneamhachta

Tá tuilleadh eolais faoin maoiniú seo ar fáil ar líne agus is féidir leat iarratas a dhéanamh ar líne freisin ó 10rn Dé Céadaoin, 11 Eanáir 2023 ag www.corkcoco.ie nó www.yourcouncil.ie

Is é an dáta deiridh a ghlacfar le hiarratais chomhlánaithe ná 4in Dé Máirt, 14 Feabhra 2023

Bailiann Comhairle Contae Chorcaí faisnéis phearsanta ionas gur féidir le Comhairle Contae Chorcaí do aighneacht/agóid a phróiseáil. Go dlíthiúil, is féidir linn an fhaisnéis seo a phróiseáil mar is gá chun a chuid oibleagáidí reachtúla/dlíthiúla a chomhlíonadh. Próiseáilfear an fhaisnéis seo i líne lenár ráiteas príobháideachas atá ar fáil ar ár suíomh gréasáin ag www.corkcoco.ie

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Leabhar ? Cois Abha na Druipsí, ó

Leabhar le cnuasach d'amhráin

agus de dhánta a chum

Próinséas ó Ceallaigh,

Eagathóir; a mhac, Tomás Ó Ceallaigh.

Próinséas abea, File, Óglach, Feirmeoir, Múinteoir, Bailitheoir Béaloideas, ó Ghort na Tiobraid i mBaile Mhúirne (1893-1971).



Ghlac sé páirt in iliomad comórtais san Oireachtas, onar thug sé leis go leor duaiseanna liteartha, ach go háirithe idir na blianta 1939 agus 1966. Bhuaigh sé an comórtas don amhrán nuacheaptha i 1941 leis an amhrán gur teideal an leabhar seo, 'Cois Abha na Druipsí, ó'.

Chum Proinséas an t-amhrán seo i gcuimhne ar eachtra – na luíocháin a tharla Cois abha na Druipsí ar an 28ú Eanáir 1921 inar ngabhadh ochtar óglach agus cuireadh sa phríosún iad.

Bhí cuid acu gortaithe agus fuair duine acu

bás sa phríosún, b'in an Captaen Séamus Baróid. Scaoileadh beirt acu saor, ach faraor cuireadh an cúigear eile chun báis sa bheairic i gCorcaigh ar an lá cinniúnach sin ..28-Eanáir-1921.

Seo cúpla véarsa ón amhrán;

Ba cbruaidh an mbaidín Eanáir t

Nuair a ghluaimeamar go léir;

Is do cbrúintómar le chéile

Mar d'órdatódh dúinn roimh ré

Bhí fú ó gbleann na Druipsí ann

Is aduaidh ón Dombnach Mór

Chun buille a bbualadh d'Éirinn

Cois Abha na Druipsí, ó.

Is fada foighneach d'fhanamar

Cé fuar do bhí an lá,

Do bbeag dá chuibhne bbt againn,

Gur scéitheadh ar an luíochán

Mar do cbónaigh claidbre claon 'nár measc

D'inis don nambaí mo bbrón,

Cá rabbamar sínte an lá úd

Cois Abha na Druipsí, ó.

Trialladh fé chuart airm iad

Is beirt do scaoileadh saor;

Cúigear díobh do daoradh

Is do lámhadh le fáinne an lae,

Agus captaen Séamus Baróid,

Gur goineadh é sa gbleo,

Do fuair sé bás sa charcar

I bhfad ón Druipsí, ó.

Is uaigneach deorach sinn anois

Gan ár laochra atá sa ché

Go bhfóire Dia ar a muintir bocht,

Atá ag gol's ag caoi's ag éigheamb,

Is uaigneach gleann na Druipsí anois

Le gol is olagón

Ag freagairt gol na mná sí

Cois Abha na Druipsí, ó.

Focolóir

Seoladh Leabhair....Book launch

Cnuasach.....collection

Eagarthóir.....editor

Óglach/saighdiúir.....a youth of military service age

Béaloideas.....folklore

Nuacheaptha.....newly composed

Iliomad.....a lot of/multiple

Scaoileadh.....released

Cinniúnach.....fateful

Luíochán.....Ambush

Scéitheadh.....informed

Claidhre.....coward/ruffian

Namhaid.....Enemy

Fáinne an lae....dawn

Goineadh.....wounded/slayed

Carcair.....prison cell

Éigheamh.....crying out loud..bawling

Olagón.....Lamentation..weeping loudly.

Nasc Cultúrtha Guím bliain nua faoi mhaise ar mhuintir na Síne inár measc.

Tá siad agus sinn anois chomh maith ag ceiliúradh an Bhliain nua síneach ..i

mbliana seo bliain an Choinín. Dar le béaloideas na Síne, ceaptar má rugadh

thú sa bhliain seo go mbeidh an t-ádh leat. Chomh maith le sin go mbeidh tú,

greannmhar, trócaireach, galánta agus go hálainn leis!

Feedback/Suggestions please email ... [lena.cronin@corketb.ie](mailto:lana.cronin@corketb.ie)



LICH DO SCITH

PROMOTING IRISH LANGUAGE AND CULTURE

le Eibhlín Ní Lionáird
Clingeach Pleanála leanga Mhúscraí



Beatha agus sláinte chúgaibh go léir ansan sa bhaile! Táim ag scríobh an alt seo is mé ar mo sháimhín só anseo ar Oileán Naomh Christóir agus Nevis atá suite sa 'Caribbean'! Anois más sea!! Cluism sibh ag rá libh féin.

Sea tá saol na gcaorach agam anois lè breis is seachtain go leith agus tá's agam é ! Tá cónaí ar mo iníon Mollie anseo agus nuair d'fhill sí ar ais taréis di bheith sa bhaile don Nollaigh thánag léi ar

saoire!

Tá sé deacair cur síos ar an áit seo ar a dtugtar 'St. Kitts and Nevis'. Áit chomh éagsúil ón baile. Ach fós tá cosúlachtaí chomh maith.

Tháinig an taisceálaí domhanda Christopher Columbus ar an áit is é ag seoltóireacht ar fuaid na cruinne na cianta ó shin, agus ba é a chur anim ar an áit. Tá an t'arna oileán ana ghar do Kitts agus thug sé Nevis ar mar tá sliabh mór ar lár a fhéachann cosúil lè Beann Nevis san Albain.

Tá sléite bolcánach ar an dhá oileán, ach buíochas lè Dia níor chuireadar aon cur astu lè tamall anois.

Shroiseas an áit oiche chinn bhliana. Déanann siad rud mór den oiche úd anseo! Chuamar amach lè h'aghaidh dinnéir agus chonachamar na tinte ealaín go h'árd sa spéir ar an oiche. Bhíodar do-creíde.

Tá stair na h'áite saigheas dorch. Ba ins na h'oileáin seo a chur na Sasanaigh a suíomh a gcéad lonnaíocht san muir Chairib. Thugadar isteach scláibhithe ón Aifric. Agus ba iad a thóg na láthair agus na tithe móra dos na boddaraí a thosnaigh na plandálacha siúcre ar fud fad na h'oileáin. Níl aon rian dóibh anois ach tá go leór óstáin gleoite déanta astu. Rinneadh stáit féin realaithe de i 1967, cé go bhfuil sé fós mar páirt den comhaltas sasannach.

Is Africeach í oidhreacht an chuid is mó don daonra agus tá siad ana bhródúil as agus cén fáth nách mbheadh i n'ainneoin dos na rudaí úfásach a tharla dóibh fadó tháinig na daoine as lán de sprid is féinúlacht fíor ládair!

Bíonn féile ollmhór acu ag ceiliúradh an bhliain nua agus ghlac Mollie páirt ann!

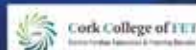
Tugann siad "Sugar Mass" ar an fhéile. Is Carnabhail na Cairibe atá ann murab ionann agus aon ceann eile.

Téan siad thar fóir leis na feistis. Is dócha go bhfuil sé cosúil le Lá an Dreoilín a bhíodh mar lá spraoi againne sa bhaile fadó. Gléasann siad suas i feisteas ildaiteach lè cleití agus gan puinn éadach. Ní fheadair conas a ghlacadh Muintir Mhúscraí lena leithéid!!

Lean an pharáid seacht uair a chloig, lè grúpaí éagsúla ag iomaíocht lena chéile chun an gradam don fheisteas is féarr a bhaint amach. Bhíodar ag rinne ar nós na rínní traidisiúnta na h'aifrice, ach fós ag úsáid ceól ar nós Reggae ar tugtar 'Soca' air. Agus creid é nó ná creid thug an grúpa in a raibh Mollie leo an Gradam!! Buaic phointe an saoire!



Feedback/Suggestions please email ... lena.cronin@corketb.ie





2023 Munster Senior Hurling League

Cork 0 - 20 Limerick 1 - 16

St Finbarr's Brian Hayes scored the 74th-minute winner as Cork overcame Limerick at Páirc Uí Rinn to reach the Co-op SuperStores Munster Hurling League final.

Cork led for much of the first half but the All-Ireland champions moved into a three-point lead during the second period. However, poor shooting was costly for Limerick and Cork scored five of the last six points to win.

Cork had a good start, moving into a 0-4 to 0-1 lead by the 13th minute as Limerick had many wides. Conor Lehane had two of those early Cork points while Conor Cahalane, set up by Robert Downey and Brian Hayes, opened up that three-point advantage but Limerick bounced back well. After a Shane O'Brien point, the visitors moved in front for the first time as a delivery from Darragh O'Donovan finished in the Cork net but the response was strong - Cormac Beausang and Hayes scores putting them back in front.

Points from Lehane and Luke Meade left Cork three in front again, 0-8 to 1-2, but Limerick tied the game again with three points in a row before Cork regained the lead, Beausang and Lehane on target, Limerick again levelled, but a fifth Conor Lehane point gave Cork a 0-11 to 1-7 half time lead. Limerick were much improved in the second half, and after the first four points after the restart were evenly shared with frees from Lehane and Reidy, the All Ireland champions hit Cork with a five-point burst to go four clear. Cork cut the gap back to two through Barrett and Lehane, a Limerick point made it 1-15 to 0-15. Three Lehane points in a row tied the match by the 65th minute.

Limerick went back in front but Lehane's 12th point drew them level. Brian Hayes then popped up a point to put Cork into the final against Tipperary. Scorers for Cork: C Lehane 0-12 (0-7 f, 0-1 65), C Beausang, B Hayes 0-2 each, L Meade, S Barrett, C Cahalane, B O'Sullivan 0-1 each.

Cork: P Collins (Ballinhassig); C O'Callaghan (Dromtarriffe), R Downey (Glen Rovers), Seán O'Donoghue (Inniscarra); C Cormack (Blackrock), C Joyce (Castlemartyr), C O'Brien (Newtownshandrum); T O'Connell (Midleton), B O'Sullivan (Kanturk); C Cahalane (St Finbarr's), C Lehane (Midleton), L Meade (Newtownshandrum); C Beausang (Midleton), B Hayes (St Finbarr's), Shane Barrett (Blarney). Subs: S Quirke (Midleton) h-t, P Horgan (Glen Rovers), B Roche, both 52, D Dalton (Fr O'Neills) 57, C Walsh (Kanturk) 62, E Downey (Glen Rovers) 64.



Mile buíochas do Micheál O Lionaird agus Follaín as ucht sraith nua geansaithe d'fhoireann mionúir Naomh Abán.



Players dining at the Macroom Girls' medal presentation in Macroom GAA Pavilion, 2 Jan., 2023 (C. Kelleher).

Cork 3-14 (23) Tipperary 1-19 (22)

Cork, despite being outplayed for a long period in the middle half of this Munster Senior Hurling League final at Páirc Uí Rinn, and in the process falling eight points in arrears, fought back in the closing ten minutes to turn pending defeat into an unlikely win with a scoring surge to snatch the trophy from Tipperary who must be wondering how they lost this game.

In the 66th minute, Tipperary led 1-18 to 2-9, a six point lead having outscored Cork by 1-13 to 1-3 in the preceding 40 minutes, the Cork goal in the 55th minute from Brian Hayes bringing the home side back into the area of contention but still well adrift. Then in the closing minutes of normal time Cork took off, inspired by Conor Lehane's point followed by a great goal from Jack O'Connor, who then struck over a point to narrow the gap to a single point! Brian Roche brought Cork level, a Patrick Horgan free put Cork in front, Jason Forde tied matters for Tipp with his 14th point. In the 73rd minute, Jack O'Connor won a free, Patrick Horgan did not miss from an easy distance and Cork supporters were delirious.

Tipp led by 1-9 to 1-6 at half time having recovered

from being four points in arrears after a shaky start. Tipperary continued to hurl Cork off the park for the third quarter but then got caught by the late Cork revival.

New Cork supremo Pat Ryan's winning start to the season remains intact, but with Limerick next up in the Allianz National League, the management team have plenty to worry about after the poor Cork performance for a lengthy period of this game.

Cork captain Seán O'Donoghue was presented with the Co-op Superstores trophy by newly elected Treasurer of the Munster GAA Council Bob Ryan, a fellow Inniscarra clubmate.

Scorers for Cork: P Horgan (1-6, 0-6 frees); J O'Connor (1-1); B Hayes (1-0); P Collins (0-2 frees), B Roche (0-2 each); S Twomey, R O'Flynn, C Lehane (0-1 each).

Cork: Patrick Collins (Ballinhassig); Seán O'Donoghue (Inniscarra), Captain, Rob Downey (Glen Rovers), Seán O'Leary Hayes (Midleton); Cathal Cormack (Blackrock), Niall O'Leary (Castlelyons), Damian Cahalane (St Finbarrs); Tommy O'Connell (Midleton), Brian Roche (Bride Rovers); Seán Twomey (Courcys), Robbie O'Flynn (Erin's Own), Luke Meade (Newcestown); Patrick Horgan (Glen Rovers), Declan Dalton (Fr O'Neills), Colin Walsh (Kanturk). Subs: Brian Hayes (St Finbarrs) for Walsh, Brian O'Sullivan (Kanturk) for O'Connell (both 48); Jack O'Connor (Sarsfields) for Twomey (51); Conor Lehane (Midleton) for O'Flynn (58); Shane Barrett (Blarney) for Meade (54) and Conor O'Callaghan (Dromtarriffe), Cormac O'Brien (Newtownshandrum), Eoin Roche (Bride Rovers), Ciarán Joyce (Castlemartyr) and Cormac Beausang (Midleton)

Gougane Barra church and Lake taken on the 18th January. PICTURE: HUMPHREY TWOMEY





2023 McGrath Cup (Munster Football)

Cork 2-10 Clare 0-8

TWO second-half goals at Quiltyhelped Cork secure their second McGrath Cup win and a place in the final against Limerick.

Clare were undone by the clinical finishing of Steven Sherlock and Chris Óg Jones after 52 and 67 minutes respectively.

Jones crossed from the left for Sherlock to give Cork a 1-8 to 0-6 lead and Jones also took his opportunity well, firing an unstoppable shot past keeper David Sexton.

Chris Kelly took over from Micheál Aodh Martin between the posts and Luke Fahy was in for Rory Maguire in defence while up front John O'Rourke replaced Sean Powter at centre-forward and Sherlock replaced Conor Corbett, from the Kerry game.

The sides were level twice in a very low-scoring opening 18 minutes but Clare didn't score again for 14 minutes as Cork kicked three without response, from Hurley, Jones and a Sherlock free. Cork led 0-6 to 0-3 ahead on the change of ends.

Clare had reduced the margin to two points, 0-8 to 0-6, after 50 minutes, but once Sherlock pounced for the opening goal, Cork never looked in any danger.

Scorers for Cork: S Sherlock 1-6 (0-3 f), C Óg Jones 1-1, B Hurley 0-3.

Cork: Chris Kelly (Éire Óg); M Shanley (Clonakilty), D O'Mahony (Knocknagree), T Walsh (Kanturk); Luke Fahy (Ballincollig), S Meehan (Kiskeam), M Taylor (Mallow); Colm O'Callaghan (Éire Óg), I Maguire (St Finbarr's); E McSweeney (Knocknagree), J O'Rourke (Carbery Rangers), B O'Driscoll (Tadhg MacCarthaigh); Chris Óg Jones (Iveleary), B Hurley (Castlehaven), captain, S Sherlock (St Finbarr's).

Subs: T Clancy (Clonakilty) and R Maguire (Castlehaven) both 50, Rory Deane (Bantry Blues) 54, Cian Kiely (Ballincollig) 63, K O'Hanlon (Kilshannig) 64, S Merritt (Mallow) 66, Paul Ring (Aghabullogue) 67, P Walsh (Kanturk) and F Herlihy (Dohenys), M Cronin (Nemo Rangers) 69.

Cork 0-19 Limerick 2-7

CORK claimed their first McGrath Cup title in five years seeing off Limerick in the final at Mallow under lights. Cork deserved their win but it was not an impressive performance and it seems that supporters will see a lot of controlled, non exciting, retention-at-all costs football this season.

Cork started well, had a poor period in the run up to half time but were in control in the second half once again. Stephen Sherlock and Brian O'Driscoll had points to put them in front, another point from a free from Sherlock followed and Chris Óg Jones made it 0-4 to nil as Limerick kicked some bad wide. Cork captain Brian Hurley had another point before Limerick hit the target for the first time and a super score from a Brian Hurley mark had Cork five points to the good with 20 minutes gone.

Four minutes later Limerick scored a goal from a penalty and added a point, scores were exchanged and Cork led at half time by just a single point, 0-7 to 1-3. Cork got back in the groove on the resumption with a brace of Hurley points but Limerick stayed in touch. Sherlock was next to score a point as Limerick continued to find scoring difficult, Hurley again hit the target after a surging run and Cork looked comfortable. Once again Limerick struck for a goal, after a goalmouth scramble, but Cork retained control and won by six points.

Scorers for Cork: S Sherlock 0-7 f, B Hurley 0-7 (0-1 f, 0-1 m), J O'Rourke 0-2, C O'Callaghan, B O'Driscoll, C

Óg Jones 0-1 each.

Cork: M A Martin (Nemo Rangers); T Clancy (Clonakilty), D O'Mahony (Knocknagree), K O'Donovan (Nemo Rangers); Luke Fahy (Ballincollig), S Powter (Douglas), M Taylor (Mallow); Colm O'Callaghan (Éire Óg), R Maguire (Castlehaven), E McSweeney (Knocknagree); K O'Hanlon (Kilshannig), B O'Driscoll (Tadhg Mac Carthaigh), Chris Óg Jones (Iveleary); B Hurley (Castlehaven), S Sherlock (St Finbarr's).

Subs: Cian Kiely (Ballincollig), 30 blood sub, T Walsh (Kanturk) for D O'Mahony, S Meehan (Kiskeam) for T Clancy (both h-t), J O'Rourke (Carbery Rangers) for E McSweeney (53), R Deane (Bantry Blues) for K O'Hanlon (62), P Walsh (Kanturk) for S Powter (70), M Cronin (Nemo) for S Sherlock (71), S Merritt (Mallow) for R Maguire (72).

Next Up: Cork v Meath, Allianz National Football League, Sunday January 29th in Cork.

LADIES GAELIC FOOTBALL

LGFA Lidl National League Mayo 0-12 Cork 2-11 Cork got their Lidl Ladies NFL campaign off to a winning start away to Mayo, the team that beat them last year in the All Ireland quarter final. Cork started with just six of the side that lost to Mayo in that game and this win should be a huge confidence booster for the season ahead.

Despite playing against the wind Cork got off to much better start and dominated for long periods of the first half. They moved the ball with pace from defence to attack and Mayo looked almost surprised at the pace and intensity of their play.

It was 0-5 to no score with 18 gone with the Cork points coming from Ring 2, her Cloyne clubmate, Healy 2 and Libby Coppinger. Melissa Duggan found the back of the net, to make it 1-5 to 0-1, Daire Kiely increased Cork's lead, and Cork were comfortable leaders at the break by 1-6 to 0-2.

Mayo came out strong on the resumption and had an early point but Hannah Looney and Kiely replied for the Rebels.

Mayo then had their best spell of the game making it 0-7 to 1-8 and it could have been closer were it not for another great save from O'Sullivan. Points were exchanged, before Katie Quirke stretched Cork's lead and with five minutes to go they were 1-11 to 0-8 in front. Mayo hit back once again and had it down to a two-point game going into the final minutes but Cork finished strongly and held on to the ball for two minutes and at the end Quirke raised their second green flag as the Rebels ran out deserving winners to take the points.

Scorers for Cork: K Quirke 1-1, M Duggan 1-0, D Kiely 0-3, A Ring (0-1 f), A Healy 0-2 each, L Coppinger, H Looney, R Leahy 0-1 each.

Cork: M O'Sullivan; S Kelly, E Meaney, D Kiniry; A Healy, H Looney, M Duggan; S Leahy, Erika O'Shea (Macroom); Emma Cleary (Éire Óg), R Leahy, Daire Kiely; L Coppinger, Eimear Kiely, Abigale Ring. Subs: L O'Mahony h-t, A O'Mahony and K Quirke, both 42, Sadbh McGoldrick (Éire Óg) and A Ryan 57, E Jack 59.

Next Up: Waterford v Cork

ALLIANZ NATIONAL FOOTBALL LEAGUE - DIV 2

Jan 29 Sun Cork v Meath

Feb 5 Sun Kildare v Cork

Feb 19 Sun Cork v Dublin

Feb 26 Sun Cork v Limerick

Mar 4 Sat Clare v Cork

Mar 19 Sun Louth v Cork

Mar 26 Sun Cork v Derry

Allianz National Hurling League - Div 1 A

Feb 4 Sat Cork v Limerick 7.30pm

Feb 12 Sun Galway v Cork

Feb 26 Sun Cork v Westmeath

Mar 12 Sun Cork v Wexford

Mar 19 Sun Clare v Cork

LGFA Lidl National League - Div One

Jan 22 Mayo v Cork

Jan 29 Waterford v Cork

Feb 5 Cork v Dublin

Feb 19 Galway v Cork

Feb 26 Cork v Donegal

Mar 19 Cork v Kerry

Mar 26 Cork v Meath

2023 CORK COUNTY LEAGUES

Football: In the Cork Credit Unions county football leagues there are seven divisions, 10 teams in each of divisions 1 to 6, 8 teams in 7 and in 8. Promotion and relegation in every division.

The leagues commence on February 25th/26th next and continue until June.

Division One: Éire Óg v Cill na Martra, Ballincollig v Nemo Rangers, Castlehaven v Carbery Rangers, Kiskeam v Douglas, St Finbarrs v Valley Rovers.

Division Two: Béal Átha'n Ghaorthaidh v Clyda, Carrigaline v Clonakilty, Kanturk v Aghada, O'Donovan Rossa v Fermoy, St Michaels v Newcestown.

Division Three: Rockchapel v Macroom, Nemo v Castletownbere, Bishopstown v Ilen Rovers, Glanworth v Mallow, Knocknagree v Dohenys.

Division Four: Aghabullogue v Naomh Abán, Kilshannig v Iveleary, Bantry Blues v Newmarket, Mitchelstown v Na Piarasigh, St Vincents v Bandon.

Division Five: Ballinora v Mayfield, Adrigole v Boherbue, Ballydesmond v Glenville, Dromtariffe v Glanmire, Kinsale v Millstreet.

Division Six: Gabriel Rangers v Kilmurry, St Finbarrs v Cobh, St Nicks v Buttevant, Urhan v Kildorrery.

Division Seven: Aghinagh v Ballinhassig, Castlemagner v St Michaels, Cullen v Argideen, St James v Ballyclough.

HURLING

In the Red FM county hurling leagues there are seven divisions.

The opening round games are on March 4th/5th.

Division One: Blackrock, Carrigtwohill, Douglas, Erins Own, Fr O'Neills, Charleville, Killeagh, Na Piarasigh, Sarsfields, Kanturk.

Division Two: Ballincollig v Glen Rovers, Fermoy v Bride Rovers, Mallow v Courcays, Midleton v Bishopstown, Newtownshandrum v St Finbarrs.

Division Three: Blackrock Int v Inniscarra, Éire Óg v Kilworth, Ballymartle v Carrigaline, Castlelyons v Bandon, Newcestown v Blarney Division Four: Aghabullogue v Ballyhea, Ballinhassig v Milford, Cloyne v Valley Rovers, Lisgould v Youghal, St Catherine's v Kildorrery.

Division Five: Cloughduv v Midleton 2, Argideen v Aghada, Ballygiblin v Watergrasshill, Castlemartyr v Dungourney, Russell Rovers v Mayfield.

Division Six: Douglas 2, Meelin, Kilbrittain, Na Piarasigh 2, Tracton, Sarsfields 2, Barryroe, Ballygarvan.

Division Seven: Ballinora v St Finbarrs 2, Éirins Own 2 v Nemo, Glen Rovers 2 v Kilshannig, Valley Rovers v Ballinascairthy.



Muskerry GAA

MID CORK LEAGUES 2023

FOOTBALL

Division 1 – 8 teams: Inniscarra, Canovee, Ballincollig, Grenagh, Éire Óg, Kilmichael, Clondrohid, Donoughmore Division 2 East – 8 teams: Dripsey, Blarney, Inniscarra 2, Ballincollig 2, Éire Óg 2, Ballinora, Aghabullogue, Donoughmore 2.

Division 2 West – 8 teams: Iveleary, Kilmurry, Cill na Martra, Macroom, Béal Átha'n Ghaorthaidh, Canovee 2, Naomh Abán, Aghinagh 2. (Note: Aghinagh 1 are in County League 7).

Division 3 East - 5 teams: Gleann na Laoi, Grenagh 2, Dripsey 2, Ballincollig 3, Inniscarra 3.

Division 3 West – 4 teams: Béal Átha'n Ghaorthaidh 2, Clondrohid 2, Kilmichael 2, Naomh Abán 2.

HURLING

Division 1 – 8 teams: Grenagh, Inniscarra, Éire Óg, Blarney, Ballincollig, Kilmichael, Donoughmore, Dripsey.

Division 2 – 8 teams: Cloughduv, Aghabullogue, Uibh Laoire, Inniscarra 2, Blarney 2, Grenagh 2, Éire Óg 2, Ballincollig 2.

Division 3 – 4 team (home and away): Laochra Óg, Gleann na Laoi, Donoughmore 2, Ballinora 2. (Note: Ballinora 1 are in County League 7)

LOOKING BACK AT 2022 MID CORK MJK OILS JUNIOR HURLING CHAMPIONSHIP

Outcome of Group stage:

Six teams emerged for knock out stages; two quarter finals would reduce the field to four teams for the semi finals.

Group 1: Outcome: Blarney 4, Inniscarra 2, Donoughmore 0 Group 2: Outcome: Grenagh 6, Kilmichael 3, Cloughduv 2, Aghabullogue 1 Group 3: Outcome: Ballinora 6, Éire Óg 4, Ballincollig 2, Iveleary 0

Quarter final:

Inniscarra 1 – 20 Kilmichael 0 – 14

Inniscarra are through to the championship semi final after a fairly comprehensive victory over Kilmichael at Ballinora. Inniscarra revelled in the perfect ground conditions and in Aidan O'Mahony they had an ace marksman, the wing forward finishing with a personal tally of 0-11, 0-5 from frees.

Inniscarra's ability to put the ball over the bar was the main difference between the sides in the opening half. Aidan O'Mahony opened the scoring from a free after two minutes, Conor Cotter equalised from play before points from James Murphy and Ardel O'Connell put Inniscarra clear by the 7th minute. Ronan Murphy had a fine score for Kilmichael, Inniscarra hit back with three points in a row, two from Aidan O'Mahony and when Chrs O'Connell pointed for Kilmichael, again Inniscarra hit back with a brace to lead by 0-8 to 0-3 at the end of the first quarter. Inniscarra forwards had the ability to convert opportunities into scores, Kilmichael did not have that level of penetration up front and relied on frees.

The teams shared ten points equally between them in the second quarter, Darragh Foley landing four points from frees for Kilmichael, O'Mahony taking two points for Inniscarra and roving full forward Pádraig Holland also on target. The score was 0-13 to 0-8 in favour of Inniscarra at half time and Kilmichael would need a goal or two to remain in the game.

On the resumption Darragh Foley pointed another Kilmichael free but then came the only goal of the game, Pádraig Holland blasting the sliotar to the Kilmichael net from close range. Aidan O'Mahony had added two more points before Kilmichael replied with three points in a row, Foley, Peter Kelleher and Conor Cotter the scorers, to leave the score at the three quarter stage 1-15 to 0-12 but Inniscarra with a slight edge.

Kilmichael needed a goal but seldom looked likely to succeed in their aim. Inniscarra substitute Michael O'Connell fired over two points to push Inniscarra well clear and Aidan O'Mahony continued to torment them from frees. Late points from Trevor Tobin and Darragh Foley were some reward as Kilmichael battled on to the finish.

Scorers: Inniscarra: P Holland 1-2, A O'Mahony 0-11 (0-5f), A O'Connell and M O'Connell 0-2 each, J Murphy, C O'Leary, J O'Brien 0-1 each. Kilmichael: D Foley 0-7 (frees), C Cotter, C O'Connell 0-2 each, R Murphy, P Kelleher, T Tobin 0-1 each.

Inniscarra: Dave Óg Coleman: James Roche, Stephen Olden, James Buckley: John O'Brien, Mark Linehan, Rob O'Callaghan: Colin O'Leary, Seán Ahern: James Murphy, Mark Nagle, Aidan O'Mahony: John Casey, Pádraig Holland, Ardal O'Connell. Subs: Andrew McCarthy ht, Brian Gould ht, Eddie O'Connor 35, Michael O'Connell 45.

Kilmichael: Stephen O'Leary: Luke Hennigan, Donal Kelly, Finbarr Dromey: Kieran Murphy, Cathal Foley, Seán Buttimer: Conor Cotter, Ronan Murphy: Darragh Foley, Finbarr Buckley, Chris O'Connell: Brendan Cotter, Shane O'Donoghue, Eoghan Murphy. Subs: Peter Kelleher and Andrew Kelleher both ht, Trevor Tobin 51, Tom Downey 53.

Referee: Colm Uas Ó Mocháin, Cill na Martra

Éire Óg 1 – 15 Blarney 2 – 10

Éire Óg are through to the semi final stage of the MJK OILS Mid Cork junior hurling championship after this hard earned victory over Blarney at Grenagh. Blarney led by two points, 2-10 to 1-11 after firing over five unanswered points in a row by the 54th minute and with the fairly stiff breeze behind them they did look to have victory within their grasp. Éire Óg however were not giving up and had drawn level by the end of the normal time and two late points in time added gave them their passage to the semi finals and a meeting with Grenagh. The Ovens men had largely dominated in the first half, led at half time by five points, kept in front until the 50th minute and had the heart, to fight back when the cause was almost lost.

Ground and weather conditions at the new venue in Grenagh were excellent, the wind blowing from goal to goal the only problem. Éire Óg had the advantage in the first half but despite being on top ruined their opening quarter display with some poor marksmanship. A well taken first minute goal for Blarney from Will Crowley left Éire Óg playing catch up from the start and because of their lack of accuracy it took all of twenty minutes for the Ovens men to draw level, an early point from a Brian Kirwan '65' and two points from Cathal Sheehan frees making it 1-0 to 0-3.



Éire Óg Junior hurlers - MJK Oils Mid Cork JHC



Referee Jim McEvoy with his team of officials at MJK Oils Mid Cork JHC final - Linesmen Peter Cotter and Colm Vaughan and Umpires Mark Lynch, Thomas Martin, Colm Sheehan and Brian Sheehan.



Cathal Sheehan had not started the game, came on in the 15th minute as a replacement for the injured Keith Riordan, but quickly left his mark and finished with 0-6 to his credit, his accuracy from placed balls vital in getting Éire Óg a return on the scoreboard commensurate with their control on the field. The only Éire Óg goal came in the 22nd minute, Brian Corcoran driving a long clearance into the Blarney goalmouth and Brian Thompson was on hand when the ball came loose to belt it to the net to put his side in front for the first time.

In the run up to half time, Éire Óg had a point from a Cathal Sheehan free, Blarney hit back with points from Shane Mulcahy and a Will Crowley free, but Ciarán Sheehan, Rian O'Flynn and Ciarán Sheehan again had points to leave their side leading by 1-7 to 1-2 and they had earned their advantage.

Blarney with the wind to their backs had the start they needed to get back into contention. Will Crowley pointed a free in the thirty fifth minute and from the puck out Shane Mulcahy got possession, advanced at speed and fired the ball past the 'keeper, 1-7 to 2-3. Brian Corcoran, steady at centre back for Éire Óg, got a badly needed point but Blarney replied with a superb Conor Forde point to again cut their deficit to the minimum. Éire Óg had three of the next four points, Cathal Sheehan, Brian Kirwan and Rian O'Flynn all from play, a point from a Will Crowley free the only Blarney reply, three points separating the sides at the three quarter stage, 1-11 to 2-5 for Éire Óg.

Blarney hit a scoring purple patch now and with five points in succession were two clear by the 54th minute but Éire Óg had a point from Rian O'Flynn and then an equaliser from lion-hearted Daniel Goulding who had to fight hard for this score. With the game in injury time-added, Cathal Sheehan pointed a 50 metre free and repeated the exercise just before the final whistle in the 67th minute of a competitive but sporting contest.

Scorers: Éire Óg: B Thompson 1-0, Cathal Sheehan 0-6 (0-5f), R 0-3, B Kirwan 0-2 (0-1'65'), Ciarán Sheehan 0-2, B Corcoran and D Goulding 0-1. Blarney: W Crowley 1-3 (0-1f), S Mulcahy 1-2, C Forde 0-2, D Quill, C Hegarty, D Murphy 0-1 each. Éire Óg: Conor Keane: Kevin Cooper, Sean O'Flynn, Adam McCarthy: Ross McCarthy, Brian Corcoran, Brian Thompson: Eoin Kelleher, Rian O'Flynn: Keith O'Riordan, Cathal Murphy, Daniel Goulding: David Casey, Ciarán Sheehan, Brian Kirwan. Subs: Cathal Sheehan 15, Diarmuid Dillon and Seamus Lordan both on 50.

Blarney: Conor Murphy: Seán McSweeney, Stephen Mullane, Darragh Murphy: Vincent O'Mahony, Olan Hegarty, Mark Cummins: Colin Murphy, Cian Dunlea: Conor Forde, Dan Quill, Cathal Hegarty: Will Crowley, Paul O'Connor, Shane Mulcahy.

Referee: John Ryan, Macroom.



All smiles for the camera as Canovee Underage welcome Larry McCarthy National President of the GAA to cut the tape in their new pitch in 2022. PICTURE. PETER SCANLAN

SEMI FINALS:

Ballinora 4-14 Inniscarra 2-9

Champions Ballinora showed that they are fully intent on retaining their Mid Cork junior hurling crown with a decisive victory over Inniscarra in the semi final at Ovens, a repeat of their victory in last year's final. Inniscarra were short a few regulars, out with injury, and did not perform as well as they had done in the earlier stages of the competition but Ballinora gave a very impressive performance.

There was a pre-match anticipation of a very close encounter but Ballinora were in top form from the throw in and had Inniscarra struggling even after the opening quarter when they led by 1-5 to 0-2. Liam Lyons at wing forward was highly impressive in this period and was deadly accurate from frees and from play. He opened the scoring with a first minute point, and when Pádraig Holland quickly equalised for 'Scarra, Lyons pointed another free and added points from a '65' and from play. The Ballinora goal in the 6th minute was a real inspirational score, Kevin Murphy collecting a clearance 30 metres from the Inniscarra goal before advancing and then blasting a rocket to the net.

The second quarter brought no relief for the under pressure Inniscarra side. Neil Lordan added a point to the winner's tally, Andrew McCarthy and Holland, from a free, had points to give 'Scarra some hope but in the 22nd minute Ballinora struck for a second goal, this one from Alan O'Shea, after the initial work was done by Darragh Holmes and the final inch-perfect pass came from Shane Kingston despite heavy pressure. Two more Inniscarra points from Pádraig Holland frees were more than matched by two from Liam Lyons' frees and one from play by Darragh Holmes and Ballinora were full value for their 2-9 to 0-6 interval lead and must have been delighted with their display as they retired at the break. Their defence was excellent with James Lordan, Ronan Barrow, Patrick Cronin prominent, James Byrne and Neil Lordan hurling well at midfield and the attack very sharp with

Liam Lyons, Darragh Holmes, Shane Kingston and Kevin Murphy in form.

Inniscarra needed to make inroads on the Ballinora dominance on the restart but the champions were not in relaxing mood. After Pádraig Holland pointed another free on the restart, Ballinora hit back with a second Kevin Murphy goal in the 36th minute to end any real hope of an Inniscarra revival. The exchanges were pretty niggly in the third quarter but referee Brendan Barry Murphy quickly restored order with a series of yellow cards and with further points from Lyons, James Byrne and Neil Lordan, Ballinora held a 3-12 to 0-9 advantage by the 46th minute, Holland the scorer of the extra brace for Inniscarra.

Shane Kingston scored a fourth goal for Ballinora in the 49th minute and as the winners began to lose concentration a little, Mark Nagle buried the sliotar in their net from 25 metres to give them a jolt and they replied with points from Holmes and Kingston. In injury time Mark Nagle struck another smashing goal for Inniscarra but the issue was well decided at that stage and Ballinora could afford to give their panel members some game time.

Scorers: Ballinora: K Murphy 2-0, S Kingston 1-1, A O'Shea 1-0, L Lyons 0-8 (0-6f, 0-1'65'), N Lordan and D Holmes 0-2 each, J Byrne 0-1. Inniscarra: M Nagle 2-0, P Holland 0-7 (frees), C O'Leary and A McCarthy 0-1 each.

Ballinora: Barry Crowley: Kevin O'Regan, James Lordan, Ronan Barrow: Mike Lordan, Patrick Cronin, Darragh Crowley: James Byrne, Neil Lordan: Brian Murphy, Darragh Holmes, Liam Lyons: Alan O'Shea, Shane Kingston, Kevin Murphy. Subs: Conor Quirke 47, Jack Twohig 50, Danny Dineen and Colin O'Flynn, both 56.

Inniscarra: Dave Óg Coleman: Seán Ahern, John O'Callaghan, James Buckley: Brian Gould, Mark Linehan, Andrew McCarthy: Colin O'Leary, Michael O'Connell: Mark Nagle, Aidan O'Mahony, Eddie O'Connor: Pádraig Holland, Stephen Olden, Ardal O'Connell. Subs: Liam Buckley 37, John Casey 42, Jerry Roche 44, Tommy Buckley 47.

Referee: Brendan Barry Murphy, Aghabullogue.

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Grenagh 1 – 16 Éire Óg 1 – 11

Grenagh are back in the Mid Cork final after a lapse of ten years after their hard fought victory over Éire Óg in the MJK Oils Mid Cork junior hurling championship semi final at Ballincollig. Grenagh last won the divisional title in 2013 and went on to win promotion to intermediate by winning the county junior title as well. After some good early years in the higher grade, Grenagh were relegated last season from the county Lower Intermediate championship so they will be delighted to have reached the Mid Cork final in their first season back in the division. Conditions at Ballincollig were excellent and there was a fine crowd present to see who would qualify to face Ballinora in the final. Kevin O'Neill had the opening point for Grenagh after a minute but Cathal Sheehan pointed a '65' to bring the Ovens side level and Eoin Kelleher put them in front in the 6th minute. Christopher Buckley levelled for Grenagh who were playing with a fair wind behind them, Seán Joyce put them in front, but Cathal Sheehan pointed an Éire Óg free in the 13th minute to level matters once again. Éire Óg struck for an opportunist goal in the 18th minute when Ciarán Sheehan floated over a centre into the Grenagh goalmouth, the contested ball fell to the sod and Cathal Sheehan pounced to sweep the sliotar to the net. Éire Óg had been having the better of matters and were deserving of their lead at this stage. From here to the half time whistle Grenagh lifted their performance and gave themselves

some hope for the second half. David Coleman pointed a 19th minute free, did likewise with a '65' and Seán Joyce hit over a long range equaliser in the 24th minute in answer to another Cathal Sheehan converted free. Seamus Cronin, not fully injury free, was introduced and brought Grenagh level in the 27th minute but Daniel Goulding took an excellent point to edge Éire Óg back in front. David Coleman from a free and Christopher Buckley from play pointed to put Grenagh clear by the minimum but in added time Cathal Sheehan pointed an Éire Óg free to leave the teams level at the interval, 0-9 for Grenagh, 1-6 for Éire Óg, who would have the benefit of the wind in the second half.

Play resumed with another exchange of points between Cathal Sheehan and Kevin O'Neill before Éire Óg went two points clear at the three quarter stage with points from Cathal Sheehan and Conor McGoldrick. The Ovens men were on top but Grenagh were battling to stay in contention with their defence performing heroically and as Éire Óg failed to kill off their challenge, Grenagh were emerging stronger and stronger. Peter McSweeney's point in the 17th minute was followed by eight scoreless minutes before Buckley levelled the scores with a Grenagh point, 0-12 to 1-9 now, in the 55th minute.

Again Éire Óg hit the front with a point from Brian Thompson in the 57th minute and when Brian Corcoran added a super point it seemed that they would go on to victory. Seán Joyce

now emerged on the scene in a big way for Grenagh. Joyce, in the absence of injured free taker David Coleman, hit over a free and then sent in a high delivery from the left wing which, being contested, fell to the ground and Grenagh substitute Brian Walsh lashed the ball to the corner of the net to put Grenagh sensationally in front as the game went into six minutes of time added. Grenagh were now contesting every ball ferociously as they sensed victory and Seán Joyce fired over three more points, all from frees as the Éire Óg challenge faded.

Scorers: Grenagh: Cathal Sheehan 1-6 (0-6f), E Kelleher, D Goulding, C McGoldrick, B Thompson, B Corcoran 0-1 each.

Grenagh: James Walsh: Morgan McSweeney, Kelvin Cummins, Alex Kiely: Peter McSweeney, Paul Barry Murphy, Liam Walsh: ted Twomey, Kevin O'Neill: Ultan Duggan, Darragh Kenny, Christopher Buckley: David Coleman, Michael White, Sean Joyce. Subs: Seamus Cronin 20, Dara O'Shea 48, Brian Walsh 55.

Éire Óg: Conor Keane: Adam McCarthy, Seán O'Flynn, Kevin Cooper: Ross McCarthy, Brian Corcoran, Brian Thompson: Eoin Kelleher, Rian O'Flynn: Cathal Murphy, Conor McGoldrick, Daniel Goulding: Cathal Sheehan, Ciarán Sheehan, Brian Kirwin. Subs: Seamas Lordan 40, Diarmuid Dillon 48, Joseph Kelleher 52, David Sheehan 54.

Referee: Nathan Wall, Ballincollig

MJK Oils Mid Cork Final

Ballinora 0 – 16 Grenagh 0 – 11



Inniscarra, defeated by Ballinora in Mid Cork JHC semi final.



Grenagh Junior Hurlers - MJK Oils Mid Cork JHC .

Canovee GAA Lotto

- 15th January, 2023
- Jackpot: €17,250
- Number Drawn 04,16,18,25
- No Winner
- Lucky Dips: €30 Matthew Lehané & Conie Stand Back
- Online Winners: €30 Susie O'Sullivan & Bergin Kelly
- 22ND January 2023
- Jackpot: €17,400
- Number Drawn: 13,18,20, 30
- No Winner
- Lucky Dips: €30 James Scanlan & Donal Holland
- Online Winners: €30 John Kelleher & Gabriel McNabola
- Next Weeks Venue: Carrig Inn.

Kilmurry G.A.A. Lotto Results

- 23rd January, 2023.
- Jackpot €1,300.
- Number Drawn 10,15,31.
- No Winner Consolation prizes:
- €50.00 to Marie Spillane, Ballinagree.
- €20 each to Mark Healy, Doonisky, Marie Larkin Laois, John Collins (yearly) Connie O'Keefe, & Finbarr Crowley (online).



MJK Oils Mid Cork Final



Ballinora - MJK Oils Mid Cork Junior Hurling Champions 2022.

Ballinora 0-16 Grenagh 0-11

Ballinora retained their MJK Oils Mid Cork junior hurling championship crown, taking the divisional title for the eighth time in all, with a deserved victory over dogged Grenagh at Ovens in a Sunday evening game under lights. Ballinora were pre match favourites and justified their rating but Grenagh, relegated from intermediate last season and appearing in their first Mid Cork final since 2013, made the champions earn their title with a spirited challenge which made for a most entertaining game for the fine attendance. Ballinora were never led in this contest, but only two points separated the sides at half time, three at the three quarter stage and it was not until the final ten minutes that Ballinora at last managed to put sufficient daylight between the sides to make victory assured.

Weather and ground conditions at Ovens were excellent as referee Jim McEvoy got proceedings under way. Liam Lyons had Ballinora in front after less than a minute, Seamus Cronin had Grenagh level a minute later. Ballinora were forcing the pace but could never shake off the Grenagh challenge. James Byrne edged Ballinora back in front, Grenagh missed a golden goal opportunity, and Kevin Murphy doubled the Ballinora advantage with a sweet point in the 8th minute. Ballinora were being made aware that they had a real contest on their hands but in fairness to them they were prepared to join battle and a rousing contest ensued.

Liam Lyons pointed a free in the 13th minute and after receiving a precision cross-field pass from Kingston a minute later, shot another point from play and Ballinora were four clear, 0-5 to 0-1 as the opening quarter ended.

Seán Joyce, hero of the Grenagh semi final win

over Éire Óg, pointed a long range free in the 16th minute, Ballinora hit back with a brace, Shane Kingston and then Alan O'Shea each availing of quick deliveries in to gain possession and clip over points. Joyce pointed another Grenagh free in the 23rd minute, added another from play a minute later and had another from a free in the 28th minute to reduce the gap to two points, 0-7 to 0-5. Liam Lyons eased the situation for Ballinora with a point from play in the 29th minute but back came Grenagh with a point from a Seán Joyce free to leave only two points between the teams at half time, Ballinora leading by 0-8 to 0-6.

On the restart, wing back Liam Walsh struck over a marvellous point for Grenagh, Shane Kingston striking a quick reply to maintain the Ballinora lead. Grenagh again cut the gap to a single point from a long range Joyce free, Liam Lyons pointed a free for Ballinora in reply but back came Grenagh and again Joyce pointed a free, 0-10 to 0-9 in the 39th minute. It was an absorbing contest and Ballinora began to show their experience and growing maturity with the manner in which they were responding to the Grenagh challenge. The Ballinora defence was rock solid under sustained pressure with James Lordan and Patrick Cronin magnificent, James Byrne and Neil Lordan were tireless workers at midfield and up front Liam Lyons was lethal from placed balls and along with Darragh Holmes and Shane Kingston was willing to graft hard to win possession. Neil Lordan took a pass from Alan O'Shea and struck over a Ballinora point in the 41st minute, Kingston was fouled and Lyons pointed the resultant free and at the three quarter mark the difference between the teams stood at three points, 0-12 to 0-9.

Neil Lordan took his second point for Ballinora in the 46th minute to open up a four point gap but back came a Grenagh reply from the stick of Seamus Cronin two minutes later. Ballinora had a vital point in the 51st minute to go four clear, Liam Lyons setting up the chance for Shane Kingston and Lyons himself then pointed a long range free to increase the lead. Grenagh now clearly needed a goal to get back in contention but the next score came from the stick of Man of the Match Liam Lyons from a free out on the right wing in the 57th minute. Grenagh battled on and were rewarded with the final score of the game, their ace free taker Seán Joyce taking his seventh from placed balls in injury time.

Ballinora: Scorers: L Lyons 0-8 (0-5f), S Kingston 0-3, N Lordan 0-2, J Byrne, A O'Shea and K Murphy 0-1 each. Grenagh: S Joyce 0-8 (0-7f), S Cronin 0-2, L Walsh 0-1.

Ballinora: Barry Crowley: Kevin O'Regan, James Lordan, Ronan Barrow: Mike Lordan, Patrick Cronin, Darragh Crowley: James Byrne, Neil Lordan: Brian Murphy, Darragh Holmes, Liam Lyons: Alan O'Shea, Shane Kingston, Kevin Murphy. Subs: Tommy Burns 45, James Keohane 51, David Fitton 58.

Grenagh: James Walsh: Morgan McSweeney, Kelvin Cummins, Alex Kiely: Peter McSweeney, Paul BarryMurphy, Liam Walsh: Ted Twomey, Kevin O'Neill: Ultan Duggan, Darragh Kenny, Seán Joyce: David Coleman, Seamus Cronin, Christopher Buckley. Subs: Dara O'Shea 47, Michael White 55, Brian Walsh 51.

Referee: Jim McEvoy, Blarney

HAVE YOU A NEWS STORY?

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MACROOM SOCCER CLUB

LEAGUE OF IRELAND MOVES

All at Macroom FC were delighted with this weeks Wes that two of our current players and one former one are to join League of Ireland clubs. Caoimhe O' Brien has been an outstanding player for our schoolgirls teams over the years. This talented left sided player has secured a fantastic move to Cork City U17s for the coming season. This is well deserved as Caoimhe has always excelled for Macroom and for the Cork Womens and Schoolgirls league teams she has represented. The next player on the move is Michael Dunne from the U14 schoolboys. Michael is on his way to Cobh Ramblers U14s and will be part of their squad for the upcoming League of Ireland season. Michael who interestingly is also a left sided player has been a pivotal player for the U14 side. He has represented the Cork Schoolboy's League side in inter league competition and most recently has taken part in the FAI Emerging Talent programme. While both these players will undoubtedly miss the Macroom teams and their friends, these opportunities are too good for them to pass up, playing at a higher level in National competition and testing themselves against the best players in the country. New League of Ireland first division outfit Kerry FC this week announced the lucrative signing of Cormac Buckley. Cormac has a long association with Macroom FC and played much of his schoolboy football with the club before joining Cobh Ramblers a number of seasons ago. He now will get a great opportunity as League of Ireland football will be played at Mounthawk in Tralee. Macroom FC takes huge satisfaction from these moves and the coaches of these players have done incredible work in producing these players. It is also an endorsement of the coaching standards at our club. Good luck to Caoimhe, Michael and Cormac from all at the club.

ASTRO FUNDRAISING

The fundraising for our Astro Pitch and Community walkway continues. Tickets for our fantastic draw are available in Murray's, Dineen's, TP's, Greyhound, MJ Cronin's and Murphy's Costcutter. Club members and managers are also selling tickets. There is also an online option to buy through Clubforce-link on www.macroomfc.ie and also on club social media channels FB and Instagram. First prize is 2 tickets to Rep Ireland v France, Euro Qualifier at the Aviva Stadium on Mar 27th, overnight accommodation at The Gresham Hotel and €200 spending money. 2nd and 3rd prizes are an Annual subscription to Macroom FC weekly lotto draw. Tickets are €10 each or 3 for €20. All support welcome and appreciated. Macroom FC plans to build the Astro and Community Walkway later this year.

LOTTO WIN

Marie Breen, The Hermitage, Macroom was the lucky winner of our big €10,600 jackpot recently. Everyone at Macroom FC are delighted for Marie and her husband John. They collected their winnings at Murray's Bar and our hardworking



Cormac Buckley, formerly of Macroom FC who has signed for Kerry Football Club for the upcoming League of Ireland season.

lotto committee were on hand to congratulate the winners. Good luck and happy spending! Weekly lotto tickets available throughout Macroom, from members and online at Clubforce. Pick just 3 numbers for your chance to win.

MUNSTER SENIOR LEAGUE KEANE CUP: ROUND TWO: UCC 2 MACROOM 0.

Macroom were on the wrong side of the score line at a bitterly cold Curraheen. It was a game that ebbed and flowed throughout but, it was the students efficiency in front of goal that saw them through to Round Three of the Keane Cup.

Despite some good creativity from the visitors, it was Caleb Dineen who was well occupied in the opening stages pulling off a number of crucial saves from close range. On 20 minutes, Lloyd Asling forced a free kick narrowly wide from the edge of the box. Macroom were well in the game in the opening stages with Danny Kelleher & Thomas Morgans looking solid at the back, whilst Craig Ronan & Mark Corrigan were up and running in the middle third.

On 27 minutes, UCC found the opener following a good spell down the left wing. A close range effort forced a fine save from Dineen who could only parry into the danger zone for the UCC poacher to force home. From here, Macroom upped the ante. Keith Holden & Darren Dineen were causing a host of problems for the students but failed to convert. On 35 mins, the duo combined to allow Dineen to take it past the onrushing keeper, only for his effort to be cruelly cleared off the line. 1-0 at the interval. Following the restart, the student's attacking threat was predominantly reduced to long range efforts. Macroom were now searching for an all important equaliser. On 55 minutes, quick thinking from Ronan played in Holden. His initial effort was smothered by the keeper and his final effort cleared off the line once again much to the disbelief of the Macroom contingent.

On 71 minutes, substitute Blake O' Gorman found Holden in space but his effort was again cleared



Caoimhe O' Brien pictured with Macroom FC coach Mick Goold. Caoimhe has signed for Cork City U17s.



Michael Dunne pictured with coaches John Ronan and Danny Morey and Macroom FC U14 players. Michael is joining Cobh Ramblers U14s.

off the line. Time ticked on and the visitors couldn't force their way through the UCC rearguard. As the game entered additional time, Dineen was played through only to be nullified once more by the oncoming UCC number one. A flurry of corners provided Macroom with one last roll of the dice. The full Macroom line up occupied the opposition's 18 yard box as they searched for a leveller deep into stoppage time. They were caught on the counter attack and the students won a penalty in the dying moments. The final kick of the game saw their effort well dispatched to the top right corner. 2-0 Full Time.

Macroom will be disappointed with the result but, will take a lot from a good performance against Premier league opposition.

ROUND UP

Not a lot of action recently as the weather has been playing havoc. It is further evidence of the need for an Astro facility in Macroom. The U9s played Ballincollig in a number of enjoyable games. The U14 schoolgirls were away to Carrigtwohill and were unlucky to lose narrowly. The Macroom



Opticians sponsored U15 schoolboys travelled away to Killarney Celtic for a friendly on the home side's Astro pitch. The U10 schoolgirls played fixtures in Lakewood and Kilworth while the U15 girls had a big away win over Park Utd. An Orlaith O'Brien hat trick, a Szonja Mora double and a goal from Maisie Murphy secured the points. The U13 div 2 schoolboys were away to league leaders abandon and came away with a good point after a 1-1 draw, Dylan O'Shea on target in an excellent squad performance.

BIG FIXTURE

A huge game in Macroom next week as the U16 girls welcome Torro Utd from Co. Meath in the last 32 of the National Cup. The game will be played at Murrayfield, Sat 28th Jan, 2pm kick off. All support welcome.

Darragh Deasy, Declan Kiely and Lelia Graham.



Congratulations to our big lotto winners Marie and John Breen who scooped the €10,600 jackpot recently. Marie received her cheque from Macroom FC lotto committee members.

Aghinagh G.A.A. Lotto Results

9nd January, 2023. - Jackpot €2,500.

Number Drawn 6,31,38 - No Winner

Consolation prizes: €50.00 to Bríd Kelleher, c/o M&J Kelleher Oil.

€20 each to Paud Lehane, (Online Winner), Billy Spillane, c/o MCP, Denis and Eileen Lynch, Knockrour, Teddy and Maura Bradley, Dromree.

16th January, 2023.

Jackpot €2,650.

Number Drawn: 2,21,29

No Winner Consolation prizes: €50.00 to Lisa Horgan, C/O The Láine Bar.

€20 each to Michael & Marion Crowley, Dromree; Katie O'Connell, Coolnadane; Hickey Family, Ballinagree; Chris Duggan, Leades Cross.

Coachford AFC Lotto Draw

9th January 2023 - Jackpot: €1,000.

Numbers Drawn: 02, 05, 16 - No Winner

Lucky Dips: €40 Barry Murphy, €20 Mary O Sullivan, Michael O'Shaughnessy (Online), Declan Casey and Jim Bergin.

16th January 2023

Jackpot: €1,200. - Numbers Drawn: 12, 27, 31 - No Winner

Lucky Dips: €40 Mairead McCullagh, €20 Steve & Helen, Michael O'Connell, Ned Roche (yearly ticket) David Harrington (Online)

Macroom GAA Lotto Results

3rd January, 2023 - Jackpot €5,600 - No winner

Consolation prizes: €70.00 Sean Cronin, Codrum

€20 each to Nora O'Shea, Mashanglass, Mary Ellen & Ryan Coleman Park, Donie Angland Sullane Weirs, Denis & Mia Cork Street, Murt Twomey Rockboro,

16th January, 2023 - Jackpot: €5,800 - No winner

Consolation prizes: €70 Chloe & Ciaran O'Sullivan, Kilnagurteen

€20 each to Mary O' Mahony, Cork Street, Nora o'Shea Mashanglass, Con Kelleher, Ballinagree, Rhys Hopkins, Milbrook, Lauren Manning (Online). Next Week's Jackpot €6,000. Tickets available at usual outlets or online at www.macroomgaa.ie



Coachford AFC Premier Team Dinner Dance.

Macroom FC Lotto Results

9th January, 2023

Jackpot: €1,400

Numbers drawn: 5,7,36

No Winner

Lucky Dips: €80: Marie Spillane c/o Darrin

€20 each: Annette O'Callaghan June, Michael Foley

Connie, DD Lucey Swanky, Colm Oldham Murrays

16th January, 2023

Jackpot: €1,800

Numbers drawn: 4,24,25

No Winner

Lucky Dips: €80: Michael Vaughan c/o Darrin

€20 each: Norma Carroll (online), Norelene Healy

Darrin, Layla O'Driscoll Darrin, Norelene Healy Darrin

Tickets online at macroomfc.ie and at local outlets

throughout Macroom town.

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N22 BAILE BHUIRNE - MACROOM

ROAD DEVELOPMENT

NEWSLETTER - ISSUE NO. 10

January 2023

WELCOME TO THE 10TH ISSUE OF THE N22BBM NEWSLETTER

The most recent project newsletter was issued on 9th Oct 2022 and since then significant progress has been achieved.

In Section 1 at the western end of the scheme, the following items have been progressed during October, November and December 2022:

- Soil stabilisation in the deep cut at An Sliabh Riabhach has progressed well with the majority of the soil nailing complete and the mesh facing installed. The Hydro-Seeding of the batters has also commenced here.
- At Baile Bhuirne Junction, the diversion road L-92201 has been progressed with a view to having the diversion for existing N22 traffic in place from early February 2023
- Good progress has been made on the last bridge on the scheme, the high-level accommodation bridge at An Sliabh Riabhach, with the bridge deck being poured and the concrete separation wall being advanced.
- Good progress has been made with the installation of Drainage and Ducting on the new N22 main line in preparation for the laying of the capping layer of the road pavement.
- 2 kilometres of concrete drainage channel have been constructed.
- Work is ongoing with the installation of the various Environmental Barriers (Noise Barriers) and the barrier at Tonn Láin has been completed.
- Construction works have been completed on the Tonn Láin Roundabout on the existing N22 and is now open to general traffic.
- Filling of the last main line embankment has now been completed.
- Significant progress has been made in the completion of Accommodation Roads for landowners with the completion of a number in An Sliabh Riabhach and in Tonn Láin.



Drainage and ducting complete at Kippagh



High level bridge at Slievareagh

In this part of the project, we hope to focus on the following works in January and February 2023:

- Complete the soil stabilisation works at the deep cut at An Sliabh Riabhach.
- Complete the high-level bridge at An Sliabh Riabhach and opening of this structure for access by the two landowners affected.
- Complete the off-line works at the Baile Bhuirne Junction and transfer of N22 traffic onto the new diversion road
- Complete the rock removal from the deep cut at An Sliabh Riabhach.
- Progress the remaining Drainage and Ducting installation to the main line
- Substantially complete the installation of the concrete drainage channel
- Complete the installation of capping layer on the mainline between the Cill na Martra Road and Tonn Láin Roundabout.



An Roinn Iompair
Department of Transport



Tionscadal Éireann
Project Ireland
2040



Comhairle Contae Chorcaí
Cork County Council



FORBAIRT BÓTHAIR N22 BAILE BHUIRNE - MAIGH CHROMTHA

NUACHTLITIR - UIMH. 10

Eanáir 2023

FÁILTE ROIMH AN 10Ú EAGRÁN DEN NUACHTLITIR

Eisíodh an nuachtlitir tionscadail is déanaí ar 9 Deireadh Fómhair 2022 agus tá dul chun cinn suntasach déanta ó shin i leith.

I gCuid 1 ag ceann thiar na scéime, cuireadh na míreanna seo a leanas chun cinn le linn mhíonna Dheireadh Fómhair, na Samhna agus na Nollag 2022:

- Cobhsú na hithreach sa ghearradh domhain ag An Sliabh Riabhach agus tá formhór na tairneála ithreach críochnaithe agus aghaidh an mhogalra suiteáilte. Tá tús curtha anseo freisin le Hidrea-Shíolú na bhfuaidreoirí.
- Ag Acomhal Bhaile Bhuirne, tá dul chun cinn déanta ar an mbóthar atreoraithe L-92201 d'fhonn an t-atreorú do thrácht an N22 atá ann cheana a bheith i bhfeidhm ó thús Feabhra 2023.
- Tá dul chun cinn maith déanta ar an droichead deireanach ar an scéim, an droichead cóiríochta ardleibhéil ag An Sliabh Riabhach, le deic an droichid doirte agus an falla deighilte coincreíte á curtha chun cinn.
- Tá dul chun cinn maith déanta maidir le suiteáil Draenála agus Duchtúcháin ar bpríomhlíne nua an N22 mar ullmhúchán do shraith bharrchaidhe de phábháil an bóthair.
- Tógadh 2 chiliméadar de chainéal draenála coincreíte.
- Tá obair ar siúl le suiteáil na mBacainní Timpeallachta éagsúla (Bacainní Torainn) agus an bhacainn ar an Tonn Láin curtha i gcrích.
- Toibreacha tógála críochnaithe ar Thimpeallán an Tonn Láin ar an N22 reatha agus tá sé oscailte anois do thrácht ghinearálta.
- Tá líonadh an chlaifóirt phríomhlíne deiridh críochnaithe anois.
- Tá dul chun cinn suntasach déanta maidir le críochnú Bóithre Cóiríochta d'úinéirí talún agus críochnaíodh cuid acu ar an Sliabh Riabhach agus ar an Tonn Láin.



Droichead ardleibhéil ag An Sliabh Riabhach

Sa chuid seo den tionscadal, tá súil againn díriú ar na hoibreacha seo a leanas i mí Eanáir agus i mí Feabhra 2023:

- Críochnaigh na hoibreacha cobhsaíochta ithreach ag an gearradh domhain ag An Sliabh Riabhach.
- An droichead ardleibhéil ag An Sliabh Riabhach a chríochnú agus an struchtúr seo a oscailt le haghaidh rochtana don dá úinéir talún lena mbaineann.
- Críochnaigh na hoibreacha as líne ag Acomhal Bhaile Bhuirne agus trácht an N22 a aistriú go dtí an bóthar atreoraithe nua.
- Críochnaigh an bhaint carraige as an gearradh domhain ag An Sliabh Riabhach.
- Cuir an suiteáil Draenála agus Duchtúcháin chuig an bpríomhlíne atá fágtha chun cinn.
- Suiteáil an chainéil draenála coincreíte a chríochnú go substaintiúil.
- Críochnaigh suiteáil na sraithe caipínithe ar an bpríomhlíne idir Bóthar Chill na Martra agus an Timpeallán Thonn Láin.



Draenáil agus an duchtú críochnaithe ag Ceapagh Thoir

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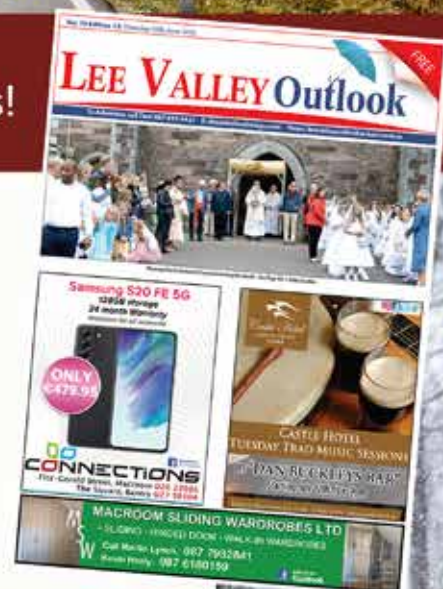
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A Word of Victory

Welcome back dear student many people use the month of January as a fresh start, adopting New Year's resolutions and setting goals. The Lord desires for His children to meet His goals of character and integrity as we journey through this life. The Power of His Holy Spirit and His Word in our lives will bring visible transformation in every area as we yield to Him (Romans 12:1-2). "....Since you have been raised to new life with Christ, set your sights on the realities of Heaven, where Christ sits in the place of honour at God's right hand. Think about the things of Heaven, not the things of Earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all His Glory. So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world. Because of these sins, the anger of God is coming. You used to do these things when your life was still part of this world. But now is the time to get rid of anger, rage, malicious behaviour, slander, and dirty language. Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like Him. In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and He lives in all of us!

Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with Love, which binds us all together in perfect harmony. And let the Peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom He gives. Sing psalms and hymns and spiritual songs to God with thankful hearts.

And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through Him to God the Father. Wives, submit to your husbands, as is fitting for those who belong to the Lord. Husbands, love your wives, and never treat them harshly. Children, always obey your parents, for this pleases the Lord. Fathers, do not aggravate your children, or they will become discouraged. Slaves, obey your earthly masters in everything you do. Try to please them all the time, not just when they are watching you. Serve them sincerely because of your reverent fear of the Lord. Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ. But if you do what is wrong, you will be paid back for the wrong you have done. For God has no favourites" (Colossians chapter 3 – NLT). Goals.

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NOVENA TO THE HOLY SPIRIT



HOLY SPIRIT, you who make me see everything and show me the way to reach my ideals. You who give me the divine gift to forgive and forget the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue want to thank you for everything, and confirm once more that I never want to be separated from you, no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. AMEN. (Say this prayer three consecutive days without stating the request, after the 3rd day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted.)

NOVENA TO ST. ANTHONY



Blessed Anthony, in spite of many difficulties you were enabled by the Holy Spirit to discover your place in God's plan and to use your gifts and talents in making society a better and happier place for all. Implore the Lord Jesus to grant me suitable employment which may obtain for me an mine a decent livelihood and at the same time be able to live truly human and Christian lives and to be of real service to all people. Amen **N.D.**

2ND ANNIVERSARY



Remembering our adored Mother and Grandmother

SHEILA CREEDON
Knockane, Terelton, Macroom, Cork
Who's second anniversary occurs on the 21st of January

*I thought of you with love today
but that is nothing new
I thought about you yesterday
and days before that too,
I think of you in silence
I often speak your name
All I have are memories
and your picture in a frame
Your memory is my keepsake
with which I'll never part
God has you in His keeping
I have you in my heart*



Sadly missed and fondly remembered by your loving son Dan and grandchildren Shane, Don and Noelle and all her family and friends.

PRECIOUS MOTHER OF JESUS



Mother of Divine Grace you can find a way, where there is no way. Please hear my prayer and grant me my request.

THE MIRACLE PRAYER



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

THE MIRACLE PRAYER



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

29TH ANNIVERSARY



In memory of my dear mother

**MARGARET
KELLEHER**

Sleaveen Road Macroom and late
of Ballinagree who passed away on
29th January 1994

*You can only have one mother.
Patient, kind and true. No other friend in all
the world, will be the same to you.*

Always missed by your
daughter Mary, relatives and friends.
Padre Pio pray for us.



Anniversary Mass for Margaret
Sunday, 29th January,
St Colman's Church, Macroom.

2ND ANNIVERSARY



In loving memory of

JOHN CAREY

Rea Dunmanway and
Sleaveen Road Macroom
27th January 2021

*Deep are the memories
Precious they stay
No passing of time can take them away
Padre Pio pray for us.*



Missed every day by your wife Mary.
Padre Pio pray for us.

Anniversary Mass for John
Friday, 27th January,
St Colman's Church, Macroom.

50TH ANNIVERSARY



In loving memory of

**RICHARD
O'CONNOR**

Kilvoultra, Clondrohid,
Macroom, Co Cork
who died on January 17th 1973.

*Member of the Macroom Cork County
Senior Football Title winning team
1909 to 1913.*

Fondly remembered by family
and friends.



7TH ANNIVERSARY



In loving memory of

**JOHN
LYNCH**

Kilmore Ballingearry
Who died on 24th January 2016

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



Deeply missed by his family and friends.

3RD ANNIVERSARY



In loving memory of

**ANDREW
O'RIORDAN**
FERGUS, DRIPSEY, COACHFORD,
23rd JANUARY 2020

*We sat beside your bedside
Our hearts were crushed and sore
We did our duty to the end
Till we could do no more
In tears we watched you sinking
We watched you fade away
And though our hearts were breaking
We knew you could not stay.*



Greatly missed by your loving wife Anne
and Edel, Ashling, Trevor, Anthony and
Gavin.

5TH ANNIVERSARY



In loving memory of

**JOAN
HERLIHY**

Derryroe, Macroom whose 5th
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

3RD ANNIVERSARY



In loving memory of

MARY CANTY

New Street, Macroom, Co. Cork.
Who passed away on 1st of February
2020

*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.*



Always in our thoughts and
remembered with love.

Sadly missed by your husband Denis,
children Aimee, Denis, Nicola, Dylan &
your grandchildren Aoife, Iona,
Adam & Ethel.

6TH ANNIVERSARY



Cherished memories of

**EILEEN
J.QUILL**

Barr d'Inse, Cúil- Aodha,
Who died on January 23rd 2017

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



Fondly Remembered by Your
Family, Relatives & Friends.
Naomh Gbhnait guidh orainn.

ST. JUDE NOVENA



O Holy St. Jude! Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor for all who invoke you, special patron in time of need; to you I have recourse from the depth of my heart, and humbly beg you, to whom God has given such great power, to come to my assistance; help me now in my urgent need and grant my earnest petition.

In return I promise to make your name known and cause you to be invoked. St Jude pray for us an all that invoke you.

State three Our Fathers, three Hail Marys and Three Glorias. This Novena must be said for nine consecutive days an publication must be promised.

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace you can find a way, where there is no way.
Please hear my prayer and grant me my request.

11TH ANNIVERSARY



In loving memory of
KITTY BUCKLEY
Who died on 30th January 2012.

*A Mothers love It's a special bond
that spans the years.
Through laughter, worry, smiles and tears,
A sense of trust that can't be broken,
A depth of love sometimes unspoken,
A lifelong friendship built on sharing,
Mother and family, their hearts as one -
A link that can never be undone.*



Remembered today and everyday
by your loving family.

14TH ANNIVERSARY



In loving memory of
**FINBARR
O'MAHONY**
Roovesbeg, Coachford, Co. Cork
Whose 14th Anniversary occurs on
24th January.

*The world changes from year to year,
Our lives from day to day,
But the love and memories of you,
Shall never fade away.*



Remembered always by
his wife and family.

AN 7Ú CUIMHNEACHÁN



In ngean chuimhne ar
DAN LUCEY
Bun Coille, Sliabh Riach,
Baile Mhúirne.
D'éag 04.02.2016

Fear uasal, stuama, a sholaigh
le grá dá chlann.



*Suaimhneas síorraí ar d'anam Daid
I gcomhlúadar do mhuintir bhreá is
I bhfoluain na Naomh atáir.*

Máire is do chlann.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

**GERARD
DEASY**

Aherlamore, Aherla, Cork
Who died on January 22nd 2022.

As we lovingly remember Gerard on his first
Anniversary we his family and extended
family would like to take this opportunity
to express our sincere gratitude to all who
supported and sympathised with us on our
sad loss.

Our heartfelt thanks to our neighbours and
friends who were a huge support to us in
such a difficult time. We greatly appreciate
those who sent Mass cards, letters, phone
calls, online condolences and to those who
attended his funeral.

Our gratitude to Dr Gerard Murphy
for his care.

Special thanks to Canon Bernard O'Donovan
for celebrating his Mass and Fr Liam Ó hici
for prayers at the graveside.

Thanks to Tessy the Sacristan and Martina
for the beautiful singing during the Mass.

Thanks to Crowley Undertakers for
their kindness and professionalism.

*Please accept this acknowledgement as an
expression of our deepest gratitude.*



2ND ANNIVERSARY



In loving memory of
TIM HEALY
Knockanure, Ballymakeera
Who died on 25th January 2021.

*Every day in some small way,
memories of you come our way.
Will those who think of Tim today,
A little prayer to Jesus say.*



Always in our thoughts and memories.
Sadly missed by his family.

2ND ANNIVERSARY



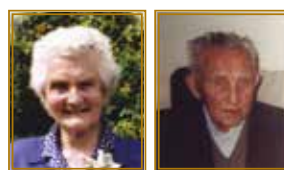
In loving memory of
TIMMY HEALY
Knockanure, Ballymakeera
Who died on 25th January 2021.

*No farewell words were spoken No time
to say goodbye You were gone before we
knew it and only god knows why.
Our hearts still aches with sadness,
and secret tears still flow.
What is meant to lose you,
no one will ever know.
All we have now is a picture to look upon.
Treasured memories we recall a pleasant
smile, a heart of gold the best the world
could hold.*



Always remembered by Jessie,
Ann, Mary and James .

ANNIVERSARIES



In loving memory of
**JULIA & DENIS
O'MAHONY**
The Village, Clondrohid, Macroom
whose anniversaries
occur around this time.

*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 loving family

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**FIRST ANNIVERSARY
AND ACKNOWLEDGEMENT**

In loving memory of
GRETA BUCKLEY
Castlemore, Crookstown.
Who died on the 8th of
February 2022

We, Greta's family, wish to express our heartfelt gratitude for the great kindness and compassion shown to us following the loss of our beautiful Mam.

To all those who attended our family home to sympathise with us and those who attended her funeral, we thank you sincerely for your support and kindness in those few days.

To Mam's neighbours who lined the route and waved her goodbye on her final journey, thank you for that beautiful reflection of lifelong friendship.

Thank you to all who sent mass cards, online condolences, and phone calls, we appreciate each condolence extended to us in the past year.

To the medical professionals who helped Mam, thank you, especially Dr Gerard Murphy for the care and kindness shown, not only to Mam but to each of us, thank you Dr Murphy, your kindness and compassion in her final days will never be forgotten.

Mam had many good friends, some we never knew, to each of you, especially her bingo and card playing friends, thank you for everything, the lifts to and from bingo over the years, the laughter and fun. Her life was brighter and better because of you all.

Our deep appreciation to Fr. O'Donovan for the beautiful funeral mass, to Deborah Murphy for the beautiful music and to Gabriel and O'Donovan's for their professionalism throughout her funeral. Thank you also to those who brought refreshments to the house, and all those who helped with parking, traffic management and An Garda Siochanna.

To Mam's friend Sue, there are no words that can express our appreciation for the friendship you extended to Mam over the years. Thank you for always being there.

It would be impossible to thank everyone individually, please accept this as a token of our appreciation to all who helped us at this difficult time.

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

Mam's First Anniversary Mass will take place on Sunday, February 5th 2023, at 11.30am in St Joseph's Church, Cloughduv.

"Beautiful memories keep us close, we are never far apart, for you are always on our minds and forever in our hearts"

**FIRST ANNIVERSARY
AND ACKNOWLEDGEMENT**

In loving memory of
MARGARET CRONIN
The Commons, Inchigeela,
Macroom, Co. Cork.

Died on 18th January, 2022

As we lovingly remember our mother Margaret on her first anniversary, we her family would like to express our sincere thanks for the kindness and support shown to us at the time of her passing.

We would like to thank everyone who sympathised with us, attended the Funeral, sent Mass cards or sent messages of condolence on RIP.ie

We would like to thank Fr. Pat O'Donovan for his lovely Mass and Nora the Sacristan for her help.

We would like to thank Dr. Tom O'Donnell, Dr. Deirdre Schully, and all the staff in the primary care centre for their excellent care over the years. We would like to thank Dr. Orla Crosbie's team CUH, St Vincent's Liver Unit and Bantry General Hospital, especially the ICU staff and St Joseph's Ward staff/ Palliative room for their kindness and care for Margaret and us her family in her last hours.

We would like to thank Casey's Funeral Directors, Inchigeela, for their professionalism and support during the Funeral.

As it is impossible to thank everyone individually please accept this acknowledgement as a token of our appreciation.

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

**10TH ANNIVERSARY**

In loving memory of
**KIERAN
MC CARTHY**
Crookstown, Co. Cork
Who passed away on
26th January

*Two tired eyes are sleeping
Two willing hands are still
The one who worked so hard for us
Is resting at God's will.*



Always remembered
by his loving family

2ND ANNIVERSARY

In loving memory of
**MARY
CREEDON**
Knocksaharn, Kilnamartyra,
Macroom, who died on
January 28th 2021

On the second anniversary of her death, Mary is lovingly remembered by her daughters, Jane, Marie, Teresa, Anne, Gobnait, Josephine, sons in law, brother and sisters, her loving grandchildren, great grandchildren and extended family.



*We hold you close within our hearts,
And there you shall remain.
To walk with us throughout our lives
Until we meet again.*

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

4TH ANNIVERSARY

In loving memory of
**JIM
CORCORAN
(JIMMY/JAMES)**
Clodagh, Crookstown
and late of Terelton
whose 4th 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.

21ST ANNIVERSARY

In loving memory of
**BREDA
FEENEY**
"The Weigh Inn"
Dripsey Cross, Co Cork
Who died on 27th January 2002



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from all your loving family.

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