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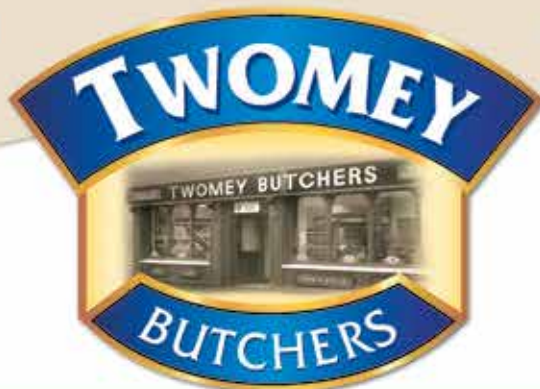
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# Get in Touch...

Don't be a stranger If you have an article, photo or story you wish to share, email: [leevalleyoutlook@macroom.ie](mailto:leevalleyoutlook@macroom.ie)

If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

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 Gaelige are always welcome too!

**For Advertising email Des. E: [des@outlookmags.com](mailto:des@outlookmags.com)  
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## MACROOM GIRL GUIDES MacEgan Senior Branch



Ardilaun Brownies at Hey Jinks



Liadan O'Regan and Emily Mehigan of Ardilaun Guides attending the National Patrol Leaders Weekend in Kilkenny.

### ARDILAUN BROWNIES

On Saturday 01 Apr 2023, Ardilaun Brownies attended the "Hey Jinks" fun day in Farran Woods. Hey Jinks, is a fun day out and sees over two hundred Brownies and Cubs descend on Farran Woods for a day of muddy fun! The event involves a circular route around the woods stopping at different activity bases along the way. Some of the activities included a Team Walk, Archery, Monkey Bridge and Grass Skis. The Brownies particularly enjoyed the muddy activities which included a Mud Crawl, Seaweed Crawl, Sponge Relay through

mud and the famous Hey Jinks "Water Slide". The Brownies had an enjoyable day out in the sunshine and left Farran Wood happy and in a muddy state.

### ARDILAUN GUIDES

Liadain O'Regan and Emily Mehigan attended the National Guide Branch "Patrol Leaders Training" weekend in Kilkenny from Friday 31 Mar 2023 to Sun 02 Apr 2023. This is a national weekend organised by the Guide Branch of IGG that saw Patrol Leaders from all over the country attending. The base for the weekend was Kilkenny College and the

girls enjoyed a weekend full of activities. Ice breaker sessions ensured the girls got to know each other which ended in a giant table quiz. Other training sessions held over the weekend focused on team building and leadership and the girls learned valuable skills which they will bring back to their unit. These skills are vital transferable skills that will stand to the girls in the coming years. Arts and crafts sessions were also on offer along with a Guides Own on Saturday night. The girls had a thoroughly enjoyable weekend. For further information on Guiding contact [macroomguides@gmail.com](mailto:macroomguides@gmail.com)

## MACROOM FLOWER & GARDEN CLUB

Macroom Flower & Garden Club will host a Floral Demonstration by Melanie Harris (AOIFA) entitled "Spring to Life" Thursday 13th April 8pm at Coolcower House. Club Competitions and Sales table. New members and visitors very welcome. Further details 087-9821708

## Macroom Senior Citizens - Active Retired

A recent statement from the Chief Medical Officer stating that it is time now for people to get out and enjoy each other's company again after two year's of people being afraid to mix with other people. With this in mind Macroom Senior Citizen's/Active Retired Group decided to organise a 'Reconnect & Meet Again Gala Concert' in St. Colman's Church, Macroom on Friday April 21st 2023 at 7.30pm. The concert will consist of City of Cork Male Voice Choir, Sean O Se, Cork/Macroom ETB

School of Music, Ballinagree Folk Group and Aghinagh Comhaltas. Tickets costing €10 are available from Mc Sweeney's Shop, Middle Square, Macroom. Telephone 026/41070. Macroom Senior Citizens would like to thank Rev Canon Donal Roberts PP for the use of St. Colman's Church, Ann Dunne and Nora Casey for organizing groups and those who will help to sell tickets for our raffle. So, get your tickets as soon as possible and enjoy a night out with your friends.

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Ed 07 - 6th April  
2023

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# Macroom Library

**Open Hours** 9.30 am – 5.30 pm from Tuesday – Saturday. Closed on Monday and Sunday. Also closed on the Saturday of Bank Holiday weekends.

**Phone:** 026 42483

**Email:** macroom.library@corkcoco.ie

## UPCOMING EVENTS AT MACROOM LIBRARY – ALL ARE FREE TO ATTEND.

Bridge Club will meet on Wednesday April 12th at 10am.

Music Morning will take place on Friday April 14th at 11am. Members of the audience

are welcome to bring along CDs with their favourite songs so they can be played – please arrive a little early so your song can be included in the morning's playlist.

### PURLIES KNITTING GROUP

will meet on Thursday April 20th at 11.30am.

### INTERNET SAFETY TALK FOR ADULTS –

Community Garda Orla Doyle will be visiting Macroom Library on Friday April 21st at 11am to give a talk on internet safety for elderly users. You will receive advice on how to stay safe when browsing online, and how to spot and avoid online threats.

### CLOSURES

the library will be closed on Friday April 7th (Good Friday) and also on Saturday April 8th due to the Bank Holiday Weekend. The library will re-open on Tuesday April 11th.

### WI-FI AND REMOTE PRINTING SERVICES

when you become a library member, you can use the library's Public Wi-Fi for free! We also have a Remote Printing Service that is available for everyone – please contact the library for more details.

## CHARLIE BIRD TO EXTEND HIS HAND OF FRIENDSHIP DURING FOREST WALK FOR SAMARITANS

Volunteers from **Cork Samaritans** will mark a special Charlie Bird Hand of Friendship Walk this month by walking in solidarity in Curraghbinny Woods.

The veteran broadcaster will take part in a forest walk through Avondale Forest Park, Co Wicklow, with Samaritans volunteers and supporters on Sunday 16th April.

**The Charlie Bird Hand of Friendship Walk** with Samaritans is being supported by Coillte, which will open several Coillte sites across the country – including Curraghbinny Woods - for 5km and 1km walks.

Members of the public are invited to join Cork volunteers and supporters on the day at 11am. For information on the walk and sites across the country, to register or to make donation, visit [www.charlieswalkoffriendship.com](http://www.charlieswalkoffriendship.com)

Charlie said he is determined to continue to extend his Hand of Friendship to others over the coming months and supporting charities and organisations, including Samaritans.

Charlie Bird said: "Samaritans is a cause close to my heart, with its volunteers across the country extend the hand of friendship to others 24 hours a day, seven days a week. That is why I am holding a Hand of Friendship Walk in support of Samaritans this April.

"I am urging everyone to come out and support me at Avondale or at one of the many Coillte parks being made available on the day and spread the message that one of the most powerful things we can do is extend the hand of friendship to others.

"I want to ask everyone to keep extending the hand of friendship to others and be there when someone close to you needs

support or a helping hand. I also want to raise awareness of the work Samaritans do and urge everyone to join us, register or donate on [charlieswalkoffriendship.com](http://charlieswalkoffriendship.com)."

The event will take place just over a year after Charlie's successful Climb with Charlie to the peak of Croagh Patrick.

Samaritans vision is that fewer people die by suicide. It is the only charity in Ireland offering emotional support 24 hours a day, 365 days a year, to anyone who is in distress, lonely, struggling to cope or feeling suicidal, on freephone 116 123 or email us at [jo@samaritans.ie](mailto:jo@samaritans.ie).

Jon Spencer, Branch Director, Cork Samaritans, said: "Charlie Bird has been an amazing supporter of Samaritans in recent months and we are thrilled that Charlie, his wife Claire and of course their dog Tiger are leading this Hand of Friendship Walk in support of Samaritans.

"These are difficult times for many people and our volunteers in branches across the country are there for people during their darkest times 24 hours a day, seven days a week, on freephone 116 123. We urge anyone in despair to reach out.

"We are also calling on everyone to support Charlie's walk on April 16th by joining us in Curraghbinny Woods, making a donation at [www.charlieswalkoffriendship.com](http://www.charlieswalkoffriendship.com), or by considering volunteering with their local branch of Samaritans."

Coillte will have 5km walking routes mapped out at most sites, as well as shorter and flatter 1km walks which will be suitable for prams and wheelchair users.

There will also be free car parking for those

taking part in a Hand of Friendship Walk with Samaritans volunteers on Sunday 16th April, 11am at:

- Avondale Forest Park, Co. Wicklow: Join volunteers from Dublin, Drogheda, East Coast (Arklow), Kilkenny, Newbridge and Waterford Samaritans.
- Curraghbinny Park Co. Cork: Join volunteers from Cork Samaritans.
- Lough Key Forest Park, Co. Roscommon: Join volunteers from Athlone and Sligo Samaritans.
- Ard na Gaoithe, Co. Galway: Join volunteers from Galway Samaritans and the new Castlebar Samaritans site.
- Supporters can also walk at one of Coillte's 260 recreational sites nationwide.

Imelda Hurley, Chief Executive of Coillte, said: "Coillte is delighted to be supporting Charlie Bird and Samaritans on Sunday April 16th by welcoming them to Avondale Forest Park for The Charlie Bird Hand of Friendship Walk with Samaritans.

"We are looking forward to seeing Samaritans volunteers and members of the public at some of our forest park's on the day to show solidarity with Charlie Bird in Avondale and support the work Samaritans do."

For updates follow Samaritans Ireland on Facebook or Twitter and Charlie Bird on Twitter, tagging #CharliesWalkoffFriendship. End

For further information contact Sarah Stack, Communications & Policy Manager, Samaritans Ireland, on [s.stack@samaritans.org](mailto:s.stack@samaritans.org) or 085 860 5554. Or Jon Spencer, Branch Director, Cork Samaritans 085 2507594

## HAVE YOU A NEWS STORY?

Contact the Editor by Email: [leevalleyoutlook@macroom.ie](mailto:leevalleyoutlook@macroom.ie)



# Railway View

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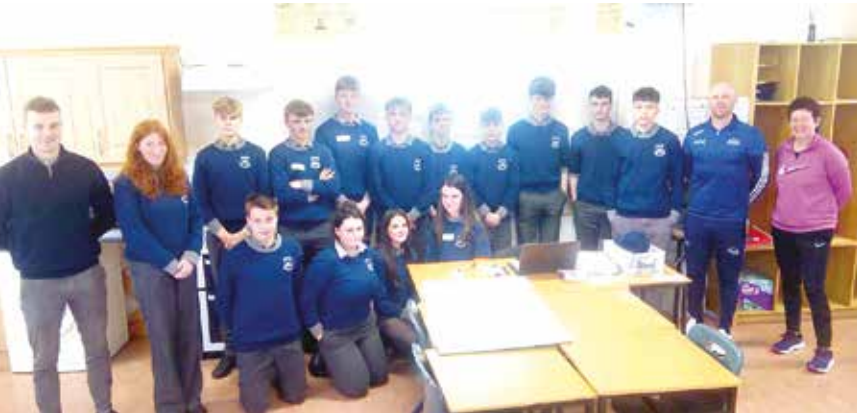
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# MCEGAN COLLEGE



Munster Ladies Games Development Officer Gearoid Balfry with TY Students & Staff members John Browne & Deirdre Cronin. Students had a day of coaching & referee Skills.



Ms. Joan O'Neill sharing her upcycling skills with teacher Ms. Hazel Burke and students Leah, Kate, Morgan, Arthur, Michael, Elijah & Luke.

### ART COMPETITION WINNERS

A massive congratulations to Oliwia Raba and Shaleigh Richards who both won prizes in the Nationwide JCSP Competition -Online safety. Both students designed posters to promote safe internet usage.

### UPCYCLING CLOTHES FOR CLIMATE ACTION PROJECT

As part of The All Island 4 Schools Climate Action Project, TY students organised a clothes upcycling workshop with Joan O'Neill. Joan showed the students how to alter clothes to give them a new lease of life. The students also learned how to do simple repairs. Huge thanks to Joan for giving of her time and teaching great life skills. The students are now doing a clothes collection in school and hope to use these skills for upcycling and selling on the garments.

### MUNSTER LGFA TY PROGRAMME

Munster Ladies Games Development Officer Gearoid Balfry facilitated the session where 16 TY students learned coaching and refereeing skills. Thanks to staff members Deirdre Cron & John Browne who got involved on the day.

### MCEGAN TY MINI-COMPANIES

TY students have had a busy year working hard on their mini-companies and learning all the skill required to run a successful company. During

March the Student Enterprise Programme (SEP) Cork South County Finals was held in the County Hall. 22 schools competing & McEgan College was represented by 6 teams- Doggy Tales, Genuine Soaps, Concentration Stations, Ringed, Healthy Bites and Dream Pots. It was a fantastic opportunity for students to showcase their business, receive feedback from judges and to network with fellow entrepreneurs. Congratulations to Ringed, the company of Noemi, Noah, Keno, Sana & Andrea, who received a prize for Best Sustainable Product.

### THE FORÓIGE NFTE COMPETITON COUNTY FINAL

was held in the UCC Centre for Executive Education This competition was run in a Dragon's Den format where students had to 'pitch' their business to a panel of judges. The 6 McEgan teams impressed the judges with their creativity, hard work and business acumen. Genuine Soaps & Headphone Innovation were both highly commended by the judges who describes them as 'ones to watch in the future'. Ringed, were awarded the Best Business in Co. Cork. Ringed will now represent Cork County at the semi-finals.

Hatched for Spring in Rm 22 There was great excitement in Room 22 and in McEgan College on the 22nd March when 4 baby chicks

hatched, exactly 21 days after the students put the eggs in an incubator. The project was part of Caring for Animals Module, but it provided a wonderful opportunity for all members of the school community to connect with each other and with nature giving a great talking point. Thanks to Mr. Josh Mullen and Breda Horgan for sharing their poultry knowledge and assisting Mrs. Bourke and Rm 22 students in successfully hatching the chicks. The chickens will be going to a caring country home before the Easter holidays, and we will look forward to updates on their progress

### WELLNESS

Inspiring students to concentrate on staying well a week of activities including, Chair Yoga, mindful colouring, journaling, meditation & dancing took place over the week While a circus skills workshop & resilience building talk also took place.

Karen Weekes a lecturer at Munster Technological University rowed across the Atlantic Ocean in 2022. She recently gave an inspirational talk to 5th yr students at McEgan College sharing some of the lessons she learned from her transatlantic experience, lessons which should benefit the student's mindset and their application for their studies, exam preparation and lives.



Oliwia Raba & Shaleigh Richards with Ms Murphy following their winning an Online Safety Poster Competition



TY Students who attended the Faroige Mini Company, Dragons Den Style, Competition, recently



Leyna O'Dea with one of the Chicks that hatched recently in R22 as part of the L2Lp module caring for animals.



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# DE LA SALLE College Macroom



Fourth year biology students De La Salle Macroom estimating the age of the formidable 'McCarthy Oak' during National Tree Week with the kind permission of Mrs. Twomey of Rockborough house.

## SEACHTAIN NA GAELIGE 2023

Bhain daltaí i gColáiste De La Salle idir taitneamh agus tairbhe as eachtraí eagsúla i rith Seachtain na Gaeilge. Bhain siad páirt as roinnt imeachtaí as nós, bingó, tráth na gceist, comórtas ealáine, toraíocht taisce, scannáin, comórtas seanfhocail agus spórt trí Ghaeilge. D'fhoghlaim na daltaí rincí ghaelacha freisin, ina measc, lonsaí na hInse agus an Dreoilín. Bhí Céilí mór againn sa halla leis an gCéad Bhliain agus sheinn cúpla dalta ceol álainn dúinn.

Chomh maith le sin, chuaigh daltaí na hIdirbhliana go dtí bialann Mai Fitz's le haghaidh béile chultúrtha. Ghlac na daltaí páirt i gcomórtas Dúshlán ag Conradh na Gaeilge chomh maith. Bhí orthu tascanna a dhéanamh trí Ghaeilge, ar nós drámaíocht, amhránaíocht, agallaimh agus spórt. Spreag na dúshlán seo an Ghaeilge a úsáid i slí spráúil timpeall na scoile agus sa bhaile mór. Beidh brónadh na nduaiseanna ar siúl an tseachtain seo chugainn. Chun críoch a chur le himeachtaí Seachtain na Gaeilge beidh Seó Bóthair ag teacht go dtí daltaí na hIdirbhliana chun ceardlann idirghníomhaíochta a dhéanamh leo. Mar a deir an seanfhocal; Beatha teanga í a labhairt!

A big míle buíochas to our Gaeilge teachers Ms O'Shea, Ms. McSweeney and Mr. Kiely for all the effort they went to in organising a fantastic week!

## DÚSHLÁN 2023

For the second year in a row, our TY students competed in the nationwide "Dúshlán 2023" competition. This competition took place just before Seachtain na Gaeilge this year. In teams of three, the students had to complete a series of 30 challenges in Irish over 50 hours against hundreds of other teams from secondary schools all across Ireland and even university teams. In a race to finish all of the challenges in time, students engaged with the Irish language within their communities in a fun and engaging way through creating videos, Tik Toks, fitness challenges, designing products, recreating movie scenes, acting out a drama, translating songs to Irish, emailing their local politician and so much more all as Gaeilge! Students really enjoyed engaging with the Irish language in a



Seachtain na Gaeilge in De La Salle College

fun and practical way outside of the classroom. Students accounts of the competition can be found on our school website.

## TRANSITION YEAR CHARITY COLLECTION

Transition Year students Cian Desmond, Darragh Twomey and Joshua Hogarth, alongside their teachers John Ryan and Laura Collins presented a cheque to representatives Phil Barry of St. Vincent de Paul and Pat O'Connell of Macroom Senior Citizens following their successful Macroom Charities Appeal which took place in December 2022. This collection is an annual event that has been running for 23 years. However, as a result of the pandemic, the collection has not taken place since 2019. Thanks to all for their generous donations.

## LASALLION COMPETITION

On Tuesday, 14th March, first year students Dylan O'Connell, Liam Neville, Christopher O'Leary and Jack O'Donoghue attended the



De La Salle students Dylan O'Connell, Liam Neville, Christopher O'Leary and Jack O'Donoghue attended the Finals Day of the Lasallian Competition in Castletown Co. Laois.

Finals Day of the Lasallian Competition in Castletown Co. Laois. The theme of this year's competition was "One Life, One Man, One La Salle". Congratulations to Dylan O'Connell and his group who won an award for their video. Well done to all students who were involved in this year's competition.

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# Leabharlann Bhaile Bhúirne

## LIBRARY DATES FOR YOUR DIARY

- ° Knit, Craft & Chat Group Every Tuesday 11am to 12.30pm
- ° Library Book Club Friday 14th April 11am to 12pm
- ° Teaghlaigh Mhúscraí le Tuismitheoirí na Gaeltachta Dé Sathairn 15ú Aibreán 1.30in go 2.30in
- ° Creative Writing Group Friday 21st April at 4.00pm
- ° Please confirm monthly meetings with the library on 026 45767 during opening hours

hope you all got through April 1st without falling for any of the April's Fool gags that were around. I asked Alexa if she knew what the origin of the April's Fool idea was (I'll get back to who/what Alexa is in a little while). She told me that it is believed to have originated in France where if you were easily fooled you were called an April Fish. It appears that because fish are hungrier around springtime, they can be fooled into being caught easily. It was only a short step for the rest of Europe to combine the idea of April Fish and April Fool and so we ended up with a day when it's entirely possible you could be fooled in some way or other. One of my greatest April Fool's day achievements was when I was a young teenager. My dad had just gotten bifocal spectacles for the first time and was still not use to them. I spread cling film tightly over the top of his mug, now dad was a milk in first person so when he tried to pour milk into his mug the milk bounced and spilled. It was so funny because my Dad thought it was his eyes playing tricks on him with the new spectacles, so he didn't really stop until we started shouting at him that he was spilling the milk. Luckily, he did see the funny side of it, and we all had a good laugh. Now back to Alexa. Alexa is a relative newcomer to the family; I got a present of her a few years ago from my sister. No, we are not people traffickers – Alexa is an Amazon product. Some people refer to them as smart speakers others call them an annoyance – I'm still trying to decide. You can talk to Alexa, ask questions like what today's weather is, how far is it from here to Macroom, you can ask it to tell you a joke, find a recipe or check facts. You can ask it to play music or a radio station. If you have some other smart based items in your home Alexa can interact with them, so it you have a smart TV you can ask Alexa to turn it on, or change

stations or volume etc. I know there are other things it can do but I'm not smart enough to have discovered them yet, but it is nice to talk to myself now and get an answer and I never tire of asking Alexa what my commute is like and she tells me that traffic is light and I have a 4 minute commute – it's these little things in life that can bring such pleasure. There was a time when my commute was much longer and to avoid traffic, I had to leave home no later than 6.10am, now it's four minutes down the road to a job I really enjoy.

I'd like to highlight another wonderful service the library provides. Recently we introduced Digital Reader Pens. We have C-Pen ReaderPen™ devices available for lending via our branch library network, as part of our inclusion programme. The reader pen scans text and then reads it aloud to assist with independent reading. Reader pens are useful for all age groups in the promotion of independent reading and would be of particular use to people with dyslexia or aphasia. They are also of use to anyone learning a new language or who might be experiencing problems with their vision. The pens would be useful at home, in school or in your local library. The Pens are straightforward enough to use and each pack contains a user manual with further information. Dyslexia Ireland have produced a short video that might be of use to those who wish to borrow a C-Pen. You can find it at <https://www.youtube.com/watch?v=-1XQv-XNyVg&t=7s>. YouTube has additional videos which explain how the pen works in more detail. The Reader Pens are stored in Library Headquarters and can be ordered by emailing [corkcountylibrary@corkcoco.ie](mailto:corkcountylibrary@corkcoco.ie), directly or by asking in Ballyvourney Library or your local branch. The pen will then be forwarded to your chosen branch for collection like when you request books. This service is only available to Cork County Library customers via the Cork County Library branch network and C-Pens borrowed from a branch must be returned to the same branch. C-Pens may be borrowed for up to 3 weeks and may be renewed if no-one else has placed a request for it. This initiative is supported by the Department of Rural & Community Development, the Dormant Accounts Fund and Cork County Council. For more information email us on [corkcountylibrary@corkcoco.ie](mailto:corkcountylibrary@corkcoco.ie) or phone us on 021-4546499 or enquire at Ballyvourney Library or your local branch.

Tá ár ngrúpa Teaghlaigh Mhúscraí ag fás agus beidh an chéad teacht le chéile eile ar an 15ú Aibreán ag 1.30in. Ócáid ana dheas do

teaghlaigh í seo, agus is féidir le tuismitheoirí comhrá a bheith acu thar chupán tae nó caife agus a bpáistí ag súgradh le chéile, páirt a ghlacadh in am scéalaíocht, amhránaíocht, líníocht, agus go leor imeachtaí eile trí Ghaeilge. Tá fáilte roimh chách ach ba chóir go ndéanfaidh na tuismitheoirí agus na páistí fóiriarracht an Ghaeilge a labhairt le linn na hócáide. Le clárú déan teagmháil le do thoil le Roibeard ar [roibeard@tuismitheoiri.ie](mailto:roibeard@tuismitheoiri.ie) nó le haghaidh tuilleadh eolais is féidir glaoch a chur air ar 087 376 2941.

Our Teaghlaigh Mhúscraí group is growing and the next gathering is on 15th April at 1.30pm. This is a lovely family occasion where parents can have a chat over a cup of tea or coffee while their children play together, participate in story time, singing, drawing and many other activities all through Irish. Everyone is welcome but both parents and children are expected to make a genuine effort to speak Irish throughout the event. To register please contact Roibeard on [roibeard@tuismitheoiri.ie](mailto:roibeard@tuismitheoiri.ie) or for more information you can phone him on 087 376 2941.

Leabharlann Bhaile Bhúirne will be closed on Good Friday 7th April and will reopen as usual on Tuesday 11th April. I hope you all have a lovely Easter. Don't forget to call into Ballyvourney Library to borrow travel books to help you chose great holiday destinations, gardening books to help you make the most out of your garden this year, DIY books for that project you keep planning, books of hints and tips for Spring cleaning, and the most up to date fiction titles for your enjoyment. See you soon!

*"It's when you crack open a chocolate Easter egg, that smiles emerge."*

- Anthony T. Hicks

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# NUAHT Ó CHOLÁISTE GHOBNATAN



Coláiste Ghobnatan won the best overall school at the Road Bowling Competition



Ciam Ó Cearnaigh, Clara Ní Chonaill, Oisín Ó Cruadlaioich & Emma Ní Chróinín taking part in the Pi Quiz at Coláiste Ghobnatan

## COMÓRTAS BABHLÁIL BHÓTHAIR

le Lauren Ní Bhriain

Bhí an scoil pháirteach de chomórtas babhláil bhóthair scoile i Shannonvale ar an 14ú Márta. Bhí scoileanna timpeall an chontae i láthair ag an chomórtas ar an lá le 144 daltaí ag glacadh páirte. Bhí torthaí den scoth againn. Bhuaigh Lauren Ní Bhriain, Abbie Ní Loinsigh agus Darcy Ní Bhriain an comórtas cailíní sinséar. Bhuaigh Cathal Ó Criodáin, Jack Ó Súilleabháin agus Ross Ó Briain an comórtas buachaillí sóisear. Ina theannta sin bhumar an scoil uile is fearr. Fuair na buachaillí sinsearach Liam Ó Murchú, Cillian Ó Céilleachair agus Liam Ó Tuama sa dara háit agus na cailíní sóisearacha - Kayla Ní Éalaithe, Orla Ní Mhurchú agus Nicole De Buitiméir sa cheathrú háit. Tríd is tríd bhí lá den scoth againn. Ar son na scoile ba linn ár mbuíochoas a ghabháil le baill de Bhol Chumann Réigiúin na Gaeltachta Áitiúil a thaistil leo.

## GAIRMTHREOIR

le Caoimhe Ní Mhurchú

Bhí glaoch Zoom againn le hiardhalta Eilís Ní Iarlaithé ar an Déardaoin an 28ú mar gheall ar bhunmhúinteoireacht, d'fhreastail roinnt mhaith daoine ó bhliain a 5 agus 6 a raibh suim acu i bunmhúinteoireacht. Labhair sí faoin gcúrsa bunmhúinteoireachta i gColáiste Mhuire gan Smál agus labhair sí mar gheall ar na deiseanna atá agat leis an chéim seo in Éirinn agus thar lear. Bhain gach éinne sult agus taitneamh as an chaint agus d'fhoghlaim siad rudaí tábhachtacha. Míle buíochoas le Bean Uí Thuama agus Iníon de Brún

a d'eagraigh an seisiún seo.

## CEARDLANN FAOI SHÁBHÁILTEACHT AR BHÓITHRE

le Eimear Ní Shuibhne

Bhí deis iontach ag bliain a 5 agus 4 chomh maith le daltaí na hidirbhliana ó Scoil Mhuire, Béal Átha an Ghaorthaidh chun foghlaim faoi shábháilteacht bóithre. Tháinig daoine ón nGarda Síochána, Sábháilteacht Uisce na hÉireann agus ón Stáisiún Dóiteáin i Maigh Chromtha chugainn. Thaispeáin na fir dhóiteáin dúinn conas a fhaigheann siad na daoine amach as an gcarr i rith timpiste bóithre. Chomh maith leis sin labhair daoine ón nGarda Síochána agus Sábháilteacht Uisce na hÉireann linn faoi shábháilteacht agus timpistí bóithre. D'fhoghlaimomar go leor eolas nua agus bhaineamar go leor tairbhe as an lá. Ba mhaith linn ár mbuíochoas a ghabháil leis na daoine a tháinig chugainn ón tSábháilteacht Uisce na hÉireann, Garda Síochána agus an tSeirbhís Dóiteáin.

## ALEX'S ADVENTURE

le Máire Ní Luasa

Tháinig Nicole Ryan ar cuairt dúinn chun labhairt linn faoi dhruaí; a taithí leo agus an fhorbairt a bhí acu ar a saoil. Thug Nicole cur síos iontach dúinn ar na rioscaí a mbaineann le húsáid druagáí agus conas a tharlaíonn timpistí leo i measc an phobail. Bhí an chaint thar a bheith réalaíoch agus an úsáideach le haghaidh saol gach uile dhuine sa rang. Anois mothaím níos eolaí ag féachaint ar aghaidh i dtreo na hollscoile agus na cásanna a mbeidh romham sa todhchá. Ba mhaith linn ár mbuíochoas a ghabháil le

Iníon de Staic a d'eagraigh an cainteoir.

## AN CAILÍN CIÚIN

le hÁine Ní Charthaigh

D'fhéach an chéad bhliain agus dara bhliain ar an scannán iontach "An Cailín Ciúin" dúpla seachtain ó shin. Tá breis is €1 milliún déanta sa phictiúrlann an ag an gCailín Ciúin, an scannán Gaeilge is fearr ar éirigh leis riamh ag oifig na dticéad in Éirinn agus sa Bhreatain. Tá an scéal bunaithe ar chailín óg a dtéann chun cónaí lena gaolta faoin tuath fad is atá a máthair ag súil. Bhaineamar an taitneamh as an scannán agus bhí sé críoch dheas do Sheachtain na Gaeilge.

## SCRÚDUITHE

Faoi láthair tá roinnt daltaí ón tríú agus ón séú ag obair go dian ag ullmhú le haghaidh scrúduithe. Roimh shaoire na Cásca dhéan daltaí ón tríú bliain an scrúdú praiticiúil san Eacnamaíocht Bhaile agus dhéan daltaí Ardeiste an scrúdú praiticiúil sa Ceol. I rith saoire na Cásca beidh na scrúdaithe béil ar siúl. Gabhaimid ár mbuíochoas leis na múinteoirí atá ag cabhrú leo go háirithe Iníon Ní Bhriain, Iníon de Staic, Iníon Ní Chollata, Iníon Ní Chéilleachair agus Bean Uí Ríordáin. Guímid gach rath ar na daltaí go léir!

## ÁR MEÁIN SHÓISIALTA

Leanaigí ár gcuntais le haghaidh an nuacht is déanaí!

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## SNIPPETS | DIARY

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

*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.*

### DATES FOR YOUR DIARY

**APRIL 12TH** - Kilmurry Active Retired – Talk on Herbal Remedies in Kilmurry museum @ 7.30pm

**APRIL 13TH** - Macroom Flower & Garden Club Floral Demonstration by Melanie Harris entitled 'Spring Life' @8pm

**APRIL 17TH** - Kilmurry Active Retired – 6 Week Ceramic Art Class @8.15pm in Kilmurry Museum

**APRIL 17TH** - Staying Fit for the Future – in Kilmurry GAA @7pm

**APRIL 19TH** - Kilmurry Active Retired – TaiChai, yoga, gentle exercises and mediation followed by health talk in Crookstown Hall @ 2pm

**APRIL 19/20TH** - St Marys Secondary School Musical – 'Macroom High Musical' nightly @ 8pm Crookstown Hall

**APRIL 21ST** - 'Reconnect & Meet Again Gala Concert' in St. Colman's Church, Macroom Friday April 21st 2023 at 7.30pm.

**APRIL 23RD** - RCPA will host a Coffee Morning in Rylane National School @ 12pm

### RCPA (RYLANE COMMUNITY PARK ASSOCIATION) LOTTO RESULTS

3rd April, 2023:

Jackpot: €5,500

27,33,40

Lucky Dips: Dónal Lynch (Dripsey); Theresa Dennehy (Rylane); Diarmuid Cronin (Rylane - yearly); Trisha Murphy (Ballinagree - Online). Seller's

No Winner

Number Drawn:

prize: Crowleys (Rylane).

Next week's Jackpot will be €5,600

### COACHFORD AFC LOTTO DRAW

3rd April 2023

Jackpot: €3,600

Numbers Drawn: 11,15,41 No Winner

Lucky Dips: €50 Molly O'Connell, €30 Nells Nephews & Nieces, €20 Neil Martin, Paddy Foley (Y/t) & Denise O'Meara (o/l)

### MACROOM GAA LOTTO RESULTS

28th March 2023

Next Jackpot: €8,200 No Winner

Lucky Dips: €70 €70. Mary Mc Sweeney, Chapel Cross €20 each to Olan Buckley, Kilnagurteen, Denis Mc Carthy, C/O Frank Twomey, Michael Murphy, 9 Cork Street, Michael Mungovan, Middle Square, Maureen O'Grady, Mountmassey, Next Week's Jackpot €8200. Tickets available from usual outlets or online at www.macroomgaa.ie

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ST MARY'S NEWS



Business students with Billy Kelleher, Andrias Moynihan and Business Teachers Ms O'Donoghue and Mrs Lehane



Gardening with Mr Galvin during Wellbeing Week



Emily Mehigan speaking at the National Youth Assembly of Ireland

**ST MARY'S TRANSITION YEAR SHOW**

School's out so come and join the students of Macroom High who are about to have the Summer of their lives! Inspired by the High School Musical franchise but with a distinctly local feel, you're sure to sing and dance along with the characters of Macroom High. Join them as they navigate a turbulent Summer of friendship, love, laughter, sport and plenty of dramatic moments, along with a host of other vibrant characters. It's sure to be an upbeat, feel good and uniquely Macroom Musical Experience!

This production is devised by the transition year students of St Mary's Secondary School and written and directed by Angela Doherty. Our show will run for two nights April 19th and 20th in Killmurray Parish Hall, Crookstown at 8pm. Tickets are available to purchase from our school office on on Eventbrite. Tickets are €12 for adults and €10 for students and OAPs.

Written by show PR team Loretta Horvath and Clara Viu Jemenez

**NATIONAL YOUTH ASSEMBLY**

The National Youth Assembly of Ireland gives the young people of Ireland a chance to share their views and opinions and also give recommendations to the government, in a respectful environment. The recent Assembly was on climate, with a focus on the topics, Transport, Circular Economy and Communication, Engagement and Climate Literacy. These Topics were discussed at

the Assembly and the young people made recommendations to the government about them. It was held in the Department of Children, Equality, Disability, Integration, Youth in Dublin. Second year student Emily Mehigan was lucky enough to be part of the Youth Advisory Group(YAG). This group helped plan the Assembly and decide on the topics being discussed. Emily was so happy when she found out she was co-hosting the assembly. She got to introduce Minister Rodrick O'Gorman the Minister of Children, Equality, Integration and Youth. She also spoke to other Department representatives and spoke with people around her age who care about the environment as much as she does. The quote she gave for a press release also made it to the report on Gov. ie which she was thrilled about. At the assembly she also did an interview which will hopefully be released soon! Emily wants to thank the Irish Girl Guides for letting her represent them.

**50 YEARS OF EU MEMBERSHIP**

MEP Billy Kelleher and Aindrias Moynihan recently visited our school to speak to students about the European Union and Ireland's 50 years of EU membership. In 2022, students from our school won a competition to visit the European Parliament. Billy thanked their teacher Arlene O'Donoghue for her commitment to the project!!

**WELLBEING WEEK**

We recently enjoyed Wellbeing Week in School, some activities that our students were

involved in during wellbeing week included, Self Defence, Calligraphy, Line dancing, Irish dancing, Gardening, Dodgeball. Thanks to Ms De la Cour, Mrs Watkins, Ms Foley, Mrs Caulfield, Mr Galvin, Mr Hennessy and Mr Cooke for facilitating these fantastic fun filled workshops for the girls.

**SECOND YEAR HISTORY TRIP**

Second Year students had their history trip recently where they got to visit a stone circle, a ring fort, a famine graveyard and the site of the Macroom workhouse. It is wonderful to explore the rich history in our local area and the girls have lots of inspiration for their CBA which focuses on 'History in Our Place'. Thanks to History teachers Ms Murnane and Ms Gray for organising this trip for the girls.

**PRACTICALS**

Well done to all of our Junior and Leaving Cert students who completed their Home Economics and Music Practical recently.

**LEAVING CERT ORAL EXAMS**

Best of luck to all of our students who will be doing their Oral Exams during Easter.

Tá na scrúduithe béil ar siúl i rith na Casca do dhaltai sa 6ú bliain. Tá moladh mór le dul dóibh as an méid oibre atá déanta acu thar 6 bliain le barr feabhais a bhaint amach sa Ghaeilge labhartha. Go néirí libh a chailíní.

Bonne chance les filles / tout le monde dans les épreuves orales françaises.



Enjoying their 2nd Year History Trip I - R; Taylor Casey, Chloe O Sullivan and Cara O Brien



Wellbeing class



Razan Azam, Mrs Watkins and Laura McCarthy enjoying Calligraphy Workshop



Self Defence class with Ms de la Cour



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# WE-CONSENT, A NEW THREE-YEAR CAMPAIGN, IGNITES A NATIONAL CONVERSATION ABOUT CONSENT

- Dublin Rape Crisis Centre launches first National Consent Campaign aimed at driving a cultural shift and behavioural change in Ireland.
- 70% of people see a problem with sexual consent in Ireland
- The campaign will inform, educate, and engage with all members of society about consent.

Dublin, 22 March 2023: Dublin Rape Crisis Centre (DRCC), alongside the Minister for Justice, Simon Harris TD, and Community Foundation Ireland, has today launched We-Consent, a long-term national campaign to inform, educate and engage with all members of Irish society about consent. It is among the first national consent campaigns targeting all demographic cohorts to be launched across the globe.

This campaign will ignite an open and meaningful conversation about sex and relationships and build a greater understanding of consent. We-Consent will work broadly with groups and stakeholders from across the country across all demographics to ensure a non-judgmental conversation that is inclusive and rooted in the lives and experiences of real people.

Research undertaken by DRCC illustrated that 70% of people think we have a problem with consent in Ireland, while 1 in 3 people are embarrassed to talk about sex. The research also showed a misunderstanding of consent, with 1 in 5 people agreeing that sometimes people say no to sex when they want convincing.

According to the same research, 84% of people in Ireland agreed that we need age-appropriate sex education in school and 60% say consent is a responsibility for all society and needs state action. The qualitative research illustrated a strong desire amongst parents to empower their children when it comes to consent.

The research also suggested that moving the conversation towards sexual equality



Simon Harris TD, and Community Foundation Ireland, launched We-Consent,

will empower both men and women, leaving people feeling valued, respected and accepted. We-Consent is focused on positive thinking, encouraging everyone to participate in a meaningful and engaging conversation to achieve a cultural shift for the better.

We-Consent is funded by the Department of Justice and the Community Foundation Ireland. Speaking about the campaign, the Minister for Justice said:

"I am delighted to support the We-Consent campaign, which focuses on achieving a cultural shift and significant behavioural change. It's time for all of us to talk honestly and openly about consent, sex and relationships. We all have a role to play in this national conversation, regardless of age, gender, sexuality or relationship status. This campaign adds to the work that Government is doing in our Zero Tolerance Strategy on domestic, sexual and gender-based violence to achieve a society which does not accept these crimes or the attitudes which underpin them. My Department was very proud to support DRCC in undertaking the extensive research which has informed their approach to this and I would like to congratulate DRCC for bringing forward this ground-breaking campaign which I believe is representative of an evolving Ireland."

Noeline Blackwell, Chief Executive Officer, DRCC said:

"Sexual violence blights so many lives in Ireland - around a third of us have been directly harmed by it. Our aim in this campaign is to emphasise the positive values of consent which in turn can help reduce the levels of sexual violence. We believe a greater understanding of consent will make our society more equal, happier and healthier - as well as safer. Every one of us has capacity to learn more and do more when it comes to consent and this campaign will need every one of us to come on board to create a real shift in our society - not only for the next generation, but also for here and now. We believe this campaign will spark long overdue conversations about the kind of values we want to define us and the meaning of equality within our culture - Ireland is ready for these conversations."

Denise Charlton, Chief Executive, Community Foundation Ireland added:

"We-Consent marks the start of a long overdue conversation on sex and relationships. The Community Foundation Ireland was proud to partner with DRCC two years ago for ground-breaking research which showed that while 70% of people believe Ireland has a problem with consent, there is also a huge lack of understanding. With this campaign, we will together bridge that information gap. Conversations will be sparked in homes, workplaces, pubs and clubs bringing a spotlight on an issue which has been ignored for too long."

The We-Consent campaign will run for the next three years with workshops and communication initiatives planned nationally to help inform and engage the population. Information will be provided with the aim of informing open, inclusive and progressive conversations.

Visit [We-Consent.ie](http://We-Consent.ie) for more information and resources.



(CF) Mionchomhlacht Mias Madra ó Scoil Mhuire a ghlac páirt i gcomórtas fiontraíochta Údarás na Gaeltachta



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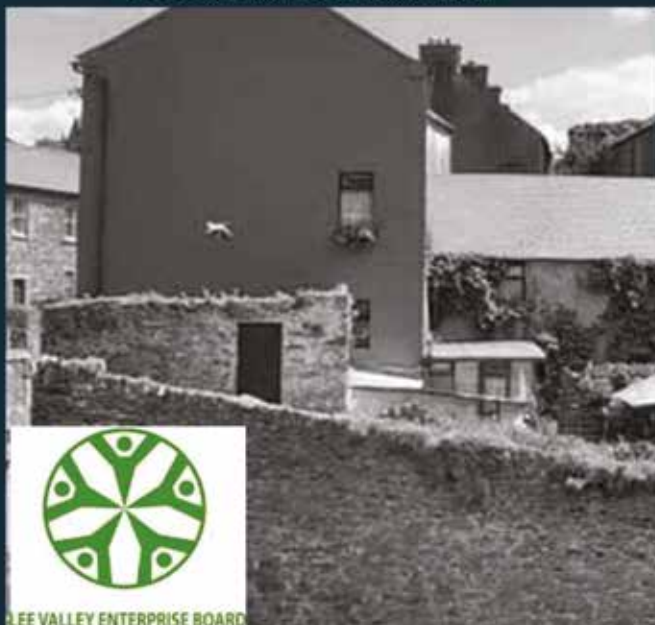
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## JERRY SDR WISH



Oliver O Shea, his wife Emma and their family are looking for your help. This is their story.

Our son Jerry was born at 29 weeks, weighing a tiny 1.6kg and spent the first 6 weeks of his life in the NICU. He was diagnosed with a brain injury (PVL) at 4 weeks old, which led to a diagnosis of right hemiplegic spastic cerebral palsy. It is difficult for Jerry to use the muscles on the right side of his body, making many daily tasks much harder. He wears an AFO (brace/splint) on his right leg by day and a cast on it by night, he also wears a splint on his right hand by night.

Jerry has been accepted to St Louis Children's Hospital in the U.S for SDR surgery. Selective Dorsal Rhizotomy (SDR) is an operation used to reduce spasticity (muscle stiffness) in some children with Cerebral Palsy.

Spasticity has an impact on motor function and quality of life. It can affect gait, cause pain and contribute to muscle contractures which can lead to deformities. It leads to premature aging. Nerve fibres running from the muscles to the spinal



cord play a major role in maintaining the typical muscle stiffness seen in spasticity. SDR is a surgical procedure performed on these spinal nerve fibres to reduce levels of spasticity in the legs. SDR is not available in Ireland. We will need to stay in St Louis for 4 weeks. To get the most benefit from SDR, Jerry will need intensive physio for 2 years post surgery. <https://gofund.me/b86d6f15>

To help us reach the huge target of €85,000 we started a gofundme at the start of February. We have been blown away by the support this has received, the kindness of our community, friends, family and total strangers will never cease to amaze us. To get us over the final hurdle we have organised a night at the dogs in Curaheen Park Greyhound Stadium, on Friday 21st April. Tickets available from Oliver (0874172000) or Emma (0876592454) or any donations to the gofundme (Jerry's SDR wish) will be gratefully received.

We would be very grateful for any donations towards this surgery and follow-up care for Jerry.



## CANOVEE NATIONAL SCHOOL

### DAFFODIL DAY

Well done to our Student Council who raised €714 for the Irish Cancer Society's Daffodil day by encouraging everyone to wear yellow on March 24th.

### SCOOT TO SCHOOL WITH GREEN SCHOOLS –

Our Green Schools Committee had a wonderful and busy term. We have applied for our 4th flag, the Travel Flag and had a fabulously successful Scoot to School week despite the wet weather. There was a scooter safety workshop with Jennifer Cooney, scooting around the school and a scooter obstacle course designed by the members of the committee. We are looking forward to more fun in Term 3 with Bike Week in May and hopefully collecting our new flag!

### SCIATH NA SCOL

We have begun our Sciath na Scol hurling campaign with our first being played match in Carrig riverside pitch against our parish neighbours Kilmurry on Thursday, March 23rd. It was a very wet experience for everyone but great fun nonetheless

### SCÓR

Commiserations to our fabulous set dancers on Saturday. You danced amazingly and didn't put a foot wrong, but the standard was exceptionally high, and everyone was so proud!

Go raibh maith agat to Deirdre O'Sullivan, our wonderful Irish dancing teacher for all her enthusiasm, help and support, to Mrs O'Brien for all the work she put in to all the entrants for Scór 2023 and to Ms. Collins who supported every student in



Carrigadrohid/Killinardrish Tidy Towns sponsored litter pickers for raffling in school - here are the just some of the 16 winners- Comhghairdeas

every event, by going to every competition. Don't stop dancing cailíní, there's always next year and Scór na nÓg!

### THE PARENTS ASSOCIATION

facilitated a talk on Internet Safety in the school on March 30th, go raibh maith agat Mary O'Mahony of the National Parents Council for the important and relevant information, thank you too to the parents who attended and supported the event, and our wonderful Parents Assoc committee for organising.

### PRIMARY SCHOOL GAMES

And finally but by no means least, Comhghairdeas to Isabelle O'Callaghan, our 6th class student, who will play with the Cork Primary Schools



Canovee NS children enjoyed Scoot to School week '23 with scooter safety workshops, and plenty scootery fun & games! Well done again to Ms Dunne and our Green Schools committee

Football Team in Ennis on April 9th. Corcaigh Abú Applications for enrolment for the 23/24 school year are now open. Forms can be downloaded from [www.canoveens.com](http://www.canoveens.com) or contact the school on 026-48142 or [office@canoveens.com](mailto:office@canoveens.com) Keep up to date with all of our activities by following us on Facebook 'Canovee National School'!

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## CARRIGADROHID/KILLINARDRISH TIDY TOWNS

### SPRING CLEAN 2023

Carrigadrohid Killinardirsh TidyTowns would like to thank all the amazing volunteers, young and old, who took to their local roads over the weekend for another successful Community Clean Up. Over 50 bags of litter were collected with volunteers crisscrossing the wider community from the R618 all the way to the N22 - an amazing amount of kilometres covered! We would also like to thank Canovee National School for kindly letting us use their facilities as HQ on Sunday 2nd April where routes were determined and volunteers returned for a well-earned cuppa. All our junior volunteers were also rewarded for their hard work. With your enthusiasm, the future looks very bright indeed.

**VILLAGE CLEAN UPS ARE DUE TO RECOMMENCE ON TUESDAY 18TH APRIL NEXT FROM 6.30PM AND ALL ARE WELCOME.**



Carrigadrohid/Killinardirsh Tidy Towns

## RYLANE NATIONAL SCHOOL



Rylane National School Mixed Volleyball Team that reached the National Finals in UL recently.

### VOLLEYBALL SUCCESS

A Mixed Volleyball Team made up of 5th and 6th Class boys and girls qualified for the National Finals in the University of Limerick Sports Arena. The team played 4 games against teams from school from all over Ireland. It was a great achievement to reach the quarter finals where Rylane NS unfortunately lost. It was a great achievement for a small school. Special thanks to Macroom Garda Community bus for transporting the children to and from Limerick.

### GARDENING

Julie Roche comes into Rylane National School on a regular basis to teach the children about plants and gardening and also to do some planting with seeds. We have a wonderful polytunnel where Julie has grown pumpkins and we recently grew some



Rylane National School Mixed Volleyball Team that reached the National Finals in UL.



Chloe Hubbard in 6th Class has been selected on the Primary Game Football Team. Chloe will represent Rylane National School in the Cork Jersey at half time in the Clare V Cork Munster Football Championship Quarter Final in Ennis



Julie Roche comes into Rylane National School on a regular basis to teach the children about plants and gardening and also to do some planting with seeds.

sunflowers in our garden. On Friday, 31st March, Julie planted an Apple Tree which will be a great feature in our school garden. Special thanks to Julie for all the time and commitment she gives to all the children and staff in Rylane National School.

### COMHGHAIRDEAS CHLOE!

Chloe Hubbard in 6th Class has been selected on the Primary Game Football Team. Chloe will represent Rylane National School in the Cork Jersey at half time in the Clare V Cork Munster Football Championship Quarter Final in Ennis on Sunday, 9th April. Maith Thú Chloe.

Pictured Right: Rylane National School Mixed Volleyball Team that reached the National Finals in UL recently.



## RYLANE COMMUNITY PARK ASSOCIATION (RCPA)

RCPA will host a Coffee Morning in Rylane National School on April 23rd at 12pm. Fabulous Raffle Prizes: 1st prize: €100 voucher for Dunnes Stores; 2nd prize: €100 voucher for Super Valu; 3rd prize: Helicopter Ride for 2; 4th prize: Bottomless Brunch for 2 at Crawford & Co; 5th prize: Ester's Aromas Gift; 6th prize; Bottle of wine. Tickets €2 each or 3 for €5.

## BEALNAMORRIVE DAFFODIL DAY



Canon Donal Roberts, Nora Casey, Sandy O'Sullivan, Anne Casey, Liz Kearney, Theresa Lucey and Fr. Joe O'Mahony at the Coffee Morning in Beal na Morrive in aid of The Irish Cancer Society. © Peter Scanlan

The organisers of the Bealnamorrive Daffodil Day wish to thank everyone who helped in any way to make the day such a success in aid of the Irish Cancer Society - Total Amount Raised €3,450.





## What is A Dementia Friendly Community?

A Dementia Friendly Community is one in which People living with Dementia and their families fully participate in society and is one in which the people in the community are aware of and understand Dementia.



## You are invited to Join Us On April 20th And Help Make Macroom A Dementia Friendly Community!

Date: April 20th  
 Time: 7.15pm  
 Venue: Castle Hotel, Macroom  
 RSVP: donal.murphy@alzheimersociety.ie

Sponsored by AIB Macroom



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The Alzheimer Society of Ireland, National Office, Temple Road, Blackrock, Co Dublin | RCN 20018238 CHY7868

# CLONDROHID NEWS



Clondrohid s u 7 on their first day of training after the winter break

### EASTER CEREMONIES

Holy Thursday Mass at 7.30pm. Adoration at the Altar of Repose until 10pm

Good Friday Liturgy of the Lord's Passion at 3pm in Clondrohid church

Stations of the Cross in Carriganima Church at 6pm  
Vigil Mass Holy Saturday night in Clondrohid at 9pm

Easter Sunday Mass in Clondrohid at 9.30am

### DAFFODIL NIGHT NURSE PRESENTATION

Recently the Kelleher family in memory of their beloved Teddy, made a presentation to the Daffodil Night Nurses in the Abbey Hotel. A fundraiser was held in November, and the proceeds of this €8,258 was presented to the nurses on Thursday night March 23. Also on that night 51 'Teddy's Gift Boxes' were presented to the Nurses.

Each box contained items purchased locally, where possible, including Lavender hand and foot cream made by Coolea Dream Co, a hand made candle by

Bonnaidh Candle Co in Macroom, a Beanie Heat Bag from Matt Murphy Pharmacy, a kids story book from Fitzgerald's Book shop. Also in each box is a knitted/crochet Blanket of Hope donated by the Cork Cancer Care centre.

These boxes will be given to 51 families across the country. The Kelleher family are delighted to pass on these boxes with love and understanding, just to be able to give something to grieving families and to let them know that they are not alone, and in appreciation of the wonderful care these Daffodil Night Nurses gave to their beloved husband/dad/granddad.

Thanks to Mid Cork Pallets and Packaging Clondrohid, who sponsored the gift boxes. Thanks to everybody who donated, and helped in anyway.

### TAVERN SINGERS

This talented group of singers have changed their get together night from Sunday night to Monday night. So they will be in the Tavern on the 2nd and

4th Monday nights at 9pm approx. So Monday April 10 is the night to join them. All are welcome.

### BLOOD TRANSFUSION SERVICE

Please take note, this so badly needed service will be in the Community Hall Clondrohid on Tues May 2 and Wed May 3. Please support.

### CLOYNE DIOCESEAN PILGRIMAGE TO KNOCK

On Sunday May 14, bus leaving Ballyvourney passing through Clondrohid. Enquiries to Noel Lynch 086 2202452 or Michael Dineen 087 6434910  
NEWSLETTER: Any notice for the newsletter must be sent in before 12pm on Thursdays.

Parish email carrigclon@gmail.com. Emergency sick call no 085 8471249

### GAA NEWS

It was with great sadness that former teammates and club members learnt of the passing of Connie O'Callaghan formerly of Coolavogig, who with his family emigrated to Boston in 1988.

A most outgoing character Connie played football with Clondrohid teams in the 1970's and early 80's. He was involved as a selector with the 1976 Clondrohid minor championship winning team which included his late brother Brendan. Sincere sympathy is extended to all the O'Callaghan and O'Leary Families on the passing of Connie. May He Rest In Peace.

Clondrohid u14s played their second league game away to Cill Na Martra recently and had a well deserved win. Thanks to all the players and to the parents for travelling to the game. Clondrohid Junior A's had a great win over Eire Og in the league last weekend, 4 14 to 2 10. Well done all.



Clondrohid U21 2013



Clondrohid's U 14 who defeated Kilnamartyra recently

## DROMLEIGH NS NEWS

Dromleigh N.S. students enjoyed a most informative presentation titled 'Minding Your Mental Health' from the Cork Mental Health Foundation recently. Senior pupils thoroughly enjoyed a trip to the 'House of Circuits' electricity workshop in Lifetime Lab on the Lee Road on March 29th. Students had the opportunity to engage with engineering and scientific tasks throughout the day.

Our Parents Association held a wonderful community coffee morning on the last day of term. The Easter Bunny even hopped in to visit our pupils. Wishing all of our students and their families a safe and restful Easter break!

office@dromleighns.ie or follow us on Facebook 'Dromleigh N.S Kilmichael'



Happy Easter!



Sixth class pupils presenting Cork Mental Health Foundation with a donation on behalf of the school community.



Senior students from Dromleigh N.S. enjoying their time at the Lifetime Lab science and engineering workshop recently

Pictured top left: The Easter Bunny delighted the students of Dromleigh N.S. by hopping by on the last day of term!



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CLOUGHDUV NATIONAL SCHOOL



Cloughduv school choir singing magnificently in the City Hall under the guidance of Ms. Linehan at Cór Féile

It's been a very busy but enjoyable few weeks here in Cloughduv N.S.

Bhaineamar sult as Seachtain na Gaeilge a cheiliúradh an bhliain seo i gCloch Dubh. Cuireadh eachraí iontacha ar siúl timpeall na scoile i rith na coicíse. Ar an Máirt, bhí an t-ádh linn mar cuireadh ceolchoirm ar siúl sa halla le grúpa ceoil traidisiúnta, buíochas mór le hIníon Ní Carey agus a beirt cairde ón gComhaltas Ceoltóirí. Sheinn siad réimse leathan amhráin traidisiúnta dúinn agus thóg cailín ó rang a dó an stáitse lena mbosca ceoil chun cabhrú leo. Bhí seans againn cúpla amhráin a chanadh leo chomh maith. Maidin Chéadaoin, bhí tionóil álainn againn. Bhí 'An Haca', An Dreoilín, amhráin, rincí, rannta, píosaí ceoil le huirlisí agus dánta á thaispeáint ag daltaí na scoile le haghaidh an tseachtain speisialta seo. Bhí an-chraic agus an

spóirt againn.

Ar an Déardaoin, d'éagraigh céilí mór sa chló. Chruthaigh gach uile rang leabhair trí Ghaeilge i rith na seachtaine ar an suíomh 'BookCreator'. Scaip gach rang a leabhar féin timpeall na ranganna agus bhí seans ag páistí timpeall na scoile na leabhair ó ranganna eile a fheiceáil tríd an seachtain.

Infants to 2nd Class are enjoying and developing their hurling skills with Paddy Corkery at present. Our Sciath na Scol campaign started on Friday 24th with our first match against Crossmahon in both hurling and camogie. It wasn't our day, but the children represented themselves and the school superbly.

On Wednesday, 29th March our school choir sang magnificently in the City Hall under the guidance



Cloughduv Sciath na Scol campaign started on Friday 24th with their first match against Crossmahon in both hurling and camogie.



Cloughduv Infants to 2nd Class enjoying and developing their hurling skills with Paddy Corkery.

of Ms. Linehan at Cór Fhéile. They treated the audience to a Beatles Medley where the children sang Yellow Submarine, Ob-La-Di, Ob-La-Da, When I'm Sixty Four, Yesterday and Imagine. They had special t-shirts made for the occasion which looked fantastic. It was a very special and memorable night for them.

KILMURRY NEWS



Peter Lyons Kilmurry dub chairman making a presentation to Donagh Wall who retired as club secretary in 2020 and Louise Daly left presenting a bouquet of flowers to Marion Wall. © Peter Scanlan



Claire O'Donoghue Underage Sec Barbara McCarthy Larry McCarthy President of the GAA Peter Lyons dub chairman. © Peter Scanlan



Kilmurry winning Junior Management team: L to R Con Barry Murphy, Denis O Mullane, Larry McCarthy President of the GAA, David Drummond and Cormac Linehan Manager. © Peter Scanlan

Kilmurry GAA Victory Social took place in Vienna Woods Hotel on Saturday 25th March who had a lot to celebrate this past year. The Cork Junior A County champions 2022, Mid Cork Junior A Champions 2022, Mid Cork Junior A League Champions 2022, Under 21 C Mid Cork Champions 2022, Under 17 B Mid South Champions 2022 and Mid Cork Junior B Champions 2020. Larry McCarthy President of GAA was special Guest of honour at this Victory event. Also in attendance at the were Jerry Walsh, Coaching Officer of Cork County Board and Enda Linehan Secretary of Muskerry GAA Board and as well as Kilmurry GAA main sponsors for the past numbers of years Larry and Jackie from Mai Fitz's Bar and Restaurant Lissarda.

Ed Warren Vice Chairman of Muskerry Board addressed the large gathering and presented the Mid Cork Junior B Champions 2020 medals. Presentations were made by Kilmurry GAA club to Junior B manager Liam Long and his selectors Brian

Harte and Damian Collier.

Mark Sheehan Chairman of Cork County Board also spoke effectively to the attendees and presented the Mid Cork Under 21 medals. Presentations were also made by Kilmurry GAA club to Under 21 Manager Brian Harte and his selectors William Ronan and James O Mullane. The President of the GAA Larry McCarthy our guest speaker delivered a great speech to the large gathering at Vienna Woods. Larry McCarthy then presented the Junior A County 2022 medals, Mid Cork Junior A Championship 2022 medals and Mid Cork Junior A League medals 2022 to the members of the victorious winning Junior A team. Presentations were made by Kilmurry GAA to Junior A Manager Cormac Linehan and his selectors David Drummond, Con Barry-Murphy and Denis O'Mullane.

A presentation was made to Donagh Wall whom served as club Secretary of from 2016-2020.



Enjoying the celebrations at Kilmurry GAA Victory Dinner in Vienna Woods were Louise Daly left Claire O'Donoghue Julie Keane. © Peter Scanlan

The DJ was Darragh Griffin who provided the guests a variety of tunes to suit all ages.



# KELLY

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## INDEPENDENCE MUSEUM KILMURRY



Pictured Left: St. Patrick's Festival Winners; Ballinagree Scarecrow Festival Committee receiving their 2nd Prize for their Parade Entry from Pat O'Connell St. Patrick's Festival sub committee of the Lee Valley Enterprise Board. Back row left to right Helen Spillane, Margaret Spillane, Peter Lane, Oliver Spillane and Dian Ronan. Front row left to right: Kevin O'Sullivan, Kathleen O'Sullivan and Stephanie O'Sullivan.

### APRIL LECTURE

Gerard Shannon, Historian will give a lecture based on his recent book entitled 'Liam Lynch: To Declare A Republic' on Thursday, April 6th at 8.30 pm in the Heritage Room, Independence Museum Kilmurry. Gerard is travelling to Cork this week for the centenary commemorations taking place to mark 100 years since the fatal wounding of General Liam Lynch.

### HOPE FOUNDATION COFFEE MORNING

The annual coffee morning in aid of the Hope Foundation will take place on Easter Sunday morning

after 10 am mass. All are welcome to support this worthy cause.

### ST PATRICKS DAY PARADE – COPPEEN

Volunteers from Independence Museum Kilmurry took place in the St. Patrick's Day parade in Coppeen. Our theme was the Irish Nation 1923 – 2023 remembering key events such as the Easter Rising 1916, War of Independence, Civil War, Ireland joining the United Nations in 1955 and joining the European Union in 1973. We also had Peg from the Basket Islands join us! The late Queen Elizabeth II's visit to Ireland in 2012 including her visit to the English Market, Cork was also remembered. A big thank you to Mrs Kathleen Plunkett and Mrs Eileen O'Sullivan who were our Queen and her Lady In Waiting.

## UIBH LAOIRE

### CLEAN UP

Croi na laoi/ Tidy Towns will hold the annual clean up of the approach roads to Inchigeela on Good Friday- meeting at 10 am at the hall as usual. This has been a very successful clean up for about 8 years and no doubt will be supported strongly again. Gloves and bags will be provided. Please wear high viz. Bring a litter picker if possible. Cup of tea in the hall about mid-day.

### HOLY WEEK CEREMONIES

Holy Thursday, Ballingearry 7pm Inchigeela 9pm  
Good Friday, Ballingearry 3pm. Inchigeela 7pm.  
Holy Saturday Ballingearry 7pm Inchigeela 9pm.

Fr Anthony will make the First Friday calls on Thursday afternoon 6th April in Inchigeela and Friday 7th in Béal Áthan Ghaorthaidh.

### GARDA TALK

Community Garda, Micheal O Donnchú, gave a talk on safety and security in the home at Creedons' Hotel in Inchigeela last Wed evening. The evening was organised by Uibh Laoire Active Retired

Association. The Garda's advice was very much appreciated by a gathering of nearly 40 people. The Garda went over many steps a person can take to protect oneself and ones property from "unwanted visitors" and those who might try to take advantage of older people. He answered lots of questions also and assured the gathering that the Gardaí were at hand to respond always and that people should feel free to call them if they had the slightest fear that they were in danger. We feel that all communities would benefit from such a meeting to get to know the local Garda and learn what one can do to feel safe in the home. The group would like to thank Garda O Donoghue for his advice and also the hotel for the nice refreshments provided. The Active Retired group are holding BINGO on Wed 12th April at 8pm. Everybody welcome. On Thursday 20th April they are invited to Ballyvourney Nursery and Garden Centre, 11.30am to 12.30pm, where they will be the guests of owners, Martin and Mary O Mahoney.

### STINK TANK!

A waste water tank, installed in the 1930s in Ballingearry has once more become the centre of attention for all the wrong reasons. When it was installed, it was supposed to cater for the sewage of about a dozen houses, since then the connections to it have multiplied about 6 times. Recent flooding has again exposed it for the disaster which it is. The river water rose, the tank overflowed and spread its toxic contents on the surrounding area including the GAA pitch. And then, as it has often done before, this poisonous cocktail went sailing down Éireann's Lovely, Lee into lovely Loch Allua and beyond. Representations have been made to Government Ministers, TDs and County Councils for nearly 30 years to stop this injustice to the people and their environment but to no avail. We thought Uisce Éireann had the answer but no. The spillage again made the news on TV and has been headlined in newspapers recently. We now hear that it may be 2029 before anything is done. Help!!!

## CARRIGADROHID/ CEANN AN MHAÍ

### EASTER CEREMONIES IN ST. JOHN THE BAPTIST CHURCH, CANOVEE

Holy Thursday, April 6th @ 6.30pm  
Good Friday, April 7th, 12pm  
Easter Saturday, April 8th, 6.30pm  
Easter Sunday, April 19 @ 10.30am



Olan & Donnacha Ó Duinnín ag faire ar an bparáid i mBéal Átha'n Ghaorthaidh. (Nóirín Uí Thuama)



Kilmurry Junior Co Champions at the Kilmurry GAA Victory Social in Vlenna Woods. Also included are the management team and club officers. © Peter Scanlan



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## The Macroom and District Environmental Group Think Globally, Act Locally

### MACROOM'S WATER



The front of Fairy Garden with the visible pip lid and building.



The outlet pipe behind Coleman's Park Treatment plant.



On the top of the concrete base of the pipe.

Hi Chris Barrett back again. A major issue for every Macrompian right now is concern over the state of the drinking water. Some light was shone on the matter in a recent article in the Irish Examiner which was worryingly entitled 'Barrier at Macroom's water treatment plant may not keep out microscopic parasite.' <https://www.irishexaminer.com/news/munster/arid-41056445.html> The article seemed to ask more questions than it answered and so I decided to speak with Michael, an inhabitant of Macroom and also a keen fisherman, who has researched in some depth the water issues which involve Macroom, and is willing to share his knowledge with readers. Many readers will be only too aware that the situation regarding the water in Macroom has not started recently. About 10 years ago, Michael first noticed changes in the water in Ballyvourney, about 200 yds downstream of the Co-op towards Macroom. It was around August 2012. He spotted something which could not have been a natural occurrence. The water had turned white. He monitored the situation and made his father who was also a fisherman aware of it. They were able to see that trout were turning white and were so sluggish that you could reach down with your hand and catch them. The spot involved was 200 yds downstream of the pump-house in Ballyvourney. The next Spring, in April or May 2013 many locals sighted unfiltered-waste from the water treatment unit behind Coleman's Park, Macroom, which was entering the Sullane. It was apparent even then that the pump-house was out of date and totally inadequate for various reasons. People with knowledge concerning the capacity of the water-treatment plant say that it is simply not sustainable for the rising population in the town of Macroom. Unfortunately, it has so far been nearly impossible for an individual to follow the trail and find out exactly who is responsible for maintaining

water quality and standards in Macroom. What is known is that the water system is being patched up on an emergency basis, rather than being resolved with a long-term sustainable solution. People may be shocked to learn that there is also a barely visible pump-house/containment unit just behind the Fairy Garden. It is unlikely that this will ever be able to deal adequately with the needs of the expanding Macroom population. In October when most of the children have left the Fairy Park and the fishing season is over, a different kind of activity takes place. Pump trucks appear every half hour or so to pump out the slurry which at times can clearly be seen to turn the river white around the Fairy Park outlet. When it rains, the outlet pipe is mysteriously opened and the excess waste water gets released into the Sullane. It is this which causes the river to look white or grey. This contamination is very dangerous to the environment and it is very worrying to think our young children could be playing so close to such a health threat. By cleaning the unit after heavy rains, the white water then gets washed away into the Sullane. If there is any doubt as to its deadly contents, baby wipes and toilet paper can be picked off trees at the height of a man. These can remain for weeks on the river bank until the next flood. A bare tree with toilet paper on it is not a Christmas tree, nor an asset to the children in the Fairy Park. Urgent action is needed. So what can we do? Inhabitants of Macroom can keep an eye on these water-outlets and record illegal events with their cameras. The outlet at the Fairy Park is hard to spot. You will need to come out of the gate of the Fairy Garden going towards Macroom town. You will find the unit in line with an old building underneath the river bank. Every river-bank in Ireland is public, unless privately owned and so these units are available to be monitored by local people, dog-walkers, fishermen, parents with

children and all those who care about nature. It is obvious that EU legislation is being broken, and also Irish legislation regarding the preservation of water quality in rivers. Nutricia has already been fined for releasing contaminated water which goes via the Gearagh through the Lee into the Reservoir. If local people wish to make a complaint, the EPA, Environmental Protection Agency, IFI, Inland Fisheries Ireland, (01 8842600) but particularly The Water Framework Directive is where they should start. The European Water Framework Directive is available to be contacted by phone (0761 065 262) <http://watersandcommunities.ie> It was adopted into Irish Law in 2003 and provides a comprehensive framework for water quality management across the EU. It is concerned with the protection of all our waters. Since speaking with Michael I have been made aware of two relevant pieces of information in an article written by Odile Evans in THE FARMERS JOURNAL 12/05/2018 "...and Nutricia Infant Nutrition which is owned by Danone, has been fined for water pollution this year. In the same period Irish water has also paid in the region of 80,000 euro for pollution offences." More generally Odile Evans also says in the same article "Irish Dairy processing companies have paid out 78,451 euro in fines this year as a result of water pollution investigations carried out by the EPA." I am very grateful to Michael, and thank him for the help he is giving us in trying to solve the water situation in Macroom. Remember you can contact the Environmental Group by emailing [macroomenv@gmail.com](mailto:macroomenv@gmail.com) If you or anyone you know would like to respond to this article or any other or contribute an article of your own, please contact me [chriseevalley@gmail.com](mailto:chriseevalley@gmail.com)



4th, 5th & 6th class pupils from Ballinagree National School who took part in the An Taisce spring clean around the village recently.



Macroom Local Vocals Singers. {C. Kelleher}.



# April CLASS SCHEDULE



## TUESDAY

- 10am **Align & Revive Pilates** -Limited spaces left!
- 11am **Pilates Principles** -New 6 week block starting 18th April
- 6:15pm **Yoga Foundations** -New 6 week block starting 25th April
- 7:30pm **Flex & Flow Yoga** -Limited spaces left!

## WEDNESDAY

- 10am **Align & Revive Pilates** -Limited spaces left!
- 5:45pm **Align & Revive Pilates** -Fully booked (waitlist open)
- 7:45pm **Align & Revive Pilates** -Limited spaces left!

## THURSDAY

- 10am **Gentle Flow Pilates** -Limited spaces left!
- 11am **Align & Revive Pilates** -Limited spaces left!
- 5pm **Men's Pilates** -Fully booked (waitlist open)
- 6pm **Pilates Principles** -Fully booked (waitlist open)
- 7pm **Align & Revive Pilates** -Fully booked (waitlist open)

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The Niggle Clinic will be open every Monday 12:45pm - 2pm. 15 minute phone slots available with our physiotherapist Conor Mahony. Pre-booking is essential.

\*Please note this is not a physiotherapy treatment, it is a free consultation to set a plan in place to put you on your path to recovery

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## Kilmurry Active Retirement

### WALKING PACE

I think we all know that walking is a wonderful exercise. It benefits the body in so many ways, the muscles, the joints, the brain and much more. You may have taken up walking for exercise purposes and you may try to walk most days, or at least a few days a week. If you have, you may have wondered if you are walking briskly enough. Why is brisk walking particularly beneficial, and what is brisk?

While walking at any pace is good for us, if we are interested in promoting our cardiovascular health, it is better to walk at a brisk pace so that it raises our heart rate.

I have come across an article from Harvard Medical School which addresses the question of pace. They say new research suggests that a pace of about 100 steps per minute qualifies as brisk walking for most people. Of course, people are different, and unfit people will raise their heart rate sufficiently walking at a much slower pace. Older people will too, so it's only a rough guide taken from a review of 38 studies. If you have a mobile app that can count your steps it is then easy to divide the steps taken by the minutes walked. If you don't have an app you can count your steps while counting to ten and multiply by six.

Doctors often recommend a different method, the "rate of perceived exertion". This is related to what is called the 'modified Borg scale'. It is more widely known as walking while talking. The walking intensity levels are 1) Extremely easy - you can sing. 2) Very easy - you can easily speak in complete sentences. 3) Easy to Moderate - speech becomes broken. 4) Moderate - breathing becomes heavier. 5) Moderate - talking is difficult. While there are more levels 5) is fast enough for our purposes. Including a hill on the route will probably get most people to that stage of exertion especially if you don't drop your pace.

If you have a Fitbit (that you trust), it can provide you with a measure of your heart rate.

The rule of thumb is that we calculate our maximum heart rate first, by taking our age from 220. I am 66 so my maximum heart rate is  $220-66=154$ . My target should then be to reach about 70% of my maximum for a short period while exercising. So, in my case  $154 \times 70\% = 108$ . A short period in that range is sufficient. As I get fitter I may have to work harder to get my heart rate up to that pace. You may be thinking that is too technical. If so, just go with a friend, have a good chat, and notice the conversation becoming sparse on that hill!

### NEWS

On Wednesday the 22nd of March we had public health nurse, Ann O'Driscoll talking to us on first aid and much else besides. There was a big turnout and lots of questions on lots of issues on first aid and first response. One amadán wanted to know what he should do after cutting off his leg with a chainsaw. You would wonder what he expected from Ann, advice not to cut off the other one! But indeed, she handled him professionally.

The bingo saga is ongoing. Last week the number caller, who surprisingly hasn't had his number called yet, showed up having acquired a new full set of bigger balls. The problem though, was that these would not fit on the rack that was used for the smaller set.

Not fazed by this, he came along having stolen the rack out of the fridge, and as time went by the balls called rolled along the tracks. Nonetheless, they stuck to their tracks, which was an improvement on his first attempt. When the first line was called and confirmed, he made an award of a prize to the winner and the same again when the panel was called. But in the next game when the line was called, he went and confiscated the prizes to consternation all round.

In fairness though, being a GAA man, and knowing nothing about bingo, he couldn't conceive of the Sam Maguire being retained by the winners, especially since he never remembered his team ever getting a sniff of it.

We are having a talk on the evening of 12th April at 7.30pm in the Heritage room, Independence Museum on herbal remedies. We will have a taste of some of those remedies too. All welcome. We will have a series of six ceramic art classes on Mondays at 8.15pm, starting Monday 17th again in Heritage room. If you are a not a member and interested in exploring your creative talents, contact me for information.

We are having Tai chi, yoga, gentle exercise and meditation, followed by tea, and that followed by a health talk, all by Rose McCarthy, on Wednesday 19th at 2pm in Crookstown hall.

Aqua aerobics are on Wednesday mornings in Macroom at 10am, and the bowls are on Monday mornings in Coachford 10.30am, (thanks to Coachford ARA).

Staying Fit for the Future courses given by Cork Sports Partnership are running for eight Mondays in Kilmurry at 7pm starting 17th April and in Crookstown Thursdays at 5pm and again at 6pm and starting on the 27th April. The cost is €50 for the eight sessions.

If you would like to join us, our association is open to all, and now is a great time to join. The membership fee is 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.

## KILBARRY NATIONAL SCHOOL



Kilbarr NS quiz team who took part in Tráth na gCeist at the Scór na bPáistí Muskerry Final in Coachford.



Kilbarr NS Camogie with Paddy Corkery



Kilbarr NS, winners of the FAI Primary 5s 5-A-Side Soccer Competition in Lakewood FC, Ovens on Wednesday, March 1st



Pupils from Inchigeela NS who took part in a recent Fícheall Chess Tournament in Ballineen.



Ballinagree National School participated in the Ballinagree St. Patrick's day parade, they dressed up as people would have 125 years ago to celebrate the school being open 125 years this year. Pictured with teachers Mr. Lehane and Mrs. Browne.



# Coffee Morning

IN AID OF THE HOPE FOUNDATION

In the "INDEPENDENCE MUSEUM KILMURRY"

On Easter Sunday morning 9th April  
after 10am Mass

Come along and support a very worthy cause  
All welcome.

Contact Michael O' Donoghue on  
**021 - 7336137**



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## 'RIGHT TO REPAIR' PROPOSAL FROM EUROPEAN COMMISSION IS GOOD NEWS FOR CONSUMERS AND THE ENVIRONMENT - KELLEHER

Fianna Fáil MEP Billy Kelleher has today welcomed the proposal from the European Commission that would guarantee a 'Right to Repair' for faulty or damaged goods.

"Sadly, in our economy replacement rather than repair of goods and products has become the norm over the past number of decades. Ultimately, this leads to increased waste and damage to our environment.

"The Commission's proposal will require sellers to offer to repair a product in all cases except when it's

more expensive to repair rather than replace.

"This means real and tangible savings for consumers. Furthermore, it will support the objectives of the European Green Deal which is designed to make our economy more circular in nature.

"Additionally, under this proposal, there will be minimum standards for all companies offering repair services. This is a win for consumers who often get caught off by rogue operators who do not offer quality repair work.

"The European Parliament will obviously begin to scrutinise this proposal and make amendments to it. However, this is a good start and very important from a consumer protection and climate action point of view," concluded Kelleher.



## CAKE SALE & TEA & COFFEE MORNING in aid of The Hope Foundation

**EASTER SUNDAY, 9TH APRIL  
AFTER 10 O'CLOCK MASS AT KILMURRY  
CHURCH, CO. CORK.**

Everyone is welcome on Easter Sunday to please drop into this friendly - and delicious! - fundraiser in aid of The Hope Foundation, a Cork charity that works with street and slum-connected children and families in Kolkata (Calcutta), India. The event is hosted by local man Michael O'Donoghue, a long-time supporter of The Hope Foundation, who has himself travelled to Kolkata

on a number of occasions to visit the HOPE projects and see the fundraising proceeds in action. Michael has also taken part in the annual HOPE Himalayan Fundraising Walk and supports the HOPE Cork Lunch every year, always bringing a few extra supporters with him to enjoy the day! Michael will be accompanied by Mary Mullins, his right-hand woman, who does all the organising for this lovely Easter event and helps make it such a great success every year! Michael and Mary look forward to seeing you there!



'Oakwood Harps', Macroom's latest football team (from the ground up!) (C. Kelleher).



Castletown Fundraising Group presented a cheque for €25,000 to Enable Ireland, who were represented by Donal Cashman, former Chairman, and Maria Desmond, Fundraising Manager. There were also tokens of appreciation presented to mark the many years of magic created for local children by Ted Collins and John Joe Crowley. Put June 25th in your diaries to join us for the 2023 rally in Coppeen.

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For further information on the role please visit  
[www.egislaganservices.ie](http://www.egislaganservices.ie)

*If you are interested in applying for this position, please email a copy of your CV and Cover Letter to Yvonne Carey, HR Business Partner*  
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**War of Independence Commemoration Committee**  
Macroom Area

*Annual Easter Commemoration*

**Easter Sunday 9th April 2023**  
in the Town Square, Macroom at 3pm.  
*Everyone Welcome*





*GP Wood is one of Ireland's leading timber processing companies, located in two West Cork sites. The Group manufactures softwood products for the construction, fencing and pallet industries in both home and export markets.*

### SUMMER JOB VACANCIES AT GP WOOD

We are looking to recruit **Summer / Student Workers**; working on a variety of production processes at our **Lissarda Site**.

Forklift driving experience is desirable but not essential.

These roles will require compliance to health and safety procedures and written work instructions. Full training will be provided.

Positions are open to **male and female** candidates, aged 18 or over.

**Please forward CV, to the HR Department, GP Wood, Enniskeane, Co. Cork or email to [jobs@gpwood.ie](mailto:jobs@gpwood.ie)**



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We have an immediate vacancy for a specific shift that may suit an individual's personnel circumstances:

Hours as follows:  
Wednesday 4pm – 2.30am  
Thursday 4pm – 2.30am  
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Sunday 7pm – 5.30am

Training to achieve a forklift licence will be provided but experience in this area is desirable.

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Duties will include working as part of a production team undertaking all duties as directed by management including adhering to the strict SOP's and health and safety procedures that are in place. Some of these positions involve shift work. A forklift licence would be desirable but not essential.

For both roles remuneration will be competitive, and the roles will be permanent.

Send CV's by email to [jobs@eirebloc.com](mailto:jobs@eirebloc.com) or post to Eirebloc Ltd, Lissarda, Co. Cork outlining the position of interest.

**Tuesday 11th  
April 2023  
10am- 3pm**



# RECRUITMENT DAY

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# LIEBHERR CONTAINER CRANES ANNOUNCES 2023 SCHOLARSHIP PROGRAMME



**APPLICATIONS ARE BEING NOW INVITED FROM LEAVING CERTIFICATE STUDENTS AND ENGINEERING AND IT COLLEGE STUDENTS. TUITION FEES PAID, SUMMER WORK, COLLEGE PLACEMENTS AND GRADUATE ROLE AMONG THE BENEFITS**

**K**illarney-based company Liebherr Container Cranes is excited to announce that applications for the 2023 Liebherr Scholarship Programme are now being taken. The programme has been running for six years and has expanded to include paid scholarships for students studying various engineering, IT, and automation courses. The scholarship covers tuition fees for the duration of the course, as well as the opportunity to complete work experience during summer vacations and college placements throughout the academic year. This programme is an excellent opportunity for Leaving Certificate and college students to gain a 3rd level qualification and continue their employment with Liebherr upon graduation.

Qualifying degree courses for the scholarship include mechanical engineering, electrical engineering, structural engineering, mechatronics, automation, business information systems, computer science, software development, and data analytics. Successful scholarship recipients will be given the opportunity to work with Liebherr on innovative technology projects that are changing the way goods are moved around the world.

Charlie McCarthy, the Managing Director - Engineering at Liebherr Container Cranes, emphasised the importance of the scholarship programme and providing high quality employment in the southwest region: "Liebherr

Container Cranes is proud to continue our tradition of investing in the development and training of young professionals. The scholarship programme is now well established and provides a pathway to fulfilling careers with Liebherr Container Cranes in Killarney. Our company is a world-leading technology company, and we offer exciting opportunities for high-tech jobs in one of the most attractive towns in Ireland. The Liebherr Scholarship Programme is an excellent opportunity for students to gain valuable experience and a degree in several fields that are undergoing significant development. At Liebherr, we are at the forefront of technological advancement and design in the field of container handling. The pace of change has really accelerated in recent years, and we look forward to continuing to support and inspire the next generation of Liebherr employees"

Liebherr Container Cranes currently sponsors 26 scholarship recipients, with 12 studying mechanical engineering, 2 studying structural engineering, 8 studying electrical engineering, and 4 studying computer science.

Colm Galvin, a former scholarship recipient who is now working at Liebherr as a design engineer, shared his thoughts on the programme: "I was very fortunate to have been selected for one of the Liebherr scholarships at the start of my second year of college in September 2019. This scholarship paid my fees right through until I graduated from the University of Limerick

as a mechanical engineer. The funding was a huge advantage. Likewise, the opportunity to carry out my placement in a world-renowned multinational company like Liebherr was great. The experience that I gained working in the different departments and experiencing different engineering disciplines was a huge benefit.

My current work involves designing crane components. It is nice to see the things that I am designing being manufactured and it is great to be able to work on machines that are at such a big scale. I have had the opportunity to travel to different ports which really put perspective on the size of the cranes that we are manufacturing. Liebherr is a great place to work, and I have gained valuable experience and real-world insight into engineering. I would recommend anyone interested in engineering to apply for the Liebherr Scholarship as it really is a great opportunity."

**How to apply:** Interested candidates should apply by email to [scholarshiprecruit.lcc@liebherr.com](mailto:scholarshiprecruit.lcc@liebherr.com). Applicants should include a CV detailing Leaving Certificate/Junior Certificate/college projects and/or results and a cover letter explaining why they have chosen their specific career path. In the case of leaving certificate applicants, a copy of their completed CAO form showing their choice course should be included. Closing date is the 26th May 2023



Scholarship recipient and now employed as a mechanical engineer, Colm Galvin inspects some of the components he has been working on.



One to one mentoring is one of the benefits of the Liebherr Scholarship Programme.

# Citizens Information

## MAKING A WILL

If you die without making a will, your estate will be distributed according to the law on succession. This means that your estate will be distributed between your surviving family members in the way that is set out in law. However, if you want to have a say over who inherits all or part of your estate, you should make a will.

### How do I make a will?

You can write a will yourself, or have a solicitor write it for you. There is no set cost for having a solicitor write your will, & you can get quotations on prices on a solicitor's website or by calling their offices. You may be able to save money by shopping around.

A solicitor can advise you about your will and can make sure that your will is legally valid. If you write your own will, you should make sure that it is valid.

### What should my will contain?

You do not have to have your will in any set format. However, it is important that the will has the following:

- Your name & address.
- A statement that says you revoke or disown all earlier wills or codicils.
- The appointment of one or more executors, or people who will carry out your wishes in your will after you die, along with their names and addresses.
- Your will should be dated and signed by you and your witnesses.

### What are the requirements about signing your will?

You have to sign your will in the presence of 2 witnesses. They have to sign the will to attest (witness) that you have signed the will. They do not have to see the contents of the will.

If you are unable to sign your will because you cannot write, you can make a mark that should be witnessed like a signature.

If you are physically disabled and are unable to sign or mark your will, you can direct an agent or representative to sign your will for you. Your agent must sign the will in your presence and on your direction and your two witnesses must be present.

The witnesses or their spouses/ civil partners cannot benefit from the will.

### What is the legal right share which the spouse is entitled to receive?

If you have left a will, and your spouse or civil partner has never renounced or given up their rights to your estate, then they are entitled to a legal right share of your estate. This legal right share is:

- One-half of your estate if you do not have children
- One-third of your estate if you do have children

Your spouse/civil partner does not have to go to court to get this share, as your executor must give this share where applicable.

### What happens when there is no will?

If you die without leaving a will, then your estate will be distributed in accordance with the law of succession. The order in which your estate is distributed in these cases is set out in the Succession Act 1965.

If you are survived by:

- A spouse or civil partner but no children (or grandchildren): your spouse or civil partner gets the entire estate.
- A spouse or civil partner and children: your spouse/civil partner gets two-thirds of your estate and the remaining one-third is divided equally among your children. If one of your children has died, that share goes to his/her children.
- Children, but no spouse or civil partner: your estate is divided equally among your children (or their children).
- Parents, but no spouse, civil partner or children: your estate is divided equally between your parents or given entirely to one parent if only one is living.
- Brothers and sisters only: your estate is shared equally among them, with the children of a deceased brother or sister taking his/her share.
- Nieces and nephews only: your estate is divided equally among those surviving.
- Other relatives only: your estate is divided equally between the nearest equal relations.
- No relatives: your estate goes to the State.

If you need further information about any of the issues raised here or you have other questions, you can call a member of the local Citizens Information Service in Macroom. Telephone 0818 07 8430 Alternatively, you can email on [macroom@citinfo.ie](mailto:macroom@citinfo.ie) or log on to [www.citizensinformation.ie](http://www.citizensinformation.ie)




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## GAA

## CORK TEAMS

The Group stages of the various National Leagues are now completed and in the Allianz National Leagues the Cork teams had mixed fortunes.

Cork hurlers finish unbeaten in their group of Div One but then had a disastrous semi final outing away to Kilkenny. Cork footballers have had a moderately successful campaign, winning three and drawing one of their seven games, and will neither be promoted nor relegated this season.

In Camogie, Cork are in the Very Ireland Division 1 league final, where they will meet Galway, the only team to have beaten them in their five group outings. In Ladies Gaelic Football, Cork will not make the Lidl Div 1 league final but are team building and have four wins and a draw from seven games played.

Allianz National Football League – Div 2

Cork: P 7 W3 D1 L 3. Cork finished 4th with 7 points

Jan 29 Cork 0-19 Meath 3-14

Feb 5 Kildare 0-7 Cork 2-14

Feb 19 Cork 2-10 Dublin 0-18

Feb 26 Cork 6-18 Limerick 0-12

Mar 5 Clare 1-8 Cork 3-10.

Mar 19 Louth 1-10 Cork 0-10

Mar 26 Cork 1-14 Derry 1-14

Div 2 Final: Dublin 4-6 Derry 0-11

## MUNSTER SENIOR FOOTBALL CHAMPIONSHIP

Quarter Final: Cork v Clare, Easter Sunday, April 9th in Ennis, 2pm

Semi Final: Winners play Limerick on April 22nd

## MUNSTER U20 FOOTBALL CHAMPIONSHIP

Semi final: Cork v Limerick or Waterford, April 17th.

## ALLIANZ NATIONAL FOOTBALL LEAGUE – ROUND 7

## CORK 1-14 DERRY 1-14

Luke Fahy and Cian Kiely (Ballincollig), Colm O'Callaghan (Eire Óg) and Chris Óg Jones (Iveleary) were in action with Cork.

In the final minute of seven added on for stoppages, Cork substitute Cian Kiely launched a speculative lob into the Derry goal, Ian Maguire forced the ball over the line in the general confusion, Cork were level and the final whistle followed immediately. The league point gained put Cork into 4th place in the Div 2 table and might yet ensure the Rebels of their place in the All Ireland series if they fail to make the Munster Final. It was an unexpected end to the game dominated

for lengthy period by the Foylesiders who had led by 1-13 to 0-8 clear after scoring a 52nd minute goal. Cork hit back, scored the next six points and were close enough in the final seconds to save the day and end their campaign on a relative high against the Ulster champions.

Derry dictated matters early on as they raced into a 0-5 to 0-1 lead after 12 minutes, 0-8 to 0-4 after 25 minutes and it was 0-9 to 0-6 at half time, Derry having lost a man to a black card.

Derry then went into an eight point lead but got caught at the end.

"It is all about two weeks' time now in Ennis. We are going up in better spirits than if we were beaten by eight or nine points. It looked at stages there in the second half that it was going to go away from us big time. But credit to the lads, they kept at it." John Cleary, Cork Manager after the game.

Scorers for Cork: S Sherlock 0-4 (0-4f), I Maguire 1-0, C Corbett 0-3 (0-1f), C O'Callaghan and K O'Hanlon 0-2 each, K O'Donovan, S Powter, C Óg Jones 0-1 each.

Cork : MA Martin (Nemo Rangers); S Meehan (Kiskeam), capt, K O'Donovan (Nemo Rangers), T Walsh (Kanturk); Luke Fahy (Ballincollig), R Maguire (Castlehaven), M Taylor (Mallow): Colm O'Callaghan (Éire Óg), I Maguire (St Finbarr's); B O'Driscoll (T MacCarthaigh), K O'Hanlon (Kilshannig), R Deane (Bantry Blues): Chris Óg Jones (Iveleary), S Powter (Douglas), S Sherlock (St Finbarr's). Subs: C Corbett (Clyda Rovers) for Sherlock 53, J O'Rourke (Carbery Rangers) for Jones 55, M Cronin (Nemo Rangers) for O'Driscoll and Cian Kiely (Ballincollig) for Taylor 58, P Walsh (Kanturk) for O'Hanlon 75.

## ALLIANZ NATIONAL HURLING LEAGUE – DIV 1 A

Cork: P5 W4 D1 L0.

Feb 4 Cork 2-17 Limerick 0-22

Feb 12 Galway 3-22 Cork 4-24

Feb 26 Cork 2-21 Westmeath 0-21

Mar 12 Cork 2-14 Wexford 0-18

Mar 19 Clare 2-18 Cork 2-18

Mar 26 Div 1 Semi Final: Kilkenny 2-22 Cork 0-22

## MUNSTER SENIOR HURLING CHAMPIONSHIP (ROUND ROBIN FORMAT)

Cork v Waterford on Sunday April 30th, Páirc Uí Chaoimh 4pm

Cork v Tipperary on Sat May 6th, P Uí Chaoimh 7pm

Clare v Cork on Sunday May 21st

Limerick v Cork on Sunday May 28th.

## NHL SEMI FINAL

Kilkenny 2-22 Cork 0-22

Cork had Shane Barrett and Pádraig Power, both of Blarney in action. Mark Coleman (Blarney) is recovering from a long term injury and team captain Seán O'Donoghue of Inniscarra has been out of recent action due to injury but should be ready for championship.

Cork hurlers have had several disappointing outings in Nowlan Park in recent years, this was another one. The Rebels, unbeaten in their group 1A, came up against Kilkenny who had finished second to Tipperary in Group 1B, and Cork appeared not to have the determination to withstand the aggressive challenge of the home side who simply bullied them out of contention. The prospect of facing Limerick in the league final may not have been appealing, given the awesome display of the All Ireland champions against Tipperary the previous night, but the level of grit and determination which expected from Cork hurling teams appeared to be absent on this occasion. The home side led all through, scored the first three points and led by 1-12 to 0-12 at half time. Kilkenny were awarded a 43rd minute penalty after a defender's hurley caught a forward on the side of the helmet and when a goal resulted the home side led 2-14 to 0-14. A subsequent melee, resulting from too much indiscipline by both sides, ended with four yellow cards and the dismissal of Eoin Downey who got a red. Cork, having to play the last 25 or so minutes with 14 players, never looked likely to get back into real contention.

Attention will now turn to preparation for the Munster SHC opening game against Waterford on April 30 and it is clear that Manager Pat Ryan and his team have a lot to do to get mentally prepared for the tests ahead in a brutal competition. At least Cork will have no illusions about the challenges ahead.

Scorers for Cork: S Kingston 0-9 (0-8 f), S Barrett, P Horgan (f) 0-3, C Cahalane, P Power, 0-2 each, J O'Connor, T O'Mahony, R Downey 0-1 each.

Cork: P Collins; N O'Leary, E Downey, D Cahalane; T O'Connell, C Joyce, R Downey; B Roche, E Twomey; C Cahalane, C Lehane, Shane Barrett 9blarney); S Kingston, Pádraig Power (Blarney), J O'Connor. Subs: T O'Mahony for Twomey, P Horgan for O'Connor (both 51), G Millerick for C Cahalane (53), B Hayes for Power (67).



Club chairman Peter Lyons on the left with Larry and Barbara McCarthy at the Kilmurry GAA Victory social. © Peter Scanlan



The presentations by the Kelleher family to the Daffodil Night Nurses in the Abbey Hotel

# Tingling & Numbness in the Arms, Hands, Legs, or Feet?

Many people have experienced tingling or numbness in their hands, arms, legs and feet. "Pins and Needles" or "Going to Sleep" are two of the common phrases associated with this symptom.

These symptoms can occur while sleeping, sitting for prolonged periods or during a time where you might have to hold your arm over your head for long periods (like changing a lightbulb, or styling your hair).

If you look at the anatomy of our arms and legs, you'll see that the nerves and blood vessels travel from quite a distance in the body.

Nerves in the arm don't start in the hand - they start in your neck and end in the tips of your fingers.

If you think of the nerves and blood supplying your hands

as a river, your neck would be the reservoir. Normally a river would run smoothly from the reservoir into the surrounding areas.

In a healthy body, your nervous signals and blood flow smoothly from your spinal column into your hands and feet. But what happens if a tree falls across this river and stops the flow?

A pinched nerve or restricted blood supply dulls the signal your fingers and toes are getting- and can cause numbness along the way. By diagnosing a problem that originates in the wrist, you may be ignoring the blockage further up stream - constrictions in the neck, or larger restrictions occurring further up the arm.

One common misunderstanding of Chiropractic care is assuming it is all about the spine.

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Pupils from Rylane NS attending the National Volleyball finals in UL Sports Area Limerick



Macroom FC U15A schoolboys, following their 4-0 win over Coachford

### MUNSTER U20 HURLING CHAMPIONSHIP (ROUND ROBIN)

Group: Cork v Waterford, v Tipperary April 5 and v Limerick April 28

Semi Final: 2nd v 3rd May 8th: Final: 1st v semi final winners May 15th.

Cork 1-17 Waterford 1-13

Cork were six points down after 22 minutes, 1-9 to 0-6, but only one behind at half time 1-10 to 1-9 and went on to victory in the second half in the oneills.com Munster U20HC against Waterford at Páirc Uí Chaoimh.

Cork didn't lead at any stage in the first half but never panicked and would have been happy with their position at half time. Cork were level within 35 seconds of the restart as Adam O'Sullivan scored his second point of the game, and they moved in front for the first time on 34 when Mikey Finn scored. As the rain became heavier, scoring became difficult, Waterford wasted several good opportunities and eventually Cork broke the deadlock and enjoyed a three point lead coming down the straight. Waterford cut the margin further with a point but Cork finished with points from sub Eoin O'Leary and Ben Cunningham.

Scorers for Cork: B Cunningham 0-7 (0-4 f, 0-1 65), C Walsh 1-3, A O'Sullivan 0-3, M Finn, R O'Sullivan, E O'Leary, B Keating 0-1 each.

Cork: B Saunderson (Midleton); S Daly (Randal Óg), E Downey (Glen Rovers), D O'Sullivan (Ballinhassig); James Dwyer (Ballincollig), Shane Kingston (Ballinora), M Mullins (Whitechurch); Tadhg O'Connell (Ballincollig), M Finn (Midleton); A O'Sullivan (Ballinhassig), B Cunningham (St Finbarrs), D Healy (Lisgoold); J Leahy (Dungourney), R O'Sullivan (Na Piarasaigh), C Walsh (Kanturk). Subs: Brian Keating (Ballincollig) for Finn (38), W Buckley (St Finbarr's) for Healy (41), T Wilk (Cobh) for O'Connell (46), D Cremin (Midleton) for A O'Sullivan (54), E O'Leary (Glen Rovers) for Leahy (59).

### MUNSTER MINOR HURLING CHAMPIONSHIP

Round Robin: Cork v Waterford, v Tipperary April 4th, Clare 18th, Limerick 25th.

Semi Final: 2nd v 3rd Final: 1st team v semi final winners

Cork 3-19 Waterford 0-15

Cork at Páirc Uí Chaoimh, never trailed at any stage. Oisín Walsh (Youghal): Oier O'Callaghan (Liscarroll Churchtown Gaels), Darragh McCarthy (Passage), Carthaigh Cronin (Midleton): Cillian O'Callaghan (Kiltha Óg), Ben Walsh (Killeagh), David O'Leary

(Ballincollig): James O'Leary (Lisgoold), Conor McCarthy (Glen Rovers): Johnny Murphy (Dromina), Zack Biggane (Charleville), Barry Walsh (Killeagh): Sean Meade (Killeagh), Barry O'Flynn (Sarsfields), Finn O'Brien (Erins Own).

Subs: Fionn Murphy (Killeagh), Sean O'Callaghan (Aghada), Johnny Galvin (Éire Óg), Oisín O'Connell (Carrigaline), Patrick Walsh (Carrigtwohill), Conor McCarthy (St Finbarr's), Ronan Dooley (Douglas), Brian Lynch (Youghal), James O'Brien (St Colmans)

### LGFA LIDL NATIONAL LEAGUE - DIV ONE

Cork: P7 W4 D1 L2 - Finished 4th with 13 points

Jan 22 Mayo 0-12 Cork 2-11

Jan 29 Waterford 2-9 Cork 2-9

Feb 5 Cork 3-15 Dublin 4-13

Feb 19 Galway 1-15 (18) Cork 4-4 (16)

Feb 26 Cork 5-11 Donegal 0-1

Mar 19 Cork 1-17 Kerry 2-6

Mar 26 Cork 2-8 Meath 0-11

Lidl League Final: Kerry v Galway

### MUNSTER LGFA SENIOR CHAMPIONSHIP

Kerry, Cork, Waterford and Tipperary will contest the Munster Championship on a round robin basis and finishing places will determine placing in each of the four groups of three teams for the TG4 All Ireland series.

### CORK 2-8 MEATH 0-11

Erika O'Shea (Macroom), Emma Cleary (Éire Óg) and Lydia McDonagh (Naomh Abán) saw action with Cork.

Cork, helped by two first-half goals from Libby Coppinger and Eimear Kiely, ended their Lidl Ladies NFL Division 1 on a high note, defeating All Ireland champions Meath after a hard-fought game at Páirc Uí Rinn. Cork led by 2-5 to 0-5 at half time and Meath came back strongly in the second half, but Cork were playing well enough to absorb the pressure and emerge deserving winners.

There was plenty for the Rebels to be happy about with Sarah Murphy, Roisín Phelan, Erika O'Shea, Emma Cleary, and Ciara O'Sullivan leading by example on the day.

Scorers for Cork: E Kiely 1-3 (0-2 f), L Coppinger 1-1, C O'Sullivan 0-3, D Kiniry 0-1.

Cork: S Murphy; M Duggan, E Meaney, R Phelan; Erika O'Shea (Macroom), S Kelly, D Kiniry; H Looney, S Leahy; L Coppinger, D O'Sullivan, Emma Cleary (Éire Óg); A Ryan, E Kiely, C O'Sullivan.

Subs: E Jack for D O'Sullivan (ht), A O'Mahony for L Coppinger (33), B O'Sullivan for H Looney (42), Lydia McDonagh for E Cleary (52), E Twomey for D Kiniry (55), Sábh McGoldrick (Éire Óg) for A Ryan

(58), A Ring for E Kiely (59).

### CAMOGIE - VERY IRELAND NATIONAL LEAGUE DIVISION 1A

Feb 18 Cork 3-17 Dublin 0-5

Feb 25 Cork 2-19 Clare 1-10

Mar 4 Tipperary 1-12 Cork 1-14

Mar 19 Kilkenny 1-10 Cork 0-23

Mar 26 Cork 1-10 Galway 1-11

### VERY IRELAND LEAGUE FINAL:

**CORK V GALWAY APRIL 16TH.**

**CORK 1-10 GALWAY 1-11**

Cork had already qualified for the national league final before they met Galway in their final group stage game in Páirc Uí Chaoimh, Galway needed a win to join them in the final and the visitors got what they required with a late surge, two frees giving them a two-point lead in additional time before Chloe Sigerson's free for Cork left just the minimum between the teams.

Galway started with wind advantage and led 0-6 to 0-2 after 18 minutes, but failed to score for the remainder of the half. The wind changed direction at the quarter stage and Cork made full use. Three points from Saoirse McCarthy and an Amy O'Connor free levelled it.

Fiona Keating and Siobhan Gardiner swapped points within minutes of the restart. Cork got their goal on forty-six. Galway responded, Ailish O'Reilly pulling to the net. Cliona Healy levelled the game for the sixth time. A soft free, in a crowded melee, gave Galway a one-point lead and another free clinched it before Sigerson's final score.

Scorers for Cork: E Murphy 1-0, S McCarthy 0-3, A O'Connor, S McCartan 0-2 (0-1 f) each, F Keating, C Healy, C Sigerson (f) 0-1 each.

Cork: M Lynch; A O'Neill, L Coppinger, M Cahalane; H Looney, L Tracey, I O'Regan; S McCarthy, L Hayes; S McCartan, F Keating, E Murphy; A O'Connor C Finn, Cliona Healy (Aghabullogue). Subs: O Cronin for C Finn (43), H Ryan for E Murphy (45), C Sigerson for L Hayes (51), M Murphy for A O'Neill (54).

### 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 applies in every division.

Division One Rd 1: Éire Óg, Cill na Martra, Ballincollig, Nemo Rangers, Castlehaven, Carbery Rangers, Kiskeam, Douglas, St Finbarrs, Valley Rovers.

Division Two: Béal Átha'n Ghaorthaidh, Clyda, Carrigaline, Clonakilty, Kanturk, Aghada,



Macroom FC U12 and U12A players prior to playing each other in the Cork Schoolboys League U12 Local Cup at Murrayfield.

O'Donovan Rossa, Fermoy, St Michaels, Newcestown  
 Division Three: Rockchapel, Macroom, Nemo, Castletownbere, Bishopstown, Ilen Rovers, Glanworth, Mallow, Knocknagree, Dohenys  
 Division Four: Aghabullogue, Naomh Abán, Kilshannig, Iveleary, Bantry Blues, Newmarket, Mitchelstown, Na Piarasigh, St Vincents, Bandon  
 Division Five: Ballinora, Mayfield, Adrigole, Boherbue, Ballydesmond, Glenville, Dromtariffe, Glanmire, Kinsale, Millstreet  
 Division Six: Gabriel Rangers, Kilmurry, St Finbarrs, Cobh, St Nicks, Buttevant, Urhan, Kildorrery.  
 Division Seven: Aghinagh, Ballinhassig, Castlemagner, St Michaels, Cullen, Argideen, St James, Ballyclough.

Round 3 Results:  
 Div 1: Ballincollig 0-7 Valley Rovers 1-19: Éire Óg 0-8 Castlehaven 1-7: Cill na Martra 0-9 Kiskeam 1-4  
 Div 2: Béal Átha'n Ghaorthaidh 2-8 Carrigaline 0-14  
 Div 3: Ilen Rovers 0-6 Macroom 1-10  
 Div 4: Kilshannig 1-11 Naomh Abán 0-8: Iveleary 1-9 Na Piarasigh 0-6: Aghabullogue Div 5: Boherbue 1-9 Ballinora 0-4  
 Div 6: Gabriel Rangers 5-9 Kilmurry 5-10  
 Div 7: Aghinagh 2-9 Ballinhassig 1-8

**TABLE STANDINGS AFTER THREE ROUNDS**

Div 1 Castlehaven and Nemo on 6 pts each, Éire Óg and Cill na Martra 3 each, Ballincollig 0  
 Div 2 Béal Átha'n Ghaorthaidh 5 points, Clonakilty

5, Carrigaline 4.  
 Div 3 Bishopstown 6 points, Dohenys 5, Macroom 4  
 Div 4 Kilshannig 6pts, Aghabullogue 4, Iveleary 4. N Abán 2pts  
 Div 5 Kinsale, Boherbue, Ballydesmond and Glanmire 4pts each, Ballinora 1  
 Div 6: Kilmurry and Buttevant - 2pts each  
 Div 7: Aghinagh, Castlemagner, Argideen St James - 2 pts each

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

Division One: Blackrock, Carrigtwohill, Douglas, Erins Own, Fr O'Neills, Charleville, Killeagh, Na Piarasigh, Sarsfields, Kanturk.  
 Division Two: Ballincollig, Glen Rovers, Fermoy, Bride Rovers, Mallow, Courceys, Middleton, Bishopstown, Newtownshandrum, St Finbarrs.  
 Division Three: Blackrock Int, Inniscarra, Éire Óg, Kilworth, Ballymartle, Carrigaline, Castlelyons, Bandon, Newcestown, Blarney  
 Division Four: Aghabullogue, Ballyhea, Ballinhassig, Milford, Cloyne, Valley Rovers, Lisgoold, Youghal, St Catherine's, Kildorrery.  
 Division Five: Cloughduv, Middleton, Argideen, Aghada, Ballygiblin, Watergrasshill, Castlemartyr, Dungourney, Russell Rovers, Mayfield  
 Division Six: Douglas, Meelin, Kilbrittain, Na Piarasigh 2, Tracton, Sarsfields, Barryroe, Ballygarvan.  
 Division Seven: Ballinora, St Finbarrs 2, Éirins Own 2, Nemo, Glen Rovers 2, Kilshannig, Valley Rovers,

Ballinascarthy.

**RESULTS RD 3**

Div 2: Fermoy 0-12 Ballincollig 0-15  
 Div 3: Éire Óg 0-17 Blarney 0-17.  
 Div 4: Cloyne 2-15 Aghabullogue 4-18  
 Div 5: Cloughduv v Watergrasshill Apr 6th  
 Div 7: Ballinora 2-14 St Finbarrs 1-9

**TABLE STANDINGS AFTER ROUND 3**

Div 1: Sarsfields 6pts, Blackrock 5  
 Div 2: St Finbarrs and Courceys 5pts, Ballincollig 2.  
 Div 3: Blackrock 2 (P4) 6: Éire Óg (P3) 5, Blarney (P3) 3 Inniscarra (P2)2.  
 Div 4: Ballinhassig 6, Valley Rovers 6, Aghabullogue 3  
 Div 5: Dungourney 5 (P3), Cloughduv (P2) 2  
 Div 6: Kibrittain, Ballygarvan, Douglas, Tracton- 2pts each  
 Div 7: Ballinascarthy, Glen Rovers, Erin's Own and Ballinora- 2pts each



(AADI) Cuairt Autism Assistance Dogs Ireland ar Scoil Mhuire le déanaí



Macroom Basketball Club at the Macroom Club's Day



St. Patrick's Festival Winners; Aileen Johnson School of Dance receiving their prize for Best Parade Entry from Pat O'Connell of the Lee Valley Enterprise Board.



## Muskerry GAA

### MID CORK LEAGUES 2023

#### FOOTBALL

Division 1 – 8 teams: Canovee 1-8 Kilmichael 0-5, Éire Óg 0-6 Inniscarra 2-10, Ballincollig 2-8 Clondrohid 3-20, Donoughmore 0-7 Grenagh 0-13.

Rd 2: Donoughmore 1-8 Canovee 3-19: Grenagh 2-6 Ballincollig 0-7: Clondrohid 4-14 Éire Óg 2-10

League Table: Clondrohid, Canovee, Grenagh 4pts, Inniscarra 2, Éire Óg, Kilmichael, Ballincollig and Donoughmore 0

Division 2 East – 8 teams: Dripsey 4-14 Ballinora 0-1, Inniscarra 2 3-12 Ballincollig 2 1-5, Aghabullogue 0-15 Éire Óg 2 3-6, Blarney 3-12 Donoughmore 2 0-9:

Rd 2: Blarney 2-11 Aghabullogue 2-10: Dripsey w/o Éire Óg 2 conceded

League Table: Dripsey and Blarney 4pts, Inniscarra 2-2pts, Éire Óg 2 and Aghabullogue – 1pt, Ballincollig, Donoughmore and Ballinora 0pts.

Division 2 West – 8 teams: Kilmurry w/o N. Abán con., Macroom 1-7 Iveleary 1-17, Cill na Martra con. Béal Átha'n Ghaorthaidh w/o, Canovee 2 0-8 Aghinagh 2 1-11. (Note: Aghinagh 1 are in County League 7).

Rd 2: Macroom 1-2 Kilmurry 2-13, N Abán 1-14 Béal Átha'n Ghaorthaidh 2-13, Iveleary 3-6 Canovee 0-7, Aghinagh 2-8 Cill na Martra 1-11

League Table: Béal Átha, Kilmurry and Iveleary 4pts each, Aghinagh 3, Cill na Martra 1, Canovee, N Aban and Macroom 0 pts.

Division 3 East -5 teams: Ballincollig 3 1-11 Gleann na Laoi 2-9, Grenagh 2, Dripsey 2, Inniscarra 3.

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

#### FOOTBALL CHAMPIONSHIP

The Mid Cork Junior A Football Championship commences on July 27th with all six first round games scheduled for the period July 27th-30th. Inniscarra v Blarney, Blarney v Donoughmore, Kilmichael v Dripsey, Canovee v Ballincollig, Aghinagh v Éire Óg, Clondrohid v Béal Átha'n Ghaorthaidh are the intriguing pairings in round one of the competition which is being played on a group basis initially.

#### HURLING

Division 1 – 8 teams: Grenagh 3-20 Kilmichael 1-5, Éire Óg 3-17 Blarney 1-14, Blarney 2-13 Kilmichael 0-15, Inniscarra 0-9 Grenagh 1-13, and Ballincollig, Donoughmore, Dripsey.

League Table: Grenagh 4, Éire Óg and Blarney 2 pts each, remainder 0 pts yet

Division 2 – 8 teams: Uibh Laoire 0-9 Inniscarra 2 0-8, Blarney 2 v Grenagh 2, Éire Óg 2 2-10 Cloughduv 4-10, Ballincollig 2 1-5 Aghabullogue 2 3-17.

Rd 2: Grenagh 0-13 Iveleary 0-13, Inniscarra 0-14 Cloughduv 3-13

League Table: Cloughduv 4, Iveleary 3, Grenagh 3, Aghabullogue 2, Ballincollig, Éire Óg, Blarney and Inniscarra 0pts yet

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

#### HURLING CHAMPIONSHIP

The Mid Cork Junior Hurling Championship is being played on a group basis in the early stages and the competition commences on August 5th/6th. Ballinora v Inniscarra, Kilmichael v Ballincollig, Dripsey v Blarney, Grenagh v Éire Óg will be the Rd 1 games with Cloughduv (v Blarney) and Donoughmore (v Éire Óg) in action on August 11th.

## Macroom GAA

### REBEL OG PREMIER 2 FL

Nemo Rangers 1-10 (13) Macroom 3-5 (14)

On Sunday morning Macroom U15s travelled to Trabeg to play Nemo Rangers in their first league game of the year.

Macroom are competing in Premier 1 this year, so they will have tough opposition.

Nemo took the lead but Macroom playing with the wind replied with a free from Billy Murphy. It was a very even first half. A goal from Coran Burns put Macroom up a goal heading towards half time and in a brilliant finish to the half Macroom had two further goals, one each from Coran and Billy, giving them a cushion at half time on a score of Macroom 3-3 Nemo Rangers 1-3.

Playing against the wind in the second half Macroom found it harder to get their scores. Nemo got some good long range points and with the game nearing the finish Nemo equalised. With seconds to go and Macroom pressing for a winner, they were awarded a free which Billy Murphy converted and so the new season in the top grade got off to a great start after an enjoyable and very competitive game.

It was a fantastic effort from all the lads and when the pressure was on they never gave up.

The team was: Gearóid Quinn, Thomas Hopkins, Cathal Neville, Robert Fitzgerald, Conor Nash, Eoghan Healy, Simon Condon, Jack O'Shea, Sam Leavy, Darragh Donovan, Billy Murphy, Troy Murphy, Jack Leavy, Coran Burns, Dylan Lucey. Subs: Caleb O'Connor, Jayden O'Sullivan, Tadh Dunne.

### CORK CREDIT UNIONS COUNTY FOOTBALL LEAGUES

Ilen Rovers 0-6 Macroom 1-10

Macroom made it two wins from their opening three County Football League Div 3 encounters with a well deserved win over Ilen Rovers



Macroom U15s travelled to Trabeg to play Nemo Rangers in their first league game of the year; Gearóid Quinn, Thomas Hopkins, Cathal Neville, Robert Fitzgerald, Conor Nash, Eoghan Healy, Simon Condon, Jack O'Shea, Sam Leavy, Darragh Donovan, Billy Murphy, Troy Murphy, Jack Leavy, Coran Burns, Dylan Lucey. Subs: Caleb O'Connor, Jayden O'Sullivan, Tadh Dunne.

at Baltimore. Macroom had a nice blend of experienced and younger players on duty and will be happy with the performance in wet and windy conditions against tough opponents. Macroom were good in defence, won the midfield battle and had enough speed and know-how up front to trouble a home defence which resorted to fouling. Macroom led by 0-3 to 0-1 after the opening quarter, Patrick Lucey and David Horgan the scorers from frees. It was 0-5 to 0-2 at half time, David Horgan pointing another free and Blake O'Gorman contributing a point from play. Macroom had been playing with a strong wind and a very tight finish looked likely.

On the restart, the teams exchanged points twice, Pa Lucey and David Horgan from play for Macroom and Macroom made it 0-8 to 0-4 in the 41st minute from another free. Macroom followed up with the vital score of the game, a well worked goal from Mark Hunt with the final assist from Ethan

O'Gorman. Ilen had a point but another Macroom point from Pa Lucey saw Macroom firmly in control now as the final minutes approached. David Horgan had the final score for Macroom and the team and management finished well satisfied with their 1-10 to 0-6 winning scoreline against a battling honest opposition.

Macroom: Brendan O'Connell: Kieran Condon, Rory Buckley, Jack Kelleher: Mark Corrigan, Seán Kiely, Blake O'Gorman (0-1): David Horgan (0-6, 0-4f), Patrick Lucey (0-3, 0-1f): Mark Hunt (1-0), Michael Cronin, Jack O'Riordan: Dan Creedon, Eolan O'Leary, Tony Dineen. Shane Meaney, Darragh Kiernan, Johnny Murphy and Ethan O'Gorman all saw second half action and Thomas Creedon, Richard McSweeney, David Cotter, Darragh Hogan completed the match day panel.

### REBEL OG PREMIER 2 FL:

Nemo Rangers 1-10 (13) Macroom 3-5 (14) Rebel Óg West U14 A FL:





Macroom made it two wins from their opening three County Football League Div 3 encounters with a well deserved win over Ilen Rovers at Baltimore.

Bandon 3-12 Macroom 3-4

#### REBEL ÓG WEST U14 A FL

Bandon 3-10 Macroom 3-4

Macroom U14s, winners over Valley Rovers in their opening league game, travelled to Bandon on Sunday afternoon and were beaten by a physically stronger Bandon side in tough weather conditions. Macroom started strongly but the

concession of some soft goals before the break meant that Macroom were playing catch-up for long periods. Despite the visitors hanging in for long periods of the game Bandon managed to keep the scoreboard ticking over to run out winners on a scoreline of 3-10 to 3-4. Macroom team: Ben Ronan, Ciarán Murray, Michael Kelleher (capt), Daniel Lucey, Aled Hopkins, Dan Lyons,

Alex Waugh, Ultan Ó Tuama, Ryan Brophy, Michael Dunne, Michael Cregan, Ronan Duggan, Dylan O'Shea, Ronan O'Sullivan, Eoin Holland, Tamer Alloush, Ryan Matunushu, Oliver Krzepina, Tristan Mullane, David Bradley, Micheal Deasy. Scorers: Michael Dunne 2-1, Ronan O'Sullivan 1-1, Ronan Duggan 0-1, Michael Cregan 0-1  
PRO, Macroom GAA

## MACROOM SOCCER CLUB

### MACROOM UNDER 13 GIRLS

#### FERMOY 4 VS MACROOM 2

Our under 13 girls had an early start away to Fermoy in the second round of the Kay McGrath cup. Macroom got off to a great start when Evie McMahon scored a beauty of a goal just minutes into the game. Our back line was very solid in defence and managed to keep Fermoy from scoring. Fermoy then attacked solidly throughout the second half and a few mistakes on the Macroom side soon saw Fermoy take the lead. A great performance from our girls against a Premier team.

Goal scorers: Aine O'Riordan and Evie McMahon.

### MACROOM UNDER 14 GIRLS

#### MACROOM 8 CARRIGALINE 1

What a game this was and what a win.

Macroom took Carrigaline Saturday afternoon in Carrigaline, however Macroom were in high spirits and just kept scoring goals with Chloe O'Sullivan leading the way on the day of her birthday and the goals kept coming from Orlaith O'Brien hat-trick, Sarah Kelleher hat-trick and Realín Walsh 1. An excellent performance was put on by the girls we are really proud of all the team.

### MACROOM UNDER 15 GIRLS

#### U15 SHIELD CUP

#### MACROOM 5 VS WATERGRASSHILL 2.

This was certainly a great game of soccer as Macroom played the pressure of Cup football knowing a win would see them progress to the quarter finals and a loss would see them crashing out.

Watergrasshill came out all guns blazing in the first ten minutes slicing through our defence but were thwarted by Chloe O'Sullivan who made two saves in succession.

Macroom got to grips and took control in midfield and started to create chances. Rachel O'Shea settled Macroom's nerves with her first goal of the

season. Macroom then continued to make chances and two of these were taken by the on form Orlaith O'Brien who grabbed a first half brace with Maisie Murphy adding a fourth to make it 4 nil at half time. The second half saw Watergrasshill come right back into the game scoring 2 goals and making Macroom nervy. The game remained tense with both teams knowing the next goal was all important and Macroom got it through Sarah Hinchion who popped up with a fifth for Macroom to see them safely through to the finals.

Team: Rachel O'Shea, Lucy Hinchion, Shauna O'Sullivan, Chloe O'Sullivan, Daimhin McKenna, Sonja Mora, Joy Griffin, Sarah Hinchion, Saoirse Phelan, Maisie Murphy, Aisling Twomey, Orlaith O'Brien, Aideen Kelleher, Ruth Cotter, Reailtín Walsh,

### MACROOM UNDER 17 GIRLS PREMIER

CWSSL Shield 1ST Round Macroom vs Avondale

Macroom needed this game to get back to their winning ways, after their previous two defeats, unfortunately Macroom went down 2 nil from two corners, however Macroom had decided the game wasn't over just yet and dug deep, with 6 minutes left on the clock Avril Manning scored following an excellent cross from Lisa O'Donovan and as time kept ticking away Macroom really showed what a determined team they are and with the final seconds closing in Maisie Murphy passed a great ball in for Lisa O'Donovan who whipped it into the back of the net. Extra time followed where it stayed 2 all, this then led to the dreaded penalties.

Avondale scored, Macroom scored (Lisa O'Donovan) Macroom saved by Molly Murphy, Macroom Scored Maisie Murphy, Molly saved, Erin Kelleher scored, Molly saved.

A fantastic game that had everything in it, very hard to pick player of the match today as everyone

gave it their all but the ground covered by Joanne Kelly and Maisie Murphy was phenomenal so joint players of the match.

### UNDER 19 PREMIER GIRLS

#### MACROOM 4 VS CARRIGALINE 4

It was Macroom's last game of the season, and they finished with a flourish. Macroom dominated from the start creating chance after chance but were 2 goals down after from 2 attacks from Carrigaline that resulted in 2 corners and two quality in swingers and 2 goals. Macroom continued to create good chances but couldn't take them and went in at half time 2 down.

Again, the second half started the same way Macroom creating chance after chance put cold not get the ball in the back of the net. Next up was a missed penalty but Macroom were determined to keep going no way were these girls giving in nest Mya O'Sullivan got her chance and calmly shot he back of the net. Macroom were now rearing to go. Lisa O'Donovan was causing wreck with her corners to bring the deficit back to 1, after more sustained pressure Captain Emily Murphy got an equaliser. Macroom were now hunting for a winner, but heartbreak struck when Carrigaline took the lead with 8 minutes to go. Macroom continued to exert the pressure in the final minutes and got their just reward when a quick throw from Lilly Murphy found Leanne Healy who spun from her marker dribbled and unleashed a wonder strike to make it 4-4.

A hugely exciting game to watch for all the parents and supporters there today. A big thank you to all the girls who made it such an enjoyable season and who were an absolute pleasure to coach. We now hope to see a lot of these girls toting out for a Senior Macroom Ladies team next season.

Team: Aoife Downey, Lilly Murphy, Caoimhe Dineen, Emily Murphy, Leanne Healy, Ellen



The U14 schoolgirls of Macroom FC who beat Carrigaline in the U14 plate competition.



Macroom FC U17 boys who defeated Lakewood 2-0 in the league.

Duggan, Saorlath Murphy, Daria Smolen, Iseult O'Riordan, Eabha McSweeney, Eimear Healy, Lisa O'Donovan, Mya O'Sullivan.

#### U12 LOCAL CUP, MACROOM V MACROOM A.

Both of our U12 schoolboys sides had big wins in the previous round of the cup and were drawn against each other in the next round. The fixture, with huge novelty for all involved, deservedly had top billing at Murrayfield on Saturday morning last and it was a brilliant occasion for the club. Macroom, who play in division 2 had the upper hand in this one (goals from Conor Angland 3 and David Twomey 2) against their friends from Macroom A, who play in division 9. Nonetheless it was a keenly contested encounter where every player gave his all. Football was the real winner here though and it was wonderful to see both teams mingling and enjoying themselves on the pitch after the final whistle. Thanks to the players from both sides and their coaches who represented Macroom FC so well and good luck to both teams for the remainder of the season.

#### U13 DIV 5, BWEENG CELTIC 1 MACROOM A 2.

The U13 div 5 schoolboys continued their footballing education last week with an away trip to promotion chasing Bweeng Celtic and ran out 2-1 winners in what was another really decent performance. Having lost out to Bweeng in their previous league game at Murrayfield, this was a terrific response by this talented group. Goals came from Cal O' Driscoll following good work from Fionn Fabrizi. Dylan O'Connell was also on target after he pounced on a loose kickout and finished well. The back four were outstanding with every player giving his all. Ewan Irwin, Cormac Healy, Cathal Lyons, Fionn Fitton, Frankie Kiernan and David Kelleher had fine games for Macroom. Well done to all players and coaches and thanks to parents for the support. The team also combined with the U13 div 9 team to play in an excellent friendly away to Kinsale with Macroom again coming out on the right side of a 2-1 scoreline. The U13 div 2 lads lost out 2-0 away to Carrigaline Hibs in the league, early and late goals proved decisive although Macroom played really well and were unlucky not to emerge with a point. A very good performance from all 16 boys against strong opposition. Macroom lie 4th in div 2 with 7 games remaining.

The Billy Murphy Taxi sponsored U15 schoolboys had an emphatic 4-0 away win over local rivals Coachford. In what was a fine outing, Macroom goals came from Oskar Pasiut, Kuba Zulawnik and a double from Oisín Phelan. Well done all.

#### U14 SCHOOLBOYS DIV 8, DOUGLAS HALL 5 MACROOM A 3.

50 Outlook 06.04.23

Macroom, sponsored by Delforne Tiles and Timber, took on table toppers Douglas Hall hoping to put a stop to a recent run of defeats but lost out narrowly at Moneygourney. The early exchanges were even with Brendan Ó Leary, Cian Lee & Jayden Leahy all going close but in the blink of an eye Macroom were 2-0 down. The visitors heads dropped a little and 2 more goals were conceded as the game hit the half hour mark. On the stroke of half time Brendan O' Leary smashed the ball into the back of the net but his effort was disallowed for a hand ball. Macroom started the 2nd half as if they were 4 to the good and on 55 mins after good work from O' Leary, Jayden Leahy rifled the ball past the Douglas keeper 4-1. Macroom were well on top now and their second soon followed when Eoin O' Reilly finished well at the back post after great play from Conrad Meila. Macroom were purring now and with 15 mins left to play, Fionn Fitton released Cian Lee and he made no mistake coolly slotting past the advancing keeper to make it 4-3. As the game entered its final minutes Macroom were pressing hard for the equaliser and were caught out at the back to give the home side a 5-3 win. Douglas Hall were mightily relieved following the spirited Macroom fight back. A gallant second half from the boys and if they can keep up that fighting spirit a much needed win won't be far away. Well done to all players and coaches.

#### U17S CHASING TITLE

The U17 boys headed away to Lakewood Athletic for a crucial top of the table clash. Macroom knew that a win would put them at the summit of the league table and they certainly showed a great desire to get there. They started out stronger, creating chances with plenty of success coming from the flanks—a number of dangerous crosses were a signal of Macroom intent. Cian Kelleher broke the deadlock with a header from a perfect Rowan Kelleher free kick. Ten minutes later, Macroom scored from another set piece, this time it was a Fionn O'Reilly corner, finished with a tremendous volley from Luke Ring. Macroom saw out the remainder of the half and held a commanding lead at the short whistle. Lakewood improved greatly after half time, they now had the aid of a strong wind. Aaron Forde in the Macroom goal was in inspired form however and he managed to keep the home side at bay with a string of fantastic saves. Macroom got to full time with their two goal lead and also a deserved clean sheet. Another impressive performance from this group.

#### EURO 2024

The qualifying campaign began in Dublin last week, where an organised and determined Irish

outfit lost out 1-0 to group heavyweights France. 60% possession for the French in this one, but much of the play was in front of the well drilled home defensive set up. In fact France only had 3 attempts on target in the game which wasn't expected before kick off, with Mbappe and Giroud having little impact. After all this side have played in the last two World Cup finals, winning one and only losing out on penalties in Qatar four months ago. The France goal was expertly struck by Pavard although Josh Cullen was disappointed to see his pass intercepted in the build up. The record books will show another defeat for Ireland but this was a really excellent display. A stirring finish saw Nathan Collin's header kept out by an amazing save from French keeper Mike Maignan of AC Milan. The hope is that this young Ireland team (8 of the starting 11 were under 26) can take this form into the next qualifiers in June (Greece away and Gibraltar home) and put some points on the board. Stephen Kenny's strategy of picking young players (Kenny has given international debuts to 16 players) over the previous two years is now looking like it could be about to bear fruit—ultimately though, the results over the remaining six group games will decide that. Huge progress has been made, even the Kenny detractors will surely accept that. The Irish fans are now clearly with Kenny and the team, who are forging their own identity, where courage to demand, receive and use the ball positively is fostered.

\* A large number of Macroom FC members made the trip to the sold out Aviva Stadium where there was a terrific atmosphere. Among them was Daniel Harte from our U13 schoolboys side. Daniel was the lucky winner of the recent club Astro pitch and Community Walkway fundraiser and he was accompanied to the game by his dad Brian.



Barry Condrón pictures here with Isabelle O'Callaghan, who will represent Canovee NS in The Primary Games. Cork V. Claire on Easter Sunday April 9th. Comhghairdeas Isabelle

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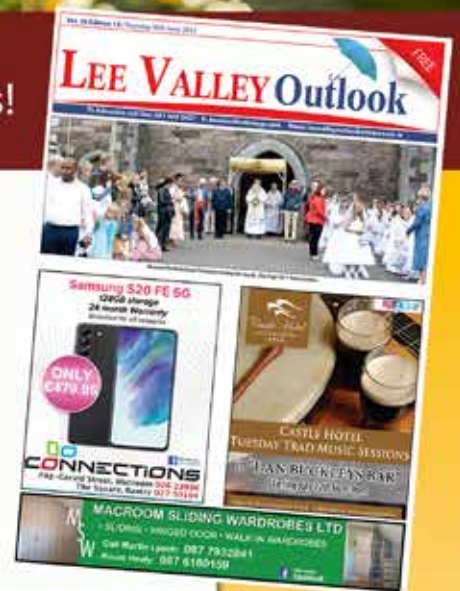
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# LICH DO SCITH

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## Tháinig Giggles an Fear Grinn le Gaeilge ar chamchuairt chun Gaeltacht Mhúscraí an domhnach seo chaite ar feadh 3 lá. Thug sé cuairt ar gach Bun scoil ar fuaidh na dúthaí.

Scoil Fhionnbarra Naofa i mBéal Átha an Ghaorthaidh agus Scoil Naisiúnta Réidh na nDoirí ar an Luan. Scoil Ábán Naofa i mBaile Mhúirne maidin Dé Mairt agus Scoil Naisiúnta Cúil Aodha Barr d'Inse san iarnóin. Ar an gCéadaoin do fhreastal sé ar dhaltai scoile Scoil Naisiúnta Lachtaín Naofa i gCill na Martra.

Tá scileanna pearsanta den scoth, is ar leith ag Giggles chomh maith le scileanna gairmiúla a chuireann an 'Craic' isteach i bhfoghlaím na Gaeilge. Úisáideann sé na módhanna seo a leanas chun taispeántas den scoth a thabhairt do cách a bhíonn ag faire is ag glacadh páirt ar an lá. Pupéidí, balúin ... tá sé ábalta aon cruth is ainmí a chruthú as balúin, mireanna draíochta, rannpháirtíocht leis an lucht féachana i slite greannmhar taitheamhach. Chuir sé gach leanbh is duine a tháinig treasna a gchomhlúadar ar a shumhnais, ach go h'áirithe daoine le riachtanaisí speisialta. Fiú is é ag filleadh ar ais ar a sheomra san óstán, d'iarr cúramóir a bhí i bhfeighil ar grúpa daoine fásta le riachtanaisí speisialta, an dtabhatfadh sé cúpla nóiméad dóibh agus do dhein le fáilte agus chur iad ag gáire is ag canadh. Bhí na custaméirí go léir faoi dhraíocht aige. Is minic é ag Áras an Uachtaráin ag siamsaíocht is ag déanamh spraoi, mar aon le ócáidí le Conradh na Gaeilge, is go leór áiteanna eile éagsúla ar nós cóisir de gach shórt. Ag Oireachtas na Samhna fiú. Le linn a chuid ama i Múscraí, ní h'amháin gur ghlaigh sé go dtí na scoileanna ach thug sé cuairt ar siopaí is gnóna sa cheantar freisin. Gaeilge an teanga ar a dhein sé a chuid cummersaid go thoil is go h'iomlán, an fhaid is a bhí sé linn sa phobal. Thug sé árdú meanman do cách agus is léir gur imigh sé i bhfeidhim go mór ar mhuintir Mhúscraí mór taim ag glacadh teachtreachtaí fóin, is ríomhphoist is téasc ó illiomad daoine. Chuir sé beocht sa cheantar agus níl aon stop leis an chaint faoi Giggles. Molaim go h'árd é!!!

### An Cháisc (Easter)

Tá an Cháisc nách mór buailte linn agus tréimhse an charaghais nách nóir críochnaithe againn. Caithfidh mé admháil nár thugas suas puinn don Chargas (*lent*) i mbliana. Beidh an eagrán seo agat i do láimh Déardaoin Naofa 2023 agus níl ach dhá lá eile fágtha den troscadh (*fasting*) agus tréanas (*abstinence*). Ach go h'áirithe le linn Aoine an Chéasta. Tá sé de thraidisiún agus mar nós againne sa bhaile gan aon fheoil a ithe ar an lá san, ní bhíonn ubh againn ach oiread.



Sean fhocail; 'Aoine an Chéasta is mór an céasadh bainne a ól, Is Domhnach Cásca is mór an náire bheith gan feoil'.

Cuimhním nuair a bhíos i'm gharrchaille (*little girl*) ní inniu ná inné a taim ag tagairt dó, ach cúpla scór (20) bliana agus blian nó dhó sa bhreis ó shin, ní bhíodh cead aon ceól meidhreach a bheith le cloisint ón radio, ná uainn féin fiú. Bhíodh mo sheanamháthair dian go leór faoi seo. Sé ba chúis le seo ná chun omós a thabhairt do Íosa, a fuair bás ar an gcrois, ar ár son.

Bheadh bricfeasta beag againn, b'fhéidir leite nó arán donn agus cupán taé. Don dinnéir bhíodh an t'iasc ar a dtugtar 'Langa Ghoirt' (*Salted Ling*), agus anlann bán le h'oiniúin againn, agus gan dabht prátaí beirithe. Creid é nó ná creid ach tá an traidisiún cheanna againn fós. Tá sé deacair an t'iasc a fhailt sna siopaí áitiúla anois, ach tá a fhios agam go mbeidh sé le fáil go flúirseach i gcorcaigh sa Mhargadh Sasanach (*The English Market*). Seo leithscéal dhomsa dul go dtí an Fíor ÁrdChathair, Corcaigh gan dabht!

Ní raibh sé de nós againn Ubh Cásca seaclaíde a bheith againn mar atá go ag leanáí anois, cé go mbíodh uibheacha beirithe bheith againn taréis aifreann Domhnach Cásca ní mar a chéile iad i'm thuairim. Bhí Mam ag insint dhom go mbíodh 3 ubh ag mo sheana athair nuair a bhí síe óg. **Seo sean fhocail a inis sí dhom; 'Ubh Fíor Dhuine Uasal, Dhá Ubh Duine Uasal, Trí Uibhe Bodach, agus Ceithre Uibhe Feille Bhodach.'** Bodach .... Lusty youth. Feille bhodach .... deceitful youth.

Mar sin mholfainn dhíbh gan an iomad uibhe a ithe domhnach cásca, ach b'fhéidir ceann amháin mór a dheanfadh an gnó! Guím gach beannacht na Cásca oraibh agus tá súil agam go mbeidh sos deas agaibh.

### Nachanna Cainte: Foclóir

Grinn .....	Humour, fun
Fear Grinn .....	Clown
Camchuairt .....	Tour (on Tour)
Dúthaigh .....	Locality/area
Iarnóin .....	Afternoon/p.m
Scileanna Pearsanta.....	Interpersonal skills
Den...scoth .....	Excellent

Ar Leith .....	Particular
Scileanna Gairmiúla .....	Professional skills
Módhanna .....	Methods
Taispeántas .....	Display/show
Cruth .....	Shape
Mireanna .....	Items
Cách .....	Everybody
Rannpháirtíocht .....	Participation
Lucht Féachana .....	Audience

Taitheamhach .....	Enjoyable
(g)Comhlúdar .....	Ones company
Suaimhnais .....	in peace and relaxed
Filleadh .....	Return
Cúramóir .....	Carer
I bhfeighil .....	In charge/managing
Árdú meanman .....	to raise ones spirits
Dul i bhfeidhim .....	to effect/impress
Chuir sé Beocht .....	he put life into



**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of our Dad & Grandad  
**JOE CUNNINGHAM**  
 61 Coleman's Park,  
 who died on the 17th of April 2022

As we lovingly remember our Dad Joe on his first anniversary, Mark, Sharon, Shauna, Gerry & Danny together with our extended family would like to thank everyone who sympathised with us on our very sad loss. Thanks to those who send Mass cards, letters of sympathy, friends & relatives who supported us during those sad days. Thanks to all who joined us at home, at the church and online. Sincere thanks to Fr. Joe O'Mahony for celebrating Dad's Mass. To Michael Bradley for the beautiful singing and the sacristan for preparing the church. Thanks to Casey's undertakers for their professionalism, kindness & support in organising the funeral arrangements. A very special thanks to all Dad's friends in the council who formed a guard of honour outside the church. As it would be impossible to thank everyone individually, we hope that this acknowledgement will be accepted as a token of our sincere thanks and gratitude.

*A golden heart stopped beating  
 Hard working hands at rest  
 It broke our hearts to see you go  
 God only takes the best.*



Lovingly and always remembered and sadly missed by Mark, Sharon, Shauna, Gerry, Danny, Eva, Alesha, Alex, Callum & Cillian.

Anniversary Mass will be celebrated in St. Coleman's Church Macroom on Monday 17th of April at 10.00am.

**38TH ANNIVERSARY**



In loving memory of  
**MICHAEL KELLEHER**  
 Bealick, Macroom, Co. Cork  
 Died 4th April 1985

*A loving nature,  
 A heart of gold,  
 These are the memories,  
 We never forget,  
 On his soul sweet Jesus have mercy.  
 RIP*



Always remembered by his loving Brothers, Sisters, Brother-in-law, Sister-in-law, Nephews, Nieces, Grand Nephews, Grand Nieces.  
 May he rest in peace.

**5TH ANNIVERSARY**



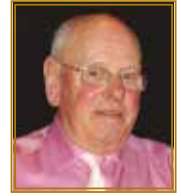
In loving memory of  
**DONAL MOYNIHAN**  
 Drishlaoi, Coachford  
 who died on 13th April 2018.

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



Always loved & remembered by his wife Sheila, son Michael, daughters Josephine & Helena, grandchildren & extended family

**6TH ANNIVERSARY**



In loving memory of  
**PATRICK JOSEPH (P.J.) LEHANE**  
 Kilnagurteen, Macroom  
 Who died on 13th April 2017

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



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

**6TH ANNIVERSARY**



In loving memory of  
**MAURICE O'CONNELL**  
 Ballymakeera Co Cork

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



Always remembered by your wife Mary and family.

**20TH ANNIVERSARY**



In loving memory today and always of a dear son, brother, uncle and granduncle  
**MICHAEL DONLON**  
 Roughgrone, Bandon, Co. Cork  
 who died on the 2nd of April 2003.

**Aged 32  
 R.I.P**

*There is a place in our heart  
 That is yours alone  
 A part of our life that no one can own  
 For deep in our heart  
 Your memory is kept  
 To love and to cherish and never forget.*



Sadly missed and always remembered by his loving father Richard, sisters Marian & Nora, nephews Kenneth, David, Sean. Kenneth's wife Laurie, grandnephews Darragh & James.

**2ND ANNIVERSARY**




In loving memory of  
**TADGH LYONS**  
 Currabeha, Crookstown, Co. Cork.  
 who died on the 7th of April 2021.

*A smile for all, a heart of gold.  
 The very best this world could hold.  
 Never selfish, always kind,  
 These are the memories  
 You've left behind.*



Always remembered by your loving family, Peg, Peter, Marie, Eileen & Clare, & your son's in law & grandchildren.


**3RD ANNIVERSARY**  
 CHERISHED EVERLASTING  
 MEMORIES OF  
**SEAMUS  
 O'CONNOR**



KILCUMMIN KILLARNEY  
 AND KINSALE  
 WHO DIED 7TH APRIL 2020

**MEMORIES**  
*Your gone,  
 but thank you for,  
 All the love and  
 soft sweet things  
 you left behind,  
 In our home,  
 In my head,  
 In my heart.*


*"Seamus, you were my favourite hello,  
 but my hardest goodbye"*



In my heart is where our story lives, your  
 loving partner, soulmate and best friend,  
 Eileen Finucane.


*Anniversary Mass will be celebrated in  
 Our Lady of Lourdes Church, Kilkummin at  
 7.30pm on Thursday 6th April  
<http://www.churchservices.tv/kilkummin>*

**10TH ANNIVERSARY**




In loving memory of  
**PHILOMENA  
 DE SOUZA  
 (NEE BURKE)**  
 Harlesden Gardens, London &  
 Lissarda, Kilmurry, Co.Cork  
**Who died on the 17th of April 2013**

*A loving nature,  
 A heart of gold,  
 The very best this world could hold,  
 Never selfish,  
 Always kind,  
 These are the memories you left behind.*




Lovingly remembered by your husband  
 Harold, son Mark, extended family,  
 relatives & friends.

**7TH ANNIVERSARY**




In loving memory of  
**SUSAN  
 FITZGERALD**  
 Oakwood, Macroom.  
**Died 14th April 2016**

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




Fondly missed by family and friends.

**1ST ANNIVERSARY**




In loving memory of  
**JOE  
 CUNNINGHAM**  
 61 Coleman's Park,  
**who died on the 17th of April 2022**

*A loving nature  
 a heart of gold  
 the very best this world could hold  
 never selfish always kind  
 these are the memories  
 you left behind*



Always remembered by Denis, Priscilla  
 and family.

**9TH ANNIVERSARY**




In loving memory of a wonderful  
 husband and dad

**DENIS (DENNY)  
 SWEENEY**  
 Curraheen, Inchigeela and formerly  
 of Cahirkereen, Kilnamartyra  
**Who died on 13th April 2014**  
**Rest in Peace.**


*In our hearts your memory stays,  
 Sweetly tender - fond and true,  
 There is not a day Dear Denis, that we do  
 not think and pray for you.*

*St. Joseph pray for him.*




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

**10TH ANNIVERSARY**



In loving memory of  
**MICHAEL  
 KELLEHER JNR**  
 late of Mountmassey,  
 Macroom, Co.Cork  
**who died on 12th April 2013.**


*Somewhere beyond the sunset  
 Where loved ones never die.  
 You sleep in a beautiful garden  
 Beneath a golden sky.  
 Though Heaven and earth divide us  
 We are never far apart.  
 For you are always in our thoughts  
 And forever in our hearts.*



Sadly missed by his Mother Margaret,  
 sister Eileen, brother James, brother  
 in law David, James's partner Norma,  
 Darragh, Nieces Molly, Katie and Sarah.


Michael's anniversary Mass is on Saturday  
 15th April at 7.30pm in  
 St. Colman's Church, Macroom.

**5TH ANNIVERSARY**




In loving memory of  
**TIMMY  
 O'CALLAGHAN**  
 Curraclough, Lissarda  
**Who died on 6th April 2018**

*A silent thought  
 A quiet prayer  
 For a special person  
 In God's care.*



Always remembered by his loving wife  
 Sheila and family


**10TH ANNIVERSARY**



In loving memory of  
**JERRY  
 MANNING**  
 Coolnadane, Macroom, Co. Cork.  
**Whose anniversary occurs on April 6th**

*Tresured memories of a loving husband  
 and father.*

*Forever in our hearts.*



Always remembered by  
 Marian, Claire & Jack.

**3RD ANNIVERSARY**



In loving memory of

**NORA  
O' SULLIVAN**

**Rosnakilla, Terelton Macroom  
Co Cork.**

*Gone from home that smiling face,  
the cheerful pleasant ways,  
the heart that won so many friends,  
in bygone happy days.  
We hold you close within our hearts  
and there you shall remain,  
to walk with us throughout our lives  
Until we meet again.*

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



Always in our thoughts, forever in our hearts. Marie and Jess and Florence xxx

**4TH ANNIVERSARY**



In loving memory of

**JOE LEAHY  
FARRAN**

**4 years away from home on April 7th**

*May the winds of Heaven blow softly  
And whisper in your ear  
How much we love and miss you  
And wish that you were here.*



Always so loved and so missed by your wife Mai and your family

**FIRST ANNIVERSARY  
AND ACKNOWLEDGEMENT**



In loving memory of

**DENIS  
BRADLEY**

**Sleaveen East, Macroom, Co. Cork  
Who died on the 15th April 2022**

As we lovingly remember Denis on his first anniversary, we his family wish to express our heartfelt gratitude and appreciation for the support and kindness shown to us during our very sad loss. A sincere thank you to all our extended family, our great neighbours and friends who supported and helped us throughout a very difficult time. Your presence, mass cards, enrolments, letters, phone calls and online condolences meant so much and brought us great comfort during this heart-breaking time.

We will be forever grateful to you all.

Our heartfelt appreciation to all of those who participated in Denis' funeral mass, which was concelebrated by our cousin Fr. Donal and Monsignor O' Donnell, both who had spent precious time with Denis, shared songs and prayers and had showed him so much kindness, especially at the end. Thanks to Fitzgerald funeral directors and their staff for their support, advice and professionalism.

Our sincere gratitude to the health care workers, nurses and doctors who cared for Denis during his illness, in particular those in Marymount Hospital and Hospice, for the wonderful care and kindness shown to Denis during his final weeks.

A special thanks to Denis' wonderful friends at the Muskerry Vintage Club who arranged a guard of honour at the funeral.

As it is impossible to mention everyone individually, please accept this acknowledgement as a token of our appreciation and gratitude.

The holy sacrifice of the Mass has been offered for your intentions.

*Denis lives on in our hearts shining his light of kindness and love on us all every day. We miss him greatly and feel his loss even more as the days go by. We ask Denis to pray for us and to continue to guide us in our lives, as he always did.*



Always loved, remembered and dearly missed by all his family.

Denis' first anniversary Mass will be celebrated on Sunday 16th April at 11.30am in St. Coleman's Church, Macroom.

**FIRST ANNIVERSARY  
AND ACKNOWLEDGEMENT**



In loving memory of

**NOREEN BURNS  
(NÉE MCCARTHY, BALLINADEE)**

**Tarelton, who died April 11th 2022.**

*Missed deeply. Forever loved. Always remembered.*

In remembering with love our dearest Noreen, we wish to both express our heartfelt thanks & to acknowledge the kindness of all those who came to meet and sympathise with us during & after her funeral, some of whom travelled from afar.

To the many, many people who sent mass cards, perpetual enrolments, meaningful & comforting letters of condolence, beautiful flowers, sent old photos & recounted their stories, who communicated their sympathies in thoughtful words by text/email/phone and via very touching messages of condolence on RiPie, we extend our deep gratitude.

Our thanks to Fr. Pat O'Donovan who officiated at the funeral & later at the Month's Mind mass. Thanks also to Fr Roberts, Macroom, whose prayers at Noreen's bedside that day offered great comfort; to organist Kathleen, soloist Theresa, along with the Toames Choir, for your ensuring we heard the very hymns Noreen so often favoured;

to sacristan Kathleen for your assistance on both days; to local parishioners who managed parking and to our neighbour Garda Dónal O' Donovan who guided the cortège, ensuring smooth traffic movement - particularly on the day of her funeral through Macroom. We wish to express our utmost gratitude to those who offered ease, comfort & reassurance to Noreen in these last years - to Siobhán, Kerry & the staff of Dunmanway Hospital during her various stays; to her caring GP Dr.Maeve & to Dr John for your help on the day Noreen left us - our thanks. To Anita & her team at DayCare who engaged with Noreen so positively; to the Friendship Club whose outings meant so much and who formed the touching guard of honour at the funeral; to all at Murphy's Pharmacy for being so accommodating & more recently to Cahereen Care Home - albeit for her short stay. We wish to convey our appreciation to PHN Sandra for your unwavering genuine interest - you never let Noreen down. A particular thank you to our valued neighbours who watched out for her & many times came to our aid, sometimes in the early hours.

Our thanks for the professional guidance of undertaker Martin Fitzgerald and his staff. Thank you also to the gravediggers at St.Colman's Cemetery Macroom. A special word of recognition goes to Noreen's extended family in Ballinadee - and also to the individual friends we each have - we would like to thank you most sincerely. The longevity of your true kindness - which offered support for so long - has too provided consolation in this last year.

Finally, to our wonderful homecare - it's difficult to fully express our thanks but be assured we will remain always grateful for the compassion, tenderness & kindness you readily extended to Noreen and which will never be forgotten.

To all and anyone we may have unknowingly omitted, please accept this acknowledgment as an expression of our sincere gratitude to you. During Lent, the Holy sacrifice of the Mass was offered for your own intentions.



Noreen's anniversary Mass will be held at 10am, Sunday 16th April in Toames Church, Kilmichael, to which all are welcome.

- In grateful appreciation. Connie Burns & family, Tarelton.

*Softly in the quiet of night  
You heard a whispered call  
You took the hand God offered you  
And gently left us all... xx*

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of  
**DANNY RIORDAN**  
County Carthy, Renanirree, Macroom  
Who died on 17th April 2022.

As we lovingly remember Danny on his First Anniversary, we his family would like to express our sincere gratitude and appreciation to everyone who supported us at this time.

We would like to thank everyone who attended the funeral, sent Mass Cards or wrote messages of condolences on RIP. Sincere thanks to all those who participated in the funeral Mass especially Fr Joe O'Mahony for the prayers and beautiful Mass which was greatly enhanced by music and singing.

Sincere thanks to Cyril Casey undertaker for his professionalism and support – it meant a lot to us at this time.

Thanks to all Carers who cared for and looked after Danny in his own home and also the Carers in Care Choice Nursing home who looked after him in the last year of his long life – we are eternally grateful to you all.

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

Mass will be offered for your intentions.



First Anniversary Mass will be held on Saturday 15th April at 8pm in Renanirree Church.

**27TH ANNIVERSARY**



In loving memory of

**MARY MURPHY (NEE MOLONEY)**

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

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



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

**10TH ANNIVERSARY**



In loving memory of

**JERRY MANNING**

Coolnadane, Macroom  
Who died 6th April 2013

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



Thinking of you Always  
Julie, Mark, Stephanie, Sarah,  
Douglas, Darren & Rachel.

**11TH ANNIVERSARY**



Cherished Memories of

**CONNIE CREEDON**

Who died on the 25th of March 2012  
Rest in Peace

*You were a father so very rare,  
Content with your farm  
and always there  
On earth you toiled,  
In Heaven you rest  
God bless you Dad  
You were one of the best.*

*You were always there  
When we needed you,  
No task too great or small.  
With loving heart and willing hands,  
For us you did it all.*



Lovingly remembered by all the family.

**EASTER REMEMBRANCE**



In loving memory of

**DANIEL O'REGAN**

**MARY O'REGAN**

**PATRICK O'REGAN**

**CHRISTINE O'REGAN**

whose Birthday occurs on  
the 17th of April.

Codrum, Macroom, Co. Cork

*Somewhere beyond the sunset  
Where loved ones never die  
You sleep in a beautiful garden  
Beneath a golden sky*

*Though heaven and earth divide us  
We are never far apart  
For you are always in our thoughts  
And forever in our hearts.*



Always remembered by Michael, Gbnait and Owen

xxx

**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**

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**9TH ANNIVERSARY**



In loving memory of

**HUGH  
TWOEMEY**

(HUGH MIKE HUGH)

The Mills, Ballyvourney

Who passed away on 3rd April, 2014

*There is a face before us  
A voice we would love to hear,  
A smile we will always remember  
Of a Dad we loved so dear.  
Dear Dad you gave us so much  
Your sense of fun and fairness,  
Your love and wisdom  
And the importance of enjoying  
and treasuring life.*



Always remembered with great love and affection by Margaret, Joan, Michael, Mary and Martin & their partners and his 16 grandchildren & great grandchild Ellie  
xxxxx

**8TH ANNIVERSARY**



In loving memory of

**DENIS  
O'SULLIVAN**

Old Fort, Carrigadrohid,  
Macroom, Co. Cork.

Who died on April 11th 2015

*Will those who think of  
Denis today,  
A little prayer to Jesus say,  
Sacred Heart of Jesus pray for him.*



Sadly missed by  
your loving wife Mena and family.

**12TH ANNIVERSARY**



In loving memory of

**MARGARET  
KELLEHER**

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

*Sadly missed along life's way,  
Quietly remembered every day,  
No longer in our lives to share,  
But in our hearts, she's always there.*



Sadly missed by her husband Connie, daughter Susan, sons Greg and Conor, grandchildren Noah, Ava and Olan, brothers, sisters and extended family.

**7TH ANNIVERSARY**



In loving memory of

**GREG LONG**

Rylane

*You made us laugh, you made us cry  
Always the apple of my eye.  
You are thought of all the time,  
missed everyday.  
Oh why, did it have to be this way,  
In our hearts you'll always stay  
It's that thought that gets us  
through the day.*

xxx



Lots of love  
Trisha, Mark, Aisling  
family & friends.

**7TH ANNIVERSARY**



In loving memory of

**SHEILA  
O'RIORDAN**

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

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



Fondly remembered by Cousins and Friends

Naomh gobnait guidh uirthe

**12TH ANNIVERSARY**



In loving memory of

**MICHAEL  
DINEEN**

Clondrohid

who died on the 7th of April 2011

*Everyday in some small way  
Memories of you come our way  
Though absent you are always near  
Still missed, loved and always dear*



Always remembered by  
his wife Caroline, son Darren &  
daughter Katie.

**3RD ANNIVERSARY AND 16TH ANNIVERSARY**



In loving memory of

**ANASTATIA  
RONAN**

Who passed away on  
the 14th April 2020

30 O'Connor Park, Masseytown, Macroom

*Just a prayer from the family  
Who loved you  
Just a memory fond and true  
In our hearts you live forever  
because we thought the world of you.*



Lovingly remembered by  
John & Gillian, Catherine & Martin, Craig, Ava, Ben, Oran & Ella.  
Greatly missed by their loving family.



**KEVIN  
RONAN**

Who passed away on  
the 11th April 2007

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# Confirmations



Children from Rylane NS who Confirmed recently at St. John's Church Aghabullogue by Most Rev. William Crean, D. D. Bishop of Cloyne. © Peter Scanlan



Children from Aghabullogue NS who Confirmed recently at St. John's Church Aghabullogue by Most Rev. William Crean, D. D. Bishop of Cloyne. © Peter Scanlan



Children from Coachford NS who Confirmed recently at St. John's Church Aghabullogue by Most Rev. William Crean, D. D. Bishop of Cloyne. © Peter Scanlan

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### NOVENA TO ST. MARTIN



Compassionate St. Martin you were always a generous and dedicated worker. Not one day of your life found you idle. Help me now in these difficult times to find suitable employment. I have no wish to be without work. By your prayers I wish to be given a situation where I can use to the full all the gifts God has given me. Intercede for me that I will obtain guidance in seeking out possible opportunities. When I am employed obtain for me the graces to be faithful and diligent for the glory of God for my own good and that of all the people we serve. Ask God to give me health of mind and body and generosity in meeting the needs of others. I ask this through Christ our Lord Amen

### PRAYER TO ST. JOSEPH



St. Joseph and Brother Andre, I turn to you now for my well-being. You never abandoned those who turned to you in prayer. Whatever the pain and suffering I am going through right now can be alleviated by your intercession for me with Jesus. Please ask Him for me. I know a request from you St. Joseph is treated by Jesus as a command, just like on earth. Brother Andre, who has the ear of St. Joseph, ask him to ask Our Lord for me. I promise that I will publish my testimony so others may have faith in you also. Please hear my prayers. (Mention your petitions.) St. Joseph and Brother Andre, pray for me! In Thanksgiving For a Special Trip To Lourdes



## A Word of Victory

Welcome back dear student. "What time I am afraid, I will trust in Thee. In God I will praise His Word, In God I have put my trust; I will not fear what flesh can do unto me" (Psalm 56:3-4 KJV). Everyone faces trials and turmoil that can cause us to feel fearful, but when we know and understand the promises of God, even though situations may rock you, yet the seed of God's Word that has been planted in your heart will rise to the surface and bring stability in the same way that the stabilisers on huge cruise ships kick into action in rough seas (Jeremiah 17:7-8). This is what Jesus meant when He said 'the Truth that you know and understand will set you free' (John 8:32). There's that promise again – freedom! "It was for freedom that Christ has set us free" (Galatians 5:1).

This week Jews celebrate the Passover where the body and the blood of an innocent lamb saved God's people from destruction, and death and set them free from slavery (Exodus chapter 12). Not only were the Israelites protected from the spirit of death because of the blood of the lamb on their doorposts but, as they ate the meat of the lamb, their bodies were healed from all disease and infirmity. "There was not one feeble among them" as they left slavery behind (Psalm 105:37). This blemish free innocent lamb was a foreshadow of the real Lamb of God – the Messiah Yeshua, Who would later come to save God's people by giving His sinless body and blood so that we who believe in Him can be forgiven, delivered and set free – saved from the bondages of sin, fear and death (Hebrews 2:14-15) and healed from every disease and infirmity afflicting the body (Isaiah 53:4-5). We meditate upon the suffering the Lord Jesus endured as He was put on trial and found innocent, yet brutally beaten and crucified by His own people (Luke chapters 22, 23 & 24). Jesus taught His disciples as they celebrated the Passover meal together (the last supper), that no longer would they need to hope for Salvation in the first Passover lamb (the ritual), because now the True Passover Lamb of God was here ready to accomplish God's plan of Salvation (redeeming them into relationship). Jesus' sacrifice was once for all time and for all mankind both Jew and Gentile alike (1st Corinthians 5:7-8; Hebrews 10:9-18). Many people focus on the death of Jesus only, but friends – 'Jesus ain't dead' as the song says, for God raised Him from the dead! His disciples testified of His resurrection because they saw Him alive again (John chapters 20-21; Acts 5:30-32). People in every generation since testify that Jesus is alive because they have seen Him intervene in their lives, tangibly felt His Presence, and watched problems that seemed totally impossible change when they prayed and sought the Lord's help by calling upon His Name (Romans 10:13). Those who have felt the healing power of Jesus in their physical bodies can testify that yes, it's true - Jesus is alive and well, and He is still performing miracles today as He always has. "Jesus Christ, the same yesterday, today and forever" (Hebrews 13:8). This weekend don't let Resurrection Sunday just be about indulging in chocolate eggs or empty ritual friend, for God has so much more for you – a real relationship with the One Who gave it all for you to live free!

Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm in person and on Zoom at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

You can listen to our podcasts on Spotify. Find the links on our Facebook page - Word of Victory Christian Fellowship Killarney, or on Twitter - @WOVKillarney.



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### 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.

### PRAYER TO THE ST. MARTHA



Oh Saint Martha, the miraculous, I take refuge in your protection, giving myself completely to you, so that you may help me in my tribulation. In proof of my affection and as an act of thanks I offer to propagate your devotion to which I am already given.

Console me in my anxiety and affliction. I supplicate thee by the great joy that gladdened your heart, when you harboured in your home in Bethania the Saviour of the world. Intercede for me and all my family, so that we may conserve our God in our hearts and thus remedy our necessities especially that which I now ask. I implore you to vanquish the difficulties as you did the dragon that lay at you feet Amen.

Feast Day 29th July.  
To be said while a blessed candle is lighting. This devotion is so powerful that before the end of the 9 Tuesdays, that which you desire will be granted, no matter how difficult it may be.

### 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.

### PRAYER TO THE HOLY SPIRIT

O God, who by the light of the Holy Spirit, Did instruct the hearts of the faithful, Grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations. Through the same Christ Our Lord.

### FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of  
**BERNADETTE CARROLL**

As we lovingly remember Bernadette on her first anniversary, her husband Dick, daughters Ann & Róisín, son Denis along with their partners and children, wish to express our heartfelt gratitude to all those who extended their support to us over the past year. We would like to thank all those who attended at our home, the removal and the funeral to sympathise with us on our great loss.

To those who sent mass cards, mass enrolments, condolences online and letters of sympathy, we thank you most sincerely. Mam had many good friends and acquaintances from her 50 years in the middle square and we got great comfort in hearing your fond memories of her. A special thanks to her work colleagues for many happy years & great friendships in her time spent in the middle square.

We sincerely thank all those who participated in the funeral mass; Fr Joe O'Mahony, Monsignor O'Donnell, Fr Hickey, vocalists Gobnait O'Connor and Michael Bradley. Thank you for making her mass so special. Heartfelt appreciation to her relatives who sang at the graveside in her honour. Thanks to Fitzgeralds funeral directors for their professionalism.

To all those who lined the route and waved Mam goodbye on her final journey, thank you for that beautiful reflection of lifelong friendships.

To all the medical professionals who looked after Mam during her illness, we thank you for your kindness and compassion shown to her.

To our extended family, friends and wonderful neighbours in Glen Park; we sincerely thank you all for your love and support.

As it would be impossible to thank everyone individually, we hope that this acknowledgement will be accepted as a token of our gratitude.

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



Bernadette's Anniversary Mass will take place on Friday 14th April at 7pm in St. Coleman Church, Macroom.

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



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