

# LEE VALLEY Outlook

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All in high spirits as Macroom Music Festival is back after 40 years. © Peter Scanlan

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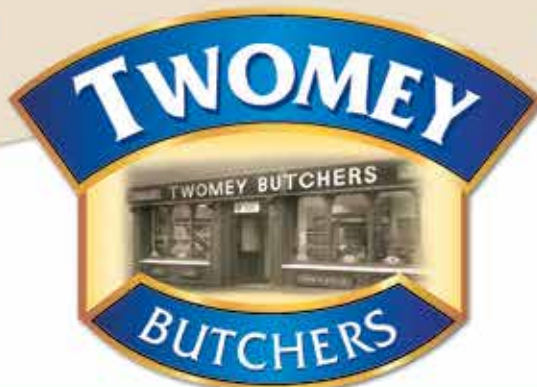
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# Get in Touch...

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 Gaeilge are always welcome too!

**For Advertising email Des. E: [des@outlookmags.com](mailto:des@outlookmags.com)  
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## Editor's NOTE

Ba mhaith liom comhgairdras a ghabháil leis an bhfoireann a d' eagraigh an féile ceoil iontach I máighcromtha an deireadh seachtaine seo chaite!

It was apparent that there was an immense amount of work and preparation went into the 3day event. It was fabulous to see the town buzzing with activities for young and old. People were smiling, laughing, and dancing to live music. I sincerely hope that this will become an annual event, and I'd like to thank the team behind it. Go raibh maith agaibh go léir, Gráinne

We love hearing your stories, tell us about your local events & celebrations - current or historical. Feel free to submit an article as bearla nó as gaeilge, by emailing us on [leevalleyoutlook@macroom.ie](mailto:leevalleyoutlook@macroom.ie), we would love to hear from you.

Go raibh maith agaibh, Peter & Gráinne



Tidy Towns volunteers met on the 6th of June at 8pm in the Operations hub in Masseytown for its monthly meeting. The Anti-Litter Competition was discussed. In the 1st judging Macroom was placed 6th with 942.6 points, and likewise in the 2nd period, with 937.8 points. On

both occasions the Main Street lost a good number of points. The focus is totally on litter and the judges even count the number of cigarette butts they find and marks are lost accordingly. Over the last few weeks our work has been litter picking around town and general maintenance. The Main Street and Chapel Hill was cleaned before the Corpus Christi Procession. There was a new Willow Tree planted in the church Grounds. A lot of work has been carried out to have the town presented well ahead of the music Fest. The Bridge area was brushed, cleaned, the large hanging baskets all the way from the Grotto to Oakwood, smaller hanging baskets were put up over businesses along the square and Main Street. Tidy Towns liaised with Macroom Castle Demesne in relation to the cleaning of the Castle entrance with the help of Lissardagh Cleaning and Finbarr O Connell's teleporter and it was a job well done. Volunteers assisted in putting up the Bunting and signs for Macroom Music Festival, a new venture for Macroom in 2023.

We would like to say thanks to all those who have helped out in any ways, St Josephs Primary School for Helping with a litter pick around town in conjunction with their Green Flag, Jim in Cooney's Bookshop in the Mall for his kind donation of kids' reading books for the fairy garden, to Con in Embroidery Print Main Street for his donation of Caps for Tidy Towns Volunteers, To Jane and Harry in New Street for cleaning, Weeding, planting and Maintaining the flowers in the Grotto, and to the many others who do their bit to help out.



Minister Simon Harris visited Youthreach Macroom in recent weeks and met with students and staff members



Presentation by members Inchigeela Bingo Group to Realtai and Rainbow classes at Inchigeela NS

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Ed 13- 29th June  
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.

### BOOK SWAP EVENT

Don't worry if you missed out on our first Book Swap event, we're holding another one on Saturday July 1st from 12pm - 2pm. If you have any books of your own at home that you've finished reading, bring them along and swap them for other books that you'd like to read. There is a limit of 5 books per person and they must be in good condition.

### ADULT BOOK CLUB

Adult Book Club will take place on Wednesday July 5th at 11.30am and members will discuss A

man Called Ove by Fredrik Backman.

Purlies Knitting Group will meet on Thursday July 6th at 11.30am.

### BRIDGE CLUB

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

### MUSIC MORNING

Music Morning will take place on Friday July 14th at 11am. If you have a favourite song that you would like to hear played, please bring along a CD with the song on it and arrive in plenty of time before Music Morning begins so your song can be added to the playlist.

Storytime on Saturdays at the new time of 11.30am.

### SUMMER STARS 2023

Everyone's favourite summer reading programme is up and running once more! Running from June 12th to August 31st, Summer Stars is a national initiative that invites and encourages children to keep reading over

the summer. School-age children can call into the library to collect their reading card which they can use to keep track of the books they read. Everyone who takes part will also be in with a chance to win some prizes!

### LITTLE LIBRARY BOOK BAGS

Cork County Council Library Service is inviting all children who are starting primary school in September to call in to their local library and collect their very own free "Little Library Book Bag." The aim is that all children will start school with storybooks already at home, and it is funded through the Dormant Accounts Funding. If you have a little one starting primary school in September, be sure to visit us in Macroom Library and they can collect their Little Library Book Bag.

### ART EXHIBITION SPACE

If any local artists would like a chance to display their work in Macroom Library, please call in to us to discuss.

## MACROOM MOVES TOWARDS A DEMENTIA FRIENDLY STATUS

On April 20th, The Alzheimer Society of Ireland (The ASI) in association with AIB Macroom hosted a Dementia Friendly Community Information evening in the Castle Hotel, Macroom. People living with Dementia are among the most marginalised, socially excluded and highly stigmatised. To address the exclusion of People living with Dementia, a new initiative has emerged on the landscape in the form of Dementia Friendly Communities. The evening aimed to mobilise businesses, community services along with People living with Dementia and their families in Macroom to create a more accessible environment for the area where People living with Dementia feel included and involved and have choice and control over their day to day lives.

The ASI was very pleased to see such robust support from attendees during the evening and are delighted to announce that a number of local people have agreed to become Leaders for the Macroom area. Along with ASI's support the Leaders will encourage the community to make progress and coordinate the activities. Taking action is the most important part of any Dementia Friendly Community and following the first Leaders meeting an initial action plan has been produced to identify what the

priorities should be.

### SO, WHAT HAS HAPPENED SO FAR.....!!!!

The Macroom Action Plan has a set of specific outcomes the Leaders plan to achieve, and they aim to update you all over the coming months. One of their initial initiatives took place towards the end of May, with Community Dementia Awareness Workshops held for organisations in the area.

Following the workshops and to recognise their commitment to a Dementia Inclusive Community the following organisations can now display this sticker:

AIB / Matt Murphy Pharmacy / T.M Cronin / SuperValu / Aindrias Moynihan TD Office / Garda

Station / Library / Killian Lynch Auctioneers / Enterprise Centre / Lee Valley Enterprise Board / Castlodge Antique / Fitzgeralds Bookshop / Holistic Therapy Centre / Coolcower House On June 14th many of these organisations were presented with their Dementia Inclusive Community stickers and we hope more will follow to take part over the coming months. These symbols on organisations will encourage People living with Dementia and their families to see that their town values their independence and is committed to ensuring they feel comfortable and safe in the area.



Congratulations to Paul Lynch on this scenic rose garden at Bishop Mc Egan College, Macroom,



Cattle cooling off by the new Coolcower roundabout. Pic Patrick McSweeney



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# MACROOM GIRL GUIDES

## GARDEN PARTY AT THE ÁRAS

On Wednesday 21st June, President Michael D. Higgins and his wife Sabina Higgins hosted a Garden Party celebrating Women's Advocacy Groups in Áras an Uachtaráin to mark the 50th anniversary of the National Women's Council. Deirdre Henley, President of Irish Girl Guides, and Amanda O'Sullivan, Chief Commissioner, attended the event on behalf of IGG. Having met Sabina Higgins and being welcomed to the Áras they had a tour of the house and a walk through the magnificent gardens in the glorious sunshine. There was a wide variety of musicians playing around the gardens which lent a festive air to the occasion. The Garden Party was a great opportunity to network with like-minded people from all the associations involved in advocacy for women.

## ARDILAUN BROWNIES

Ardilaun Brownies had a busy year and finished with a camp themed meeting on Thursday 22nd June, the Brownies put up tents and made edible campfires and french skipping ropes. The Brownies were presented with the badges they earned over the last few months. In the last few weeks, the Brownies have explored the Castle Grounds where they learned about "Lady Ardilaun," who the unit is named after. The Brownies also had a visit from the community Garda who explained about the role of the Gardaí in the community and who asked many questions from the Brownies, we would like to thank the community Garda for coming to talk to the Brownies about the great work the Gardaí do in the town. And finally, the Brownies learned about the work



Ardilaun Ladybirds having fun at their Teddy Bear's Picnic

of Ordnance Survey Ireland and the work that the National Mapping Agency does which was fascinating to all.

## ARDILAUN LADYBIRDS

Ardilaun Ladybirds had great fun on Monday 19 Jun at their Teddy's Bear Picnic where they had a special visitor. The girls brought their own favourite Teddy Bear to the meeting and had great fun playing games and enjoyed some ice-cream.

For further information on Guiding in Macroom please contact [macroomguides@gmail.com](mailto:macroomguides@gmail.com)



Amanda O'Sullivan and Deirdre Henley at Áras an Uachtaráin

# MUAY THAI IN MACROOM

On May 27th 2023, amateur and professional MuayThai fights took place in Tralee. They were attended by the fighters of the Muay Thai Macroom Fighters club, led by Andrzej Sliwa. Our juniors and 1 senior competitors took their first steps and they did very well. The fights were fought by:

Gerard O'Brien (MuayThai Macroom) Vs (Tralee Thai club)

Alex Sikorski (MuayThai Macroom) Vs (Tralee Thai club)

Laura Krekuska (MuayThai Macroom) Vs (Phoenix Tralee)

Daniel Sereda (MuayThai Macroom) Vs (Eiremuaysiam)

All juniors fought 3 rounds and each of them received medals. Levi Healy fought his very first fight with Louis Corr (SunayThai). It was a really strong and good fight.

The Muay Thai Macroom Fighters club is planning next starts after the summer.



Muay Thai Macroom Fighters at another competition

Certainly, all current and new fighters will take part in them and fight more amazing fights. There are also plans to participate in the Irish Open Muay Thai show in November this year. Any sponsor who would like to help the club

financially are welcome. Many thanks to the competitors, all who helped in the preparations: Dariusz Zoledziewski, Nadia Sliwa and to all the parents.





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# NUAcht Ó Choláiste Ghobnatan



Muintir na hIdirbhliana i Londain



Nancy Ní Thuama, Éadaoin d'Áide, Orlaith Ní Luasa agus Gráinne Ní Loingsigh ag baint sult as Lá na nGeansaithe

## BYSTANDER

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Le linn mí Bealtaine bhí cúrsa 'Bystander' bainteach le Coláiste na hOllscoile Chorcaí ar siúl ag bliain a chúig. Bhí 6 cheardlann éagsúla á dhéanamh ar thopaicí difriúla. I measc na dtopaicí ná cead, caidrimh sláintiúla, noirm sóisialta, ciapadh gnéasach, ciapadh ar líne agus mí-úsáid grianghraif. Bhaineamar tairbhe mór as an gcúrsa agus táimid cinnte go mbeidh sé an-úsáideach dúinn sa toadhchá. Ba mhaith linn ár mbuíochas a ghabháil leis na múinteoirí go léir a bhí bainteach leis an gcúrsa; Iníon de Staic, Iníon Ní Ríordáin, Máistir Ó Céilleachair, Bean Uí Bhuachalla, Iníon Ní Bhuachalla agus Bean Uí Thuama.

## TURAS CHUIG LONDAIN

Ag tús mí Bealtaine bhí deis ag muintir na hIdirbhliana dul ar thuras scoile chuig Londain. Ar an gcéad lá chuaigh siad chuig Músaem Stair an Dúlra, Músaem Eolaíochta, Pálás Buckingham agus Cearnóg Leicester. Bhí sé mar dheireadh seachtaine stáiriúil i Londain de bharr go raibh an córónú Rí Séarlas ag tárlú. Thosaigh lá a dó le turas chuig Thorpe Park agus chríochnaigh an lá le babhláil. Ar an lá deireanach thug siad cuairt chuig Madame Tussaud's. Dhein siad píosa siopadóireachta ar Sráid Oxford. Chonaic siad Londain ón London Eye. Bhí sé mar sár-thuras agus bhain na daltaí a lán taitnimh as. Ba mhaith linn ár mbuíochas a ghabháil le hIníon Ní Chéilleachair a d'eagraigh an turas agus le hIníon Ní Chonchúir agus Máistir Ó Céilleachair a thaisteal leo.

## OÍCHE NA NGRADAM – IDIRBHLIAIN

Ar an 29ú Bealtaine bhí oíche deas againn sa scoil chun muintir na hIdirbhliana a

cheiliúradh. Ar an oíche bhí Laura Ní Aileasa mar bhean an tí. Labhair Emma Ní Aileasa agus Colin Ó Tuama ar son na ndaltaí. Bhí cúpla focail ó Iníon Ní Chéilleachair agus ón bpríomhoide Máistir Ó Creimín. Bhronn na daltaí bláthanna ar Iníon Ní Chéilleachair, oide ranga Iníon Ní Chollata agus Máistir Ó Creimín chun aitheanas a thabhairt ar an gcabhair agus tacaíocht a fuair siad i rith na bliana.

## TURAS BLIAIN A DÓ CHUIG ZIPIT

Chun críoch deas a chur le bliain a dó chuaigh siad chuig Zipit i bPáirc Foraoise an Fhearainn. Bhí lá iontach acu ag déanamh ziplíne. Míle buíochas le Máistir Ó Céilleachair agus Iníon de Brún a d'eagraigh an turas.

## TURAS CHUIG BAILE THEAS

I mí Bealtaine bhí deis ag bliain a haon agus a ceathair dul chuig Baile Theas. Chaith siad an lá ag déanamh spóirt uisce agus ziplíne. Míle buíochas le hIníon Ní Bhriain, Bean Uí Bhuachalla agus Iníon Ní Chéilleachair a d'eagraigh an turas.

## LÁ NA NGEANSAITHE

Bhí lá na ngeansaithe ar siúl sa scoil agus bailíodh €213 ar son seirbhísí tacaíochta d'áilse. Go raibh míle maith agaibh as an tacaíocht.

## TURAS OILITHREACTH GO LOURDES

Ag tús na míosa chuaigh Caitríona Ní Chatháin agus Thia Lou Ní Inseáin ar turas oilithreach go Lourdes le Deoise Chluain. Bhí siad ag cabhrú le oilithrigh chun dul timpeall. Maith sibh cailíní!

## DIALANN SCOILE

Beidh ealaín ó Avril Ní Thuama agus Lena Karas ar chlúdach na dialanne scoile nua do 23-24. Maith sibh cailíní!

## TRÁTHNÓNA NA NGAIRMEACHA

Ar mhaith leat d'aistear gairme a roinnt le

daltaí i gColáiste Ghobnatan? Táimid ag súil le Tráthnóna na nGairmeacha a eagrú ag deireadh mí Méan Fómhair ina mbeidh deis ag daltaí sinsearach na scoile foghlaim faoin raon iontach gairmeacha amuigh ansan sa saol. Más iarscoláire/ tuismitheoir/ duine i do chónaí nó ag obair sa cheantar thú, agus ba mhaith leat bheith páirteach, cuir teachtaireacht go n.uithuama@colaisteghobnatan.ie Go raibh maith agaibh!

## SCRÚDUITHE

Chríochnaigh bliain a sé an Ardeist an tseachtain seo caite. Molaimid iad as an dea-obair atá déanta acu. Táimid chomh bródúil asaibh! Bíodh samhradh sona agus sábháilte agaibh – tabhair aire daoibh féin. Míle buíochas le Máistir Ó Duinneacha agus Iníon Ní Ríordáin a raibh i gceannas ar na scrúduithe..

## ÁR MEÁIN SHÓISIALTA

Leanaigí ár gcuntais le haghaidh an nuacht is déanaí!

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Doireann Ní Mhócháin agus Jerh Ní Loingsigh ag déanamh ziplíne

## COACHFORD COLLEGE

We are immensely proud at Coachford College with T.J. Buckley being awarded by Minister Norma Foley for achieving the highest result in Ireland in Leaving Certificate Gaeilge 2022. This is a phenomenal achievement given that over 61,000 students took Leaving Certificate last year. Our heartiest congratulations to T.J., his parents, his Irish teachers Ms. O'Sullivan and Ms. Ní Mhurchú and Ballyvongane N.S.

We are hugely proud that this is the 10th occasion on which a student of Coachford College was placed first in Ireland in a Leaving Certificate subject. T.J. is pictured with Ms. Ní Mhurchú, Principal Áine-Máire Ní Fhaoláin and Deputy Principals Diarmuid Hickey and Edward Williamson, each of whom is a proud teacher of a student who was placed first in Ireland in their respective subject.



This is the 10th occasion on which a student of Coachford College was placed first in Ireland in a Leaving Certificate subject. T.J. is pictured with Ms. Ní Mhurchú, Principal Áine-Máire Ní Fhaoláin and Deputy Principals Diarmuid Hickey and Edward Williamson



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# Leabharlann Bhaile Bhúirne

## LIBRARY DATES FOR YOUR DIARY

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- Creative Writing Group: Next gathering will be in August.
- Book Club: Next gathering will be in September.

Please confirm meetings/events with the library on 026 45767 during opening hours

It's Festival Season! Macroom was quick off the mark to take advantage of the reduction in traffic, due to the by-pass, to launch the Macroom Music Fest while giving a nod to The Mountain Dew Festival which ran from the latter half of the 70's into the early 80's. I was a bit young to have travelled 'all the way' out to Macroom for a music festival at that time but with headliners such as Rory Gallagher, Elvis Costello and Horslips amongst other big names I am sure the place was literally rocking. I do remember going to Siamsa Cois Laoi in Pairc Uí Chaoimh in 1980 when The Dubliners and Joan Baez headed the bill and the following year it was Bagatelle, Don McLean, and The Wolfe Tones. I can still hear the words of the Bagatelle hit ... "I remember that summer in Dublin, And the Liffey as it stank like hell,...' ringing out across Cork and the (sweet smelling!) river Lee that July in 1981. It's amazing how a song can bring you right back to a place and time.

In the years just before I left Cork City, I got involved with a Set Dancing Group. We danced for pleasure not for competition. We had great fun travelling around festivals in the Cork and Kerry area. In fact it was set dancing that brought me to Ballyvourney for the first time. A busload of us arrived into the area one Saturday evening and descended on what was then O'Connell's Bar in Ballymakeera. We wanted to learn the sets that were danced locally. The local people were quite happy to impart their set dancing knowledge to us. There was a young local fellow there with his parents and little sister and I ended up dancing the Ballyvourney Reel Set with him. I suppose you could say that that evening marked the beginning of a new chapter in my life. This young local fellow was working in Cork city at the time and decided to join our class on Wednesday nights for a couple of weeks so that he could teach us the Ballyvourney Jig Set and the Ballyvourney Reel Set. The first week he arrived he

asked me to dance with him so that he could show us the different figures of the set. I danced with him, he kept coming to the set dancing classes even after we had conquered the incredibly fast moves of the sets and after a couple of years, we ended up married and living back in Ballymakeera. That was forty years ago, and we are still talking!! To really top it off, six years ago I landed a wonderful job in Leabharlann Bhaile Bhúirne and every day is a festival since.

You see in Leabharlann Bhaile Bhúirne every day is a festival of books and all the services available from your local library. You can get books about music festivals and literary festivals, art festivals and wellbeing festivals. There are books about artists, musicians, singers, and story tellers who appear at festivals. There are books about camping and cycling, Wild Atlantic Ways, and walking routes to get you to and from festivals. If you want some company on your journey you can download an e-audio book to shorten the road or check out some books to read while you are waiting for your favourite act to appear on stage or if you don't want the extra baggage just download an e-book to read on your tablet or phone.

Meanwhile at the library our younger customers can join in the Summer Stars Reading Festival. Summer Stars is the public library national summer reading festival for children that runs from the 12th of June until the end of August. All children throughout the country are invited to join the adventure and to enjoy the fun and pleasure of reading over the summer. Summer Stars is non-competitive and every child who reads even one book or e-book is regarded as having completed the programme – and it's all completely free! Libraries Ireland, in partnership with Monaghan Libraries and the FAI, have launched a new World Cup Activity Book. The 28-page book, featuring player profiles, puzzles, games and lots more is available, free of charge, in Leabharlann Bhaile Bhúirne as part of the **Summer Stars reading Festival** registration pack. Make sure you visit Leabharlann Bhaile Bhúirne to register and receive your pack, including the World Cup Activity Book, while stocks last.

Is é Réaltaí an tSamhraidh an féile léitheoireachta samhraidh náisiúnta leabharlann phoiblí do leaná a bheidh ar siúl ón 12 Meitheamh go dtí deireadh Lúnasa. Tugtar cuireadh do gach leanbh ar fud na tíre páirt a ghlacadh san eachtraíocht agus taitneamh a bhaint as spraoi agus pléisiúr na

léitheoireachta agus na scríbhneoireachta i rith an tsamhraidh. Níl Réaltaí an tSamhraidh iomaíoch agus ceapfar gur chríochnaigh gach leanbh a léann, fiú leabhar amháin nó ríomhleabhar, an clár – agus tá sé go léir go hiomlán saor in aisce!

For anyone who has a child starting 'big school' in September don't forget to collect a 'My Little Library Book Bag' from Leabharlann Bhaile Bhúirne. The 'My Little Library Book Bag' initiative is a collaboration between libraries, the Department of Rural and Community Development, and the Department of Children, Equality, Disability, Integration and Youth as part of the First 5 Strategy. As part of the initiative, a 'My Little Library Book Bag' is available free for every child starting school in 2023 to help them to prepare for this big step. Children and their parents or guardians can collect the bags from their local library. Each My Little Library Book Bag contains:

- Three books on starting school, making friends and being comfortable to be yourself
- A story card on going to the library
- A postcard the child can write or draw on and send to their new teacher, or bring to give to the teacher on their first day at school
- Their very own 'My Little Library' library registration card cardholder

Book bags are available in both Irish and English. I hope that when you visit to pick up a book bag that you will take the time to register the child, and other members of the family, as library members. Then you can come back regularly to keep your bag filled up with borrowed books and to take part in storytimes, classes and all the other events that are on offer at the library.

"In principle and reality, libraries are life-enhancing palaces of wonder."  
- *Gail Honeyman, Eleanor Oliphant Is Completely Fine*

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## SNIPPETS | DIARY

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

**RESULTS: MA/PTV COMPETITION (2-PHASE EVENT)** Macroom, Co. Cork Sunday

11th June 2023

U-16 LEVEL 1

1st - Dolly (Tazzy Pullin); HC - Duke (Sophie Mulcahy); HC - Burgess

Hill Casper (Lillymay Cronin); HC - Ivy (Hannah Kavanagh-Smith); HC -

Brownie Two (Zenab Francis)

LEVEL 1 1st - Princess Eve (Elaine Dolan Crowley);

2nd - Bo (Marcella

Creedon); 3rd - Shakira (Carol Sommerville); 4th

- Benson (Kate Sheehan); 5th - Benson (Lorea

O'Sullivan); 6th - Paddy (Julie O'Neill); 7th -

Annaleese (Christina Doyle); 8th - Skye (Sandra

Schmid); 9th - Skye (Catherine Devlin); 10th - Dawn

(Frances Whooley)

LEVEL 2 1st - Lucy (Richard Creedon); 2nd - Shelley

(Norma Steele); 3rd - Bo

(Caroline Looney); 4th - Silversprings Sia (Mary Creedon); 5th - Paris II (Siobhán Wolf)

LEVEL 3 1st - Paddy (Annie O'Neill); 2nd - Ballyclough

Nugget (Sheila Winters); 3rd - Miley (David Finn);

4th - Suzy (Catherine Francis); 5th - Shakira (Tinso

Villanueva); 6th - Kildarvan Cookie (Judith Perrin)

Huge thanks to Richard and Mary for the use of their

wonderful venue, to Marcella for such a wonderful

course in her first ever outing as Chef de Piste and

to Megan Davies and Frances Whooley in their roles

as Technical Delegate and Consultant Technical

Delegate.



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JULY 16TH:	THE PADDY BOYS
JULY 23RD:	LOUISE RYAN
JULY 30TH:	THE KELTS
AUGUST 6TH:	TREMELO
AUGUST 13TH:	DANNY O'LEARY
AUGUST 20TH:	DEREK BURKE
AUGUST 27TH:	THE ROUGES

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# MACROOM MUSIC FESTIVAL 2023



**Mundy on Stage**

Saturday 24th June 2023 in Macroom will be remembered for all the right reasons. 45 years to the very day since Rory Gallagher play in the Mountain Dew Festival in 1978, that's when Macroom last rocked to an open air live music concert. Macroom knew the best way to celebrate the opening of the N22 Bypass and getting our town back was to host the Macroom Music Fest 2023, and what a fantastic weekend it was with something there for everyone.

Once the Festival bunting went up many of the local businesses came on board by dressing their windows with the music theme, letting everyone know the town was ready to rock.

On Friday night the Band Trail in all the pubs got the town in the mood, young and old where out and about, music of types could be heard all over town, this was another first in the schedule of events.

The concert held in the towns' square on Saturday evening was the highlight. The weather was drizzly up to 5.30pm when the gates opened, after that the skies cleared and rain stayed away for the rest of the night this made for a very pleasant atmosphere, and no poncho sales happened after all! Plenty seating was available for those taking a break in between dancing, lots of food outlets on site made sure no one was hungry, and the



**Sinead Hickey opening the concert**

Heineken Bar tent staff managed the queues really well.

Sarah Hickey was first up a lovely blend of music and kept the early concert goers entertained. Next on stage Mundy dressed in his trademark Cowboy Hat and denim attire quickly had the crowd rocking and when he sang the "Galway Girl" the stage banter and crowd interaction was brilliant.

Riptide Movement from Dublin up next they opened with "Something Special" how apt, and from that on had the crowd on song. They gave it everything you could see they were enjoying the experience as much as those in the crowd everyone waving and dancing and just having a ball.

Frank & Walters were the closing act, by now the large crowd of concert goers were in full voice throughout and when well-known intro for "After All I Really Love You" started the place went electric. Young and old swinging and singing in the square was a fantastic sight to see, making the efforts to present this festival all the worthwhile.

Chatting to Jerry from the Riptide Movement on his walk around the town on Sunday morning, he said it was the best event they have played at in recent times. They were "hugely complimentary on the running of the



**Riptide Movement on stage**

event, the location was spectacular along with the stage set up, the lightening & acoustics all superb, and of course they joined in the after parties in the pubs, and they definitely want to come back to Macroom next year!"

Our MC for the night was the one and only KC from 96fm and he did a wonderful job at keeping everyone moving and entertained before, between and after each act.

To finish off the weekend on Sunday the Lions Club held a very well-run family day in the GAA grounds and with all the clubs in town working together making for a really successful weekend.

Lee Valley Enterprise Board will thank everyone in due course, however the Macroom Music Fest 2023 would not have happened but for the foresight of some of our Lee Valley Board members led by Killian Lynch who believed this was all possible, putting the shoulders to the wheel to get the job done. The support received from the businesses and residents of the town centre was much appreciated in allowing the concert to take place in the square. Thank you to our sponsors Macroom Municipal District Council, Heineken, and IRD Duhallow. Volunteers from the local businesses, Martin Coughlan and the Tidy Towns, and everyone else that lent a hand. Roll on the Macroom Music Fest 2024.



**Happy faces attending the concert**

**HAVE YOU A NEWS STORY?**

Contact the Editor by Email: leevalleyoutlook@macroom.ie

# KILLIAN LYNCH AUCTIONEERS

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**NEW TO MARKET**

**52 THE HERMITAGE, MILLSTREET ROAD, MACROOM, CO. CORK, P12FH33**

Killian Lynch Auctioneers are pleased to offer this 3 bedroom semi detached house with front and rear gardens. This property which is in pristine condition has a new kitchen installed, new tiled flooring in various areas and just a beautiful finish throughout. The property which comprises of c.1214 sq ft would make for a perfect family home or fantastic investment opportunity. Located within a mature development c.10 minutes walking distance from Macroom town centre, C.1 km from the Macroom bypass interchange c.30 minute drive west of Cork city and c.30 minutes drive to Killamey. BER C1 109255612

**GUIDE PRICE: €255,000**



**NEW TO THE MARKET**

**25 INNISHMORE DRIVE, BALLINCOLLIG, CO. CORK, P31XT28**

Killian Lynch Auctioneers are pleased to offer for sale, this 3 bedroom townhouse. The property which comprises of c.705 sq.ft. living accommodation, is in pristine condition throughout and would make an ideal starter home or for investment purposes. The property is located within walking distance to Ballincollig town centre and all services and amenities

BER: E2 (114157498)  
**AMV: €225,000**



**NEW TO THE MARKET**

**GLENLEIGH, RATHCOOLE, MALLOW, CO. CORK, P51H33T**

Killian Lynch Auctioneers are pleased to offer this traditional 3 bedroom cottage on C.1 acre with a detached galvanized shed. The property which is in need of renovation comprises of C.1190 sq ft living accommodation. This property also has a great benefit of vacant for over 2 years meaning it will qualify for renovation grant of €50,000. The property is located C.15 minutes drive from Macroom town, C.15 minutes from Millstreet, C.5 minutes drive from Kilmorney village, C.25 minutes from Mallow and C.45 minutes from Cork city. BER: E2 (114157498)

**AMV: €100,000**



**NEW TO MARKET**

**71 CATHEDRAL ROAD, GURRANABRAHER, CO. CORK, T23N61W**

Killian Lynch Auctioneers are pleased to offer this cosy 2 bedroom end of terrace house which consists of C.662 sq ft living accommodation. The property which has its own side entrance is in excellent condition throughout would make for fantastic home for a first time buyer as it is walking distance from Cork city centre. It would also be a perfect investment opportunity as the house has not been rented in recent times, located only C.2km UCC.

BER: D1

**GUIDE PRICE: €210,000**



**NEW TO MARKET**

**MONEYCUSKER, TOAMES, MACROOM, CO. CORK P12CK24**

Killian Lynch Auctioneers are pleased to offer this 4-bedroom house on C.1.5 acres. The property which comprises of C. 2000 sq ft living accommodation is in need of modernization but has the potential to make a beautiful family home. The property is situated in a beautiful quite picturesque area only C.15 minutes' drive southwest of Macroom town and C. 40 minutes west of Cork city. This is an ideal property to make into a family home. BER: D1

**GUIDE PRICE: €260,000**



**NEW TO MARKET**

**34 THE GLENTIES, MILLSTREET ROAD, MACROOM, CO. CORK, P12A33E**

Killian Lynch Auctioneers are pleased to offer this quality 3-bedroom semidetached house. The property which comes with front & rear gardens comprises of c.1,194 sq ft living accommodation and is in excellent condition throughout. The house would make for a fantastic investment opportunity as the property has not been previously rented or would make for an ideal home for a first-time buyer. Located within a mature development c.10 minutes walking distance from Macroom town centre, c.30-minute drive west of Cork city and c.30 minutes' drive to Killamey. BER: C2

**GUIDE PRICE: €240,000**



**VIEWING ADVISED**

**MAHALLAGH, CARRIGADROHID, MACROOM, CO. CORK, P12F654**

Killian Lynch auctioneers are pleased to offer this 4 bedroom bungalow on C.0.86 acres. The property which is in very good condition throughout comprises of C.1041 sq ft living accommodation and is an ideal family home with beautiful southerly views. The property has much to offer and is located on C.20 minutes drive from Ballincollig, C.15 minutes from Macroom, C.5 minutes from Coachford with all services and amenities and c.25 minutes from Cork City.

BER: C2 (102171790)

**GUIDE PRICE: €295,000**



**VIEWING ADVISED**

**NO. 56 MAIN STREET, MACROOM, CO. CORK, P12TD40**

Killian Lynch Auctioneers are pleased to offer this investment opportunity comprising of ground floor commercial and two 1 bedroom apartments, and the 1st floor, the commercial section comprises of C. 1580 sq ft restaurant/takeaway which is currently let until 2025. The 1st floor apartments comprise of C.409 sq ft & C.430 sq ft accommodation each with independent access from the main street. The commercial section is currently let under a 10 year lease until 2025 for €16,200 per annum. Both apartments are vacant but would generate a rental return of €20,400 per annum. Overall projected rental return €36,000 per annum. The property which is in excellent condition was constructed in 2005 and is located in the centre of Macroom town, C.30 minutes west of Cork city and C.30 minutes from Killamey. Macroom town has a population of C.4,500 people and is a thriving market town. C1(112288626)

**GUIDE PRICE: €350,000**



**VIEWING ADVISED**

**22 ROS ALAINN, MACROOM, CO. CORK, P12 X028**

Killian Lynch Auctioneers are pleased to offer this spacious 4 bedroom semidetached house which is in pristine condition throughout and has been extended to incorporate a sun room to the rear. This house which extends to C.1680 sq ft living accommodation comes with landscaped mature gardens and has all the space one would need to make it an ideal family home as a property of this nature is very rare. The property which is situated in a mature development with large green areas is located on the western outskirts of Macroom town only C. 1km from the Macroom bypass interchange, only C.30 minutes from Cork city and C.25 minutes from Killamey. BER: B2

**GUIDE PRICE: €310,000**

# MACROOM MUSIC FESTIVAL 2023

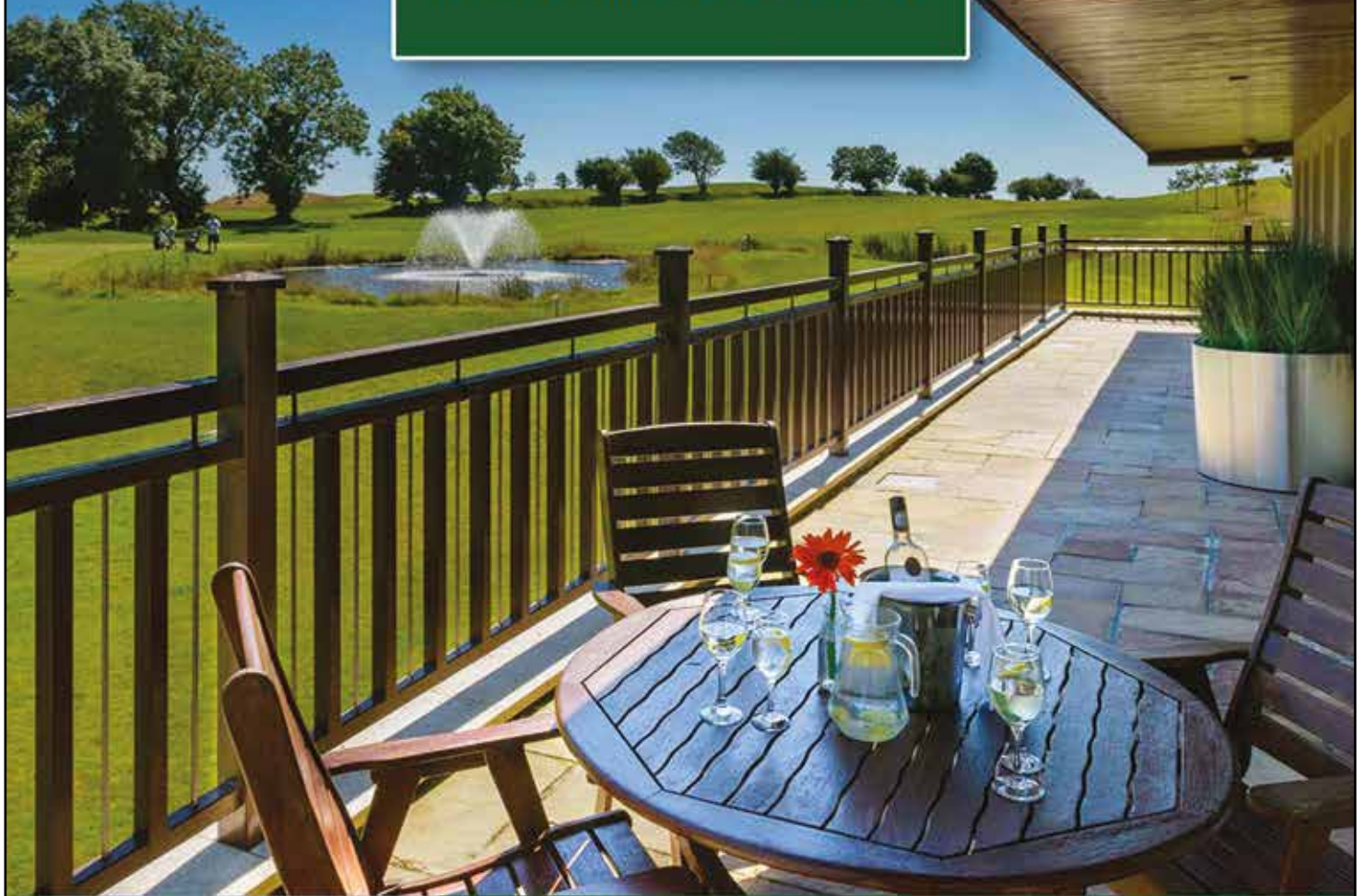




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- 18<sup>TH</sup> TUE (e)

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- 19<sup>TH</sup> WED (e)

---

- 20<sup>TH</sup> THUR (e)

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- 21<sup>ST</sup> FRI LEE STRAND LADIES DAY

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- 25<sup>TH</sup> FRI (e)
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## RYLANE NATIONAL SCHOOL

Rylane National School are delighted to hear that 6th Class pupil, Hannah Cooney has been selected to play at half time in Croke Park on All Ireland Final Day on July 23rd. Hannah came third in a recent Mini 7s skills competition for camogie and has now been given the opportunity to showcase her skills in Croke Park. Well done Hannah.

Many boys and girls from Rylane National school attended the Cork City Sports on 1st June. We were delighted to welcome back 12 trophies, including a first place in the relay competition. This was a great achievement to bring back so much silverware.

Children from 4th – 6th Class competed in the Sciath na Scol Mhuscraí Football blitz in Rusheen recently. This was a fantastic day

where all the local schools came together to play each other in a boys team and girls team blitz.

West Midlands Theatre Group performed 'The Lost Emerald of Aswan' in our school hall. This was an excellent performance dating back over 100 years ago. The children really enjoyed learning all about an exciting Egyptian themed depiction of Sir Digby and the most famous archaeologist, Howard Carter in their search for a mythical jewel destined to bring great powers.

Children from 4th – 6th Class took part in non-competitive indoor hurling and camogie blitz in Macroom recently. It was great for local schools Rylane, Cúl Aodha, Cill na Martra and Tirelton to play each other and showcase their

skills and talents.

Rylane National School received a 'Best in Category' Award at the Cork School Garden Competition Awards in Cork County Hall on Wednesday, 21st June. In picture receiving the award, Brian Reidy (Principal), Molly Casey and Daniel Mc Sweeney.

Winners who recently medals from the Donoughmore Ladies Football Club Colouring and Poster Competition recently held in the school. Well done to all the children for taking part.

The Rylane National School Parents' Association organised a fun day for the children in the school recently. A large inflatable obstacle course, large fun game and an ice cream van were the highlight of the day.



Rylane School Garden Awards



Rylane National School Cork City Sports



Rylane National School Sciath na Scol Mhuscraí



Children from Coachford National School who competed in Cork City Sports



Macroom Active Retirement Group on a visit to Tara Gardens Donoughmore



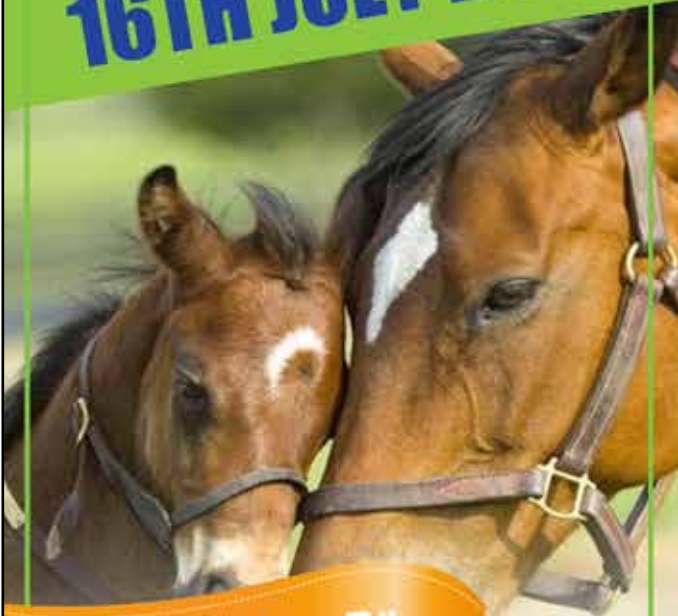
Richard Cotter Aghinagh, Paraig Galvin Kilmichael, Danny McSweeney Coolea, who recently graduated from UCD with degrees in Veterinary Medicine.



A young foal poses for a picture near Macroom. Pic John Kelleher.

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MUINEFLUICH NATIONAL SCHOOL



Girls from Muinefliuch N.S. participating in the Cork city sports



Senior room pupils from Muinefliuch N.S. during cookery classes with Deirdre Roche



Participants at the starting line during the fun run on Sunday 11th June

**SCHOOL TOURS**

All pupils had a great day out on their school tours. The middle and senior room went to Ballyhass adventure centre in Coachford. The junior room pupils enjoyed a trip to Rumleys pet farm.

**SPORTS DAY**

On Thursday 19th June Muinefliuch N.S. held their annual school sports day. Pupils enjoyed a wide range of activities organised by the 5th class pupils. Events included the egg and spoon race, toss the beanbag, three legged race, welly throw and a soccer tournament. The highlight of the day was a visit from the ice cream van organised by the parents association.

**PIGEON HOMING**

Alan Riordan, school parent, visited our school on Wednesday 21st June with his beautiful pigeons. The pupils learned about how to look after the pigeons and the journeys they can make. He released his pigeons to make their

short journey home.

**SCHOOL GARDEN**

Pupils from the middle room harvested their potatoes and vegetables during the last week of school. Pupils were treated to beautiful wedges made with these school grown potatoes. Pupils also made a salad with the greens from the polytunnel.

**Hurling**

On Monday 12th June pupils from the senior room participated in the local Sciath na Scol hurling blitz in Clondrohid A great day was had by all!

**COOKERY CLASSES**

Pupils have been enjoying cookery classes organised by Deirdre Roche, school parent and nutritionist. Pupils practised the important skill of chopping fruits and vegetables for the variety of healthy snacks they made including dips, hummous, fruit salad and nice cream. They thoroughly enjoyed sampling these. A

huge thank you to Deirdre for volunteering and facilitating these classes.

**YOUNG ENTREPRENEUR**

Pupils from 5th and 6th class designed and created 'squishies' earlier in the year for the 'Young entrepreneur' programme. Each pupil made 8 euro profit from the sale of these in school. Pupils donated some of their profits to two charities close to their hearts, namely 'Macroom hospital' and 'Epilepsy Ireland'

**GRADUATION CEREMONY**

On Thursday 22nd June we bid farewell to 10 fantastic pupils in 6th class. During the heartfelt ceremony the pupils were presented with the beautiful mosaic mirrors they designed and created with Regina. Mrs Murphy spoke about their many achievements and pupils shared their memories from their time in Muinefliuch N.S. The pupils were waved off with a guard of honour from all the pupils, staff and parents.



Jason Browne, Caragh Lake and Claire Ambrose, Rusheen, Macroom got married in St. John the Baptist Church Rusheen and held their reception in the Killarney Oaks Hotel on Friday June 2nd surrounded by family and friends. Photographers on the day were Laura and Benny and the band were No Strings Attached.



Bright Beginnings Preschool, Dromleigh NS Kilmichael



T.J. Roche, Bláithín O' Sullivan, Aria Madden and Conor Roche who won trophies in their sprints in Cork City Sports



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# CLONDROHID NEWS



Clondrohid u 17s who defeated Kilmichael last week



Clondrohid u 11, who narrowly missed out by 1 point to Canovee in the final of the shield competition in the Brian Cronin tournament in Dromtariffe

### JOHNNY COOL 'S DVD

The DVD's are still available locally at Healy's Spar, M&J Kelleher, Bell Inn, The Tavern, the Pub in Carriganima, Kilnamartyra, and The Top Of Coom The cost is €10, and all proceeds will be divided between Irish Heart Foundation, Clondrohid Community Hall, Carriganima Development Group, and Clondrohid Development Group. Thank you Johnny and family for putting all these treasured memories together again, and for donating all the monies to the said groups. Please support and show your appreciation.

### MOVEMENT OF CONTINUOUS PRAYER

All the 24 hours are now covered. Thanks to everybody who put their name forward. It commenced on Wednesday June 28, and will continue every month on the 28th.

### ROSARY AT THE GROTTO

This will take place on this Sunday July 2 at 7pm at the Curra Grotto. All are welcome.

### CARRIGANIMA WILL BE ROCKING

When we started advertising these two great

evenings of entertainment, it seemed way into the future, but time has caught up and Seanie's dream will shortly become a reality. On Saturday July 8, Gina Dale Hale and the Champions will be performing outside the pub in Carriganima, Peter Lane and Blackwater Sound will open proceedings as a warm up from 7.15, with Gina taking to the stage at 8pm. Tickets are €15 at the door. Great night assured. Back again by popular demand is Declan Nerney on Sunday July 23 Carriganima will be the place 'to hang out'. Come along and enjoy the fun.

### MID CORK PALLETS & PACKAGING

Everyone in Clondrohid and surrounds would like to congratulate this brilliant company and employer on reaching 45 years in business. It is one of the largest employers in the locality, with 100 staff, many of whom are local to the area, with over 40% living within a 5 mile radius. They have helped many local students to get through their college years, offering them summer employment. An excellent company to approach for funding for local

projects. Clondrohid Development Group are deeply grateful to them for all the financial help received from them. Good luck in the years ahead, the next 45 is around the corner!!!!

### CLONDROHID DEV GROUP

This year this group upgraded and replaced a lot of their shrubs throughout the village. The church yard was completed last Saturday. Thanks to all who turned up on Saturday to help this group, it is much appreciated.

Thanks to IRD for all their financial assistance this year, to Dairygold for theirs, to Martin and Mary Mahony for all their help, and to Mary, Kevin and all at Sweet Magnolia.

Please continue to keep the village clean and tidy and rubbish free. Thanks to John our CE worker. A big Thank You to all our sponsors for their continued financial support over the years, without whose help, the village and surrounds would not be looking as well.

Thanks to Mid Cork Pallets, Larry Buckley, Kelleher Oils, Dairygold, Healys Spar, B&R Commercials, Con Kelleher Transport, Bell Inn.



Thanks to Mid Cork Pallets and Packaging for their continued support for Clondrohid GAA. Martin O Mahony with some of the Junior A players



The Millstreet and Clondrohid Active Retired in happy mood on trip to Westport recently

## HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie



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# BALLINAGREE NATIONAL SCHOOL CELEBRATES 125TH ANNIVERSARY

On Sunday 18th June Ballinagree N.S celebrated its 125th year anniversary. It started with a mass in St. John the Baptist church Ballinagree at 3pm. Fr. Joe O'Mahony, Fr. Donal Roberts & Fr. Michael Corkery concelebrated in the mass. The children from 1st to 6th class formed the choir accompanied by Michael Cummins on keyboard & Sarah Twomey on guitar. The children sang beautifully & the Communion Reflection 'Gifts from God' was a highlight from the mass.

After the mass the crowd went back to the school for a concert. The children in the Junior Room sang 'Daisy', 'Lou Lou Skip to my Lou' and 'Mr. Sun'. Next up were the children from 1st-6th class. They sang 'Tons of Bright Gold' followed by 5th & 6th class who performed an instrumental version of 'Dan O' Hara'. Next the choir sang the 'Bold Thady Quill'. This song went down very well with the audience joining in. Patrick Kelleher, the eldest pupil in the school and Olivia Castle, the youngest pupil in the school, filled a time capsule. Patrick commented

on all the items that were put into the time capsule and Olivia filled it. Items included photos of each class, a children's Memory Book, What I'd like to be in 25 years book and a copy of the weekend newspapers and the Lee Valley Outlook.

The children then sang 'Count on Me' and 'Amhrán na Gaillimhe'. The solo performers from Scór na bPáistí were up next with Úna on violin, Katelyn singing, Patrick on banjo and Niamh performed a recitation.

Next up were Nellie Lehane & and his granddaughter Síle Lehane, who together unveiled a School History timeline. This was followed by music from 5th & 6th class Scór na bPáistí instrumental groups & 5th class Ballad Group. The choir finished with the 'New School Song' written by two 6th class girls Niamh Lehane & Aine O'Riordan.

The concert was enjoyed by past pupils, teachers, principals & local people from Ballinagree.

There was childrens' entertainment,



Drone photo of Ballinagree Church and School. Pic. John O'Sullivan www.eventvideography.ie

refreshments, cakes and sandwiches and viewing of old photos & roll books in the school. A memorable & very special day was enjoyed by all! The 125 celebration committee wish to thank all those who sent in old photos, newspaper articles, memorabilia and stories. They are also very grateful to those who gave their time and equipment freely in order to get the school and marquees ready for the celebration. Mar a deir an seanfhocal, 'ar scáth a chéile a mhaireann na daoine.'



The Ballinagree NS 125th Anniversary Committee. Back row L to R - Dan Mac Sullivan, Shane Lehane, Alan Hourihan, John Mac Sullivan, Tadhg Twohig and Daniel O'Sullivan. Front row - Liz Cotter, Caitriona Lehane, Niamh O'Brien and Stephany O'Sullivan



The current Board of Management of the school including; Fr Joe O'Mahony, Michael O'Sullivan, Niamh O'Brien, Jeremy Kelleher, Patrick Twomey, Paula Browne and Shane Lehane. Missing from the photo is Jennifer O'Leary.



Neillie Lehane and his granddaughter Síle Lehane unveiled a school timeline on the front wall of the school which displays many of the main events in the school's history



Anyone like a cup of tea? The catering staff at the Ballinagree 125th celebrations



It looks like the Ice Cream man has arrived !!

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## BROOMHILL VINTAGE 2023



Broomhill Vintage Club was formed in Coachford, County Cork in 2009 to raise money for charity through vintage. The club quickly became known for their award winning & record-breaking Ferguson 20 build team, featuring on national media and BBC's Top Gear roadshow in Dublin. The Coachford based vintage club are the organisers of the Coachford Family Festival and are putting together the final preparations for this year's event, which takes place from Thursday July 6th to Sunday July 9th.

The festival gets under way on Thursday evening July 6th at 7pm, with the Thady Roche Memorial Road Bowling tournament. Road bowlers will gather from all over the region for this event, with registration open from 6:30pm at the Dew Drop Inn, Peake. Later in the evening Festival Bingo returns to the Coachford village. Bingo begins at 8pm and will be hosted by O'Riordans Bar. Jackpot is €300, with a mini jackpot of €100.

Friday evening the festivities continue with the Greg Long Memorial Poc Fada competition which begins at 7pm. Open to teams of 4 with registration at Aghabullogue Community Hall. Registration is €20.

On the afternoon of Saturday July 8th, we will have a celebration of the iconic High Nelly Bicycle. Bicycle enthusiasts from all over will gather in the village to take part in the run celebrating the wonderful High Nelly bicycle. Registration for the run takes place at the Aghabullogue GAA grounds and the cyclists will pedal their way to Peake and Dripsey before

returning to the Coachford village. The bikes, dating from the 1920s, are a real challenge to master. Registration opens at 4pm and is free. Everyone with a High Nelly is welcome to dress up in their costumes of yesteryear and travel to Coachford on Saturday July 8th.

Saturday evening also sees the return of our ever popular, Dog Show, with all dog classes catered for. Registration opens from 7pm at Aghbullogue GAA Grounds, Coachford.

The Festival quiz night will run from 8pm at Paddy Macs with 1st prize of €200 sponsored by Paddy Macs Bar, 2nd prize of €100 sponsored by the Sockets Rockets.

Saturday night will be alive with the sounds of days gone by with Steam engines arriving into Coachford village, these wonderful machines will be hosted at O'Riordans Bar where live open-air music from 8pm to 10pm will be by local band Monkey Brains.

On Sunday the show day will be officially opened at 1pm by Cill na Matra native Christina Desmond. Christina is well known nationally and internationally for her boxing achievements. Christina is a multiple All Ireland boxing champion & European boxing silver medallist.

This year the vintage show day on Sunday July 9th will commemorate the 70th anniversary of the Fordson Super Major E1A. The club are inviting all owners and enthusiasts of the Fordson marque to attend the show. Also, the club would like to extend their invitation to all vintage and classic car/tractor owners especially those with cars from the 1920s to

1960s era.

From 1pm we will have a Kids Disco, Children's sports, Golden oldies 5 a side soccer tournament, Slow High Nelly bicycle race, Cross Bar challenge, Bonnie baby, Art Competition, Kid's corner & karting, Sheaf Tossing and the highly competitive egg throwing competition, an indoor model toy display as well as a vintage bicycle display, skills challenge and much more. This is a community festival whose purpose is to have 'Something for Everyone' while raising money for charity and local good causes through vintage. Broomhill Vintage Club has to date donated more than €250,000 to local good causes & its charity partners. This year's nominated charity partners are Marymount Hospice, Mercy Hospital HEROES, Pieta House and Mallow Search & Rescue.

Throughout the years Broomhill Vintage Club has raised money for charities including Suicide Aware, Marymount Hospice, Macroom Community Hospital, Sullane Haven Macroom, St. Vincent de Paul, Care of the Aged, Coachford Tidy Towns, Aghabullogue, Coachford & Rylane National Schools, Coachford Foroige and Coachford Christmas Lights, Mercy Hospital Children's Unit, Berrings N.S Autism Unit, Farran N.S. Autism Unit, CUH Childrens Unit & Pieta House. For contact details including phone numbers & more information on this event please see Broomhill Vintage Club's Facebook page or the Coachford Family Festival Facebook page.



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# Treccing it out in st AT MACROOM EVE

**On the weekend of the 10th and 11th of June West Cork Trec and Trec Ireland held a full roster of events in Macroom!**

*Trec or Le Trec* is an equestrian sport that originated in France. Perfect for all levels and ages of riders who want something a bit less intense than show jumping or cross country, Trec is an opportunity to test your everyday riding skills whilst enjoying some lovely locations. The aim of Trec is for riders and horses to have fun and enjoy themselves. Riders pick the level they compete at to suit their ability and confidence. For more of a challenge, riders can then move up the levels if they wish.

*Trec consists of three events. The PTV or "Parcours en Terrain Varie" is an obstacle course. Set on courses usually between 1km and 5kms, it consists of 16 obstacles. The obstacles are designed to test you and your horse's partnership and recreate what you might meet out and about in the countryside with your horse. There's a mix of obstacles to ride or lead your horse over. From the simple, such as navigating through a straight route between poles, to the more complex like navigating a figure of 8 with one hand, and from the every day of opening and closing a gate on horse back to the more unusual of riding under or between bushes, there's a lovely range of obstacles you could meet. Nothing is mandatory, and every obstacle has a route around it if the rider (or horse!) does not want to take it on.*

The MA or "Maitrise des Allures" is the Control of Paces. This is basically a long corridor that you ride up and down. You are asked to slow canter in one direction then fast walk back the other. Points are awarded by how quick your walk is and how slow your canter is. Whilst this sounds easy enough, anyone who has ridden it will tell you it's harder than it looks!

*The POR or "Parcours d'Orienteering et de Regularite" is Orienteering on horseback. Riders don't know the map in advance and are given time just before they set out to copy down their route. There are checkpoints on the route riders should meet but they aren't told the location of these checkpoints. With a route of up to 15km for level one, all the way to a max of 45km for level 4, this a day out on horseback, often through lovely countryside not accessible by car.*

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On the 10th, Trec Ireland held a free training day for anyone who wanted to learn to be a judge in Trec. Trec relies on volunteers to run smoothly, and even if you're not a rider, you're more than welcome to learn how to judge and take on other roles to help the smooth running of the event. More complicated roles such as course designer, to simply manning the time at the start and finish, and manning at checkpoints, there's a role for everyone. Training is held regularly. The real excitement began, when West Cork Trec held a PTV and MA Competition in 2019. At the 4 levels, U16/novice, Level 1, 2 and 3, there was a great turn out of 26 riders on the day.

The course running just under 1.5km, riders of all levels competed over obstacles including gates, one handed obstacles and more! With nice stretches the riders could choose to canter and trot. We also led riders through some woods, along the river and over streams to give some variety and an enjoyable ride. To give an idea of the course on the day, below are some examples of the obstacles we held.

The first obstacle, the ditch, was jumped by everyone but the u16 riders. For level 2 and 3, it was followed by a show jump, to create an even trickier obstacle called "path of the unicorn". Riders instead took on an immobility, holding their horse still in a small circle for 10 seconds, with their feet on the reins. Another jump, the tree trunk, was ridden by every level. Other interesting obstacles, the water crossing was walked through by all levels. Whilst the water crossing, level 2 could walk in and out on the slope, level 3 riders needed to enter and exit on the drop side. This proved to be a love or hate obstacle on the day, with some horses not too keen on the water.

The most interesting one was the bridge. A small wooden bridge, all levels just needed to walk their horse across. This again proved very simple for some riders, whilst being a bit trickier for others. The course designer having over 50 obstacles to choose from, every course you ride will be different. The last!

After we had competed the PTV, we moved onto the MA which is the same for all levels. The weather was perfect, with no rain, and hopefully it was an enjoyable day for everyone who came.



*This Report was wrote by Marcella Creedon.*

**FOR MORE INFORMATION ON EVENTS, TRAINING OR MORE**

*We are on Facebook with West Cork Trec and Trec Ireland.*

*West Cork Trec are also on Instagram.*



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*West Cork Trec has received funding from the Sports Capital Programme.*

## DÓNAL Ó MULLÁIN By Kathy O'Sullivan

Tradition, these days, is often seen as embarrassingly old-fashioned, isn't it? Lars Fredrik Händler Svendsen, a Norwegian philosopher, shrewdly observes that, in many cases, tradition has been replaced by lifestyles. And yet, tradition is something that enables us to be creative, not something that stifles us. Nowhere is this more evident than in Ireland's song tradition, as the man behind what is often regarded as Ireland's first Irish language pop song, *An Poc ar Buile* (The Mad Puck Goat), understood very well.

Dónal Ó Mulláin was born on 1st February 1880 in Scrahan, Cúil Aodha, to stonemason Seán Ó Mulláin and his wife, Síle Ní Laoghaire. He was one of seven children, with musical talent in his DNA. A farmer, he could play the violin and concertina, in addition to being a singer and songwriter. Apparently, he was also a good dancer, with Lesa Ní Mhughhaile noting in his biography on [dib.ie](http://dib.ie) that he reputedly danced a hornpipe for composer Seán Ó Riada on his kitchen floor a couple of weeks before he died, just before his 85th birthday!

A photo of Dónal, sitting down, in side profile, captures his energy. There is strength of mind and body in that photo, two qualities needed for being the lifelong farmer he was. The photo also suggests someone who is curious about the world, intelligent, and has a sense of humour. Aren't black and white photos wonderful, in terms of what they capture? They are rather like poetry, revealing as much by what is left out, as by what can be easily seen. Light and shadow add to the dramatic effect – and it seems Dónal could be quite dramatic!

He married Siobhán Ní Thuama from Kilgarvan, Co. Kerry and they had three sons and three daughters. Involved with *Dámhscoil Mhúscraí* (The Muskerry Bardic School) from when it began in 1925, Dónal's songs were popular. The topics dealt with national and international current events, with amusing stories he'd heard locally. A misconception about rural people, both then and now, is that they neither know nor understand what is happening in the world, yet nothing could be further from the truth... as we shall see.

Well-known songs of Dónal's include: *Amhrán na tae* (The tea song), *Amhrán an bhacaigh* (The beggar's song), *Halla Chúil Aodha* (Cúil Aodha Hall), *An Sputnik* (The Sputnik), *An cailín donn* (Brown-haired girl), and, especially, *Na táilliúirí* (The tailors):

However, Dónal's best-known song is undoubtedly *An Poc ar Buile*, composed around 1940. The origins of this song are unclear. A song with the same title and tune had existed prior to this, but Dónal's version replaced it. A few meanings are possible, though the most commonly understood meaning is probably the most likely one. It is the quintessential



Dónal Ó Mulláin

definition of a rebel song, a patriotic song that uses a fierce goat as a symbol that the Irish will never be conquered, their spirit will never be broken. It tells the tale of Cromwell's (1599-1658) invading army disturbing a herd of goats on a mountain, scattering most of them away in fear. One male goat ran down the mountain, into Killorglin, thus alerting the people, who quickly banded together to protect their herds and their community.

By 1652, Ireland was a country worn down by war and famine. With many Irish soldiers going overseas to earn a living, and more being killed in war, numerous women and children were rounded up by the authorities and either massacred or sold as slaves to work in the sugar plantations in the West Indies. Many Catholic priests were either executed or also transported to the West Indies. Cromwell's method of gaining control of Ireland was through plantation, clearing the country of Catholics and Protestants who had remained loyal to the king, and giving their lands to his supporters. It was a project to make Ireland in a different way, the creation of a new world, a new order, through population growth, through the deliberate plantation of numerous settlers from Britain, displacing those whose land it was – classic divide and conquer tactics. Whereas Catholics owned 90% of the land in 1600, a hundred years later only 15% of the land remained in their hands (Finbarr O'Regan, *The Lamberts of Athenry*, 1999). Of course, none of this could have happened without the assistance of certain key individuals of the pre-existing society, the gombeen men, or shady businessmen and political figures. This gives the context for Dónal's song, warning of an army with a reputation for pillaging being nearby:

Dónal used the symbol of a goat because goats were seen as an animal of the poor and marginalised. Many landlords prohibited tenants from keeping goats, restricting their

ability to eke out a meagre living. Where they were allowed to keep goats, this was strictly regulated, which made life just as difficult. Killorglin survived the attack by Cromwell's army, and the event is commemorated every year on August 10th, when a wild goat is raised to the top of a scaffold tower and presides for three days over the festivities – Puck Fair. The fair itself is supposed to date back to ancient times, to the Celtic festival of Lughnasa, which symbolised the beginning of the harvest season, but can only officially be traced back as far as 1613, when King James I issued a charter granting legal status to the existing fair in Killorglin. (Of course, many will remember the controversy over Puck Fair in 2022 - for those who are not familiar with this, there is much information available)

Dónal's cleverness with the song lies in the language used. Language is often a means of resistance, even more so when it is amusing. Colourful turns of phrase, particularly those in rural areas, stem, not from a lack of finesse, but, rather, from a finely developed sense of disrupting the language of those who oppressed. Far from being archaic and backward, this is resistance at its most humorous. Ireland has a long tradition of satirical ballads and protest songs. Of course, 'official' Ireland was not particularly amused, with a correspondent for *Comhar* in November 1950 being most disapproving of *An Poc ar Buile's* inclusion in a concert held for *Oireachtas na Gaeilge*, the annual Irish cultural festival, believing it to be better suited to less respectable surroundings. The correspondent, sadly, seems to have entirely missed the point, engaging in paternalism, believing that officialdom knows what is best for us. Doesn't culture also contain humour? Humour can be wonderfully subversive!

Interestingly, the chorus of Dónal's song was used in another song, by Donegal man Seán Bán Mac Grianna, in 1963, a song called *Christine Keeler*, once again showing how rural people have a most sophisticated understanding of current affairs (Lillis Ó Laoire, 2014. Seán Bán Mac Grianna and Christine Keeler. *Scottish Studies*, 37 (1):174-182). Christine Keeler was involved in the Profumo Affair, a scandal that led to the fall of the British government. Keeler became a national outcast after her affairs with both the then War Minister, John Profumo, and a Soviet naval attaché, Yevgeny Ivanov, became public knowledge, in 1963. Profumo, as politicians have done all over the world, and continue to do, human nature being what it is, told his fellow MPs: 'There was no impropriety whatsoever', but later, after a police investigation exposed the truth, admitted that he had lied. Only when found out, did he resign. Largely due to the scandal,



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Contact Sean: 086 8731498**

the Macmillan government was voted out of office within a year. Mac Grianna's song is witty, just like Dónal's, though the subject matter is complex.

There have been many wonderful recordings of An Poc ar Buile over the years, with what is seen, perhaps, as the definitive one, being recorded by Seán Ó Sé in 1962. This stands out because composer and music arranger Seán Ó Riada arranged it for a recording, in his newly formed group, Ceoltóirí Chualann. Seán Ó Sé recalled meeting Dónal, in a 13th January 2021 article in the Irish Examiner: I heard Dónall Ó Mulláin sing it. It's a very catchy song and it remained in my mind.

Finally, An Poc ar Buile reached a wider audience, far beyond the audience that Dónal sang to when he performed it at Oireachtas na Gaeilge, even if he did win a prize. Numerous recordings have been made ever since. One of the most innovative recordings is by an Australian punk-folk band, The Rumjacks, who recorded their fourth studio album, Saints Preserve Us, in 2018. It is such fun to listen to (available on YouTube), a completely novel take on a classic, proving that tradition can generate creativity. It doesn't have to remain static, while being respected. One is struck by how Irish culture and tradition are sometimes valued more outside Ireland than within.

Dónal died at his home on 12th January 1965, working on the farm right to the end. He seems to have had such a zest for life, unselfconscious, yet totally aware of the world around him. He is buried in St Gobnait's cemetery, Baile Mhúirne. Cúil Aodha, known for honouring tradition, has not forgotten him, unveiling a plaque commemorating him, in 2011. One can imagine how Dónal would have enjoyed that, regaling all and sundry with one of the stories he was renowned for entertaining the community with, being the storyteller he was. He deserves the commemorative plaque, and so much more. There is also a wonderful wall in Cúil Aodha that has plaques commemorating the numerous notable people from the area. Dónal has two plaques celebrating him on



Killorglin's Puck Fair, circa 1900 Source: [http://www.census.nationalarchives.ie/exhibition/kerry/social\\_conditions/7.html](http://www.census.nationalarchives.ie/exhibition/kerry/social_conditions/7.html)



Remembering Dónal Ó Mulláin in his birthplace, Cúil Aodha

that wall, with one of those plaques being the chorus to An Poc ar Buile. It is a superb community gesture.

Dónal touched people's lives in many ways, for many reasons, one being because he understood something fundamental about tradition – it is a necessary element of continuity of existence. As a result, he was secure in who he was, secure in where he came from, secure in what he wanted to do with his life. Tradition didn't weaken him, but, rather, strengthened him.

To return to our Norwegian philosopher: one

has to be able to place oneself in the world and build a relatively stable identity. The founding of such an identity is only possible if one can tell a relatively coherent story about who one has been and who one intends to be. By this yardstick, Dónal knew exactly who he was, where he had come from, and told the story well. Do we know who we are and where we have come from? Then maybe it's time for us, too, to stand up and tell our stories, to continue a longstanding Irish tradition....



Olivia, Martin, Philip and Paddy attended the official opening of the Kilmurry national school garden today. The Der Hartnett memorial bench is situated in this garden and was donated by Coachford cycling club.



Macroom FC's recent Volunteers social Night at Murray's Bar.

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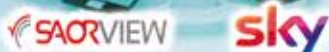
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# The Macroom and District Environmental Group

## Think Globally, Act locally

### Successful Vegetable Gardening the Easy Way

Hi! Chris Barrett here again.

This week I have the great pleasure of speaking with Francis, a man in his 80s with a wealth of knowledge.

Francis has been growing vegetables successfully without spending huge amounts of money for more than 60 years.

It was immediately obvious to me that growing vegetables was more a passion than a hobby for Francis, and that he has a huge amount of practical hard-earned experience to share with us. He is constantly curious and wanting to learn which sets an example for us all

To start, he told me how he had read Ted Cook's article on Holly. He told me how he himself had been advised to hang up male and female holly branches in the cattle-house when cattle were suffering from ring-worm, and how it had proved to be a successful treatment.

He was interested to know if any Lee Valley Outlook readers had followed this treatment protocol and had also found it to be successful. He is also fascinated to learn how and why it worked.

Francis says he will start at the beginning as that is the time when many parents dream that their young offspring will go to college and be successful. However Francis is concerned that the growing youngsters are not learning many needed practical life-skills. In olden times many would have gone on to learn a trade. Mechanics and engineers nowadays may have problems getting apprentices because all youngsters are encouraged to think of college first. As a result they fail to learn adequate practical skills such as vegetable gardening. Whether gardening skills are adequately taught in schools very often depends on the practical skills of an enthusiastic teacher, rather than following leadership from the Department of Education. Vegetable gardening is a hands-on experience and cannot be learned from a book.

Francis feels that there are three areas which we fail to pass on to our youngsters at our own cost. Youngsters may be taught baking, but there is often not enough encouragement to learn to cook using fresh vegetables. Practical money management may not be adequately covered and so many young people are unaware of how to prioritise the essentials, which is a vital skill. Francis feels that one of the most important skills which young people are lacking is vegetable gardening, which could help with their food budgeting in current times.

In terms of mental health, being outdoors



and growing a plant from a seed, gives a huge satisfaction which is being missed by many young people. It is also very healthy to eat home grown produce straight from the ground, rather than vegetables that have been transported round the earth and may be eaten weeks or months after they have been picked. The tastiness of a freshly picked home-grown carrot, lettuce or peas is an experience which no supermarket can touch, no matter what the advertising. Some lettuces, such as the well-known 'Butterhead', can be grown and picked all year round. It has completely different health-giving properties and taste compared with for example, the ubiquitous mass-produced 'Iceberg'.

Francis reminds me that everybody's tastes are different, and that if you are a home-grower you can grow to your own liking. He suggests experimenting over the years with a variety of seeds to find out what suits you. You may well end up growing items which are not available in the shops.

It is, as Francis says, a learning process. Francis hates the idea that you could go away and book-learn about gardening. You will learn best by experimenting for yourself and speaking with people who have been gardening in your area for a while. You will learn about which positions various crops like best in your garden, and those positions may not be what you expect. You will learn to watch the seasons and keep in touch with nature. You will learn that what was a good time to plant or harvest last year, may not be a good time this year. e.g. Last year was good for growing early on, then everything went dormant due to the cold weather and as a result a lot of crops went to seed. Cabbage and onions are prone to go to seed quickly if the weather turns cold. The weather controls everything and you cannot control the weather. It is far better to work with nature, and for example cover potatoes with fleece if it is unexpectedly frosty in May.

Your equipment does not need to be expensive. You can use scaffolding planks or boards made from old pallets to create raised beds. Raised

beds will allow you to manage your vegetable plants more easily. Seed packets will give instructions as to when to plant seeds, but you can use your judgement and local weather forecast to help you decide when.

Your aim is to have dark friable or crumbly soil which is nice to handle. You may need to add compost sand or grit to achieve this.

A word of advice is never to stand on your raised beds because you will compact the soil and water will run off.

Beds are best rotated and Francis leaves a couple of beds fallow as part of his rotation.

You will enjoy learning to be constantly in tune with what is going on in your vegetable garden. Last year Francis dug his pinks, his field potatoes, in August because they were getting too big; and his Golden Wonders in August because they were so early.

It is essential to keep a close eye on your crops and respond to their needs. As a vegetable gardener, you will learn to tune in to your plants, the Irish weather and your local climate. Regarding strawberries, Francis produces different varieties for early medium and late eating. He uses a barrel with holes in the sides, and produces a long-lasting run of delicious crops. Early on, when Francis was also farming, he only grew a few vegetables, but one day he was given home-grown tomatoes and from then on he started to grow his own under cover. Francis reminds readers that the tastiness and goodness of any vegetable decreases after you pick it. Francis gardens high up and enjoys the clear fresh air as he works. He feels this has great effects on his health generally. He feels fortunate to be able to work outdoors away from car-fumes, a treat for his body and soul.

It has been a real pleasure to speak with Francis and hear about his genuine enthusiasm for vegetable gardening which has remained with him into his eighties. I hope you have enjoyed hearing from him as much as I have, and feel inspired to start growing a few vegetables of your own. Before you know it, you also will have gained in so many ways, by getting a closer relationship with nature.

**It is possible to contact the Environmental Group by emailing [macroomenv@gmail.com](mailto:macroomenv@gmail.com)**

**If you or anyone you know would like to contribute an environmental article to this magazine, please contact me [chrisleevalley@gmail.com](mailto:chrisleevalley@gmail.com)**



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## GAA

### ALL IRELAND SENIOR FOOTBALL CHAMPIONSHIP

Group Stage – 4 groups of four

Group 1: Kerry 4, Cork 4, Mayo 4, Louth 0

Group 2: Armagh 4, Galway 4, Tyrone 3, Westmeath 1

Group 3: Dublin 5, Kildare 3, Roscommon 3, Sligo 1,

Group 4: Derry 5, Donegal 4, Monahan 3, Clare 0

The top team from each group goes straight to the quarter-finals while teams that finish second and third faced off in a preliminary quarter-final.

Preliminary Quarter Final results

Cork 1-14 Roscommon 0-16:

Kildare 0-13 Monaghan 1-11

Donegal 0-13 Tyrone 1-18:

Galway 0-12 Mayo 1-10

All Ireland Quarter Final pairings

Derry v Cork, Dublin v Mayo

Kerry v Tyrone, Armagh v Monaghan

It will be the first senior championship meeting of Cork and Derry since the 1993 All-Ireland final, which Derry won. Cork were forced to play much of the game with 14 players after the harsh sending-off of Cork's Tony Davis. In this year's Allianz Football League, a late rally earned Cork a draw with the already-promoted Derry at Páirc Uí Chaoimh.

#### CORK 1-14 MAYO 1-11

Cork recorded a marvellous victory over Mayo at Limerick in their final group stage game, scoring 1-6 without reply in the closing quarter hour to turn a six point deficit into the three point victory needed to secure a home preliminary quarter-final.

The top three teams in the group ended on four points apiece, Kerry topped the group, Cork and Mayo had an identical scoring difference of +3 but the Rebels finished second with a better 'points scored' tally, 2-48 to 2-44.

Steven Sherlock (St Finbarrs) changed the game when introduced in the 40th minute for the injured Ruairí Deane. He kicked 1-5 from six shots in the final half-hour as Cork charged back from a 1-11 to 0-8 deficit. Sherlock accounted for the first 1-4 of that comeback, the goal from a penalty, to edge Cork ahead before fellow impact subs John O'Rourke and Iveleary's Chris Óg Jones gave them

the necessary winning margin.

Cork were ahead 0-6 to 0-5 at the break but couldn't sustain such their breakneck pace and Mayo drew level and then went in front by three points before a Cork error allowed the Westerners to break through for a goal in the 57th minute to make it 1-11 to 0-8.

Cork hit right back from the kick-out. Éire Óg's Colm O'Callaghan drove at the heart of the Mayo defence and was fouled for a penalty. Sherlock sent the goalkeeper the wrong way and the Cork challenge was ignited. Sherlock had 1-5 within 25 minutes of his arrival, with his last point giving Cork their first lead in half an hour. When John O'Rourke added another, they led by two entering stoppage time and the signal was given in to the players, one more point would be enough. Mayo messed up their kick out, Sherlock pounced and the ball was worked on through Conor Corbett and Ian Maguire who put Jones in on goal and the Iveleary man punched over for the vital third.

Scorers for Cork: Steven Sherlock 1-5 (1-0 pen, 0-1f, 0-1 45), Rory Maguire, Brian Hurley (1f) 0-2 each, Colm O'Callaghan, Chris Óg Jones, Tommy Walsh, Eoghan McSweeney, John O'Rourke 0-1 each.

Cork: Micheál Aodh Martin; Maurice Shanley, Rory Maguire, Tommy Walsh; Luke Fahy (Ballincollig), Daniel O'Mahony, Matty Taylor; Colm O'Callaghan (Éire Óg), Ian Maguire; Brian O'Driscoll, Ruairí Deane, Killian O'Hanlon; Seán Powter, Brian Hurley, Eoghan McSweeney. Subs: Steven Sherlock for Deane (40, temporary), John O'Rourke for McSweeney (51), Conor Corbett for Hurley (55 inj), Kevin O'Donovan for Fahy (58), Chris Óg Jones (Iveleary) for Powter (64), Mark Cronin for O'Hanlon (67).

John Cleary, Cork Manager: "I think the big belief comes from beating a Division 1 team. We needed to do that and there were a lot of doubters there – and maybe we hadn't done anything to deserve the plaudits. I can guarantee you that there's a genuine bunch of lads there who have put their shoulders to the wheel since last Christmas".

#### CORK 1-14 ROSCOMMON 0-16

A 73rd-minute point from substitute Kevin O'Donovan earned Cork a one-point victory over Roscommon and a place in the All-Ireland SFC

quarter-finals. Cork had lost a five point lead in the home stretch as the big home support looked on in growing despair as Roscommon drew level in injury time and looked capable of getting another winning point but Cork won a vital free out on the wing near the half way line, Seán Powter fed Ian Maguire, who in turn found sub O'Donovan and he fisted the ball over the bar.

Following on from the Mayo win, it marks the first time since 2009 that the Rebels have beaten two Division 1 counties in the same championship.

Cork did not have a good first half, and Roscommon deserved their 0-7 to 0-3 lead coming up to half time. Then in the minutes before the break Cork fired over three points in a row to make it 0-7 to 0-6 at half time and the big home support in the 14,294 attendance gave them a rousing send off to the dressing rooms.

They were level immediately after the restart, goalkeeper Micheál Aodh Martin made a brilliant save to deny Diarmuid Murtagh, Roscommon goalkeeper Conor Carroll came forward to stroke over the resultant 45, but Cork scored five of the next seven points between the 40th and 51st minutes. Cork were on top and Steven Sherlock's fifth point gave them a 0-12 to 0-10 lead.

After Roscommon's Daire Cregg replied with a point from a mark, Cork struck for the vital goal, substitute Conor Corbett exchanged passes with Powter before sending a low shot over the line, the ball rolling in off the butt of the post. When Chris Óg Jones added a point, Cork led by 1-13 to 0-11 and they were flying.

Roscommon didn't yield and two Diarmuid Murtagh points cut the gap down to a goal. Three more Roscommon points followed to level the scores but there was to a happy ending for Cork and how the team and supporters loved it!

Scorers for Cork: Steven Sherlock 0-5 (0-3fs), Conor Corbett 1-0, Chris Óg Jones, Rory Maguire 0-2 each, Tommy Walsh, Luke Fahy, Matty Taylor, Brian O'Driscoll, Kevin O'Donovan 0-1 each.

Cork: Micheál Aodh Martin (Nemo); Tommy Walsh (Kanturk), Daniel O'Mahony (Knocknagree), Maurice Shanley (Clonakilty); Luke Fahy (Ballincollig), Rory Maguire (Castlehaven), Matty Taylor (Mallow); Colm O'Callaghan (Éire Óg), Ian



The Ballinagarty girls' team won the Allianz Shield of West Cork Schools competition



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Maguire (St Finbarrs); Killian O'Hanlon (Kilshannig), Seán Powter (Douglas), Brian O'Driscoll (Caheragh); Ruairi Deane (Bantry), Steven Sherlock (St Finbarrs), Eoghan McSweeney (Knocknagree). Subs: Chris Óg Jones (Iveleary) for McSweeney (34), Conor Corbett (Clyda Rovers) for Deane (44, injured), Kevin O'Donovan (Nemo Rangers) for Shanley (48), Thomas Clancy (Clonakilty) for Fahy (59), John O'Rourke (Carbery Rangers) for O'Hanlon (70). Cian Kiely (Ballincollig) is also on the Cork match day panel.

Barry Corkery (Éire Óg) is a selector with Cork and his fellow Clondrohid clubman Aidan Kelleher is team doctor for the Rebels.

#### LGFA- LADIES GAELIC

Munster senior champions Cork commenced their TG4 All Ireland Group 4 series with an away defeat to Galway at Pearse Stadium. Cork LGFA and Cork camogie seniors were playing on the same day and dual players had to make a choice with both teams suffering and a week long debate on the matter not helping either.

#### GALWAY 3-11 CORK 1-11

This game was in the melting pot until the dying moments when Galway got their third goal to finally kill off the strong Cork challenge. Cork can rescue their season with a win over Tipperary on July 1st in Clonakilty but must improve on this performance according to team manager Shane Ronayne if they are to survive. Cork led 1-7 to 1-6 at half time, by 1-9 to 1-8 entering the final quarter. Galway then scored 1-2 to go in front, Cork rallied to cut the lead to a goal but then Galway made victory assured with a late goal.

Scorers for Cork: Doireann O'Sullivan 0-8 (frees), Ciara O'Sullivan 1-2, Katie Quirke 0-1

Cork: Meadh O'Sullivan (Mourneabbey); Melissa Duggan (Dohenys), Eimear Meaney (Mourneabbey), Roisín Phelan (Aghada); Emma Cleary (Éire Óg), Shauna Kelly (Araglin), Anna Ryan (Mourneabbey); Sarah Leahy (Aghada), Hannah Looney (Aghada); Katie Quirke (Bride Rovers), Doireann O'Sullivan (Mourneabbey), Ciara O'Sullivan (Mourneabbey); L O'Mahony, Eimear Kiely (Valley Rovers), Daire Kiely (Valley Rovers). Subs: Maire O'Callaghan (Mourneabbey) for Leahy 15, Libby Coppinger (St Colums) for Cleary 42, Dara Kiniry (Lisgoold) for O'Mahony 51, Laura Fitzgerald

(Mourneabbey) for D Kiely 52.

#### CAMOGIE

In the Glen Dimplex All Ireland championship group stage Cork must play Galway, Clare and Down. There are three groups of four teams. Two of the group winners (randomly chosen) advance to the semi-finals. The other group winner, and the three runners-up, play in the quarter-finals.

The bottom team in each group play-off to decide the team relegated to the 2024 Intermediate Championship.

#### CORK 3-19 DOWN 1-10

Debate over dual players overshadowed Cork camogie's vital game against Down, a game Cork had to win after losing their opener to Galway. Two of the dual stars, Aoife Healy and Libby Coppinger lined out with the Camogie team, Hannah Looney went with the footballers, Orlaith Cahalane was injured training with the footballers. The two organising bodies could not agree the avoidance of a Saturday clash, Cork suffered and mainly the talented players paid the price.

Cork started well at Páirc Uí Chaoimh with two early points but it was 0-3 each at the end of the opening quarter. Down struck for a goal but Katrina Mackey from Douglas then inspired Cork with a point, followed by a superb goal, then earning a 45 which Amy O'Connor pointed. O'Connor then fired in a goal, Cliona Healy added a point and Mackey had Cork's third goal to have Cork leading by 3-6 to 1-4 at half time. Cork remained on top in the third quarter but Down battled on with commendable spirit.

Cork scorers: K Mackey 2-3, A O'Connor 1-5 (0-2f, 0-1 45), A Smith 0-3, S McCarthy, F Keating, 0-2 each: C Healy, C Sigerson, A Healy, E Murophy 0-1 each.

Cork: A Lee: Meabh Murphy (Ballinora), Libby Coppinger, A O'Neill: Maeabh Cahalane, L Treacy, I O'Regan: Aoife Healy (Aghada), Saoirse McCarthy: Chloe Sigerson, Fiona Keating, Cliona Healy (Aghabullogue); Amy O'Connor, Sorcha McCartan, Katrina Mackey. Subs: P Mackey, 42, H Ryan 49, Emma Murphy 53, Ali Smith 53, K Wall 54.

Next Up: Clare v Cork, July 1st (Same day as Cork LGFA v Tipperary!)

#### CORK COUNTY SENIOR FOOTBALL CHAMPIONSHIP 2023

#### DUHALLOW 2-8 MUSKERRY 0-8

Duhallow came out on top in Round 2 of the Bon Secours Cork Premier SFC (Divisions/Colleges) at Coachford. However, both teams were assured of their place in the last four before any ball was kicked and the semi-final pairings were already known, Muskerry v Avondhu, Duhallow v Imokilly. After quarter of an hour, Muskerry lost county player Tadhg Corkery, Cill na Martra, to injury and Duhallow led by 0-4 to 0-3 at half time. Two second-half goals clinched the win for them.

Muskerry kept fighting back after the first and kicked three unanswered points - two of these from sub Liam Twohig and one from a super David Horgan free to make it 1-5 to 0-6. Then Duhallow struck for their second goal and they opened up a six point gap. Muskerry replied with points from another David Horgan free and one from play from Ian Wycherley, 2-6 to 0-8. Horgan had a last-ditch effort for a Muskerry goal superbly saved by the 'keeper from close range and Duhallow broke up field and had a point to finish the scoring.

Scorers for Muskerry: D Horgan 0-5, (0-4 frees), L Twohig (0-2), I Wycherley (0-1).

Muskerry: Dominick Kelleher (Inniscarra); Danny O'Connell (Cill na Martra), William Rohan (Kilmurry, Capt), Conor Smith (Aghabullogue); Blake O'Gorman (Macroom), Kyle Kelleher (Kilmurry), Kevin Manning (Iveleary); David Horgan (Macroom), Colm Gillespie (Aghabullogue); Aaron O'Sullivan (Aghabullogue), Alan Quinn (Macroom), Ian Wycherley (Ballinora); Tadhg Walsh (Grenagh), Darren Dineen (Clondrohid), Tadhg Corkery (Cill na Martra). Subs: Mike Lordan (Ballinora) for T Corkery (17 inj), Mike Desmond (Cill na Martra) for T Walsh, Liam Twohig (Aghinagh) for D Dineen (both half-time), Evan O'Sullivan (Aghabullogue) for B O'Gorman (45), Micheál Horgan (Aghinagh) for A O'Sullivan (56).

#### HURLING

Cork Co Senior Hurling championships, Divisional Section

Muskerry 1-16 Carrigdhoun 0-11

Carbery 2-13 Avondhu 1-24

Duhallow 3-29 Carrigdhoun 4-19

Carbery 2-20 Carrigdhoun 1-22

Semi Finals: Carbery v Muskerry:

Avondhu v Duhallow



Some regular runners from Macroom Parkrun who participated in the Cork City Marathon, half marathon and 10km races on the June Bank Holiday Sunday



Happy faces attending Macroom Music Festival

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Muskerry 1-16 Carrigdhoun 0-11

Muskerry hurlers defeated Carrigdhoun 1-16 to 0-11 in Ballygarvan, having led at half time by 1-13 to 0-5.

The two sides were level at 0-1 apiece early in the game but Muskerry ploughed ahead and went on to lead 0-6 to 0-1, Eoin O'Shea putting over two frees as well as one point from open play. Muskerry went six clear, as Carrigdhoun eight first-half wides but Muskerry had six, but they got in for a goal from Cian O'Driscoll's. In the second half Muskerry only scored three points, hit eight wides but their opponents failed to beat Dylan Desmond from a penalty and leading by 1-14 to 0-7 Muskerry closed off the game by adding just two more scores to their haul, enough to stay comfortably in front. Scorers for Muskerry: E O'Shea 0-7 (0-2f, 0-2, 65s), C O'Driscoll 1-1, D Kirwan 0-2, C Dalton, M Verling, O O'Driscoll, S Cronin, D Kirwan, A Dinan 0-1 each.

Muskerry: Dylan Desmond (Eire Og), Niall Barry Murphy (Aghabullogue), Cillian Timmins (Aghabullogue), D O'Sullivan, Brian Corcoran (Eire Og), Matt Brady (Eire Og), Fenton Denny (Ballincollig), O O'Driscoll (Cloughdub), C O'Leary (Ballincollig), C Dalton (Ballincollig), D Kirwan (Eire Og), E O'Shea (Eire Og), M Verling (Cloughdub), Kevin Hallissey (Eire Og), C O'Driscoll (Ballincollig). Subs: L Lyons (Ballinora) for Hallissey (46), D Twomey (Grenagh) for C Dalton (52), R Murphy (Kilmichael) for Cronin (53).

#### 2023 CORK CREDIT UNIONS 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: Éire Óg, Cill na Martra, Ballincollig, Nemo Rangers, Castlehaven, Carbery Rangers, Kiskeam, Douglas, St Finbarrs, Valley Rovers.

Final: Nemo Rangers v St Finbarrs

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

Final: Carrigaline v Newcestown

Division Three: Rockchapel, Macroom, Nemo, Castletownbere, Bishopstown, Ilan Rovers, Glanworth, Mallow, Knocknagree, Dohenys

Final: Dohenys v Knocknagree

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

Final: Kilshannig v Newmarket

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

Final: Boherbue v Glanmire

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

Final: Kilmurry v Buttevant

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

Final: Aghinagh v St Michaels

#### ROUND 9 RESULTS

Div 1: Carbery Rangers 1-13 Cill na Martra 0-6, Nemo Rangers 2-11 Éire Óg 0-8, Ballincollig 2-6 St Finbarrs 0-11.

Div 2: Kanturk 0-10 Béal Átha'n Ghaorthaidh 2-10

Div 3: Macroom 2-15 Nemo Rangers 0-14

Div 4:

Na Piarasigh 1-3 Aghabullogue 2-20, Iveleary conceded to Mitchelstown, Naomh Abán 4-14 St Vincents 1-9

Div 5: Glenville 1-13 Ballinora 0-10

Div 7: Ballyclough 0-6 Aghinagh 0-20

#### TABLE STANDINGS AFTER NINE ROUNDS

Div 1 Nemo W8 L1 Points 16: St Finbarrs W6 D1 L2 - 13pts: Douglas W6 D1 L2 - 13pts: Cill na Martra W4 D2 L3 - 10pts: Éire Óg W3 D1 L5- 7pts: Ballincollig P9 W3 Pts4.

Div 2 Carrigaline 16, Newcestown 13, Clonakilty 13, Béal Átha'n Ghaorthaidh 9 points (W4 D1 L4).

Div 3 Dohenys 15, Knocknagree 12, Bishopstown and Macroom 12pts each.

Div 4 Kilshannig 18pts, Newmarket 16, Aghabullogue 13, Iveleary 10, N Abán 6pts

Div 5 Boherbue 15, Glanmire 14, Ballinora 5

Div 6: 7 rounds played: Kilmurry W6 - 12pts, Buttevant 11, Gabriels and Cobh 9 each

Div 7: 7 rounds played: Aghinagh (W4 D2 L1) 10pts, St Michaels 10pts (5-0-2): St James and Castlemagner 8 each.

#### TOM CREEDON CUP FINAL

#### KNOCKNAGREE V MACROOM

Red FM County Senior Hurling League

Results RD 9:

Div 2: St Finbarrs 3-27 Ballincollig 1-14

Div 3: Inniscarra 1-13 Éire Óg 1-15, Carrigaline 0-17 Blarney 1-19

Div 4: Youghal 1-20 Aghabullogue 2-19

Div 5: Cloughdub 2-16 Argideen 1-17

Div 7: Ballinora v Ballinascarthy

#### TABLE STANDINGS AFTER ROUND 8/9

Div 1: Sarsfields 16pts, Blackrock 15, Fr O'Neills and Douglas 11each

Div 2: Glen Rvrs 15, Midleton 12, Ballincollig 12

Div 3: Carrigaline 14pts, Éire Óg 14, Newcestown 12, Blarney 12, Inniscarra 7.

Div 4: Ballinhassig 16, Valley Rovers 13, Aghabullogue 5

Div 5: Russell Rvrs (P8) 13, Cloughdub (P9) 12, Argideen (P9) 11, Watergrasshill (P8) 10

Div 6: Ballygarvan 14 each, Tracton 12

Div 7: Erins Own 12, Glen Rvrs 11. Ballinora (P6 W3 D1) 7pts

#### MUSKERRY GAA

#### SPORTS STAR AWARDS

THE Muskerry GAA Monthly Sports Star Awards scheme is making a return for the first time since Covid-19 and the first winner of a 2023 monthly award has been announced. Jack Murphy of Éire Óg and UCC takes the award in recognition of his captaining UCC to Sigerson Cup (Intervarsity Football) victory in February last.

The awards, which started back in 2014 with the main aim of promoting the Muskerry Division and highlighting outstanding performances across all GAA activities, were presented monthly from March to October in the Auld Triangle in Macroom. The venture was a tremendous success before the pandemic and culminated in a end of year Gala Dinner at Oriel House Hotel Ballincollig at which the Sports Star of the Year was announced.

#### MID CORK LEAGUES 2023

#### FOOTBALL

Division 1 - 8 teams: Canovee, Grenagh, Kilmichael, Éire Óg, Inniscarra, Clondrohid, Ballincollig, Donoughmore.

Rd 7: Clondrohid 0-13 Grenagh 1-11, Kilmichael 1-10, Donoughmore 1-10, Inniscarra 0-5 Canovee 2-13, Éire Óg 3-19 Ballincollig 4-10.

League Table: Canovee 14, Grenagh 10, Inniscarra 8, Clondrohid 7, Éire Óg 6, Kilmichael 5, Donoughmore 3, Ballincollig 3.

Final: Canovee v Grenagh at Ballyanley, Saturday July 1st 7.30pm

Division 2 East - 8 teams: Aghabullogue, Ballincollig, Ballinora, Blarney, Donoughmore, Dripsey, Éire Óg, Inniscarra.

League Table: Dripsey 12, Blarney 11, Donoughmore 10, Inniscarra 7 Éire Óg 5 and Aghabullogue - 5pts each, Ballincollig 2 and Ballinora - 2pt each.

Div 2 West

League Table: Béal Átha 14, Kilmurry 11, Cill na Martra 10, Aghinagh 7, N Aban 6, Iveleary 4, Macroom 2, Canovee 2 0.

Play-offs:

Dripsey 0-19 Kilmurry 1-13: Béal Átha'n Ghaorthaidh 2-15 Blarney 2-14

Final: Béal Átha'n Ghaorthaidh V Dripsey at Kilmurry, July 2nd at 12 noon

Division 3 East - 5 teams:

League Table: Gleann na Laoi 10, Grenagh and



Sixth Class versus Parents Basketball match in Dromleigh N.S.



The victorious Farran Sciath na Scol team gathered in Páirc Uí Chaoimh to join other schools in the half time parade during the Cork Vs Roscommon match.

Inniscarra 7, Ballincollig, Blarney.

Final: Gleann na Laoi v Inniscarra/Grenagh

Division 3 West – 4 teams: Béal Átha'n Ghaorthaidh 10 pts, Kilmichael 8, Naomh Abán 6.

### FOOTBALL CHAMPIONSHIP

The Ross Oil Mid Cork Junior A Football Championship commences on July 27th with all six first round games scheduled for the period July 27th-30th. Group 1: Inniscarra v Grenagh, Blarney v Donoughmore. Group 2: Kilmichael v Dripsey, Canovee v Ballincollig. Group 3: 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

#### CUMNOR CONSTRUCTION LEAGUE

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

League Table: Grenagh 14, Inniscarra 10, Donoughmore, Éire Óg 8, Donoughmore 7, Blarney and Dripsey 6, Ballincollig 3 Kilmichael 2.

Final: Grenagh v Inniscarra July 8th.

Division 2 – 8 teams: Uibh Laoire, Inniscarra 2, Blarney 2, Grenagh 2, Éire Óg 2, Cloughdub, Ballincollig2, Aghabullogue2.

Rd 6: Blarney 0-12 Inniscarra 1-17, Grenagh 5-17 Ballincollig 5-12, Aghabullogue 3-15 Cloughdub 1-10

League Table: Aghabullogue 13, Cloughdub 10, Inniscarra 8, Grenagh 7, Iveleary and Éire Óg 5, Blarney 2, Ballincollig 0.

Final: Aghabullogue v Cloughdub (June 28th)

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

LeagueTable: Gleann 8, Donoughmore 6, Laochra 4 and Ballinora 0

### HURLING CHAMPIONSHIP

The MJK Oils Mid Cork Junior Hurling Championship is being played on a group basis in the early stages and the competition commences on August 5th/6th. Group 1: Ballinora v Inniscarra, Kilmichael v Ballincollig. Group 2: Dripsey v Blarney, and Cloughdub. Group 3: Grenagh v Éire Óg and Donoughmore a bye. Cloughdub (v Blarney) and Donoughmore (v Éire Óg) in action on August 11th.

## MACROOM SOCCER CLUB

### MACROOM FC VOLUNTEERS NIGHT

Macroom FC were delighted to hold our annual volunteers evening at Murray's Bar, Macroom recently. This event is basically a thank you from the club to all volunteers who give their free time to run every aspect of Macroom FC. It is also an opportunity for the club to acknowledge the support our volunteers receive from their families which allows them to volunteer in the first place. A

great night was had by all and the large turnout is a testament to the positive journey the club is on.

Our Munster Senior League team awarded player of the year to Lloyd Asling and top scorer to Keith Holden-two very deserving winners. It's been a hugely successful year for the club with leagues and cup wins as well as several promotions coming from the schoolboys, youths and schoolgirls teams. Our volunteers night is yet another important

highlight of a memorable year to date.

The Macroom FC Astro Pitch and Community Walkway project is also in full swing and it is hoped the build can take place in the months ahead. The club would like to acknowledge the wonderful support from the public and business community to date. Further details on the plan can be found at <http://www.macroomfc.ie/astro-fundraising>



Macroom FC's recent Volunteers social Night at Murray's Bar.



## Looking Back to 2013 - Ten Years Ago

### COUNTY SENIOR FOOTBALL CHAMPIONSHIP

Ballincollig 2-10 Douglas 1-7

There was joy for an anxious Ballincollig at Páirc Uí Rinn as they left their league form far behind them and had a big win over Douglas. Cork star Paddy Kelly, recovered from injury, was back in championship action for the first time since August last and with massive help from midfielders Ciarán O'Sullivan (1-2) and Cork U 21 Seán Kiely and Cork All Ireland winner Johny Miskella, the Mid Cork side were on top from the start. Ballincollig: David Lordan: Darren Murphy, Stephen O'Donoghue, Luke Prendergast: Noel Galvin, John Miskella, Dylan Kerstein: Ciarán O'Sullivan, Seán Kiely: Noel O'Toole, Paddy Kelly, George Durrant: John Kelly, D Kelleher, Dave Tobin. Subs: Cian Dorgan, Chris Collins, Rob Noonan.

Ballincollig now go to Round Four draw, Douglas play St Vincents in Round Two.

### UCC 0-15 CIT 0-15 (AET)

In the Divisions/Colleges section of the County senior championship fourth-round clash at Páirc Uí Rinn CIT and UCC drew after extra time. CIT had Mid Cork men Ciarán Sheehan (Éire Óg), Kevin Hallissey (Éire Óg), Cathal Vaughan (Iveleary); Niall O'Doherty (Grenagh) and John Corkery (Aghabullogue) in action and UCC had Macroom's Eoin O'Mahony in their full back line.

### PREMIER INTERMEDIATE FOOTBALL CHAMPIONSHIP

#### BÉAL ÁTHA'N GHAORTHAIDH 0-12

#### CARRIGALINE 1-6

It was windy, wet and very cold at Coachford and the spectators were frozen but on the field Béal Átha went about their business and were fully deserving of their three point winning margin, which could have been greater. Carrigaline led by 0-4 to 0-3 at half time, Andy Concannon, Paul Buckley and Tim O'Leary scoring for Béal Átha. On the restart, wind assisted Béal Átha quickly got on level terms through a Noel Dineen point and went in front by a point in the 34th minute from Andy Concannon. Two minutes later Béal Átha got a jolt when they conceded a goal out of the blue to Carrigaline but points from the excellent Liam Shorten and Andy Concannon had them level by the 42nd minute and then two Liam Shorten points, one from a free, and two more from Andy Concannon frees had the Gaeltacht side leading by 0-11 to 1-4 in the 48th minute. Carrigaline had a point in the 53rd minute to keep in touch but Béal Átha remained in nervous control but Andy Concannon had a point in injury time to allow them some breathing space. A very late Carrigaline point was only of academic interest as the final whistle followed immediately and spectators ran to their cars to escape the bitter cold wind.

Béal Átha'n Ghaorthaidh: Gearóid Ó Muirthille: Nollaig Ó Duinnín, Leonard Ó Conchuir, Seán Ó Duinnín: Amhlaoihbh Ó Loinsigh (capt.) Seán Ó Donnchú, Barra Ó Coinceannain: Colmán Ó Tuama, Donal MacCarthaigh: Liam Ó Coinceannain, Aindrias Ó Coinceannain, Pól Ó Buachalla: Ben Seartan, Liam Seartan, Tadgh Ó Laoire. Fear Ionaid: Nollaig Ó Laoire agus Seán Ó Coill.

#### NAOMH ABAN 3-13 GLENVILLE 2-11

An amazing recovery by Naomh Abán saw them outscore Glenville by 3-8 to 1-1 in the final 20

minutes at Ballincollig to turn impending defeat into a fine victory. Glenville had led by 1-8 to 0-3 at half time and when Naomh Abán started the second half with a brace of points, one each from superb first half substitute Maidhchí Ó Duinnín and Seamas Ó Laoire, Glenville replied in similar fashion to lead by 1-10 to 0-5 in the 40th minute - a substantial eight point lead. The big turn about came at the three quarter stage and was facilitated by the emergence of the Naomh Abán midfield. Naomh Abán were awarded a penalty and Míceál Ó Cronín slammed the ball to the net and even though Glenville replied with a point the next three scores came from the Baile Mhuirne side, two from Shane McCarthy and one from Ó Duinnín. Naomh Aba went all out for victory. The equalising goal followed quickly as Gerry Lyons set up the opportunity for the dynamic Maidhchí Ó Duinnín who then followed up with a lead point for the Gaeltacht side. The goal rush was not yet over as Míceál Lehane then chipped the ball over the Glenville goalkeeper's head and Míceál Ó Cronín

(What a great player he has been for N Abán!) ran on to tap the ball into the empty net to make the score now 3-9 to 1-11 - a complete turnaround in fortunes! A goal for Glenville, three further points for N Aban and the dismissal of a Glenville forward (straight red card for abuse of referee) kept everybody animated for the closing sequence.

Naomh Abán: Seanacháin Ó hUidhir: Criostóir Ó Deasúna, Tadhg Ó Scannail, Eoin Ó Criodáin: Diarmuid Ó Scannail, Seamas Ó Mathúna, Míceál Ó Liathain: Míceál Ó Laoire, Seamas Ó Laoire (0-1): Diarmuid Ó Liatháin, Míceál Ó Cronín (2-5, 1-0 pen., 0-1 free), Donnadh Ó Cronín: Shane MacCárthaigh (0-4, 0-2 frees), Colm Ó Murchú, Donnadh Ó Ceocháin (0-1). Ionaid: Maidhchí Ó Duinnín (1-2), Amhlaoihbh Ó Loinsigh.

#### ST. MICHAELS 2-16 MACROOM 0-11

The scoreline tells the tale! St Michaels, last year's beaten Premier Intermediate finalists were altogether too good for an uninspired Macroom side at a cold Cloughduv second pitch. The Mid Cork side were not up to standard and their leading lights are not performing at a level that would inspire their colleagues. Points from Pa Lucey, David Goold and Tony Dineen had them level at 0-3 each at the end of the first quarter but then Michaels took the lead and were never led subsequently. A major disaster for Macroom was the concession of a goal on the stroke of half time when they lost possession in attack and the ball finished up in the Macroom net to give the city side a 1-8 to 0-4 lead, Tony Dineen the scorer of the only Macroom second quarter point.

Macroom had a point from a Lucey free on the restart but Michaels replied with a brace of points. In the 39th minute Ciarán Murphy had a Macroom point and they followed up with four more on the trot from Lucey, Fintan Goold, Pa Lucey again Fintan Goold again and now there was only three points between the teams as the final quarter started. Alas, Macroom conceded a needless free, Michaels pointed and went on to re-establish their superiority. They piled on the misery point by point and then scored a second goal two minutes from time. Macroom's only reply

was a Tony Dineen late point.

Macroom: James O'Connell: Rory Buckley, Eoin O'Mahony, Martin O'Donnell: Robbie O'Dwyer, Ciarán Murphy, Barry O'Donnell: Fintan Goold, Philip Corrigan: Conor O'Sullivan, Seán Kiely, Tony Dineen: Patrick Lucey, David Goold, Stephen Casey. Subs: Andrew Hegarty and Peter Lynch.

#### BALLINORA 1-11 KINSALE 1-10

Ballinora had a deserved if narrow win over Kinsale at Belgooly. Ballinora played against the wind in the first half and after defending very well struck for a vital goal from Michael Murphy just before the break and added a point from Daragh O'Neill. Kinsale led at half time by 0-9 to 1-4, their six point advantage cut to a mere two points in seconds. Ballinora were level within minutes of the restart with points from Murphy and Ian Whycherly and Darragh O'Neill then put them into the lead after 35 minutes. Points from Pat Fitton and Gary O'Halloran opened up a one goal gap but then Kinsale scored a goal to level matters with five minutes to go. Points from Fitton and Murphy restored the advantage to Ballinora and they limited Kinsale to a single point and so held on to victory.

Ballinora: Eoin Walsh: David O'Neill, Tom Crotty, Eoin Lucey: David Crotty, Tomás McGrath, Barry Crowley: Mick Hodge, Gary O'Halloran: Alan O'Neill, Darragh O'Neill, Ian Whycherly: Michael Murphy, Conor Murphy, Patrick Fitton. Sub: John O'Regan.

### COUNTY INTERMEDIATE FOOTBALL CHAMPIONSHIP

#### CILL NA MARTRA 1-11 KILDORRERY 1-8

Cill Na Martra had a fine win over Kildorrery in a closely contested opening round at Kilbrin. The teams were neck on neck for three quarters of the game but Cill Na Martra had that extra push in them when it came to the crunch.

In a lively opening quarter both defences dominated but Cill Na Martra struck a vital blow with a neatly taken goal from Danny O'Connell in the 15th minute. Points from Martin O'Connor and Maidhchí Dineen sent them 1-4 to 0-2 ahead but Kildorrery efforts were rewarded with a 24th minute goal. Three further Kildorrery points had the teams level at half time at 1-5 each. It was point for point on the resumption, Martin Connors scoring twice for Cill na Martra. In the final quarter, Cill na Martra upped the tempo with Noel O'Leary, Tim Dineen, Sean Kelleher and Cathal McSweeney driving them and points from Kevin Hoare, Darragh McLoughlin and Maidhchí Dineen gave them the advantage. Kildorrery fought back with a point but Sean Kelleher replied for Cill na Martra and the Boys from the Cross were not conceding any more scores to Kildorrery. Scorers for Cill na Martra: M Ó Conchúir 0-4(0-3f), D Ó Conaill 1-0, C Ó Suilleabháin 0-2(0-1f), M Ó Duinnín 0-2, C Ó hUidhir, D MacLochlainn and S Ó Cealleachair 0-1 each.

Cill na Martra: Eoin O Duinnín: Tadgh Mac Suibhne, Colm Ó Laoire, Marc Ó Goilí: Alan Ó Mocháim, Nollaig Ó Laoire, Tadhg Ó Duinnín: Cathal MacSuibhne, Sean Ó Céilleachair: Caoimhín Ó hUidhir. Caoimhín Ó Súilleabháin, Martín Ó Concubhair: Dara MacLochlainn, Maidhchí Ó Duinnín, Danní Ó Conaill.





### AGHABULLOGUE 0-13 MAYFIELD 0-9

Aghabullogue got over the Mayfield challenge at Blarney with ten points from John Corkery, eight from frees, a major factor in their fine win.

Mayfield were outplayed for a lot of the first half when playing into the wind. Most of the damage was done on the approach to half time when Aghabullogue kicked five points without reply in a brilliant five-minute spell with four points from Corkery and one from Evan O'Sullivan to give them a 0-8 to 0-2 lead.

Aghabullogue kept their lead of six points into the second half and led by 0-10 to 0-4 into the final quarter. Mayfield's Paul Condon then hit the target from four frees to reduce the gap to two points but John Corkery answered the challenge with three points to reopen a safer five point gap. Mayfield lost a man to a red card and managed only one more point so Aghabullogue go on to the fourth round and can now concentrate on hurling for a month. Scorers for Aghabullogue: J Corkery 0-10 (0-8frees), G Long, E O'Sullivan and P Finnegan 0-1 each.

Aghabullogue: John Buckley; Donnadh Murphy, Donal Twomey, Greg Long; Ryan Dennehy, Michael Dennehy, Alan Hogan; Brian Buckley, Aidan Barry Murphy; Evan O'Sullivan, John Kelleher, Sean O'Sullivan; Paul O'Rourke, Pat Finnegan, John Corkery. Subs: Stephen Dennehy, David O'Leary.

### ÉIRE ÓG 1-11 CANOVEE 0-10

Eire Óg, championship runners-up last season, are through to Round 4 after a hard fought win over outsiders Canovee at Ballyanly. Canovee now meet Grenagh in the second round.

Kevin Hallissey scored 1-3 for Eire Óg and All Ireland winner Ciarán Sheehan played very well in midfield but it was their defence that Eire Óg can really thank for this unexpectedly difficult win over their neighbours.

Darragh Ring and Daniel Goulding matched each other with points from frees early on and Mark Verling then put Canovee in the lead. The only goal of the game, came after nine minutes when Kevin Hallissey ran at the Canovee goal before belting the ball low into the corner of the net. Eire Óg added on two further points, from Ciarán Sheehan and Dan O'Connor, to make 1-3 to 0-2 after 11 minutes and they were never led again and this gap remained for most the game as the teams traded point for point subsequently. At half time it was Eire Óg 1-6 Canovee 0-5 and Daniel Goulding added a point for Eire Óg just after half time to stretch the lead to five points. Hallissey had another chance for goal at the three quarter stage but was denied by Darren Shine in the Canovee goal. Canovee had points from Seán O'Connor and Denis O'Sullivan but Eire Óg kept safely in front and twice denied Canovee the goal they badly needed.

Scorers: Eire Óg: K Hallissey 1-3, D Goulding 0-5 (0-2f), D O'Connor 0-2, C Sheehan 0-1 Canovee: D Ring 0-4 (0-3frees), S O'Connor 0-3 (0-1f), M Verling, D O'Sullivan and J O'Brien 0-1 each.

Éire Óg: Joe Kelleher; Ronan Dennehy, Cian O'Mahony, Shane McCarthy; John Kelleher, Shane Murphy, Ciarán Sheehan; Paul McDonagh, Dan O'Connor; Dermot O'Herlihy, Alan O'Mahony, Fiachra Landers; Kevin Hallissey, Daniel Goulding,

John Dineen.

Canovee: Darren Shine; Gearóid Lucey, James McCarthy, William Ahern; John O'Brien, Paul O'Sullivan, Denis O'Sullivan; Sean O'Connor, B Baret; James Moynihan, Denis O'Sullivan, Ger Ahern; Darragh Ring, Aidan Moynihan, Mark Verling.

Footnote: Canovee lined out without five of their most experienced players of recent years who have all retired from Intermediate football. Pat Dunlea, Tommy Murphy, Tadgh McCarthy, Timmy Lyons and James Scanlan have all given fantastic service, on and off the field to the club, and were to the fore when the All Ireland Junior title was won in 2007 with James as captain.

### GRENAGH 0-8 CLOYNE 1-6

Grenagh went under by one point win at Watergrasshill in difficult conditions, losing to Cloyne who went scoreless after their last point in the 38th minute had given them a 1-6 to 0-4 lead.

Grenagh got off to a great start with Diarmuid Dorgan converting two frees but Cloyne came more into the game and led 0-3 to 0-2 lead on 20 minutes. Tadgh Walsh equalised for Grenagh but Cloyne were four points clear at the break, 1-4 to 0-3. Diarmuid O'Sullivan, 'The Rock', kicked over two more frees for Cloyne before Diarmuid Dorgan had his third point to leave the scoreboard 1-6 to 0-4 after 38 minutes.

Dorgan pointed twice more to cut the margin to three points, Tom Kenny was fouled and Gerry Russell converted the free, Niall Doherty had another but time ran out for Grenagh who will now meet Canovee in round two. Scorers for Grenagh: D Dorgan 0-5 (0-4 frees), T Walsh, G Russell (free) and N Doherty 0-1 each.

Grenagh: M Barry; M Lehane, R Dorgan, C Donovan; A Duggan, P McCarthy, K O'Neill; T Kenny, J Russell; D Dorgan, G Russell, N Doherty; T Walsh, L Walsh, S Dorgan. Sub: C Fitzgerald (58).

### 2013 ROSS OIL MID CORK JUNIOR A FOOTBALL CHAMPIONSHIP

First round replays: Aghinagh defeat Éire Óg and Iveleary get the better of Ballincollig

Second Round (1st round losers) Pairings: Eire Óg v Kilmichael, Dripsey v Ballincollig, Blarney v Kilmurry

Third Round Qualifiers: Inniscarra, Clondrohid, Donoughmore, Macroom, Aghinagh or Eire Óg, Iveleary or Ballincollig together with the winner of the three round two games.

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### AGHINAGH 2-12 ÉIRE ÓG 1-5

Aghinagh were full value for their victory over Eire Óg in the 1st round replay at Carrigadrohid. The final score line is slightly flattering to the winners however as there was only a four point gap between the teams for almost all the fiercely contested fourth quarter. A scoreless ten minute period was ended by a smashing goal for Aghinagh from Declan Ambrose in the 58th minute and in the time remaining William Coakley kicked over three further points to put a gloss on the victory margin.

Eire Óg led early on with two points, both from Philip O'Sullivan, one from a free. Aghinagh's Donal Corkery opened their scoring with a point from a free in the 13th minute and William Coakley

quickly added an equaliser from play. Aghinagh went in front in the 19th minute when Donal Corkery set up Sean Kelleher to kick over a neat point but Eire Óg were back on level terms two minutes later when Barry O'Neill pointed from a free. A foul on Micheál Corkery yielded a free which brother Donal, the Aghinagh captain, sent over the bar but there was a shock for the winners in the 29th minute when Paul Ryan worked his way in along the end line before belting the ball to the Aghinagh net from close range. From the kick out, Michael O'Brien got possession for the winners, fed to Declan Ambrose on the left sideline. Ambrose came down the wing, cut in beating three tackles on the way and finished with a blistering shot to the Eire Óg net from close range. Aghinagh were back in front and stayed there to the finish. Trevor Burns increased their advantage with a point from 45 metres and they led by 1-5 to 1-3 at half time.

Paul Ryan had a point for Eire Óg to narrow the gap to a single point but Sean Kelleher's point in the 36th minute restored the half time advantage for Aghinagh. Back came Éire Óg with a very well worked point from Paul Ryan and in the 14th minute Declan Ambrose eased the situation for Aghinagh with a fine point and added another with a minute. Sean Kelleher's point in the 48th minute gave Aghinagh a four point breathing space but they could not increase their advantage. The next score would be vital and it was decisive. Alan Hourihan, William Coakley and Sean Kelleher were all involved in a move which saw the Aghinagh progress up the left wing in the 58th minute before the ball was fed through to Declan Ambrose who found the net from close range to settle the issue. William Coakley then proceeded to kick over three points in rapid succession as the Eire Óg resistance finally crumbled.

Aghinagh: William Ambrose; Dermot O'Callaghan, Seamus O'Leary, Alan Hourihan; Trevor Burns, Dave Barry, Jeremiah Kelleher; Con Lehane, Michael O'Brien; Declan Ambrose, Micheál Corkery, Sean Horgan; William Coakley, Donal Corkery, Seán Kelleher. Sub: Jeremiah Corkery.

Eire Óg: Fintan Brennan; Sean O'Connor, Kieran O'Sullivan, Colm Murphy; Eanna Lowney, Barry Corkery, Ryan Kennerick; Andy O'Herlihy, Ronan O'Toole; Daniel O'Shea, Denis Murphy, David Sheehan; Paul Ryan, Philip O'Sullivan, Barry O'Neill. Subs: John Malone and Tony Dineen.

Referee: Mr Peter Downey, Inniscarra.

### IVELEARY 2-9 BALLINCOLLIG 1-11

The last remaining first round tie was decided at Kilmurry when Iveleary got over the line against Ballincollig in another replay. Iveleary looked the better team for much of this game and they had what seemed a comfortable 2-9 to 0-9 lead with less than ten minutes remaining. Ballincollig substitute Con Breen then kicked over two points and when Brian Glavin netted from the penalty spot in the 59th minute, Ballincollig were only a point adrift and were swarming all over Iveleary. The losers had three chances subsequently of forcing extra time but did not avail of their opportunities and so Iveleary advance to the 3rd round while Ballincollig must overcome the Dripsey challenge to join them there.

Iveleary led at half time by a point, 1-4 to 0-6,



the goal coming in the 16th minute from Ger McSweeney who was placed by Denis O'Leary. Ger McSweeney's goal when Ballincollig led by 0-3 to 0-2 was a big boost for Iveleary.

Fergal Keohane equalised from a free for Ballincollig on the restart, Denis O'Leary had an Iveleary point to match it and then Cathal Vaughan had a massive point for Iveleary to open up the two point gap again by the 39th minute. Iveleary goalkeeper Joseph Creedon denied Ballincollig with a fine save in the 43rd minute, the ball went upfield and Ger McSweeney added to the Iveleary tally, 1-7 to 0-7 now, and Cathal Vaughan's pointed free opened up a four point gap as the final quarter commenced. Enter Con Breen with a point for Ballincollig but in the 50th minute Iveleary struck for a second goal, Cathal Vaughan passing to Ger McSweeney close to goal and the latter made no mistake from that range. Breen and Denis O'Leary exchanged points to keep the two goal gap as the game entered the closing stages. Ballincollig now came strongly into the game with two more Breen points and the fat was in the fire when Glavin clung a penalty. Ballincollig had three more chances of an equaliser but could not get the ball over the Iveleary bar and last year's beaten finalists survived.

Iveleary: Joseph Creedon: Gerard O'Riordan, Donal Cotter, Kevin Hourihan: Sean O'Leary, Cal McCarthy, Barry Murphy: Edward Buckley, Daniel O'Riordan: Barry O'Leary, Finbarr McSweeney, Denis O'Leary; Ger McSweeney, Cathal Vaughan, Brian Cronin. Sub: David Hourihan.

Ballincollig: John Noonan: Shane Murphy, Adrian Hanley, Tim O'Leary: Cian McCarthy, John Paul O'Leary, James Cooper: Brian Kelly, John Lawlor: Brian Galvin, Stephen Coughlan, Diarmuid Nolan: Fergal Keohane, Ian Coughlan, Peter O'Neill. Sub: Con Breen.

Referee: Mr John Ryan, Macroom.

## 2013 CAMOGIE NATIONAL LEAGUE

Cork defeated Wexford in the National Camogie Division One League Final at Nowlan Park, Kilkenny on a score of 0-12 to 1-7. Wexford are the All Ireland champions and they put up a strong showing despite having a new look team. With Rena Buckley superb for Cork at centre back and Briege Corkery enterprising as ever at wing forward, Cork led by 0-7 to 0-3 at half time. Six minutes from time Wexford got a goal from a penalty and with the huge Kilkenny supporters present roaring them on they really put it up to the Rebels but Cork held on for a two point win to retain their league title. Aoife Murray, Rena Buckley, Briege Corkery, Sile Burns all played their part for the winners.

## All Ireland Minor Camogie Final

Cork minors failed in their bid to win their first ever All Ireland title, going down to Kilkenny in the replay at Dungarvan. The physically stronger Kilkenny used their advantage to good effect, though some of the tactics used were questionable and benefited from lenient refereeing. Kilkenny led at half time by 1-4 to 0-5 and won eventually by 1-12 to 0-6.

Included in the Cork Minor panel are Mid Cork girls Erin Looney (Inniscarra), Jessica Hennigan

(Ballincollig), Niamh Byrne (Inniscarra) and Orla Healy (Inniscarra).

## 2013 LADIES FOOTBALL TESCO NATIONAL LEAGUE FINAL

**CORK 0-14 MAYO 0-7**

Cork, in their ninth league final in ten seasons, won their seventh Division One title and 14th national title under Eamonn Ryan by proving too good for a young Mayo side at Parnell Park in Dublin.

Valerie Mulcahy of Rockbán outstanding in attack scored 0-4, 0-3 from frees and Rhona Ní Bhuachalla of Naomh Fionnbarra had 0-2 (0-1 free) to her credit. Aisling Barrett, Briege Corkery, Rena Buckley, Rhona Ní Bhuachalla, all from Muskerry, were all in action with this great Cork team.

Donoughmore's inspirational midfielder Juliet Murphy is not in action at present but Cork are hoping that she will return for the upcoming championship.

## 2013 ALL IRELAND U 21 FOOTBALL FINAL

Cork lost to Galway in the All Ireland final at Limerick on a 1-14 to 1-11 scoreline. Galway were the better team on the night and deserved their win which gave them their second All Ireland title in three years. Sean Kiely of Ballincollig lined out at midfield for Cork and Cathal Vaughan of Iveleary, recovering from illness, was an impressive late second half substitute and Kevin Hallissey of Eire Óg was also brought in five minutes from time and helped in a late Cork rally. Darren Murphy of Ballincollig was also on the Cork panel.

## LAOCHRA OG

Laochra Og Under 12 Camogie team headed off to Banna Strand yesterday evening and had a great time. Practicing their Camogie skills by the beach. Weather and scenery was stunning too as you can see by the pics. Thanks to Dan for driving CART bus and Hannah and Sandra for taking care of the girls. 21st June 2023

U10 camogie girls played a great blitz in Blarney this evening where they played fantastic, there was scoring, handpassing, striking from the ground and the air they tried out all their skills well done to all the girls. Thanks very much to Blarney Camogie Club for hosting and to the parents for bringing the girls. Thanks to Matt Murphy's Macroom for their sponsorship.

U17 Hurlers played Rossa Gabriel's this evening

@colaiste\_ghobnatan The Laochra Óg lads had a well deserved win. 7 points down early in the second half and to win by 7 points is a fantastic turnaround. Thanks to Rossa Gabriel's for a well tempered, competitive game. Thanks to the parents and families for their support. Thanks to our jersey sponsor @deasyspharmacymacroom

Well done to our u16 camogie panel who put in a great team performance on Wednesday away to Castlelyons in the County league quarter final. In a very fast paced game both teams were working very hard to keep the score board ticking over, we went in at half time 3 pts up. The second half was as exciting as the first and both teams showed great skills resulting in great scores. Well done to all the Laochra Óg girls who showed great teamwork

and were rewarded with the win. Thank you to Castlelyons for a good sporting game, thank you to all our parents for travelling and supporting the girls and to our team sponsors Healys Spar Clondrohid for your continued support. The girls will now play Coursey Rovers in the semi final away to Coursey Rovers next week and we wish the all the best.

23rd June 2023

U12 Camogie team played CastleLyons this morning in Ballyvourney. CastleLyons were very strong and won well. Laochra Og girls battle away throughout the game and are improving all the time. Thanks to Colaiste Ghobnatan for their facilities, Team Sponsors Macroom Tidy Towns and parents for supporting the girls.



Laochra Og U10 Camogie Blitz in Blarney 21st June 2023 01



Laochra Og U17 Hurlers v Rossa Gabriels 21st June 2023



Laochra Og U12 Camogie in Banna Strand 17th June 2023 13



Macroom U14 team which defeated O'Donovan Rossa in the West Div 1 Championship quarter final

## MACROOM GAA

### UNDER 16 PREMIER 2 FOOTBALL LEAGUE SEMI FINALS

#### MACROOM 4-16 KILSHANNIG 2-16 (AFTER EXTRA TIME)

Macroom hosted Kilshannig on Friday 23rd June in the semi final of the Premier 2 League. Both sides had high hopes of making but knew that this was a tricky fixture. Macroom scored a goal straight from the throw in from the boot of Jack Leavy. Kilshannig, who were strong at midfield, got the next few scores before Billy Murphy and hard working Jack O'Shea kicked a few points. Kilshannig broke through the Macroom defence to slot home a goal but the Macroom response was immediate, with Billy Colman and Cian O'Sullivan knocking over well worked scores. Kilshannig rallied late in the first half before a goal from Jack Leavy and a point from Ruadhán McKenna left Macroom leading at half time by a point, 2-8 to 1-10.

In the second half, Jack O'Shea had an early point for Macroom before Kilshannig got another goal to take the lead. Again Macroom responded well, a long run out of defence by the excellent Eoghan Healy yielding a goal of high quality. It was tight and tense in the latter stages with a Macroom penalty being saved by the goalkeeper and at the full time whistle the teams were level 3-13 to 2-16. In extra time, Macroom took control from the start and a goal from Jack Leavy was a major boost. Cian O'Sullivan, playing a starring role, added a point and Kilshannig were held scoreless up to the break. Both teams added a point in the second half and Macroom won through with a six point winning margin after a game of top quality football, sportingly contested and with both teams giving it their all.

Macroom goalkeeper Gearóid Quinn was a more than capable stand in for regular Noe Kollar. Macroom had great performers all over the field

with Eoghan Healy tigerish in defence and Donagh Murray, Ray Griffin and Denis McSweeney very tight. Regan Wong and Odhran Creed hovered up a lot of loose ball, Sam Leavy and his brother Jack and Jack O'Shea were impressive as was Cian O'Sullivan. Overall, it was a great performance from the lads who now look forward to a final clash with Mallow.

Scorers: Jack Leavy 3-2, Eoghan Healy 1-0, Cian O'Sullivan 0-8, Jack O'Shea 0-2, Ruadhan McKenna 0-2, Billy Murphy 0-1, Billy Coleman 0-1, Macroom: Gearóid Quinn: Donagh Murray, Ray Griffin, Shane McCarthy: Denis McSweeney, Eoghan Healy, Regan Wong: Sam Leavy, Billy Colman: Jack O'Shea, Cian O'Sullivan, Odhran Creed: Jack Leavy, Ruadhán McKenna, Billy Murphy. David Neville, Ryan Siju, Ruari O'Shea, Cathal Neville, Euan Molyneaux, Ben McCrory, Charlie Magee



Macroom U17 team which played St Colmcille's at Carrignavar.



Macroom under 11s that participated recently in the Brian Cronin Memorial Football Blitz Dromtariffe.



Macroom GAA U11's team



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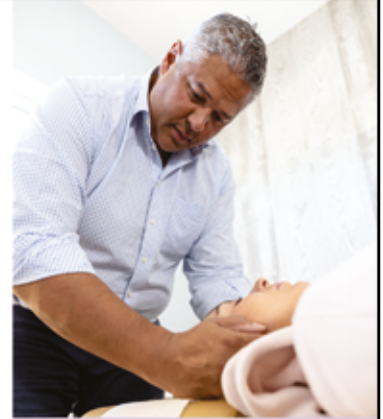
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\*Rehabilitation, Research and Practice Published online 2014 May 29 "Effects of Posteroanterior Thoracic Mobilization on Heart Rate Variability and Pain in Women with Fibromyalgia" Michel Silva Reis, João Luiz Quagliotti Durigan, Ross Arena, Bruno Rafael Orsini Rossi, Renata Gonçalves Mendes, and Audrey Borghi-Silva

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## A Word of Victory


Welcome back dear student "morning by morning He wakens me and opens my understanding to His will. The Sovereign Lord has spoken to me, and I have listened. I have not rebelled or turned away" (Isaiah 50:4-5 NLT). Isn't this a beautiful picture? Being awakened every day to have a personal audience with the One who created you and loves you, where He reveals His plans for you – a tailored, personal strategy of blessing and purpose. People strive to meet celebrities to get selfies and autographs - a once in a lifetime opportunity. Yet the Living God, Whose splendour and majesty outshines them all desires to daily meet you and me, and many do not know this or respond to His call. If Prince William or Beyonce were to message someone to meet for coffee, most likely that person would be out the gap instantly, dressed in their finest, and hang upon every word spoken. The world's priorities are upside down. But don't worry, God will turn things right side up! And those who get with His programme will be part of it (Malachi 3:16-18). The requirement for continuous 'morning after morning' intimate fellowship with God comes from taking the time to 'listen' to Him and results in obedience. Jesus said, "if you love Me, you will obey My commandments" (John 14:15). So, obedience comes from knowing and loving God. Rebellion is pride, and it causes one to turn away and get caught in witchcraft which is deception (1 Samuel 15:22-25). This prevents one receiving everything that relationship with the Lord offers: forgiveness, stability, joy and fulfilment – His Shalom - complete peace in every area.

"For you are children of the Light and of the day; we don't belong to darkness and night. So be on your guard, not asleep like the others. Stay alert and be clearheaded" (1 Thessalonians 5:5-6). Multiple times through the Word of God the Lord warns us to 'be alert' and 'awake from sleep'. There is a link between relationship with God, obedience to His Word, being awake and not falling for deception. "Your commandments make me wiser than my enemies, for they are my constant guide" (Psalm 119:98-105). The lid is being lifted off deception, corruption, greed and wickedness. People are awaking from the slumber that they were lulled into. Jesus prophesied long before satellite technology that wicked things going on in darkness will be exposed and shouted from the rooftops! "The time is coming when everything that is covered up will be revealed, and all that is secret will be made known to all. Whatever you have said in the dark will be heard in the light, and what you have whispered behind closed doors will be shouted from the rooftops for all to hear!" (Luke 12:2-3; Matthew 10:26-27). It's time for repentance.

There are many wrong things that society has been duped into accepting as the truth that are lies (Isaiah 5:20). Parents, investigate the things your children are being exposed to and groomed to believe, online and in the school curriculum, and stand for the truth before their innocence is defiled by deception. Folks, examine the crazy Hate Speech law that is currently sneaking through, whilst the media is distracting with other scandals – write to your TD's and voice your opinions. Remember, the 'public servants' are being paid by you, the taxpayer. There is a 'Rally for Life' in Dublin tomorrow – support it any way you can. "Awake o sleeper" (Ephesians 5:10-14). It's time for many more marches protesting wrongs to take place too!

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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# BALLINAGREE NATIONAL SCHOOL CELEBRATES 125TH ANNIVERSARY



The eldest and youngest pupils, Patrick and Olivia, filled a time capsule which will be opened in 2048 at the school's 150th anniversary celebration.

Past pupils Eugenie Kelleher, Billy O'Connell and Derry Kelleher trace their relatives on the school register.



# LIG DO SCÍTH

PROMOTING IRISH LANGUAGE AND CULTURE *le Eibhlín Ní Lionáird*  
Oifigeach Míeandála Teanga Mhúscraí



**Bhuel seo an eagrán deirneach de 'Lig do Scíth' go dtí go gcasfaidh an Fhomhar linn. Pé scéal é thit go leór rudaí amach i Múscraí i Maighchromtha le coicís anuas.**

Bhí Féile Ceoil Mhaighchromtha i mbun le linn na deireadh seachtaine seo chaite i lár an chearnóg i mBaile Mhaighchromtha. Níor tharla a leithéid le 40 bliain anuas, nuair a bhí an Macroom Mountain Dew Festival fá lán tseoil go dtí 1982. I mblain bhí 3 lá i gceist ón Aoine go dtí an Domhnach. Cuireadh tús leis an bhféile ar an Aoine 23ú le cosán ceoil, sé a bhí anseo na banaí ceoil éagsúla ins na tithe tabhairme ar fuaid an bhaile. Ar an Satharn an 24ú bhí an imeacht is mó le ceolchoirm mhór i gcearnóg mhóir an bhaile. Chuir na banaí ceoil 'The Frank and Walters, The Riptide Movement agus Mundy' taispeántas iontach ceoil ós cóir an phobail a bhí i láthair. Ar an nDomhnach bhí Lá Teaghlaigh ann i bpáirc an chaisleáin. Bhí rud ann do gach duine, agus is léir gur bhain cách a bhí i láthair sult is spraoi as!! Cuireadh tús le Cluichí Oilimpeacha Mhúscraí an deireadh seachtain seo chaite chomh maith. Fís a bhí anseo ag an tUasal Tadhg Ó Duinnín agus chur sé i gcrích é le cúnamh ón tUasal Seán Ó Coill. Chomh maith le sin bhí bainisteoirí fóirne ag gach pobal ar leith.



Ghlac gach pobal i Múscraí páirt sna h'imeachtaí le foirne ar leith acu chun a cuid scileanna aiclíochta a chur ar an triail! Thanadar ó Bhéal Átha an Ghaorthaidh is Céim an Fhia, Baile Mhúirne is Cúil Aodha chomh maith le ó Chill na Martra agus Réidh na nDoiri. Sé seo na réimsí is raon imeachtaí spóirt inar glacadh páirt ann; Gailf, Rith 100 méadar, Rith 5km, Rothaíocht, Babhláil, Snámh 200 méadar, Caidhcáil, Dairteanna, Tógáil Meachain, Tarraingt na Téide. Níl aon dabht mar gheall air ach gur deireadh seachtain ar leith a bhí anseo ar tharraing gach pobal le chéile tré Ghaolainn agus a chur spiorad is beocht agus spraoi chun cinn le chéile i Múscraí le linn na h'imeachtaí spreagúil. Eacht a bhí ann dar liom! Comhghairdeas leis na rannpháirthe go léir a ghlac páirt agus comhghairdeas speisialta le foireann Bhaile Mhúirne a thug an 'sway' leo ag an deireadh agus Corn Coláiste na Mumhan chomh maith!

Do cailleadh an tAthair Dónal Ó Briain, iar sagart paróiste Bhaile Mhúirne, cúpla bliain ó shin. Beidh aifreann cuimhneacháin á rá ar a shon i gCúil Aodha Dé Domhnaigh 2 lá dé luil ag a 10rn agus beidh aifreann eile dó i mBaile Mhúirne Dé hAoine an 7ú ag a 09.30rn. Beannacht Dé leis agus tá sé curtha i gclós an tséipéil i mBaile Mhúirne.

Seo paidir a deireadh sé ag staisiúin agus ócáidí eile. Theip air a fháil amach cad as a thánaig an paidir nó cé a scríobh é. Pé scéal scríobh mo Dhaid féin é i bhfoirm peannaireacht agus is breá leis an paidir a bhronnadh ar dhaoine mar bhronntanas!



## Beannú Gí

*Dwelling Prayer*  
 Gó mbeannaí Dia an ceac seo óna bun go dtí a bárr.  
 God bless this home from floor to ridge.  
 Gó mbeannaí sé gac fáirdoras. Gac cloc is gac clár.  
 and may He be for foot, stone and wood, a bridge.  
 Gó mbeannaí sé gac ceaslac an bórdara leagcair bia.  
 when table, food and family are blist.  
 Gó mbeannaí sé gac seomra i gcóir sáim-coblata na hoise.  
 and every room for peaceful, rightly rest.  
 Gó mbeannaí sé gac doras a oscloimís go fial.  
 the blessing on the door that opens in.  
 don scróinseir is don boc cán comh maic is bair nsaol.  
 to quell the stranger loggeman and kin.  
 Gó mbeannaí sé na fuinneóga a liscann dúinn an léas.  
 Bless to the windows that admit to us much light.  
 ó sholas zeal na spéine na gceálaí is na réalc.  
 from sun by day, and moon and stars at night.  
 Gó mbeannaí sé na frataca in áirde ós ár gcionn.  
 the blessing on the rafters that span above our wing.  
 s fós gac fall a dainsean acá in ár dtimpeallú inniu.  
 and yet the rafters with that intricate no landing.  
 Gó bfeana síocáin dá réim sin don ár gcóir is an cionn is gac.  
 From whence may peace, well care and love, for neighbours us.  
 Gó mbeannaí Dia an muirear seo sam agus a doimeádb baol.  
 and may God's blessing from all danger keep our family.  
 is go seáirna sé sin uile go dtí a ribhú féin.  
 Let to the Heaven His call us hear.



*The Prayer for 1982, P. 1, Book, 19.  
 Adapted from M.C.E. 2002*

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**4TH ANNIVERSARY**



In loving memory of

**JOAN O'CALLAGHAN**

8 Model Village, Dripsey, Co.Cork who died on the 4th July 2019

*Mam  
My mind still talks to you,  
My heart still looks for you,  
But my soul knows your at peace,  
I miss you every single day,  
Missed and loved everyday,*



Maria, Batty & Family

**12TH ANNIVERSARY**



In loving memory of

**JAMIE O'KEEFE**

Kilcrea, Ovens

Whose 12th Anniversary occurred on the 28th of June

*We never knew that evening  
What sadness the night would bring,  
When a heart of gold stopped beating  
And we couldn't do a thing.*



Always remembered and deeply loved by his mother Anne and father Jim, his brothers Jerry and Daniel and his daughter Alicia.

*Sadly missed everyday.*

*Rest in Peace.*

**11TH ANNIVERSARIES**



In loving memory of

**JOAN BUCKLEY**

Died on 22nd June 2012

Sleaveen East, Macroom

*So many things have happened  
we wanted to share.  
So many times we needed you and wished  
you were there.  
Your smile lit up brighter than the sun,  
You were strong and gentle  
both witty and fun.  
Although we smile and make no fuss,  
no one misses you more than us.*



In loving memory of

**MICHAEL BUCKLEY**

Died on 18th March 2012

*Memories are special  
They don't fade away,  
We think of you often,  
Especially today.*



Always remembered by their loving family

**4TH ANNIVERSARY**



In loving memory of

**JOAN O'CALLAGHAN**

8 Model Village, Dripsey, Co.Cork who died on the 4th July 2019

*A daily thought, a silent tear,  
A constant wish that you were here,  
An empty place no one can fill,  
We miss you Mam, and always will.*



Lovingly remembered by Eileen & Pat.

**FIRST ANNIVERSARY**



In loving memory of

**BINA O'RIORDAN**

Cooldorrihy Killmichael

Who died on the 29th of June 2022

*Of all the special gifts in life,  
however great or small,  
to have you as our Auntie  
was the greatest gift of all.  
May the winds of love blow softly and  
whisper in your ear we love and miss you  
Auntie and wish that you were here.*



Fondly remembered by Ann, Tom, Agnes, Joan, Josie and families.  
May She Rest in Peace

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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. **M.G**

**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. **G.M**

**THE MIRACLE PRAYER**



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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. **M.M**

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In Loving Memory of

**BINA O'RIORDAN**

**Cooldorrihy, Kilmichael  
Who died on 29th of June 2022**

As we lovingly remember Bina on her first anniversary, her husband Tim, sisters Joan and Mary and her brother John, wish to express our gratitude to all those who sympathised with us on our sad loss.

To the many people who attended Bina's funeral services, sent mass cards, floral tributes, letters of sympathy, condolences by phone and online we are deeply grateful for your support. A special thanks to Fr. Ted Collins for a very meaningful funeral mass, and to Fr. Pat O Donovan for visiting Bina at home and in Dunmanway Hospital. To organist Kathleen Murray and soloist Theresa Barrett who provided beautiful music and singing. Thanks also to sacristans Christy and Peggy O'Leary. The thoughtfulness of Terelton Friendship Group Guard of Honour and messages of sympathy from Macroom Flower Club meant so much to us. Thanks to Garda Donal O Donovan, Kilmichael GAA and all, who helped with traffic control on the day of the funeral. We wish to thank Eileen and the staff of The Auld Triangle for the beautiful meal. To Kerry, Siobhan, Dr Tom O' Donnell and all the staff of

Dunmanway Hospital who cared for Bina with such excellent nursing care, compassion and dignity in her final months we will be forever grateful. Our heartfelt thanks to Bina's carers, Mary, Becky, Nora Mary, Patsy, Sandra PHN and all who provided exceptional care to Bina in her own home. To GP Dr. Shane Hurley, Dr Con Kelleher and all the Doctors and Nurses of Muskerry Family Practice for the care and professionalism shown to Bina over the years. Thanks also to Dr Clodagh Keohane, Mercy Hospital and to Fitzgerald's undertakers for their support and professionalism. We wish to thank our extended families, relations, friends and neighbours who visited Bina in her home and in hospital.

As it would be impossible to thank everyone individually we trust this acknowledgement will be accepted as a token of our sincere appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.



**4TH ANNIVERSARY**



In loving memory of

**SHEILA O'RIORDAN (NEE HOURIHAN)**

**Summerstown, Wilton, Cork  
who died on 8th July 2019  
R.I.P.**

As we lovingly remember Sheila on her 4th Anniversary, her husband Dan and family would like to thank you most sincerely for your thoughts and prayers during the year and at this special time.

*We took our vows together  
and said "Till death do us part"  
But when God came and took your hand,  
My whole world fell apart.  
No one knows the heartache  
I try so hard to hide,  
Only God knows how many times  
I've broken down and cried.  
When I look back upon our lives  
One of the things that makes me glad,  
That you chose me to share with you  
The precious years we had.*



Sadly missed by Dan and all her family.

*Sheila was a precious gift to us, never more than a thought away and loved and remembered every day.*

**22ND ANNIVERSARY**



In loving memory of

**DENIS O'DONOVAN**

**Cappanclare, Inchigeela,  
Macroom, Co. Cork**

**Whose anniversary occurs on 7th July**

*Every day in some small way,  
Memories of you come our way.  
Though absent you are very near,  
Still missed - still loved  
And always dear*



Forever in our thoughts and prayers,  
Loved always by Anne, Gerard, Eileen,  
Marie and extended family

**FIRST ANNIVERSARY AND ACKNOWLEDGEMENT**



In loving memory of

**DIARMUID MCCARTHY**

**Shannadoon, Ballymakeera,  
Co. Cork. (McCarthy Fruit & Veg,  
The Square Macroom)  
Who passed away on 9th July 2022**

As we lovingly remember Diarmuid on his 1st anniversary, we his wife Breda, sons Jonathan, Diarmuid (Joey) and Jason together with our families wish to express our sincere gratitude and heartfelt appreciation to all who sympathised with us on our very sad loss. Heartfelt thanks to our extended family, relatives, neighbours and friends for their support in the past 12 months and indeed through the 21 months as Diarmuid battled his illness. Thanks also to those who rang Diarmuid and called to the house during his illness. Thanks to everyone who sent mass cards, letters, enrolments, emails, online condolences, flowers and the many phone calls.

Heartfelt appreciation to An Cruisín Lán, The Mills Inn, The Abbey Hotel, MPH Foods, Amanda O'Looney, Seán Coleman and the many people who brought food, refreshments and supplies to the house and all who helped in and around the house throughout the funeral.

A special thanks to Seanie Lucey, Colman Corrigan, Mickey Ring, Antoinette and Murphy for accompanying Diarmuid on his many visits to hospital in Cork and Dublin. Thanks to Dr Colette Faul, Dr Con Kelleher, Nora and Margaret from Ballyvourney Health Centre for the wonderful care given to Diarmuid in his final months. Thanks to Public Health Nurse Máire Twomey. Thanks to Deasy's Pharmacy Ballyvourney especially Sinead for her kindness and care. Thanks to our neighbour Joan O'Leary (Home Care Assistant) for her kindness and care to Diarmuid in his final days. Thanks to the very kind night nurse Nancy O'Donoghue for her care and compassion to Diarmuid in his final hours.

Thanks to Dr Derek Power and Dr Martin Buckley of the Mercy Hospital Cork and Prof Maeve Lowery, St James Hospital Dublin but especially to Michael Bradley for the care, compassion and support he gave us. Michael, we will never forget your kindness. Thanks to the huge crowds who travelled near and far to attend Diarmuid's funeral. Thanks to Macroom Golf Club and his beloved Naomh Abán for the guards of honour. To his football friends past and present who carried Diarmuid from the Church to his home for the last time. Thanks to Fr John McCarthy, Fr Donal Roberts, Fr Jack Twomey and Fr Michael Corkery (his former teammate) for the lovely mass.

Thanks to Michael Bradley, Alan O'Riordan, Johnny Lehane for their beautiful singing and to Aileen and the choir for all their help. Thanks to the Sacristan, Susan and also to Brian and his staff at the Island Crematorium for their compassionate handling of Diarmuid's funeral. To our friends and neighbours who sat with Diarmuid through the night over that sad weekend, we are forever grateful to you all.

A special thanks to Michael O'Callaghan and Murphy for making it possible to do Dad's funeral ourselves. Thanks to Davey and Cora for their continued support.

To everyone who lined the route from Ballyvourney to the Island Crematorium, especially to all the people who stood in the Square, Macroom where Diarmuid spent many years in the company of great friends and customers. It was a beautiful tribute to him and we will remember your kindness forever.

Thanks to his golfing friends who have organised the "Diarmuid McCarthy Memorial Outing" and the "Green Jacket". He would certainly enjoy that.

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

Diarmuid left his mark on many,  
he was a gentle giant and we were lucky to have him in our lives.



Lovingly remembered always by his wife Breda, sons Jonathan, Diarmuid (Joey) and Jason, daughters in law Grace, Anna and Katherine, his 7 adored grandchildren, brother, sisters, brothers in law, sisters in law, relatives, neighbours and many friends.

Diarmuid's 1st Anniversary mass will be held on Saturday 8th July at 6.30pm in St Gobnait's Church, Ballyvourney.

*Ní bheidh a leithéid arís ann*

**13TH ANNIVERSARY**



Treasured memories now and always of our dear Mum, Mary

**MARY KELLEHER**

**Belmont Place, Crookstown, Whose 13th Anniversary occurred on the 27th of June.**

*If flowers grow in Heaven Lord  
Please pick a bunch from us  
Place them in our mother's arms  
And tell her they're from us  
Tell her that we love and miss her  
And when she turns and smiles  
Place a kiss upon her cheek  
And hug for a while.*



Always in our thoughts,  
Forever in our hearts,  
Your loving family. XXX

**16TH ANNIVERSARY**



In loving memory of

**PADDY MURPHY**

**Prohus, Kilnamartyra, Macroom, Co. Cork.**

**Who died on the 19th June 2007 Aged 57**

**Rest In Peace.**

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



Lovingly remembered by his wife Mary, Gobnait, Timothy, Patrick and Marie.

**6TH ANNIVERSARY**



In loving memory of

**NORA MOYNIHAN**

**Green Acres Farm, Coachford, Co. Cork, who died on 1st July 2017**

*Ar Dheis Dé go raibh a h-anam dílis.*

*A smile for all, a heart of gold,  
One of the best this world could hold,  
Never selfish, always kind,  
A beautiful memory left behind.*



Always remembered by her loving family, Seamus & Mairéad

**7TH ANNIVERSARY**



In loving memory of

**RITA SHORTEN (NEE QUILL)**

**Knockshanavee, Farnanes who died on 27th June 2016**

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

*When other friends forsake you,  
To mother you will return;  
For all her loving kindness  
She asks nothing in return.*

*As we look upon her picture  
Sweet memories we recall  
Of a face so full of sunshine  
And a smile for one and all.*

*Sweet Jesus take this message  
To our dear mother up above;  
Tell her how we miss her  
And give her all our love.*



Sadly missed by all your loving family.

**30TH ANNIVERSARY**



In loving memory of our Dad

**TOM MURPHY**

**Knockroe, Kilnamartyra. Who died on the 29th June, 1993.**

*They say there is a reason,  
They say that time will heal,  
But neither time or reason  
Can change the way we feel.  
For no one knows the heart ache,  
That lies behind our smiles,  
No one knows how many times  
We have broken down and cried.  
We want to tell you something Dad,  
So there won't be no doubt,  
You are so wonderful to think of  
But so hard to live without.*

Always missed & remembered by  
Teddy, Anna & Families.

**11TH ANNIVERSARY**



Treasured memories of

**CATHERINE LEHANE (NEE MURPHY)**

**late of Ballygeary who died on the 22nd of June 2012**

*Time may wipe out many things,  
but this it wipes out never,  
the memory of those happy days,  
when we were all together.  
We think of you with love today,  
But that is nothing new,  
We thought about you yesterday and the  
days before that too.*



Forever loved by your Husband Pat, Daughters Cairíona and Siobhán, sister Joan, Son in Law James, Granddaughters Fiadh and Doireann, Family and Friends.

**FIRST ANNIVERSARY**



In loving memory of

**RICHIE MC CARTHY**

**Ballineadig, Farran Who died on 28th June 2022.**

*Memories of you  
are lovingly kept  
Someone too special  
To ever forget*



Sadly missed by your loving Sister Eileen and brother-in-law Frank

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

Sadly, missed by your nephews Michael, Neal, Declan and nieces Frances and Marian

**8TH ANNIVERSARY**



Treasured memories of

**RICHIE TWOMEY**

**Loughleigh, Carrigadrohid Who died 7th July 2015**

*Gone are the days we used to share,  
But in our hearts you are always there.  
The gates of memory will never close,  
We miss you more than anyone knows.  
With tender love and deep regret,  
We who love you never forget.*



Always remembered and deeply missed by his loving wife Tina and Family.



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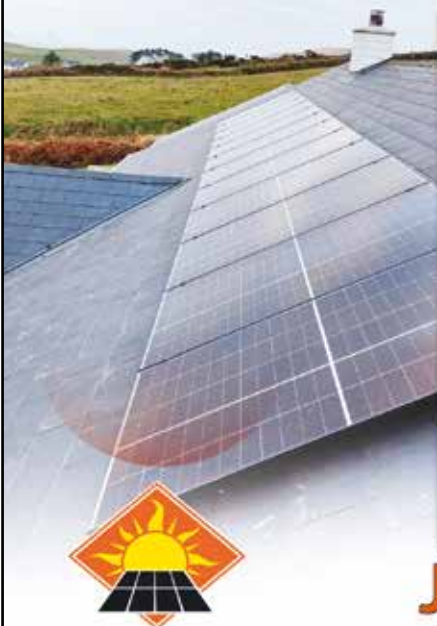
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