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Section of the large crowd on Gougane Holy Island, for Gougane Sunday. Pic. Finbar Cronin

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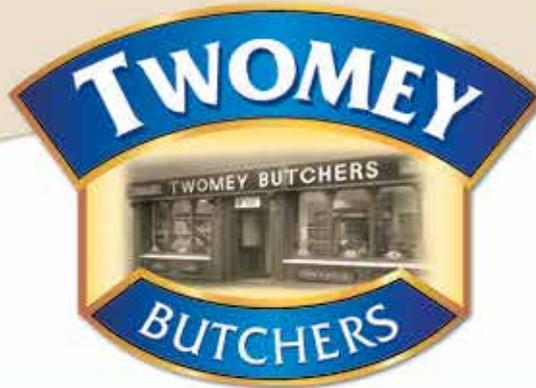
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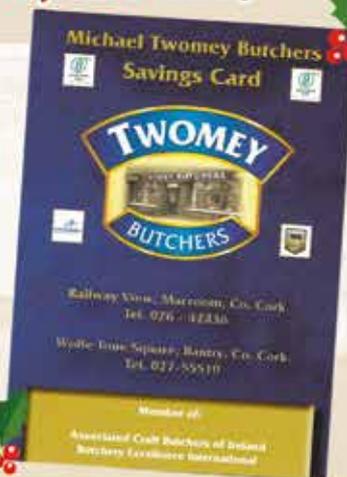
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If you cannot access physical copies, the LVO can be viewed online at:
<https://www.outlookmags.com/archives/lee-valley-outlook/>

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!

We love hearing local stories, opinions and events - current or historical, if you would like to submit an article as bearla nó as gaeilge, please feel free to email us here on leevalleyoutlook@macroom.ie, we would love to hear from you.

Go raibh maith agaibh, Peter & Gráinne

**For Advertising email Des. E: des@outlookmags.com
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Macroom retains its silver medal IN TIDY TOWNS COMPETITION



On the 6th of October the Tidy Towns Awards took place in Croke Park. Good News all around. We have retained our Silver Medal and went up by 11 points from last year.

We were only 13 points behind the overall winner. The Adjudicators report was positive in relation to certain business premises, with Pickled, Goldens Bar, B's Restaurant, Enchanted Flowers and the Shopen getting a mention as having attractive facades. School been praised for helping through litter picking, tree planting and MacEgan College for planting two flowerbeds. They were very

impressed with the Fairy Garden, and said it was charming.

Copies of the 2023 Adjudicators Report are available in the Town Hall. The report can also be seen by going to the Facebook page of Macroom Tidy Towns and scrolling down to the recent post. On the 10th of October our monthly meeting took place in the Hub. Plenty of discussion took place on current projects, planning new projects for next year, as well as outstanding issues to name a few. Our website is now a few months old. The site also has pages for the Fairy Garden and the Men's Shed. Its also connected to Facebook, Instagram and Twitter Profiles. Only recently we got a QR Code which when scanned will direct you straight to the website.

The very popular Santas Grotto in the tiny feet fairy garden will be back again this year. This will take place on the 2nd, 3rd, 9th, 10th, 16th and 17th of December from 11-5pm. Bookings

are now open, and you can book by phoning 087-1434770 between 1-2pm and after 6pm during the weekdays and no set time during the weekends. Its only €10 a child and places are filling up fast. Last year Santa, Mrs Claus and even some Elves made an appearance during the event so who knows, they might be back again this year. Thank you to the transition years in Da La Salle and to their teacher John Ryan, a group of about 20 volunteered with the Tidy Towns over a number of weeks.

Volunteers have been busy recently with trimming and clearing around the climbing shrubs on the chainlink fence boundary between the NCT and the Mart. These included Honeysuckle, Virginia Creeper, Clematis (Old Man's Beard), holly and many roses and clearing verges. Litter Picking around town continues on an ongoing basis.



Members of Macroom Tidy Towns busy Moving Mulch in the Fairy Garden



Transition Year Students from De Le Salle helping out in the Fairy Garden.

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- Bothar an Chrainn, Ovens
- Rycourt Woods, Cloughduv
- Dún Eibhlín, Carriganarra, Ballincollig
- Codrum Hall, Ovens

1 THE BUNGALOW, CASTLEMORE, CROOKSTOWN, CO CORK P14Y239

- Superb 3 bedroom detached bungalow
- Meticulously landscaped gardens with ample parking area
- Located just off the N22 main Cork-Killarney route

Viewing highly recommended

AMV: €350,000



BER E1

36 LISHEEN FIELDS, OVENS, CORK. P31AY04

- Superb 4 bedroom detached property
- C. 1,327 sq. ft. of spacious living accommodation
- Energy efficient home
- Conveniently located within easy access to all road networks

AMV: €510,000

BER A3



"ROSSANARA", BENVOLRICH ESTATE, BISHOPSTOWN, CORK. T12VNH9

- Extended 3 bedroom detached bungalow with a detached garage
- Spacious rear garden
- Property is in turnkey condition and in a great location
- Located within walking distance of MTU, CUH and Wilton Shopping Centre

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AMV: €435,000



BER D2

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Viewing is a must to appreciate this unique property

AMV: €375,000



BER C2

GATE LODGE, POWDERMILLS, BALLINCOLLIG, CORK. P31 C953

- Two storey property in need of renovation with huge development potential
- Set on c. 1 acre site
- Located in the heart of Ballincollig in the picturesque Ballincollig Regional Park

Viewing highly recommended

AMV: €450,000



BER PENDING

142 ROSEWOOD, BALLINCOLLIG, CORK. P31ED02

- 3 bedroom semi-detached property with an attached garage
- Ample living accommodation with 2 reception rooms
- In need of renovation and modernisation
- Located within walking distance of Ballincollig Town Centre

Viewing highly recommended

AMV: €250,000



BER E1

RATHCULLEN, TEMPLEMARTIN, CO CORK. P72DV27

- 4 bedroom detached cottage, set on c. 0.5-acre site
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AMV: €265,000



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MACROOM GIRL GUIDES

Ardilaun Guides receiving their National Guide Award with Shelia Naughton the new IGG Ambassador



Emily Mehigan at the EU Child Participation Meeting

Macroom Guides achieve highest Guiding Award

Emily Mehigan, Liadan O'Regan and Ruth Burton, members of the Ardilaun Guide Unit, Macroom were presented with their National Guide Awards at the IGG's national ceremony this month along with 130 Guides from all parts of the country. The Trail Blazer/National Guide Award is the highest award that can be achieved by Guides in Ireland. Our Guides have been working toward this for the past four years, achieving all other programme awards along the way. Challenges which the Guides completed included many outdoor activities such as day and night hikes; backwoods cookery; attending a number of camps each year; helping with the Brownie Unit and the Regional Ladybird and Brownie Fun Day; completing a number of the Sustainable Development Goals and interest badges and, as Patrol Leaders, supporting and encouraging the younger Guides. Liadan and Ruth have promoted the benefits of belonging to Guides to pupils in their school and encouraged new members. Emily has spent the past year as the IGG member on the National Youth Assembly where she has spoken at EU conferences on social inclusion and youth participation and presented findings of the assemblies to various ministers. All three also played a pivotal role in planning and running the many activities for both outdoor and indoor meetings. All these activities contributed to the personal development and leadership skills that the Guides have developed over their years in Guiding.

Each Guide received a Trail Blazer gold pin from IGG President Deirdre Henley and a National Guide Award certificate from IGG Chief Commissioner Amanda O'Sullivan.

IGG President Deirdre Henley admired the strength and determination these Guides have demonstrated. "They are an inspiration to girls everywhere. By demonstrating their commitment to Guiding and taking on the many challenges and projects involved, they are better prepared to make a positive influence on their communities and society as a whole."

Well done Emily, Liadan and Ruth, you are truly Trail Blazers and an inspiration to the other members of Ardilaun Guide Unit.

Macroom Guide at European Child Participation Meeting, Madrid Spain.

On the 29th, 30th September and the 1st of October Emily Mehigan of Ardilaun Guides attended the European Child Participation Meeting in Madrid as part of the Spanish Presidency of the EU. Emily was representing the Department of Children, Equality, Disability, Integration and Youth along with other representatives from Spain, Germany, Austria, France, Czech Republic, Malta, Portugal, and Luxembourg. While there Emily and her peers engaged in fun activities and interesting discussions. The topics discussed at the meeting were Safety, Mental Health, Participation and Education. The young people were given the opportunity to choose which topic they wanted to work on. The young people discussed the problems associated with their chosen topic

and came up with solutions which they then presented to the Spanish Presidency of the Council of the European Union.

"I would like to say thank you to the National Youth Assembly of Ireland and IGG for giving me this amazing opportunity, it was truly a great experience"-Emily Mehigan

Fire Safety Week

This year's theme is "Safer Together". The National Fire Safety Week aims to enhance fire safety particularly in the home. Ardilaun Brownies and Ardilaun Guides were delighted to have a visit from the Macroom Fire Station fire fighters who explained to the girls about fire safety and what to do in the event of a fire. The firefighters were very generous with their time and the girls were so impressed with what they learned they invited the fire fighters back to their unit next year. We would like to thank the fire fighters for such an engaging and informative visit to both units.

Ardilaun Brownie and Ardilaun Guides

On Friday 06 October three Ardilaun Brownies stepped up to Ardilaun Guides proudly watched by their Brownie Leaders and family members. The Brownies joined their new patrols where they will get to know new friends and have new adventures. We would like to wish Annie, Aine and Roisin the best of luck as they start their guiding adventures.

For further information on Guiding in Macroom please contact macroomguides@gmail.com



Brownie Step Up October 2023



Macroom Fire Station Fire Fighters visit Ardilaun Brownie



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MACROOM YOUTHREACH

Michael Collins Statue and Macroom Youthreach

Michael Collins's sculpture, depicting a famous image of him, will be unveiled on Friday, September 20th, at 12 noon. The event will take place just outside Cork City Library, Grand Parade. The piece was sculpted by Kevin Holland and took six months to complete. He is an Art Teacher in Youthreach, Macroom. Collins was in Macroom on the morning he was shot.

We Corey Murphy and Ciara O'Connell are two students in Youthreach Macroom, and in a VIP tour, Kevin showed us the sculpture and explained its background and creation. He introduced us to the team working in Macroom's sculpture factory, located in the old Mercy Convent National School. The finishing touches are currently being added to the sculpture. It was very interesting to see the fine detail and work put in to the statue; when we viewed it, the statue was in a lying position, still awaiting its legs to be attached to its body. The technicians working on the figure described all the work still left to do between grinding, polishing, and putting the final colour to the statue. We could still imagine the finished piece of Michael Collins in his bike.



Ciara O'Connell, Kevin Holland and Corey Murphy with the Michael Collins statue lying horizontally. The sculpture is inspired by the Collins photograph. (C. Kelleher)

We are very lucky to have a teacher as talented as Kevin teaching us and it was great to see his work in progress. The tour was made all the more interesting as the photographer made the building come to life telling us about the history of life in the convent of the past. More precisely work was done in the old 'Baby' and Senior Infants' rooms, where Sr. Thadeus and Sr. Aloyius

taught kindly and well generations of children many years ago. It was also the room where First Communicants had their breakfasts of tea and cake afterwards, occasions and memories etched in many minds.

By Ciara O'Connell and Corey Murphy, Macroom.

MACROOM GUIDE DOGS

Macroom Guide Dogs in conjunction with Macroom Lions Club are hosting an evening of FLORA & SONG! On Friday November 3rd, you are invited to the Castle Hotel to a flower demonstration by The Ladies at Betsy's along with a performance by music from The Local Vocals. Tickets are €15 and all proceeds go to Irish Guide Dogs for the blind.



Getting all geared up for a Great Night of FLORA & SONG On the 3rd of November in the Castle Hotel In aid of Irish Guide Dogs for the Blind in Conjunction with Macroom Lions Club.



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.

Bank Holiday Closure – Closed the Saturday the 28th October the library will reopen on Tuesday the 31st October as per usual.

Macroom Purlies Knitting Group meet today Thursday the 19th October at 11.30am for knitting/crochet, chat and refreshments. Pop in to say hello if you are interested.

Children's Halloween Colouring Competition – for younger and older ages – drop back completed pictures by Thursday the 26th October.

Ciorcal Cainte is back on Thursday 26th October at 11.30am. Conversational Irish in a relaxed setting. Refreshments served.

Adult Book club meeting on Wednesday 1st November at 11.30am, Refreshments served.

Macroom Purlies Knitting Group will meet on Thursday 2nd November at 11.30am, all levels welcome for the knitting and chat. Refreshments served.

Macroom Creative Writing Group has resumed and will meet on Friday the 3rd November at 11am. New members are welcome if you are interested come along to meet up.

Story Time at the library on Saturdays at 11.30am – for tots and young readers. Read your favourite picture books and pick some to take home too.

The Little Library at Bedtime have arrived in the library. The initiative is a pilot programme: Aimed at children aged 0-4 years of age. Each child will receive story book(s), a library card wallet. Enquire at Macroom Library and be sure to ask about joining the library. 026/42483.

Art Exhibition Space Just to remind any anyone who is interested in displaying pictures/art that there is free exhibition space in the library. Exhibitions usually are booked by the month. Enquire at the desk or phone if interested.



Jerry Murphy, centre, R & R Tyres Ballincollig, presenting the sponsorship of the Ballincollig Vintage Club's final run of the year to scenic West Cork, to club chairman, Dan Kelleher and Kevin McSweeney, PRO. Registration on Sunday 15th Oct at Tesco car park from 11 am and leaving at 12 noon. Pic. Mike English



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MCEGAN COLLEGE



1st year students enjoying pyrotechnics in Science Club. Ms. O’Riordan Chemistry teacher, Katie O Connell, Benecia Robinson, Caitlin Creed, Alex Fitzgerald, Leah Horgan, Lily Madigan.



5th & 6th Students and Staff of McEgan College enjoying the sunshine of Venice during the school tour to Italy.

School Tour: On Thursday 12th October 5th & 6th yr students and 4 staff members set off from Cork Airport to Milan. The group visited Lake Garda & Venice. They had water taxi trip to Venice and a walking guided tour. On Saturday there was a visit to Gardaland Italy top amusement resort. They were blessed with sunshine for the trip.

Sport: McEgan College Boys began they’re under 16 and 19 basketball competition against strong Buttevant teams. The under 16s were out first and gave an excellent performance winning 20 points to 8, the highlight was a stunning 3 pointer from Scott Forde. The under 19 game was tighter, with both teams level after the 2nd quarter. The third quarter saw McEgan hit 6 points unanswered and push on to win on a score of 22 - 12. Well done to all.

Theatre & UCC Day: Higher level Irish 5th and 6th

year students attended a production of the play ‘An Trial’ Tuesday 10th Oct. in the Everyman. This was a great way of reinforcing the learning from the classroom to the stage. While in Cork City, & as many of these students were heading off on the school tour to Italy on the 12th, they got a private tour of UCC, organised in advance by Ms. Mary B Manning Guidance Counsellor. The students had a very informative day, many of the 6th yr students are aiming to study in UCC next year.

College Visit: On Oct 6th a representative from MIT (Cork) came to McEgan College to discuss the various study options at MIT for students in 5th & 6th yr. Many of our students have ambitions to attend 3rd level education after their leaving Certificate is completed. To support them Ms. Manning Guidance counsellor facilitates visits to UCC, MTU (Cork & Tralee) & UL. On Thursday 19th

Oct a group of 39 students from 5th & 6th Yr will visit UL for a tour of the facility and meeting with the various departments to learn about the course options for study. Such a visit gives the students a sense of what being on a college campus is like & can cement their resolve to study towards the goal of a 3rd level education. Apprenticeships are also a very viable option for a lot of students and throughout the year students who are interested in apprenticeships will get a chance to investigate these options through SOLAS.

Parents and students who would like to learn more on what’s available after the Leaving Cert should access careersportal.ie.



MACROOM DEMENTIA AWARENESS TRAINING

As you may already know, Macroom and the Lee Valley area were lucky to be included in the Irish Alzheimer’s Society programme that is transforming our towns and villages into better places to live for people in the community with dementia.

Already, a number of our local businesses and clubs have completed the Macroom Dementia Awareness Training sessions, these businesses now exhibit the Dementia Inclusive window sticker to let the public know they are dementia aware and inclusive.

We know that many more of you would want

to be part of this initiative, so the next training sessions are again open to all businesses, schools, clubs, individuals and societies, as this is relevant to everyone in the community providing them with hints, and tips on how to become dementia aware.

To book a place, just email Donal Murphy of Alzheimer’s Ireland.

Date: Wednesday 25th October 2023

Times: 1pm or 6pm

Venue: Macroom E Business Centre, Bowl Road, Macroom P12 FV30

Registrations to: donal.murphy@alzheimer.ie



6th Class from St. Joseph’s on a visit to The Gearagh with Dr. Con Kelleher.



Kate from 6th Class in St. Joseph’s who was selected as a highly commended prize winner for a Webwise art competition and had her work displayed in the Atelier Gallery in Dublin.

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Saturday: 09.30 - 13.00



Autumn Classes 2023

Art Classes

Advanced Painting Monday Mornings
Monday Evenings Adult Painting for Beginners
Monday Teens Art Class
Tuesday Teen Art Class
Beginner Crochet Wednesday Mornings
Beginners Knitting Thursday Mornings
Saturday Junior Art Class 5-8 Years
Saturday Senior Art Class 8-12 Years

Drama Classes

Saturday Stage School (Juniors) 5-8 Years
Saturday Stage School (Seniors) 8-12 Years



Places still available on our website:
<https://www.macroomschoolofart.ie>
or call Aoife 083 198 6226 / Norah 086 255 3216



19.10.23 Outlook 11



DE LA SALLE College Macroom

Transition year

Our 4th year students were on duty during the week to assist our 1st year students in a paired reading, Irish class. Under the guidance of Ms Geraldine O' Shea the first year boys get to enjoy a different type of lesson filled with great participation, cooperation and peer-assisted learning. Maith sibh a bhuaichail!

Sports

U16 Hurling We are very proud of our U 16 Hurlers. After a fantastic hour of hurling, played in the best spirit, Gaelcholáiste Charraig Uí Leighin were in the lead 2-15 to 4-08. The De La Salle boys earned a free 30 yards from goal and after a ferocious shot came back of the cross-bar the referee blew the final whistle. It was heart-breaking for our lads who deserved the draw at the very least. Well done to both teams.

U15 Football The De La Salle U15 Football team had a busy couple of weeks playing two games in the Munster PPS U15 B Championship. The first game was played in Fossa GAA grounds against Coláiste Na Sceilge. In what was a very even game the De La Salle boys clinical finishing in front of goal made all the difference finishing on a scoreline of 2-3 to 0-5. This win set up a quarter final clash with Skibbereen Community School. Despite the torrential rain the game went ahead on Thursday 12th. On this occasion however the Skibbereen boys got the better of our lads and went on to win 0-11 to 0-7.

Junior Golf On Friday, the 6th of October five of our students went to Charleville golf club for the Munster PPS Junior Golf Tournament. Darragh Creed, Michael Cregan, Ben McCarthy, Robbie Magee and Ronan all performed well. Although conditions remained dry the course was extremely challenging due to the recent heavy



De La Salle U15 Footballers



De La Salle U 16 Hurlers who were narrowly defeated by G. C. Carrig Uí Leighinn

rainfall. Darragh creed was the highest finisher on the day scoring 37 points which was good enough for 12th place. A great achievement as he was only one of a few first years playing in the competition.

6th Year Outing De La Salle 6th year Irish class had a very enjoyable afternoon in the Everyman

Theatre today where they saw the drama "An Trial" which is on their Leaving Cert course. Using puppets, masks, engaging visuals, these wonderful actors from the award-winning Ir

More from the De La Salle Digest

Mary's Toymaster: A Beloved Local Shop That Creates Memories for the Community

By Ben McCrory & Billy Coleman

Nestled in the heart of Macroom town at No.2 Main Street, a beloved shop has been attracting shoppers of all ages for decades. This treasure trove is known as "Mary's Toymaster" or better known to locals as "Mary's Poundshop". It has become a staple in the community, with its bright window displays and friendly staff welcoming customers from all over the area. Serving the town since 1986, this family-run business make it their mission to ensure that every customer who walks through their doors leaves with a smile on their face.

Owned and operated by Mary and Richard, the shop prides itself on its wide range of products including toys, games, art supplies, stationery and household items. Over the years, the shop has become an elemental part of the community, offering a personalised shopping experience that is hard to find elsewhere. The knowledgeable

staff are always on hand to offer advice and help customers find the perfect item, whether it's a gift for a child's birthday or a special piece of stationery for a student.

One of the reasons "Mary's Toymaster" has been so successful is the personal touch that Mary, Richard and their staff bring to the business. In an age where many small businesses struggle to compete with online retailers, they take the time to get to know their customers and their needs. As business owners, Mary and Richard understand what it means to be hardworking and driven to make a business succeed. They know that it takes serious commitment and devotion to prosper and prevail. Their hard work has been a testament to their success, as evidenced by their shops in Macroom and Ballincollig and the employment of 10 full-time workers and 15 part-time workers.



Marys Toy master

2023

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ST MARY'S NEWS



Third Years on their recent trip to Emerald Park

St Mary's TY's Adventures

Over the past 2 weeks, we have been very busy rehearsing for our TY show. In November, we will be performing our very own production of Derry Girls. Angela Doherty has kindly been coming into school to help us with auditions, rehearsals and production.

On the 4th-6th of October we went to Achill island and spent three days at the Achill Outdoor Education Centre. We participated in activities such as surfing, canoeing, archery, rock climbing, hillwalking and team bonding exercises. Every evening we all gathered in the dining room around the fireplace talking about our day to our friends after dinner. We also participated in a late-night walk to the beach and orienteering organised by our instructors. It was a very good experience as we bonded with each other, making new friends and new memories. We were delighted with the activities and outcome of the trip. We would like to thank Ms.Collins for organising our trip and Mr.Galvin and Mr.O'Connell for coming along with us and enjoying the activities with us.

Written by Kealan O Shea and Aleksandra Byrdziak

St Mary's Promo Team

BIOLOGY FIELD TRIP Ms Butler and Ms Foley's Leaving Cert. Biology classes went on their annual field trip to Killarney National Park as part of their Ecology Fieldwork where they completed their mandatory ecology experiments. The instructors commented on the girl's excellent behaviour and knowledge of all things ecology. They did

qualitative and quantitative surveys of both plants and animals using quadrats, line transects, mammal traps, beating trays and pooters with the highlight being the bank vole captured in the trap. A very enjoyable day finished up with a trip to McDonalds on the way home

GREEN SCHOOLS On the 4th of October our green schools committee organised a non-uniform day to promote the Be safe, be seen campaign. This is to help the Green Schools Committee to achieve the Travel Flag for our school. Well done girls.

STUDENT ENTERPRISE PROGRAMME Thanks to Gráinne from our Local Enterprise Office for coming to our school recently to help our transition year students with their Idea Generation for their Mini Companies.

FOOTBALL St. Mary's Senior football team had a great win recently against Kinsale Community School. They played their first game of the season in Tom Creedon park and secured an excellent victory for the school. Notwithstanding a spirited comeback from Kinsale to equalise the game in the second half, St Mary's scored two goals in succession to secure a win. Well done to all involved!

EQUESTRIAN INTERSCHOOLS COMPETITION Congratulations to Ella Lucey, Maureen O'Brien, Erin Kelleher and Grace Kiernan who came 6th in the interschools team competition in Maryville

recently. Well done also to Lily Walsh and Avril Casey who took part in the individual competition. Thanks to Ms O Keeffe for going to support the girls on the day.

FIRST YEAR BONDING TRIP Our Buddies organised a fantastic day of fun for our First Years in West Cork Secret recently. Thanks so much to our wonderful Buddies for organising this bonding trip for our girls and thanks to Ms Donovan, Ms Gray, Mrs Watkins and Ms O Donoghue for going with the girls on the day.

VISIT TO WIND FARM Our Transition year students listened to School talk and participated in a visit to Gneevs Windfarm (Orsted). They were accompanied by teachers, Ms Gray and Ms Collins. After initial introduction, the group was divided into three, some being taken to the turbine for a look inside, others went to see the 35 kV substation and control room while the 3rd group were shown safety equipment used on windfarms. The groups alternated so everybody had a chance to see all. The weather was cool and foggy but did not interfere with proceedings. Before departing, all the students came together for some pictures, and each was presented with a canvas gift bag by Orsted with some wildflower seeds, an Orsted drinking container and some sweets, all very much appreciated. Minister for Environment, Eamon Ryan, is visiting the school next week and this trip to the windfarm will be recounted as part of our green schools' credentials.



First Years, Buddies, Ms Donovan, Ms Gray, Mrs Watkins and Ms O Donoghue at West Cork Secret



Three of our TY Buddies Ellie Jane Walsh, Leah Bradley and Tara Lane enjoying the trip that they organised to West Cork Secret for the First Years

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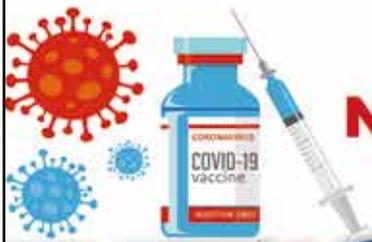


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DOES MACROOM NEED A MUSEUM/REPOSITORY?

Any place at any time needs many things - some urgent, some less so. Now in Macroom, we need more houses, more health-care workers, a better and longer out-of-hours GP service, a Day-Care Centre for the elderly; these are but some. A non-sport recreational centre for our young is another. There are more. Today I outline the case for a Macroom museum/repository - the reasons are historical, cultural, social and economic.

Macroom has a very long history including many versions of its current name - once it was known as Achad Dorchon. It was the centre of pre-Christian druidic worship on the site of St Colman's Church of Ireland Church, Castle Street. Macroom Castle dates from the eleventh/twelfth centuries. Its history reflects the country's and town- and-district's progress or regression. The Battle of Macroom in 1650 saw Cromwell's forces triumphing and led to Bishop McEgan's hanging. Subsequently William Penn was granted the Castle. Art Ó Laoghaire's story is from Macroom and gave rise to the famous Caoineadh (18th century). Famine events in Macroom were awful. An t-Athair Peadar Ó Laoghaire related the Buckley family's fate that gave rise to Eavan Boland's beautiful and evocative poem Quarantine. Paudraigh Pearse passed through the town in the early 1900s. The area was very involved in both the War of Independence and Civil War - Kilmichael, Lisacreaasigh and Lissarda Ambushes took place locally. The Kilgobnet Killings, Collins presence in Macroom on the day of his death, The Carrigapooka Ambush, The burning of Macroom Castle are some notable events of national importance that happened within the area. O'Duffy held a Blueshirt rally in The Square (1930) and there was a large protest march following Derry's Bloody Sunday ('72).

Since 1880, many clubs and associations were founded and give evidence of how Macroom people lived in times past. Some of it is well recorded in books and pamphlets which are readily available. The works of Jim Cooney, Denis Paul Ring, Barry O'Brien, Stephen Brady, Máire Ní Shuibhne and Seán Mac Suibhne and others have left a rich legacy. Dan Joe Kelleher's recordings are a wonderful gift to future generations. Denis Dinneen was an outstanding photographer and he captured the soul of Macroom through his lens. His work needs to be on permanent display. There is much that is yet to be documented. As well as the written word, many artefacts and memorabilia survive. Unfortunately they have no 'retirement' home. The old Macroom Museum was closed and its contents are 'hidden' from view. This is so because there is no place in Macroom to exhibit them. These items are from and about Macroom, and are an essential part of Macroom's heritage and history. Importantly, they need to be kept in and available for consultation in Macroom.

The word 'repository', comes from 'repose' and means a store, receptacle, museum, warehouse and, importantly, a place where things can be found. It refers to inanimate items from the past that find a resting place. Items kept would be catalogued and showing them would bring the past back to life, remember those who lived before and what was important for them. The items could/would be on display and available for inspection, consultation and reference/study.

When looking at the past, primary evidence is best. It means items/accounts dating from the time - documents, letters, newspaper reports, statements, memoirs, recordings, photographs,



Macroom Museum was housed in Castle Street.

artefacts such as guns, cars, diaries etc. De Valera's archive, public and private, is a good example. Newspaper advertisements/posters of films shown in Macroom are others. Sources have to be assessed for accuracy, plausibility, context and so on. Who wrote articles or entries, for what purpose and who was the audience? The historian's task is to examine the evidence and interpret it.

Over the past few years many such items have come to my notice. These include John O'Reardan's original pantomime scripts. Minute books from Macroom ICA, brilliantly preserved by the recently deceased Mrs Sheila Sheehan, Kilnagurteen, The Macroom and Sullane Bridge Clubs, the later Macroom GAA minute books and Fine Gael Party, Macroom Branch Minute books, The Pioneers and Macroom Golf Club are still available. Many photographs, clippings and reports of big events of the past were also handed in. Paddy O'Keefe's glass photography plates (some) survive. A ledger from 1912 proves that a well-known Macroom pub had begun its life principally as a draper's shop. No doubt there are many more interesting items stuck in drawers and attics; if not rescued soon, they will be dumped.

Why preserve and display these items?

1. They are our and Macroom's past.
2. They are authentic and cannot be reproduced.
3. They teach us about the past.
4. It respects those gone before and retains their memories: their lives, struggles, hardships, progress and triumphs. They explain how Ireland/Macroom is today and how we 'got' here.
5. Post By-pass, Macroom has an opportunity to develop. One possible area is tourism, including history tourism. Telling our very rich history would be a great start. For example in Macroom we could have rotating displays of people such as T.C. Murray, John A. Murphy, James/Jim Sheehy, An t-Athair Peadar Ó Laoghaire, Seán Ó Cuiv, Tom Creedon and Colman Corrigan, Art Ó Laoghaire and Eibhlín Dubh Ní Chonaill, Peter Golden, the great 1909-1913 Macroom GAA team, Rita Lynch, (soprano), George McSweeney (musician), Seán Ó Síochain and Paddy O'Keefe's (photos), Johnny Creedon's (Coolcower) films and Dan Joe Kelleher's recordings. Events commemorated could include Kilmichael Ambush, Macroom Workhouse/The Great Famine period, The Burning of Macroom Castle, the creation and history of entities as the GAA, Golf, Bridge, Soccer,

Angling clubs and schools and so on.

The above list is far from exhaustive. A Museum/Repository could become a major treasure, attraction and focus that would/could function all year round. It could be complemented by craft shops, tours, selling of post cards, calendars, local history books etc. and give people a reason to visit and spend time in Macroom.

Currently there are a number of town facilities being refurbished. The Briery Gap renovation is almost complete and a new manager has been appointed. Much work has been done on the old Macroom Train/Railway Station building 1980, and on St. Colman's

Church, Castle Street. Macroom Library will soon move back to the Briery Gap and its current location will become vacant. De La Salle is building a new school and its building too will be available. Templates of what is needed to preserve carefully these invaluable items are available. Information could be sourced from other local heritage/history centres. Millstreet and Kilmurry have museums. Cork City and County Libraries hold material. The Cork City and County Archives in Great William O'Brien Street has a state-of-the-art storage facility. Cork Museum and UCC have great repositories that store irreplaceable records.

It seems to me that the idea, material and locations are there. With a will and vision, the town could greatly enhance our culture and our economy. The opportunity is there.

By Con Kelleher



Palace Cinema Poster, October, 1980.

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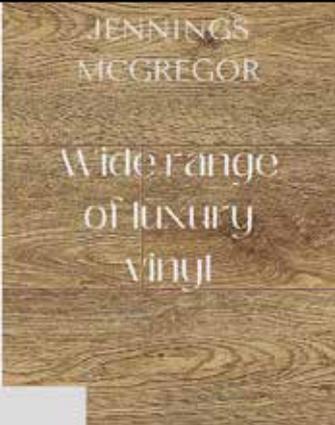
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LÁ NA DTEANGACHA EORPACHA

le hEilbhe Ní Nualláin

Ar an 26ú de mhí Mheán Fómhair, d'éagraigh bliain a 4 Lá na dTeangacha Eorpacha don scoil. Bhí imeachtaí éagsúla ar siúl i rith an lae chun an lá a cheiliúradh. In éineacht le Gaoluinn agus Béarla, foghlaimimid Fraincis i gColáiste Ghobnatan, mar sin d'éagraigh muintir na hIdirbhliana ceithre imeachtaí as Fraincis chun an teanga a chur chun cinn agus a cheiliúradh. Bhí grúpaí éagsúla i gceannas ar imeachtaí difriúla a eagrú. Eagraíodh blitz sacair roimh agus tar éis am lóin, díolacháin croissants agus pain au chocolat le linn am lóin agus tar éis am lóin, eagraíodh cluichí tag rugbaí agus tráth na gceist. Ghlac bliain a 1, 2 agus 3 páirt sna heachtraí agus bhí an-spraoi acu. Seo blas beag den lá rathúil:

le Klaudia Saj

D'éagraigh mo ghrúpa blitz sacair le bliain a trí. Bhí ceithre fhoireann éagsúla ann- an Fhrainc, an Spáinn, Éire agus an Pholainn. Scaireamar amach ina bhfoirne iad agus thosaíomar díreach! D'imríomar dhá cluiche roimh am lóin- an Fhrainc i gcoinne foireann na hÉireann agus ansan an Spáinn i gcoinne foireann na Polainne. Ag deireadh na gcluichí, bhuaigh an Pholainn agus Éire agus mar sin, bheidís i gcoinne a chéile sa chluiche ceannais tar éis am lóin. I rith am lóin, fuair na fóirne croissants roimh an gcluiche is tábhachtaí- an cluiche ceannais idir Éire agus an Pholainn. Sa chluiche ceannais, d'imir an dá fhoireann go maith, bhí sé cóngarach ó thús deiridh, ach faoi dheireadh thiar thall, bhí an bua ag foireann na hÉireann! Éire 3, an Pholainn 1. Fuair na buaiteoirí mála mílseáin agus bhíodar ar mhúin na muice ag deireadh an chluiche. Is cinnte gur slí den scoth é blitz sacair chun Lá na dTeangacha a cheiliúradh.

le Róisín Ní Thuama

Chuir grúpa ón Idirbhliain díolacháin croissants agus pain au chocolats ar siúl ag am lóin sa tionól. Bhíomar ag iarraidh cultúr na Fraince a chur chun cinn timpeall na scoile tríd a mbia náisiúnta a cheiliúradh. Dhíolamar 480 croissants agus pain au chocolat. Beidh an t-airgead go léir ag dul go

Pieta House. Míle buíochas do Shiopa Uí Luasa as na croissants agus pain au chocolat a dhéanamh agus míle buíochas do Iníon Ní Chéilleachair as an lá rathúil a eagrú dúinn.

le hEmma Ní Chróinín

D'éagraigh mo ghrúpa tráth na gceist le haghaidh bliain a 2 chun Lá na dTeangacha a cheiliúradh. Bhí 6 bhabhta sa tráth na gceist le 10 gceist i ngach babhta. Bhí topaic difriúil againn le haghaidh gach babhta. I mbabhta a 1, bhí brait na hEorpa ar an scáileán agus bhí orthu an tír leis an mbrat sin a scríobh síos. Ní raibh ach grúpa amháin a fuair 10/10! Na topaicí eile ná: daoine cáiliúla ó thíortha difriúla san Eoraip, bianna éagsúla timpeall na hEorpa a scríobh as Fraincis, focail a aistriú ó Fhraincis go Gaoluinn, áiteanna agus cathracha timpeall na hEorpa agus ar deireadh, chuireamar giota beag ó amhráin ar siúl agus bhí orthu ainm an amhráin a scríobh síos. Bhaineamar go léir an-sult as! Ag deireadh an tráth na gceist, bhí duais ann don fhoireann a fuair an méid is mó ceisteanna i gceart. Bhí mála mílseáin mar dhuais acu! Bhí an-spraoi againn go léir agus tá súil agam go mbeimid in ann Lá na dTeangacha a cheiliúradh arís sa toadhchail!

le Charlie Tinsley

I gcomhair Lá na dTeangacha Eorpacha, d'éagraigh mo ghrúpa comórtas rugbaí don chéad bhliain. Bhí sé bunaithe ar na Sé Náisiúin agus bhí ar na himreoirí culaith spóirt a chaitheamh le dath a bhfoirne! Nuair a bhí a gculaith éadaigh orthu, thógamar lasmuigh iad agus mhíniomar na rialacha dóibh. Tag rugbaí a bhí ann, mar sin ní bheadh aon teagmháil fisiciúil cosúil leis an bhfíor rud! Nuair a bhí sé seo mínithe agus na foirne réidh, thosaigh an chéad chluiche. An Fhrainc in aghaidh foireann na hÉireann a bhí ann agus lucht tacaíochta aontaobhach a bhí le cloisint. Ach mo lean, bhí mí-ádh orainn go léir nuair thosaigh sé ag cur báistí go trom 5 nóiméad tar éis tús an chluiche. Bhí orainn dul isteach agus na cluichí a chur ar ceal. Bhí díomá ollmhór orainn go léir go raibh orainn é a chur ar ceal, ach táimid ag obair chun na cluichí a chur ar siúl arís lá éigin eile.

WORLDSKILLS AGUS HIGHER OPTIONS

le Máire Ní Luasa

D'fhágamar an scoil ag a ceathair a cloig ar maidin ag dul chuig an RDS i mBaile Átha Cliath. Shroicheamar an áit idir 9 agus 10 agus chuamar isteach chuig an céad seomra, a raibh go léir bunaithe ar na gcoláistí éagsúla timpeall Éireann. Anuas ar sin bhí seastán UCAS agus UNICAS ann do dhaoine a bhfuil fonn orthu staidéir tharr lear. Bhí fostóirí áirithe lonnaithe timpeall chun na féidearthachtaí do phostanna ar leith a míniú dúinn. Ansin chuamar chuig an seomra eile ina raibh an World Skills Ireland ar siúl. Bhí an áit seo thar a bheith suimiúil mar bhíomar ábalta na printíseachtaí go léir a fheiscint ag obair. Ina dteannta leis sin bhí seomra a bhí lán le gnólachtaí a bhí ag lorg daoine, mar shampla bhí Scania ag lorg meicneoirí. Bhaineamar sult agus taitneamh as an lá san iomlán. Ár buíochas le Hlíon Ní Ríordáin, Bean Uí Thuama agus Máistir Ó Céilleachair as ucht taistil linn

CISPHEIL NA GCAILÍNÍ

le Sadhbh Ní Cheallaigh

Ar an 2ú Deireadh Fómhair chuaigh foirne faoi 19 agus faoi 16 cailíní ó Coláiste Ghobnatan chuig Dún Mánmhaí i gcomhair cluichí cispheile. D'imir na faoi 19 Naomh Brogan (scór:16:10) agus d'imir na faoi 16 Naomh Brogan (12:10) agus Scoil Mhuire (32:16). Bhí mí-ádh ag an dhá fhoireann, chailleadar na cluichí ar fad ach le iarracht iontach curtha isteach. Bhí lá iontach againn le deis cispheil a imirt don scoil. Beidh an chéad cluiche eile i Maigh Chromtha in aghaidh Ceann Tuirc don dhá foireann, táimid ag súil leis! GRMA as an gcabhair ó Iníon Ní Bhriain agus Iníon Ní Chonchúir

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3rd November - Lecture at Independence Museum Kilmurry @8pm, Friday November 3rd at 8pm Lecture by Gerry White titled "The

ratification & negotiation of Anglo Irish Treaty" Entry free to members & €5 for non members
3rd November - An Evening of Flora & Song in Aid of Irish Guide Dogs for the Blind in The Castle Hotel @8pm - tickets €15 all welcome

CARRIGADROHID/CEANN AN MHAÍ NEWS:

CARRIGADROHID TIDY TOWNS

Our tidy towns team are thrilled with this year's Super Valu Tidy Towns results where we once again saw an increase in our scores. We went from 324 to 336 and we are delighted, the adjudication report was very complimentary of all our hard work, in particular they loved our new stone wall east of the village and our engagement with the local school and other clubs. Back to work now as we plan our next village in preparation of our Christmas market and turning on of the lights. We will be doing a village clean on Saturday morning November 18th and all help is gratefully received. Our Christmas market will run from 3-6pm on Sunday December 3rd, with the lights being turned on at 6pm, and maybe an extra special guest will make an appearance!!

CANOVEE NATIONAL SCHOOL

It's all go in Canovee NS at the moment, our junior infants are settling in well, and our 6th class are busy designing and creating with the 3D printer. Our sports stars have been busy with competing in the West Muskerry running event, they are training hard and playing a lot of Sciath na Scol matches, winning their semi-finals vs Berrings NS on Monday October 16th, and now await a date for their final in Pairc Uí Chaoimh.

Our Active Schools committee with their teacher Mrs O'Brien, are keeping everyone moving and active organising 'Feel Good Fridays', the children wore green on Friday 14th in support of the Irish rugby team, on Friday 16th they will wear black and amber in support of Canovee GAA in the Mid Cork Final, and on the 28th all the children will wear Halloween costumes and visit our neighbours to sing spooky songs. Our Green Schools committee have hit the ground running with their work on the next green flag which will be for Biodiversity, with the help of their teachers Ms Dunne and Mrs Doyle.

We would like to take this opportunity to wish



Teacher Gillian Dunne being presented with a token from her classes & everyone in Canovee NS as she finishes school to get married on Thursday!

our 3rd & 4th class teacher Gillian Dunne and her husband to be Kevin Lenihan the very best of luck on Thursday as they celebrate their wedding in Bantry. Wishing you both love, luck and happiness for the years ahead.

Applications for enrolment for the 23/24 school year are now open. Forms can be downloaded from www.canoveens.com or contact the school on 026-48142 or office@canoveens.com Keep up to date with all of our activities by following us on Facebook 'Canovee National School'.

CANOVEE PLAYGROUND DEVELOPMENT

The Chase is on, as fundraising efforts are in full swing for the state-of-the-art playground, which will be next to Canovee National School and Church. Our fundraising committee along with the help of Pallas Marketing, have organised an event 'The Chaser' at the Castle Hotel in Macroom on the 11th of November. 'The Chaser' is a 'high drama customized quiz show with contestants facing off against a local chaser to win up to 1500 each'. Along

with this event, local businesses have been invited to help achieve the target of €70,000 seed money needed to kick start the development. This has been and continues to be generously supported by businesses, to which we are truly grateful. We are now inviting Families from our community and beyond, the future users, to become 'Family Friends of the Canovee Community Playground', which includes priority access to tickets to our upcoming event. Grandparents, Parents, Uncles, Aunts, this is your opportunity to help build a fun and inclusive playground, catering for all ages and abilities. Once we have completed selling our Corporate and Family packages any remaining tickets will go for public sale. Tickets will be limited, don't delay to avoid disappointment. For further information on our packages or other donation options please follow us on Facebook 'Canovee Playground Project' email canoveeplayground@outlook.com, fundraising information contact Dave on 0863486205 and for development information call Grainne on 0868542414.



Tim Holland presenting a cheque from Ross Oil to Susan Murphy & Séan Lynch of the Canovee Playground Fundraising Committee. Go raibh míle maith againn Ross Oil



COMHGHAIRDEAS!!
 Our 2 Sciath na Scol teams won their semifinals today and are bound for Pairc Uí Chaoimh!



Canovee Boys & Girls who won their Sciath na Scol semi-finals and are bound for Pairc Uí Chaoimh



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UIBH LAOIRE NOTES

Coffee Morning

A total of €1835.64 was raised at a coffee morning on October 1st, held in aid of Marymount Hospice. Many thanks to Creedon's Hotel, the Hall Dance committee, to all those who generously baked and all who helped and supported on the day. Your generosity is hugely appreciated for a very worthy cause

Tidy Towns Competition

The results are out and again the two villages Inchigeela and Ballingearry increased their marks, Inchigeela by 10 and BéalÁtha by 17. In general, the adjudication was fair to both villages in praise and criticism. The full adjudication is very comprehensive and worth a read and can be seen, online at WWW.TidyTowns.ie
Congratulations to you all and well done.

Prepping for Christmas

The Croi na Laoi group have already started creating more festive Street decorations and lights for Christmas. They help to brighten and cheer up the dark days of mid winter. If you would like to join them, you are quite welcome, especially if you may have creative skills or a bit of carpentry or knowledge about electrics or can handle a paint brush.

Deer

The deer seem to be getting more plentiful and bolder and some people have had close escapes as they suddenly pop out of nowhere. These are strong, heavy animals and a collision with one can have serious consequences for driver and animal. So, be careful as you drive along, specially as the nights are falling earlier and they're harder

to see.

Bingo and Cards

These continue as usual, bingo on Friday night and cards on Sunday night and in Ballingearry, cards in Cuan Barra Tuesday night at 8.30

A pleasant way of passing a few hours, and maybe making some money!

Active Retirement

The group visited Cronins Cafe in Gougane Barra and had a very pleasant time. Lovely tea and coffee, scones and good company. Hope you enjoyed it. No place nicer than Gougane.

And we hope you enjoy your night out in Killarney next week at the award winning Show, Gaelic Roots.

KILMURRY NS

The pupils from Kilmurry NS have had a very active start to the new school year. Pupils from 1st-6th had a great day at the West Muskerry Cross Country races in September. Our Sciath na

Scol teams have been busy with football training and matches. 2nd and 3rd classes, and our autism classes are having great fun swimming in Dunmanway each week. Everyone has been

enjoying our walk to school on Wellbeing Wednesday each month.



Kilmurry School children who took part in the West Muskerry Cross Country



Kilmurry Sciath na Scol teams

RYLANE NS

Halloween Disco:

Rylane NS Parents' Association are holding a Halloween Disco in Rylane school hall on Tuesday, Oct 31st at 7pm. There will be a sensory hour held from 6-7pm. This promises to be a fantastic

evening with plenty of games, music and fun for all the family. We hope to see you there!

Rylane Christmas Markets:

Rylane NS Parents' Association are holding their annual Christmas Markets on Sunday November

26th from 10.00am-2.30pm. The cost per stall is €20. All potential stall holders are welcome to email rylanenspa@gmail.com with their enquiries.

DROMLEIGH NS

October has been a busy month with lots of enjoyable activities for our students. Pupils learned some new skills each Tuesday morning thanks to our gymnastics classes with Coach Sinéad from School Fitness Ireland.

Staff and students were also delighted to welcome the talented musicians and dancers from Comhaltas Baile Nuis to the school. Their U12 Céilí band and U15 Céilí dancers celebrated their recent All Ireland success by visiting the schools of group members.

Save the date! Join us for a spooktacular night of fun for all the family at our annual Halloween party, Friday 27th of October 7-9pm. The night includes a raffle, dancing, fancy dress, tuck shop and much more. 026-46212 office@dromleighns.ie



Junior Pupils from Dromleigh N.S. enjoying their gymnastics classes with Coach Sinéad.

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SATURDAY 28TH OCTOBER:

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CLONDROHID NEWS



Maths Week kicks off in Kerry on Saturday, October 14th, and continues until Sunday, October 22nd. PHOTO: Mark Stedman



St Mary's Senior Football Team who won their first game of the season

TIDY TOWNS RESULTS

Marks increased from 284 to 294 - Some comments from the report include the following: 'The church looked very spruce, the grounds and car park very clean, the seating in front of church with planters and all planters were exc. Bishop P O'Shea grotto very attractive.

The Community Centre, and Dairygold looked very smart. Very impressed with the old churn mural, also the mural on the old school. The Post Office/Spar, the Creche, and the new school impressed them. They were impressed with the houses in the village, those that stand alone and those in estates, with lovely flower filled gardens, and hanging baskets. Curra Glen, in particular looked smart, with a lovely entrance sign, lovely landscaping and trees

The entrance to Community field with Mill stones etc. and pollinator friendly plants all were praised. The planters at the bridge added a vibrant pop of colour

Welcome to Clondrohid signs impressed them, and the stone walls etc. and all the flowers and shrubs surrounding them.

On the day of judging, the village looked extremely clean and tidy, and mainly litter free. Signage looked clean and they were impressed with the Mutt Mitt dispenser and hoped it was helping with dog fouling.' The maps were a great help.

Clondrohid Dev group would like to thank all those who helped them through the year, for their tireless work, be it watering, weeding, or setting, and say 'Well Done'. To all those who take pride in their houses, estates, and surrounding areas, 'Well Done' To all the landowners, who in the past few weeks trimmed back the hedges on all approach roads to the village 'Well Done'. To Adrian for a job well done. To all our sponsors, who year after year give generously their hard earned cash to help

cover some of the costs of this Group, 'Well Done' The Dev Group covered the cost of Curragh Road, an essential road for walkers, and dog lovers, and also did some trimming within the village. Thanks to all in the Dev Group for their tireless efforts.

MOVEMENT OF CONTINUOUS PRAYER FOR MARRIAGE AND FAMILY LIFE: The next 24 hours prayer will be Fri Oct 27 from 12pm to Sat Oct 28 at 12pm. Please remember your allotted hour and partake.

SPECIAL TRIDIUM OF MASSES FOR THE HOLY SOULS:

Thursday Nov 2 Clondrohid at 7.30pm
 Monday Nov 6 Clondrohid at 7.30pm
 Tuesday Nov 7 Carriganima at 8pm
 Thursday Nov 9 Clondrohid at 7.30pm
 Tuesday Nov 14 Carriganima at 8pm
 Tuesday Nov 21 Carriganima at 8pm
 The Mass which will be celebrated on Thursday Nov 9 in Clondrohid will be the annual Mass for all those who passed away during the last 12 months in the parish. Individual candles will be available in the church.

One candle will be lit in memory of all our faithful departed, and this candle will be lighting at all Masses during November.

TAVERN SINGERS; Continue their sessions on Monday nights, the next one is Monday Oct 23. Everyone welcome

CARRIGANIMA PUMPKIN CARVING CHALLENGE: All entries to be displayed throughout the village over Halloween. Inviting all schools, pre schools, after schools, families to enter.

A prize for best carved pumpkin. A coffee evening and raffle will take place in Pub on Sunday Oct 22 at 5pm. Tickets for raffle will be on sale during Oct. For more info contact Sheila 0877838753 or Martin 0879843830. Funds in aid of Development

Group. Thank you for your support.
ENTERTAINMENT IN PUB IN CARRIGANIMA: On Friday night Oct 27, back by popular demand, the one and only T. R Dallas This is the last bank holiday weekend of 2023.

On Saturday Nov 4 Jack Keogh, a new young entertainer, all the way from Wicklow, the Glen of Imaal. An exciting new talent in the Irish Folk and Country Music scene.

MILLSTREET VINTAGE IN AID OF CART BUS:

A huge crowd attended the annual Millstreet Vintage Club Carriganima Tractor Run in aid of C.A.R.T. rural bus transport service. A fantastic display of tractors both old and new from near and far were on display on Sunday last Oct 15. Light refreshments beforehand provided for a good start off to the beautiful sunny day with a drivers raffle held before departure. Registration was held outside "The Pub" from 11am onwards with the convoy then travelling along a very pleasant route under the scenic landscape of Musher Mountain and then returned to the village where they received a warm welcome from the general public along the route. On returning to Carriganima village they enjoyed a beautiful choice of homemade baking, sandwiches and soup served by a hard working team of volunteers. A massive thanks to each and everyone who participated and helped organise the event. The CART committee are extremely thankful to Millstreet Vintage Club for their continued support and exceptional experience in running a safe and enjoyable day. Thank you one and all.

LOTTO: Results for Oct 4. Jackpot €3,800
 €70 Donie and Marion c/o Laine
 €20 Kay Healy Carrighphooka, Helen Linehan Barretts Place, Diarmuid Twomey Renaniree, Sheila Frost London.



Macroom Fire Station Fire Fighters visit Ardilaun Guides



TY Students Ella White, Emma Martin, Ella Lucey, Erin Kelleher, Maureen O'Brien and Julia Caro during an Idea Generation Workshop

BALLINAGREE SCARECROW FEST

BALLINAGREE VILLAGE, HALLOWEEN WEEKEND
FRIDAY 27TH to SUNDAY 29TH OCTOBER 2023

FRIDAY

- Children's Fancy Dress Parade @ 6pm
- Followed by Official opening
- Festive Treats for Children
- Children's Disco & Entertainment afterwards in Marquee.
- Awards & Prizes for Childrens Art Competition

SATURDAY

Activities from 1 - 5.30pm include:

- Animal Roadshow feat. Exotic Animals
- Face painting & Balloon Modelling
- Shop with Festival Souvenirs
- Scarecrow trail & Treasure hunt
- Sensory Space
- Bake Sale
- Scarecrow Photobooth
- Music in The Laine Bar
by Peter O' Connor from 10pm

SUNDAY

Activities from 1 - 5pm include:

- Animal roadshow - featuring exotic animals
- Face painting & Balloon Modelling
- Shop with Festival Souvenirs
- Children's Entertainment
- Scarecrow Trail & Treasure Hunt
- Sensory Space
- Bake Sale
- Scarecrow Photobooth
- Adult Fancy Dress & Music in
The Laine Bar with DJ Bertie from 9pm



Raffle tickets on sale all weekend, great prizes to be won

Tea/Coffee and Cakes available

Proceeds of the Fest will be donated to

Ballinagree Community Development Group
& Disability Services providing care for local community members

Free Childrens Entertainment **ALL WEEKEND**



Cash prizes for the best Scarecrows

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2: Visitors Favourite as chosen by you!
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Kilmurry Active Retirement



Kilmurry Active Retirement traveled the short journey to GP Wood in Lissarda recently

Visit to GP Wood

On the 4th of October, twenty-eight of us left Kilmurry to travel the short journey to GP Wood in Lissarda. After the warmest of welcomes, with neighbours greeting neighbours, we were given a presentation on the history, and the growth of GP Wood by company forester, Traolach Layton. Gerard O'Callaghan, a founding director of the company, answered questions, and in that process we gained insight into the difficulties overcome while building the foundations for its growth.

GP Wood was formed in 2013 as a result of the merger of two long-established timber processing companies; the Grainger Group originally founded by William Grainger, based in Enniskeane and the Palfab Group founded by the O'Callaghan brothers in Lissarda. Both companies were in operation since the mid 1970's.

GP Wood is now one of Ireland's largest and most diversified timber processing operations with customers in Ireland, the UK, Europe, and the Middle East.

The company employs approximately 150 staff with a further 250 indirect employees in forestry operations and other contracting. Timber manufacturing, focused on the construction, fencing, garden leisure and packaging markets is the core business of the group.

The company sources its logs within 120km of the plant, softwood, mostly Sitka spruce. Large logs go to Lissarda and small logs to Enniskeane. About fifty percent of the log volume ends up as boards while the remaining bark, sawdust and chips are all used for other products such as MDF, bark mulch, Eirblocks or fuel for the Combined Heat and Power (CHP) plant in Enniskeane.

In 2005, the Group constructed Ireland's first large-scale commercial biomass CHP plant which was designed around the Enniskeane sawmill's energy requirements and their desire to be Carbon neutral. The plant produces 2.5 MW of electricity, enough to run the Enniskeane plant, and 6 MW of thermal energy. Nothing goes to waste. Even the excess heat generated in the CHP plant is used to kiln-dry the lumber. Shavings from the planning/grading line is used for animal bedding.

We found it most impressive, yet the ultimate was when Gerard, Traolach and Shane, took us

in groups through the plant. The technology is state of the art, among the leaders in Europe, with a control centre that wouldn't look out of place in NASA or on the screen of the next iteration of Star Wars. I can't hope to describe, so won't. However, when Gerard told us that the average tree log goes through the whole process in about one minute, and without the touch of a human hand, I lost a bit of respect for what was my pride, my chainsaw. When we finished the tour, which was most efficient though not rushed, we were treated to the tea, coffee, and treats. Everyone thoroughly enjoyed themselves, so thank you GP Wood. You can surely take pride in what you have accomplished, and we do now too.

Get your vaccinations?

While waiting to get my vaccinations in Deasy's, a woman came out and sat beside me to do her prescribed waiting period. I asked had she got both Flu and Covid vaccinations. Yes. Why, I asked. Why wouldn't I, those of us that can get them can avoid filling up hospital beds and leave them for those who can't avoid needing them. Many would be thinking of themselves rather than others, I said. That's ok too, she said. She knew people lost to Covid and some including young people still suffering from long Covid. Some are anti-vaxxers and want to discourage it, I said. People can make up their own minds, she said, leave them to it. Her time to go came. She left me, summing up, 'if you don't learn from the mistakes of others, you won't live long enough to make your own'.

Coffee crawl

On the 11th of October thirteen of us headed off on our mystery coffee crawl. This time we ended up in Ovens, at Curraghbeg nursery. It provided lots of interest in the garden centre, and also in the unique catering facilities, a combination of quirky coffee shop, art gallery, library and much more. We were greeted by Dominick Cullinane. We were well looked after. Lots of chat ensued. Dominic then gave us a talk on the facility and the plans for future development; they are most interesting. After we had drunk up, we were brought on a tour around the extensive grounds, and could see the ambitious plans for additional attractions taking shape. It will be even more unusual when complete and a great asset to the area. I am

developing a liking for this crawling!

Zumba Gold

On Wednesday 27th of Sept at 6.15pm, sixteen started the course of ten Zumba sessions with our teacher, Yvonne Murphy. They and others who joined in since are enjoying the sessions and are looking to the remainder. By the time you are reading this there will be six remaining, and you can still join if you are a member at a cost of just €30, or €42 if a non-member (to include membership fee to the end of the year, an insurance requirement). All are most welcome.

Ceramic Art

We are starting a beginners Ceramic art class (co-funded by CETB) with Helen Quill, on Monday 23rd October, at 7.30pm in Crookstown hall. The cost for the six sessions is €30 for members and €42 euro for non-members (to include membership fee). All are welcome. If interested please contact me (contact details below).

Other Upcoming Activities

Mary Mullins will lead an activity session at 2pm on 18th of October in the Heritage room, Independence Museum. This will be followed at 3pm by a flower arrangement demonstration by Martina French. On the 24th our smartphone course is starting courtesy of CETB, Macroom. On 25th of October we are planning our bingo and cards session, in Kilmurry. There has been a massive increase in the prizes on offer! On 8th November, we are having a dance/concert in Crookstown hall, 2-4pm, with Jer Coakley and Charlie Crowley. There will be a Cookery demonstration on the 15th November, 7pm, in Crookstown, courtesy of Paul McLellan [Catering by Paul].

If you would like to join any of the active retirement associations in the Lee valley we can put you in contact with the appropriate secretary. Our association is open to all, and now is a great time to join. Try it out for the rest of this year for just twelve euro. Our philosophy is that age makes no difference, but health does. We try to do what we can to keep healthy and challenged in body and in mind, and together that is easier. You will be kept as busy as you choose to be and positively engaged in your community, and we think you will enjoy it. For more information contact Aidan at 0894057676 or aidanpbarry@outlook.com



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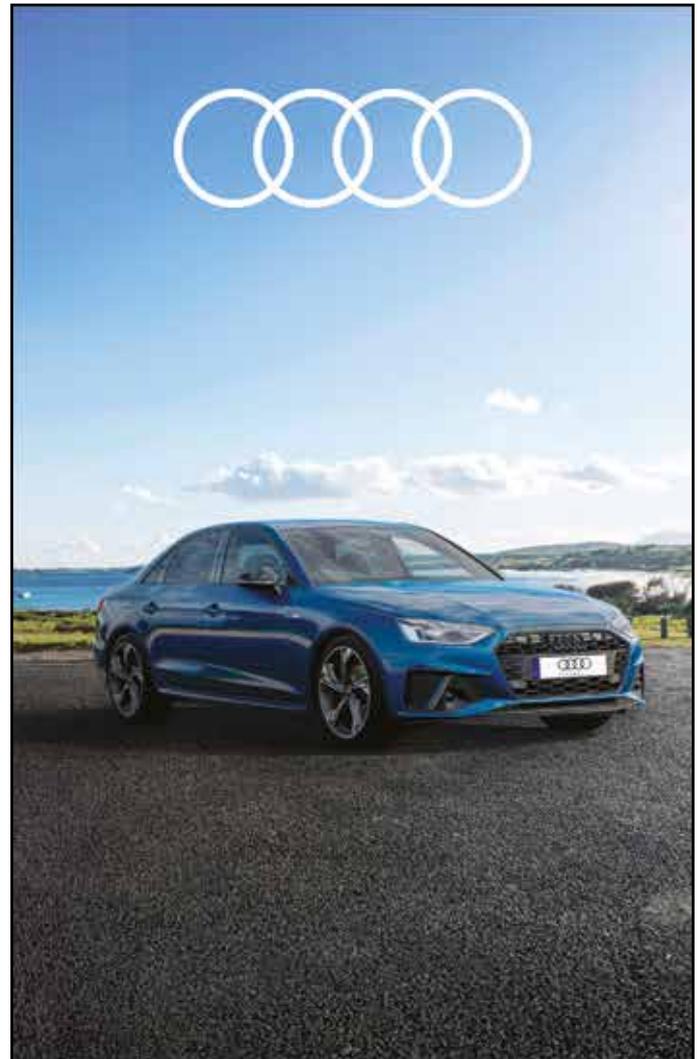
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Macroom!

Have your say!

Heritage-Led Regeneration Plan



In celebration of the positive impact of the bypass on life in Macroom, Cork County Council hired a highly experienced heritage team to help facilitate local people to participate in the creation of a community-led regeneration plan for the town centre, as part of the Heritage Council's Historic Towns Initiative, a programme which aims to celebrate Ireland's most important heritage towns.

The team have been looking at opportunities which they can see within the heritage environment, and they have outlined a list of potential options for the community to consider. These ideas are purely the observations of the heritage team, with the intention of provoking community debate, and they do not in any way reflect the thinking of Cork County Council, who have not yet been consulted on the ideas contained within.

Many other potential ideas will be sparked by this discussion, and may form the approach eventually prioritised.

Rich History



<https://www.surveymonkey.com/r/VSP5DV9>

Please also leave your thoughts by scanning the QR code to complete our survey!



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Will Back Pain Resolve Itself?

There is an odd logic that says if you leave a back problem, eventually it should resolve on its own. Yet, once you've had a back problem, the chances of it recurring is much higher.

A recent study¹ showed that when back pain is not treated, it may go away temporarily but will most likely return.

Recurrence of low back pain is very common, with more than two-thirds of individuals having a recurrence within 12 months after recovery. Factors for a recurrence include exposure to awkward posture, longer time sitting, and more than two previous episodes.

Research shows that Chiropractic treatment relieves the underlying cause of back

pain helping to avoid the need for medication or surgery. While over the counter drugs may provide temporary relief from pain and inflammation, they do so at a cost.

Longterm use of over the counter or prescribed painkillers manifests in injury to the digestive tract.

If you don't like taking these meds and are looking for a drug free, surgery free avenue then chiropractic is the answer.

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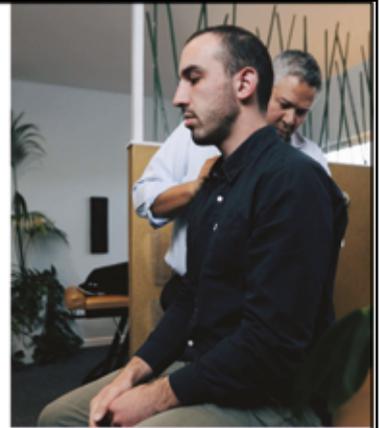
Trouble begins when any one of those bones move out of alignment for a sustained period of time.

These misalignments do not radiate immediate pain but slowly begin to deteriorate over time.

The goal of Chiropractic adjustments involves the optimal function of the body and the avoidance of needless pain, suffering or surgery.

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says Dr Benjamin Martin of Optimal Chiropractic



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¹https://www.researchgate.net/publication/333793977_Recurrence_of_low_back_pain_is_common_a_prospective_inception_cohort_study

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PATRICK 'PAGAN' O'LEARY



Fenian prisoners in Mountjoy Prison, 1867. Source: <https://hdl.handle.net/10599/12194>



Benito Juárez, c. 1868. Source: <http://digitalcollections.smu.edu/>

By Kathy O'Sullivan

In the Liberties, one of the oldest parts of Dublin, there is a building with a rather unusual history. St. Augustine's & St. John's church, in John's Lane, is of architectural interest in itself (James Pearse, father of Pádraig Pearse, one of the leaders of the Easter 1916 Rising, sculpted twelve statues in the niches on the church tower, for example), yet perhaps what is even more remarkable is its nickname, the Fenian church. The men who built it, who laid the stones you see today, had lived through the Great Hunger (An Gorta Mór), and many of them were Fenians. The Fenian Brotherhood in Ireland was founded in Dublin on Saint Patrick's Day in 1858. It was established mainly thanks to American financial backing, with the aim of securing Irish independence. It also called for the separation of church and state.

The centenary booklet of the church issued by the church in 1962 noted that: 'While their hands were busy with trowel and shovel their hearts were busy with revolution. By day they were the busy builders of John's Lane, by night they talked of arms and Man and drilled in halls and fields. They were the Fenian Men.' Among their number was a most fascinating man, Patrick 'Pagan' O'Leary.

Any information on Pagan is a mere sketch, due to conflicting sources. He was born, depending on which source one consults, anytime from 1823 to 1826, in Inchigeelagh. When the Mexican-American war broke out, in 1846, he was studying for the priesthood in a seminary in California. Is this what he wanted to do with his life? Given the short time he spent there, it is quite possible he was studying what his parents wanted him to study, not what he was interested in. At that time, studying for the priesthood was often also a question of survival. According to John Devoy's *Recollections of an Irish Rebel* (1929, New York: Chase D. Young Company), Pagan scaled the walls to enlist in a regiment that was headed to the front.

He appears to have taken part in several battles, and was wounded in one of them, when he was hit by a spent ball on his forehead. The resulting indentation was quite visible, with many saying this is what affected his mind, as he was known to be eccentric and to have firmly fixed views that nobody could dissuade him from. The Mexican-American war (1846-1848) stemmed from the annexation of the Republic of Texas by the U.S. in 1845, resulting in

the U.S. gaining more than 500,000 square miles (1,300,000 square km) of Mexican territory.

During the war, it appears that Pagan came to know Benito Juárez, possibly quite well. Benito Juárez was a lawyer, who served as the 26th president of Mexico, from 1858 until his death in office in 1872. A member of the Zapotec tribe, he was the first indigenous president of Mexico, being seen as a symbol of Mexican nationalism. He supported civil liberties, equality before the law, and the sovereignty of civilian power. Having suffered discrimination in his own country, just like many Irish people did in theirs, Benito would have found a kindred spirit in Pagan. Both had an intense dislike for the Catholic church, both were extremely intelligent. Perhaps Benito, being older, had an inspirational influence on Pagan, who would have been in his early twenties at the time. It seems Pagan looked up to Benito, remembering him when he was in court after having been arrested in Dublin, years later, in 1864. Upon being asked to remove his hat in the courtroom, Pagan is supposed to have replied 'General Juárez told me never to remove my hat in front of a lesser man.'

When the Mexican-American war ended, Pagan became a carpenter, travelling widely throughout Mexico, and also in the U.S. Eventually, he made his way to New York and settled there. It was in New York that he became a Fenian, soon after the Fenian movement's foundation in 1858. It was here that his anti-Catholic views became more widely-known, and probably where he was given the nickname Pagan. Bridget Hourican writes in the *Dictionary of Irish Biography* that 'he hated England and the Roman Catholic church with equal intensity, arguing that after driving out the English, Ireland should revert to the old paganism of Fionn mac Cumhaill'. Fionn mac Cumhaill was the legendary Irish warrior who led the band of Irish warriors known as the Fianna and created the Giants Causeway in Co. Antrim, the warrior who caught and ate the Salmon of Knowledge. It was said that the first person to taste the Salmon of Knowledge's flesh would be wiser than all other men. However, as John Devoy, who knew Pagan, noted, he wasn't really a pagan, just someone who extolled the virtues of Tír na nÓg (Land of Youth), also known as Tír Tairngire (Promised Land). Pagan had a particular grievance against St. Patrick, which made him drop the name himself. He claimed that



The Fenian church, Dublin. <https://johnslane.ie/>

St. Patrick had demoralized the Irish by teaching them to forgive their enemies. Anyone who did that had gone soft! People should stand up and not back down!

Though he sounds like a fiery character, as is often the case with such people, his tough exterior belied a gentle, kind man. According to John Devoy, 'he was generous and charitable to a fault, and under the disguise of stern looks and harsh words carried a heart as tender as a woman's.' Spending very little on himself, he would lend money to those in need, try to find work for many. Being a little impatient by nature, he made regular trips to Ireland, to see things for himself, and then return to the US to try and tell the Fenians there to hurry up and fight for freedom before it was too late.

Eccentric though he was, Pagan had the courage of his convictions. Though he smoked like a chimney, he never used tobacco on which duty had been paid to England, and never drank alcohol, tea or coffee for the same reason. Pagan knew how to walk the talk. Today, one could easily picture him



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being a proponent of the Cash is King movement, as well as the Shop Local, Buy Irish one. It should be understood that he also preached temperance for its own sake, and would probably not have approved of bars in the US and Australia being named after him.

Pagan was also a good judge of character. A small, wiry man, he had piercing blue-grey eyes that saw many things clearly. This helped enormously when he returned to Ireland in 1863, as a recruiter for the Fenian movement. Before this trip to Ireland, it is said he had a number of photographs of himself taken, dressed in a grey shirt, with two revolvers and a bowie knife hanging from his belt. One of his hands pointed to a black flag, hanging from a horizontal staff, with a skull and cross bones displayed on it, and over them the words, 'Independence or?' The National Archives note that from the 1860s, the government were producing descriptions of Fenians, describing Pagan as having a 'fierce sanguinary look'.

When in Ireland, he is said to have slept at the offices of the Irish People newspaper, casting bullets in his spare time, with the authorities just outside. Not that he had much time to spare, because he is acknowledged as one of the best recruiters the Fenian movement had, particularly when it came to recruiting those who had signed up for the British army. As someone who had been a soldier himself, he knew how to talk, but, perhaps, more importantly, how to listen. In his own inimitable way, he told them they were being used as soldiers by the powers that should not be while they were young and healthy, and would then be cast aside, destitute and homeless. He told them of the suffering of the Irish after arriving in America (the Irish had to make their own way, with no help whatsoever provided, and made it entirely through their own efforts, deeply appreciative of any help provided by ordinary people), something he had vast personal experience of. Looking much older than he was, they believed him, as his tough life was written on his face. He invited the men, who were Protestant as well as Catholic, to tell him of their reasons for joining the army, and was impressed by both their physique and intelligence. By listening to their reasons and concerns, he won thousands to the Fenian movement. As George Washington (1732-1799, first American president, president of the Constitutional Convention, and farmer) said: You have only one way to convince

others - listen to them.

Of course, this work was high risk, and in 1864, he was arrested in Athlone, Co. Westmeath. He was subsequently tried in court and sentenced to seven years' penal servitude. He was imprisoned in Mountjoy jail, Dublin, as well as two prisons in the UK, Portland, in Dorset, and Woking invalid prison, Surrey. In Mountjoy, he was asked what religion he was, replying that he was a Milesian pagan. He was told he had to attend religious service of some kind, and was put on a bread and water diet for refusing. Here the story becomes a little confused, not least because there was someone else, John O'Leary, who also appears to have been called Pagan O'Leary. It seems he ended up in hospital, after doctor who visited him in his cell said he found him with no bed and no clothes - on one of the coldest days of winter. After some days in hospital, he was sent back to his cell, again on a bread and water diet. Finally, as Brendan Behan (1923-1964, poet, novelist, playwright), recounted in his 1962 book, *Brendan Behan's Island*, when he was pressured once more to choose a religion, he relented, saying to put him down as a Catholic, because 'I'd rather be a beggar than a thief'.

The above story appears in a number of accounts. What makes it all the more believable is when one considers a phrase that comes from the Fenian movement in the 19th century, *Ní Bóna ná Coróin*, Neither Collar nor Crown, which means to throw off the shackles of both church and state. Given Pagan's colourful turn of phrase, there is speculation in some quarters that this phrase originated with him. A popular image associated with it is that of the unconquered wolf, which is a wolf tearing off the collar of slavery, crushing the crown of the monarchy, and bearing the sword of justice.

It is certainly possible the phrase originated with Pagan, though there is no way of knowing for sure. Perhaps a letter written by Pagan, produced at the trial of another Fenian in 1865, lends credence to such a suggestion:

'The cursed English way of spelling my name is O'Leary, and the old ancient Milesian pagan way is O'Laegari.'

Yours O'Laegari

Hereditary Rebel and Milesian Pagan.'

In Irish mythology, Milesians were the people who conquered the Tuatha Dé Danann. The Milesians, or Gaels, are thus the ancestors of the Celtic

population of Ireland, having an ancient right to the island when they came. The scholar, Ruaidhrí Ó Flaithbheartaigh (1629-1716), in his chronology of Irish history in Latin, entitled *Ogygia: seu, rerum Hibernicarum chronologia*, fixes the Milesian invasion of Ireland at about 1000 B.C. - the time of Solomon. Pagan was clearly a highly intelligent man, with an encyclopaedic knowledge of Irish mythological history.

Another prison story about Pagan involves an incident when in Woking. Some of the Fenian prisoners were annoyed by Pagan insisting he was a pagan, resulting in one of them, William Roantree, accusing him of being insincere, because he wore a scapular and an Agnus Dei, objects of piety. Pagan explained that he kept them only as a keepsake from his mother. This incident, which took place among many Englishmen, resulted in Pagan developing hatred for Roantree, which fellow prisoners laughed about, perhaps not understanding something that was fundamental. Private information, whether it pertains to faith, family, health or other areas, is something that should not be disclosed to all and sundry, and especially not in public. Having protected the privacy of others, having listened to so many stories of hardship, discrimination and destitution over the years, only then to have his own privacy betrayed in such a public manner, must have been very difficult for Pagan to bear.

Upon being granted an unconditional pardon in 1871, Pagan settled for a time in New York, but soon resumed his nomadic way of life, with old friends hardly ever knowing where to find him. He entered a veteran soldiers' home in Norfolk, Virginia, and died sometime around 1873. A man few understood, he followed his own path, helping so many of his countrymen and women, not seeking publicity or reward for that.

Pagan, a true warrior, would probably have liked the apolitical 2012 poem *Bona na Croin* (*Ní Bóna Ná Coróin / Neither Collar nor Crown*), written by the poet Robin Herne, and published in his poetry collection, *Bard Song* (John Hunt Publishing), which contains the following lines:

*Neither your collar nor crown
Shall I wear, my nose not brown,
Nor I some clown in your court,
In chains brought, a wolf to town.*



Participants marking our 1923 Land Act and kick off of negotiations with Lady Ardilaun to acquire her Demesne on Lease.



3 Senior Infants classes in St. Joseph's Primary School, Macroom, enjoying Nature Walks and activities during playtime during their first few weeks back to school.

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Introducing Youthreach Macroom:

".....I left mainstream school because I wasn't happy....."

For any young person, the decision to leave mainstream school is a symptom of a wider range of issues which they may be facing in their life. When the statement.... "I am not happy in school" is accompanied by the actions of refusing to go to school or merely "dipping in and out" and all interventions have been exercised by the school then Youthreach may offer a solution.

As a Centre for Education, Youthreach does not compete with schools, rather Youthreach works with schools to offer young people an alternative setting to remain in education, achieve their career goals and progress on to further education, apprenticeships or employment.



What Youthreach offers:

Qualifications such as QQI Level 3 (equivalent to Junior Cert) and QQI Level 4 (equivalent of Leaving Certificate Ordinary level) can be gained through continuous assessment and Project based work.

Youthreach Macroom has the luxury of being a small place, so each student is afforded **1:1 support** in the development of life skills, academic certification, and Career guidance. As Youthreach has fewer numbers (20 on total) all students have individual learning plans tailored to meet their individual needs. Once a week they meet with a staff member just to check in and see if they need help in any area.

It is not that Youthreach is doing something better than schools, Youthreach just plays a different role in a joint endeavour with schools to ensure all young people receive an education.

Students progress on to Apprenticeships, or Further Education Colleges to study areas such as business, social studies, IT studies and hairdressing. The Centre also supports students who wish to return to mainstream school.

Extra - curricular activities include outdoor Education activities, breakfast Club, Community Arts and Team Building activities.

All students have their own **laptop** whilst on the programme and receive a weekly training allowance based on attendance.

Additional supports for students learning include hot meals cooked in house each day and no phone policy in the centre.

Students in their final year get to experience college life by studying in Cork one day a week in Cork College of FET Morrison Island Campus.



Hosting the Minister for further and higher Education 2023



Image far left: Students enjoying a challenge day in Kinsale Education Centre

Image left: Art-work in full flow in Youthreach Macroom

Testimonial and Past Students

Elton Sibanda

Ex student of Youthreach second year degree -student in Crawford College of Art and Design

"Whenever I needed help in term of my career, I always got the help I needed and the best advice from the teachers in terms of where to progress on to. I did work experience in the Sculpture factory in Macroom and this helped me decide on a career in art."



Claire O'Mahony

2023 Graduate & Apprentice Hairdresser, Lavander Hair Salon Macroom

"I just wasn't happy in school; it was too big, and I just didn't feel I fitted in. Then I just stopped going in... Youthreach was so different but in a good way, we didn't have to wear uniform, it was more relaxed, but we still have to do our work.

I'm an apprentice hairdresser in Lavander Macroom now and I love it."



Youthreach Macroom Cork College of FET

Learning beyond the class- room-Making links with Local Employers!

Youthreach offers continuous structured work experience placements throughout the academic year. This practical experience develops student's awareness in key aspects of employer expectations such as punctuality, positive attitude, and work ethic.

The work placement programme offers students an opportunity to explore career options and develop practical life skills in the realm of communication, teamworking and problem solving.

Youthreach Macroom wishes to express our very grateful thanks and appreciation to all employers who give of their time and share their expertise with our students.

THANK YOU



Caroline Forde, Proprietor Caroline's Hair Salon Macroom



Joan Lehane, Proprietor Montessori School MasseyTown with Youthreach student Chloe O' Driscoll



Company Directors of Clover Hill Food Ingredients LTD Eileen and Dan Buckley with staff members



Staff Members in Seamus Burke's Pharmacy, Macroom



Staff Team Mid Cork Pallets



Pascal And Tadhg, Staff Members Macroom Motor Services.



Peggy Vaughan, Proprietor Vaughans Café with grandchildren.



Margaret and Bill, The Fabulous Fabric Company Ballyvourney.



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Laochra Óg U12 Hurlers final training night 13th October 2023



Coachford NS Enjoying Red Day on Friday 13th October Dyslexia Awareness Week



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McEgan College 5 & 6th yr students who attended the everyman Theatre for a production of the Irish Play 'An Triail' & had a tour of UCC.



McEgan College Students and staff at Cork Airport before they departed for the school tour to Italy early on the morning of Thursday October 12th.



Coachford Junior Infants 23/24. © The Quaid Gallery, Ovens.



Green Schools student team for 2023. Back: Niamh O Connell, Tui Shubart, Abby McCarthy, Dusan Kern, Scott Forde, Ronan McGrellis. Front: Lily Madigan, Caitlin Creed.



3 Senior Infants classes in St. Joseph's Primary School, Macroom, enjoying Nature Walks and activities during playtime during their first few weeks back to school.



Pupils from Muinefliuch N.S. during 'Walk to School' week



Dale Treadwell, biodiversity expert from Heritage Ireland, with pupils from the Junior room

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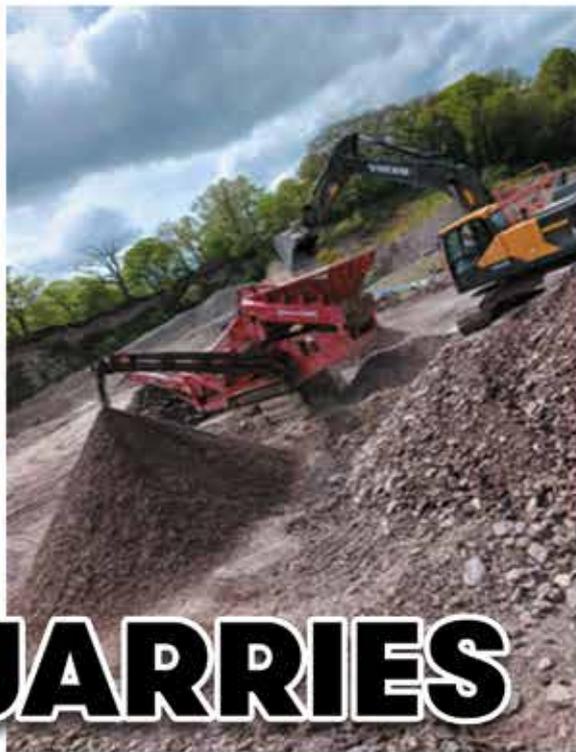
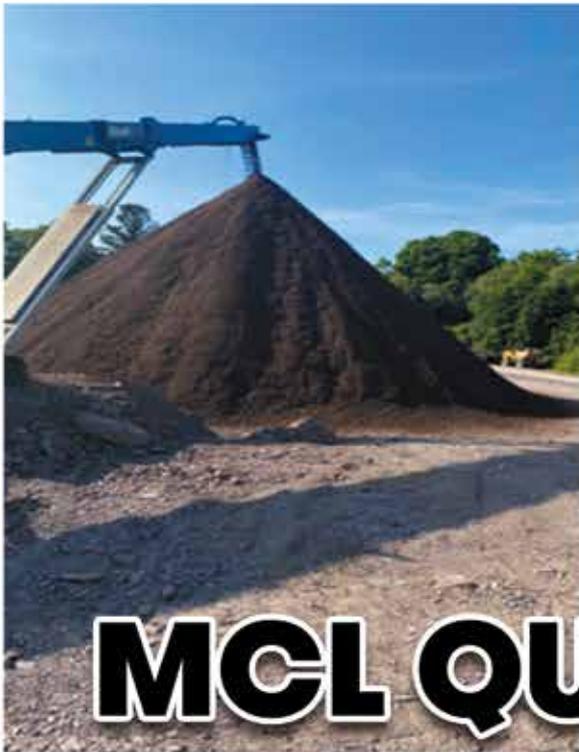


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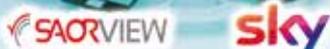
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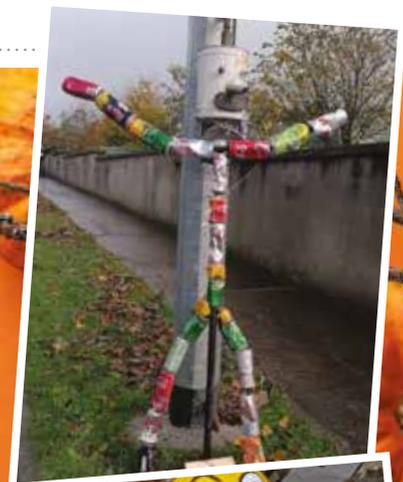
Following a very successful inaugural Scarecrow Fest in 2022, the hard working organisers are ramping up their preparations ahead of another spooktacular Halloween Family Fun event from Friday 27th Oct to Sunday 29th Oct.

The Fest Committee reach out to the entire local community and beyond inviting participation from schools, clubs, organizations, businesses, families and individuals in creating scarecrows for installation in the village for the Fest weekend. They were delighted last year with the huge response and effort received. The use of recyclable and sustainable materials in creating scarecrows is very much encouraged with a special prize for the winner by the judge in this category. Each visitor to the Fest will also get an opportunity to vote for their "favourite" scarecrow with 1st 2nd and 3rd prizes for 'visitors

favourite' category.

It's not too late yet.. so get creative to avail of an opportunity to display your imaginative talent. Together with a scarecrow trail and treasure hunt, there will be lots of free children's entertainment for the entire weekend kicking off with a children's fancy dress parade followed by a children's disco on Friday evening in the marque with a few surprises in store too. Activities on Saturday & Sunday begin at 1pm. Music on both nights in the Laine Bar with an adults fancy dress on Sunday night. Raffle tickets on sale all weekend with great prizes to be won on Sunday. So do visit Ballinagree for boos, clues, tricks and treats.

See advert on page 25



Film Screening: Coast Road

Screening Saturday October 28th at 7pm. Admission €10 in Clondrohid Community Hall.

The screening is a fundraiser to raise money to make a new film, a ghost story set in 1903 North Cork. The Film is called Coast Road, it's a murder mystery film made in 2021 just after the covid restrictions were lifted. It's set on a tour bus in 1996 as the

passengers enjoy their peaceful trip, one of them dies and before long, the bus drivers begins to suspect a couple of passengers may be behind the death so he has to get the bus from the middle of nowhere to the closest town and this is before sat nav or mobile phone infrastructure became widespread. Come check it out on Oct 28th!

A fundraising initiative for Independence Museum Kilmurry

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October 2023

Drop bags outside the museum from 12pm to 5pm on:
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 Friday 20th October
 Saturday 21st October
 Sunday 22nd October

Contact 085-0593260 with any queries

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- Bags & shoes (please tie shoes together with laces)
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- Towels & curtains
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- NO QUILTS OR PILLOWS
- All items must be CLEAN

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Cash for clothes collection 2023

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Clothes Collection

All clothes donated funds Aghabullogue NS

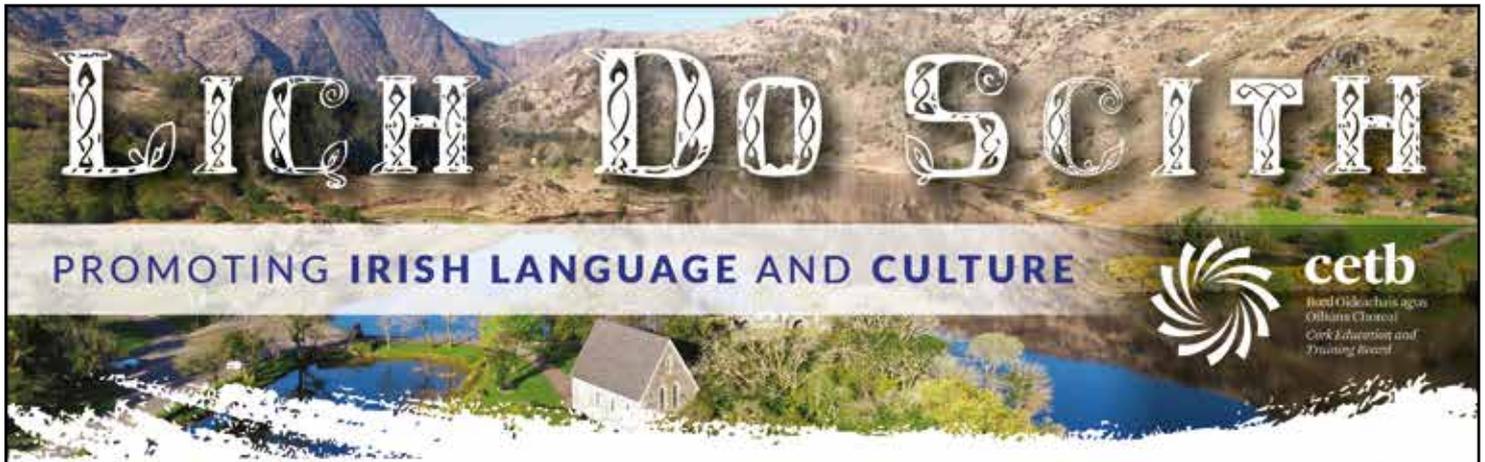
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le Eibhlín Ní Lionáird
Oifigeach Pleanála Teanga Mhúscraí

A cairde na páirte fáilte ar ais chun an eagrán nua den alt seo. Tá súil agam go raibh samhradh taithneamhach agus spraoiúil agaibh agus gur lig sibh bhur scíth, i n'ainneoin cúrsaí aimsir.

D'imigh an Samhradh uainn go tapaídh agus bhí na leanaí scoile ar ais do bhliain nua scoile i ngann fhios dúinn nach mór. Ach nach ait mar ar fhíll an Samhradh chughain arís le seachtain nó dhó. Bhí na h'éadaí éatrom samhraidh agus na 'fípeanna fíopanna' curtha i dtaisce agam do bhliain eile agus na geansaithe curtha sa chupard agam, ach seo linn arís ag caitheamh na bristí gearr agus gúnaí Samhraidh ar feadh coicís eile. *Fómhar na n'gáin* a tugtar ar an aimsir bhreá seo.

Ach faraor níor lean sé ró fhada mar go bhfuil an fhuacht agus an sion taréis fillleadh chughain arís agus is dócha gur fearr cloí leis an nádúr agus go mbeidh orainn dul i dtáithí ar na laethanta gearr agus na h'óicheanta fada arís.

Beidh na tinte lasta arís, má tá ceann sa tígh agaibh. Sa lá atá ann anois níl siad ceadaithe i dteach nua de bharr ar chúrsaí aeráide. Pé scéal é, i mo thuairime 'nil aon tinteán mar do thinteán féin' chun sui chois tine i do 'sháimhin só', sa tráthnóna taréis lá oibre agus cupán tae i do ghlaice nó gloine fiona fiú is tú ag léamh leabhar nó ag féachaint ar teilifís.

Táim taréis cúpla seachtain a chaitheamh i dteannta muintir Bhéal Átha an Ghaorthaidh agus mo chlann san Tuairín Dubh. Sé atá i gceist agam ná na h'aisteoirí agus an fhoireann léirithe don ceoldráma 'Tuairín Dubh'. Cuireadh tús leis an gcleachtadh arís cúpla seachtain ó shin taréis briseadh de cúpla mí. Bhí sé ag teastail uaimse go géar ar aon chuma mar an gcreidfeá gur dhearúdas na focail uilig script a bhí foghlaimithe i mí Bealtaine. Bhí orainn ullmhú don léiriú a chuireamar ós comhar pobal na Cathaoireach aréir in Amharclann an Everymann i gCorcaigh. Buíochas le Dia agus sinn féin chomh maith bhíomar ullamh agus chuireamar chuige go snasta. Bhí an lucht féachana an thógtha leis an léiriúchán.

Dála an scéil ag deireadh na h'óiche bhí seans againn bualadh leis an lucht féachana agus chas mé le beirt gaolta le mo charachtair féin Mag Walsh. Gar iníon léi don ainm cheánna agus cailín óg eile a bhfuil gaol aici léi comh maith.

Mar pháirt dár gcleachtadh chuamar ar turas oilithreach chun an Tuairín Dubh féin. Áit ar spreag is ar tháinig an fíis don ceoldráma. Baile fearainn timpeall dhá mhíle lasmuigh de bhaile Bhéal Átha an Ghaorthaidh, ar thaobh an Ghuagáin. Is ann a tharla an eachtra tragóideach ar lámhach Críostóir O Luasa i 1920 le linn cogadh na saoirse. D'eagraigh Oifigeach Turasoireachta Mhúscraí/ Grá Mhúscraí



an t'Uasal Iarfhlaith ó Tuama na siúlóide. Dhein an t'Uasal Seán Ó Sulleabháin threoiriú ar agus d'inis sé an scéal stairiúil a thit amach agus thug sé léargas an mhaith ar cé a mhair san dhúthaigh ag an am.

Tá pluais ollmhór sa Tuairín Dubh ar mhair roinnt de h'Óglaigh na h'Éireann is iad i bhfolach le linn dóibh bheith ag teitheadh ós na Dubha Chrónaigh le linn Cogadh na Saoirse. Agus is anseo a dhein Críostóir O Luasa a nead, is a mhair sé ar feadh 9 mhí is é ag éalú uatha. Ach faraor thit an *lug ar an lag* agus fuarthas é agus maraíodh é! Tragóid uafásach agus brónach go deimhin. Is de bharr an daoirseacht seo a thánaigh ár saoirse agus Poblacht na h'Éireann.

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Outlook
MAGAZINES



CUSTOMER SUPPORT ROLE



ICBF, through its breeding information service HerdPlus, provides a range of breeding information reports and tools for the Irish Dairy and Beef farmer.

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Bons Secours Hospital Group Cork County Football Championship 2023

Premier Senior Football

Semi-finals:

Castlehaven 1-16 St Finbarr's 2-11

Nemo Rangers 3-10 Duhallow 1-8

Final: Nemo Rangers v Castlehaven, Sunday Oct 29th at 3pm, P Uí Chaoimh

Relegation playoff: Carrigaline 1-10 Mallow 3-9 – Carrigaline relegated

Senior A Football

Semi-finals:

Dohenys 1-19 Knocknagree 2-12

Newmarket 0-10 Newcestown 0-12

Final: Dohenys v Newcestown, Sunday Nov 5th at 3pm, P Uí Chaoimh

Relegation playoff: Fermoy 0-10 Ilen Rovers 0-4. Ilen relegated

Premier Intermediate Football

Semi-finals:

Cill na Martra 2-12 Castletownbere 1-7

Bantry Blues 1-12 Kilshannig 1-11

Final: Cill na Martra v Bantry Blues, Sunday Oct 29th at 1pm, P Uí Chaoimh Relegation Play Off:

Macroom 1-9 Na Piarasigh 1 – 6. Na Piarasigh relegated

Cill na Martra 2-12 Castletownbere 1-7

Cill na Martra are through to the final of the county Premier Intermediate Football championship after their defeat of Castletownbere in a tough county semi-final in Bantry on Sunday evening. Cill na Martra finished the game with 13 men, Castletown with 12.

Controversy arose early in the second half when Cill na Martra led by 1-9 to 1-4 but the referee awarded a penalty to the Beara men. After consulting with his umpires, the referee cancelled the penalty and threw in the ball instead to the extreme annoyance of the 'Town team and supporters.

Shortly after Castletown lost two players to second yellow cards and the Beara men were not going to win with that disadvantage.

Fintan Fenner would also see red just before the end, but the damage was already done for a Castletownbere side unable to claw back a five-point deficit.

As for the winners, they finished with 13 players following Tadhg Ó Corcora's red and Maidhcí Ó Duinnín's black cards. Cill na Martra will face

Sunday's host club, Bantry Blues, in the IFC decider. It was 0-3 apiece early on following Gary Murphy (two) and James Harrington Castletownbere scores matched by Dan Ó Duinnín, Maidhcí Ó Duinnín and Damien Ó hUrdail.

Fintan Fenner's free was answered by the aforementioned Mid-Cork trio before Billy Murphy netted from close range to edge the Beara men 1-4 to 0-6 ahead. A Dan Ó Duinnín free ensured parity at the short whistle, 1-4 to 0-7.

John Evan's side blitzed their opponents for 1-2 on the resumption thanks to a Maidhcí Ó Duinnín goal plus Dan Ó Duinnín and Damien Ó hUrdai points.

Then came the controversy and a cranky closing quarter. Cill na Martra kept their composure despite being reduced to 13 players. Colm Mac Lochlainn, Shane Ó Duinnín and Ciarán Ó Duinnín conjured up important scores to keep their opponent at arm's length.

It was fitting that the game's standout player, Dan Ó Duinnín, had the final say. Ó Duinnín rounded goalkeeper Dean Hegarty and fired into an empty net to complete the scoring.

Pause

Cill na Martra now face an intriguing county final against last year's Cork Premier IFC runners-up Bantry Blues.

Scorers for Cill na Martra: D Ó Duinnín 1-4 (0-2 frees), M Ó Duinnín 1-2, D Ó hUrdail 0-3, C Mac Lochlainn, S Ó Duinnín, C Ó Duinnín 0-1 each.

Cill na Martra: Pádraig Ó Críodáin; Colm Mac Lochlainn, Danny Ó Conaill, Finén Ó Faoláin; Tadhg Ó Corcora, Seán Ó Fóirréidh, Cianie Ó Fóirréidh; Antóin Ó Cuana, Gearóid Ó Goillidhe (captain); Daniel Ó Duinnín, Damian Ó hUrdail, Ciarán Ó Duinnín; Maidhcí Ó Duinnín, Fionnbarra Ó hÉalaithe, Criostóir Ó Meachair. Subs: Micheál Ó Deasúna for C Ó Meachair (ht), Shane Ó Duinnín for F Ó hÉalaithe (50), Graham Ó Mocháin for D Ó hUrdail (57), Arran Ó hUidhir for C Ó Fóirréidh (59).
Bainistiocht: Seán Ó hÉimhín, Dónal Ó Buachalla, Gearóid Ó hÉalaithe Intermediate A Football

Semi-finals:

Aghabullogue 2-12 Dromtarriffe 0-10

Mitchelstown 0-14 Adrigole 0-12 aet

Final: Aghabullogue v Mitchelstown, Sunday Nov 5th at 1pm, P Uí Chaoimh

Relegation playoff: Ballinora 1-15 Glenville 1-12.

Glenville relegated

Aghabullogue 2-12 Dromtarriffe 0-10

Aghabullogue have advanced to the Bon Secours

Hospital IAFD decider for the second consecutive year after defeating Dromtarriffe in the semi-final at Mallow.

The Muskerry side were disappointed with how they played in last year's final against Kilshannig and will take on Mitchelstown in the showdown.

Aghabullogue's powerful final 23 minutes was enough to see them over the line in this one. It was nip and tuck for 37 minutes, the sides were level at that stage, 1-7 to 0-10, but Aghabullogue scored 1-5 to seal a place in the final. It was a very good team performance and they certainly showed no signs of tiredness despite their exploits in the hurling over the past few weeks. They are also in the IAFD final.

Dromtarriffe, with the aid of the wind, made a lively start with a point after just 12 seconds, Aidan Downey setting up Darren O'Connor. The Muskerry side's response was a quick one with Matthew Bradley converting a close-range free a minute later.

In what was an enthralling start with supporters still streaming in, Brian O'Keeffe nudged the Duhallow side in front with a brilliant long-range point, 0-2 to 0-1 after four minutes.

Frees from Evan O'Sullivan and Bradley gave Aghabullogue a slender advantage before it got better for the team in green and white after eleven minutes when influential wing-forward John Corkery was fouled in the box and a penalty was awarded. Evan O'Sullivan expertly stepped up to dispatch the ball to the back of the net, sending the Dromtarriffe goalkeeper Dan Mann the wrong way, 1-3 to 0-2.

Dromtarriffe's response was outstanding, landing three points on the bounce to leave just a point between the teams, 1-3 to 0-5 after 15 minutes. The large crowd were certainly getting value for money.

The team in red and white drew level when Brandon Murphy bisected the posts, 0-6 to 1-3 after 20 minutes, their sixth different scorer at this juncture. Dromtarriffe's dominance since they conceded the goal continued as a pair of O'Callaghan points, one from a free, gave the Duhallow outfit a 0-8 to 1-3 advantage with six minutes to the break.

Daniel O'Keeffe's white flag pushed Dromtarriffe three points clear before Aghabullogue registered their first score in 15 minutes when Evan O'Sullivan clipped over a free, 0-9 to 1-4 after 27 minutes. That was followed by another Evan O'Sullivan free as Dromtarriffe led by a point at the break, 0-9 to



Macroom U11's that participated recently in Neillie Twomey Tournament



Kilmurry U11 team winners of Neillie Twomey Tournament at Canovee GAA last Saturday. Pic. Peter Scanlan



1-5.

On the resumption, with Aghabullogue now assisted by the wind, drew parity from an Aaron O'Sullivan 45, which O'Callaghan replied with a free at the other end. Aghabullogue's first score from play arrived after 37 minutes through a Corkery point as the sides were deadlocked once more, 0-10 to 1-7.

The next score wasn't for another seven minutes when Corkery nudged the Muskerry side ahead, 1-8 to 0-10 after 44 minutes. Evan O'Sullivan converted a close-range free as Aghabullogue pushed two points clear. The team in green and white put a goal between the sides when Adam Murphy raised a white flag which was followed by an Evan O'Sullivan effort, 1-11 to 0-10 after 55 minutes.

Aghabullogue put the game to bed after 59 minutes when Cialan O'Sullivan billowed the back of the net, an excellent finish right into the top corner. Sub Brian Dineen and Corkery playing key roles in the build-up.

Aghabullogue had the last say with a Bradley point from a sideline as they will head into the decider full of confidence hoping to put past final heartbreak behind them.

Scorers for Aghabullogue: E O'Sullivan 1-5 (0-4 f, 1-0 pen), C O'Sullivan 1-0, M Bradley 0-3 (0-2 f, 0-1 sideline), J Corkery 0-2, A O'Sullivan (45), A Murphy 0-1 each.

Aghabullogue: Ian O'Sullivan; Brendan O'Sullivan, Shane Tarrant, Conor Smyth; Adam Murphy, Paul Ring (captain), Tom Long; Ryan Dennehy, Colm Gillespie; John Corkery, Mathew Bradley, Pádraic O'Sullivan; Aaron O'Sullivan, Evan O'Sullivan, Cillian O'Sullivan. Subs: Brian Dineen for P O'Sullivan (40), Billy Casey for S Tarrant (46), David Thompson for C Gillespie (49), Ciarán O'Connell for J Corkery, Odhran O'Connell for C O'Sullivan (both 60).

Premier Junior Football

Semi-finals:

Kilmurry 0-12 Cobh 1-7

St Finbarr's 0-10 Urhan 0-8

Final: Kilmurry v St Finbarrs on Saturday October 28th at 3pm, P Uí Chaoimh

Relegation playoff: Kinsale 1-11 St Michael's 0-9. St Michaels relegated

Kilmurry 0-12 Cobh 1-7

Kilmurry are through to the Bon Secours Premier JFC final after their win over Cobh at Páirc Uí Rinn but will be hoping they can further improve for the final against St Finbarrs.

This was a repeat of last year's county junior final

and produced the same winners, although Cobh came close with a late surge.

Scores were few and far between early on and it took seven minutes for the first one to arrive. With seven minutes gone Joe Ryan opened the scoring for Kilmurry and Liam Wall added their second a minute later.

They made it 0-3 to no score in the ninth minute when James O'Mullane raised their third white flag. Cobh didn't score until the 13th minute when Darragh Heelan scored from a long-range free.

Kilmurry increased their lead to three again when Sean Warren made it 0-4 to 0-1 with 17 minutes gone. A mistake by the Kilmurry defence led to Cobh's second point with Warren replying at the other end. Another long-range Cobh free was touched over the bar to make it a two-point game as half-time approached and Cobh got another to trail by one at half-time, 0-5 to 0-4.

Ryan made it a two-point game again at the start of the second half when he scored from a free as Kilmurry started the better of the two sides and was on target again from the restart before O'Connell got Cobh's first score of the second half. Adam Hastings started and finished a good move from Cobh to put only a point between them with 37 minutes played, 0-7 to 0-6 and a minute later the sides were level.

A free from Warren put Kilmurry back in front as they led by 0-8 to 0-7 with 16 minutes to go and another free from Warren increased their lead. Pádraig Brehanu score a point and Warren another to put Kilmurry 0-11 to 0-7 up with eight minutes left. With two minutes to go, Cobh put the result in doubt when they got through for a goal to make it 1-7 to 0-12 but Kilmurry hung on for the win.

Scorers for Kilmurry: S Warren 0-5 (0-2 f), J Ryan 0-4 (0-1 f), L Wall, J O'Mullane, P Brehanu 0-1 each.

Kilmurry: Jason McDonnell; Brian Hinchion, Kevin Barrett, Gearóid O'Mahony; Alexander Aisling, William Ronan, Tomás Collins; Kyle Kelleher, James O'Mullane; Daniel Cahalane, Lawrence Aisling, Rory Duggan; Joe Ryan, Liam Wall, Seán Warren. Subs: Pádraig Brehanu 40, J McGinn 55, Greg Barrett 60, M Dromey and Ryan Leahy 63.

Muskerry Division

Ross Oil Junior Football Championship 2023

Semi Finals:

Inniscarra 1-9 Éire Óg 0-8

Canovee 0-14 Aghinagh 0-4

FINAL:

Canovee v Inniscarra, Saturday October 21st at Ovens, 6(six)pm throw in, preceded by Rochestown

Park Hotel JFC 'C' Final between Inniscarra and Béal Átha'n Ghaorthaidh at 4pm

Inniscarra 1-9 Éire Óg 0-8

Inniscarra are through to their first Mid Cork Junior A football final since 2015 after defeating Éire Óg at a sunny Ballincollig in a moderately entertaining semi final. Inniscarra deserved their victory as they were slightly the better team over the hour but the Ovens men will be kicking themselves for wasting two golden goal scoring opportunities, including a penalty shot, in the final minutes.

The first half was played at a leisurely pace, the very warm sunshine affecting the players perhaps. Kevin Hallissey opened the scoring with an Éire Óg point in the 6th minute, Dylan O'Sullivan pointed a free for 'Scarra to level matters three minutes later. Colm Quigley put Éire Óg back in front, Liam Sheehan's point had the Ovens men leading by two points in the 11th minute. Scores were scarce, defences prevailing at both ends, until at last Liam O'Connor popped over a point for Inniscarra in the 18th minute and added another soon after to level the scores at 0-3 each. Colm Quigley had Éire Óg back in front in the 22nd minute, Dylan O'Sullivan levelled for 'Scarra immediately afterwards and a point from midfielder Tim Murphy in the 26th minute left Inniscarra a point in front at the interval, 0-5 to 0-4. Éire Óg should have had at least two more points to their credit.

Long serving Dan O'Connell kicked an early second half point to open up a two point lead for 'Scarra but a point from a Liam Sheehan free and an excellent point from play from Kevin Hallissey had the sides level at 0-6 each in the 36th minute. Liam O'Connor pointed an Inniscarra free, Éire Óg lost Adam McCarthy temporarily to a black card offence and from the resultant free O'Connor kicked another point to double the 'Scarra advantage. In the 49th minute the winners struck for the only goal of the game, Liam O'Connor sending over a cross from the right to Dan O'Connell in front of goal and the latter shook off his marker to turn and blast the ball high into the roof of the Éire Óg net. Inniscarra now led by 1-8 to 0-6, and seemed to be gaining control.

Liam Sheehan pointed for Éire Óg from a free in the 54th minute and reduced the gap to a goal with another point on 58. With 60 minutes on the clock, a short kick out from the Inniscarra goal was pounced on by Kevin Hallissey whose perfect cross found Colm Clifford all alone in front of goal. The goalkeeper took Clifford down as he prepared to shoot, a penalty was awarded but Liam Sheehan's spot kick went low and outside the post to the



Aghabullogue Junior footballers who beat Ivelary in the Mid Cork Junior B Football plate competition recently on a score line of 3-14 to 0-10.



Liam Herlihy presents the Bertie Herlihy cup to Aghabullogue captain Paudie Twomey



dismay of the Éire Óg supporters. Four minutes into added time, Éire Óg wasted another glorious opportunity when Michael Murphy's shot from close range also went wide of the upright and they were twice denied by excellent goalkeeping by Dominic Kelleher in the 'Scarra goal just after Cameron Lynch had eased 'Scarra fears with a fine point after a break out of defence.

Scorers: Inniscarra: D O'Connell 1-1, L O'Connor 0-3 (0-2f), D O'Sullivan 0-2, L Collins and T Murphy 0-1 each. Éire Óg: L Sheehan 0-4 (0-3f), C Quigley 0-2, K Hallissey 0-2

Inniscarra: Dominick Kelleher: Jack O'Sullivan, Liam Ryan, Ciarán Lombard: Frank Horgan, David Coughlan, Jack O'Dwyer: Tim Murphy, Sean O'Donoghue: Liam Collins, Liam O'Connor, Mark McLoughlin: Dan O'Connell, Dylan O'Sullivan, Tadgh Lyons. Subs: Mark Linehan and Cameron Lynch, both ht, David O'Keefe 50, Colm O'Leary 57, Sean Sheehan 60.

Éire Óg: Eoin Kelleher: Chulainn Malone, Matt Brady, Cathal Mullins: Kevin Cooper, Denny Murphy, Adam McCarthy: Oisín O'Shea, Collm Clifftod: Kevin Hallissey, Michael Murophy, Fintan O'Leary: Daniel Healy, Liam Sheehan, Colm Quigley. Subs: Ciarán Sheehan and David Casey, both 45, Keith Riordan 46, Phil O'Sullivan 54, Cian Kidney 54.

Referee: Pat O'Leary, Kilmurphy

Canovee 0-14 Aghinagh 0-4

Unbeaten Canovee, already 2023 league champions, are now into the Ross Oil Mid Cork

Junior football championship final and will be fancied to regain a title they last held in 2007, the year they went on to take the Cork, Munster and All Ireland titles. In their latest win at the Castle Grounds Macroom on Sunday evening last they were altogether too good for an out of sorts Aghinagh side who were seeking to reach their third final in a row but who never looked likely to achieve that aim.

Conditions at Macroom were excellent and a large crowd gathered to see the neighbours do battle. Canovee were buzzing from the off, Daire McMahon putting them in front after two minutes and James Moynihan punching over two minutes later. Moynihan kicked his second point in the 8th minute, Aidan Murphy punched another on 13 and Dara Cronin made it 0-5 to nil as the first quarter drew to a close. Up front, Aghinagh could make little progress against a mobile defensive unit with Odhran O'Driscoll commanding at centre back in front of solid Eoin McNabola.

Gearóid O'Sullivan had an opening point for Aghinagh in the 16th minute and Declan Ambrose had a superb second in the 23rd minute but Jack Kelleher had the final score of the half, pointing a Canovee free in the 26th minute. Canovee lost Conor Dodd to a black card on 30 but were well in command leading 0-7 to -2 at half time.

Matters did not improve any for Aghinagh on the restart as Canovee quickly added two more points to their tally through Jack Kelleher and McMahon and two more Kelleher points had the winners in front by 0-10 to 0-2 by the 38th minute. Canovee lost Conor Dodd permanently in the 43rd minute when he picked up a yellow card shortly after his

return to the fray but the numerical disadvantage did not bother them in the slightest as they continued to force the pace. Aghinagh now were reduced to 14 men when substitute Donal O'Callaghan got a black card and Jack Kelleher converted another free at the three quarter mark to open a nine point gap and the outcome was certain at this stage.

In the final ten minutes Gearóid O'Sullivan and Dare McMahon exchanged points, Liam Twohig from a free and Paul Healy from play did likewise and fittingly the outstanding Jack Kelleher had the final score from a superbly taken free in the 64th minute of a mediocre game.

Scorers: Canovee: J Kelleher 0-6 (0-4f), D McMahon 0-3, Js Moynihan 0-2, A Murphy, D Cronin, P Healy 0-1 each. Aghinagh: G O'Sullivan 0-2, D Ambrose 0-1, L Twohig 0-1 (f).

Canovee: Cormac O'Driscoll: Cian Cronin, Eoin McNabola, Darren Moynihan: Evan Dodd, Odhran O'Driscoll, Eoghan Lehane: Conor Dodd, Aidan Murphy: James Moynihan, Dara Cronin, Conor O'Neill: Daire McMahon, Brian McNabola, Jack Kelleher. Subs: William Ahern 50, Shane O'Riordan 58, Michael Dunne 61, Paul Healy 62, Darragh Ring 64.

Aghinagh: Kevin Cotter: Donagh O'Riordan, David Barry, David Kelleher: Aodh Twomey, Luke O'Leary, Declan Ambrose: Gearóid O'Sullivan, Michael O'Brien: Thomas Morgans, Con Buckley, Michael Horgan: Darragh McCarthy, Liam Twohig, T J Buckley. Subs: Seán Kelleher ht, William Coakley and Donal Corkery 44, Dermot O'Callaghan 44, Euan Coughlan



Victorious Canovee team that beat Aghabullogue in the U12 League final. Pic. Peter Scanlan



Canovee U11 team who played in the Neillie Twomey cup Final. Pic. Peter Scanlan



Teams parading behind piper Padraig O Driscoll before the Neillie Twomey finals in Carrigadrohid last weekend. Pic. Peter Scanlan



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HURLING: Co-Op Superstores Cork County Hurling Championships

Final: Sarsfields 0-21 Midleton 0-19

Relegation: Glen Rovers relegated

Senior A Hurling

Semi Final:

Blarney 0-20 Bride Rovers 1-17 aet. Bride won penalty shoot out, 3-0 to 2-0. Blarney objected as Bride had 16 on field as they equalised in extra time. Replay ordered.

Replay: Blarney 3-15 Bride Rovers 1-12

Final: Blarney v Newcestown at P Uí Chaoimh on Sunday October 22nd 4pm

Relegation: Mallow relegated

Blarney 3-15 Bride Rovers 1-12

Blarney overcame Bride Rovers in the Cork SAHC semi-final at Páirc Uí Chaoimh. Blarney, greatly boosted by three first-half goals held a five-point lead at half time half-time in the second half they retained their grip on the game and were confident winners at the finish. Their Cork county senior hurlers, Mark Coleman, Shane Barrett and Pádraig Power showed their class and the team as a whole responded to turn in an impressive performance.

Blarney lost to Newcestown in the group stage when Mark Coleman was absent and Coleman, who scored 1-3 against Bride, is a vital player for Blarney. Shane Barrett, accounted for 1-6, while his brother Cian and Pádraig Power were a constant source of trouble for Bride Rovers.

By half-time, it was 3-4 to 0-8 and though Bride Rovers had a point on the resumption, it was as close as the gap would be.

Six points in a row fortified Blarney's position, and Blarney led 3-14 to 0-12 before a late goal from a free merely improved the appearance of the scoreboard for the East Cork men.

Scorers for Blarney: S Barrett (1-6, 0-2 frees), M Coleman (1-3, 1-0 pen, 0-1 sl), C Barrett (1-0), P Power (0-2), O Hegarty, P Crowley, C Hegarty and J O'Keeffe (0-1 each)

Blarney: C Murphy; S Crowley, P O'Leary, D Murphy; C Power, P Crowley, J O'Keeffe; O Hegarty, C Hegarty; S Mulcahy, C Dunlea, S Barrett; P Power, M Coleman, C Barrett.

Subs: E Kirby 54, C McCarthy 56, K Costello 59, M O'Leary and W Crowley, both on 60.

Premier Intermediate Hurling

Final: Castlelyons 0-19 Kilworth 0-17

Relegation: Bandon relegated

Intermediate A Hurling

Semi finals:

Aghabullogue 0-17 Mayfield 0-11

Midleton 1-18 Blackrock 1-17

Final: Aghabullogue v Midleton on Sunday October 22nd at P Uí Chaoimh, 2pm

Relegation: Douglas relegated

Premier Junior Hurling

Final: Erin's Own 1-14 St Catherine's 2-9

Relegation: Tracton relegated

MJK Oils Mid Cork Junior Hurling Championship Final

Ballinora 0-15 Dripsey 1-9

Ballinora completed a three-in-a row for their very first time when they defeated Dripsey in the final of the MJK Oils Mid Cork Junior A hurling championship at Cloughduv. Dripsey, with many players from their glory years still in action, made Ballinora work very hard to the final whistle for victory.

Dripsey got off to a fine start with points from Michael O'Riordan and Gary Murphy giving them a two point lead after five minutes before Liam Lyons, from a free, opened the Ballinora account in the 9th minute. Danny Dineen then set up Kevin Murphy to level the scores and Burns put Ballinora in the lead in the 14th minute after a strong run.

Dripsey defence in particular was doing well and it was no surprise to see them level again when Michael O'Riordan pointed a free after Mark O'Sullivan was fouled in the 16th minute. Liam Lyons, ace marksman, pointed to ease Ballinora back in front, Eoghan Maher from play brought Dripsey level again in the 20th minute, 0-4 apiece. The standard of hurling was not great, and there was little between the teams. James Keohane put Ballinora back in front, Liam Lyons pointed another free to double their advantage but Michael O'Riordan pointed a free at the other end just before the interval to leave Ballinora ahead by the minimum at the break, 0-6 to 0-5.

A Shane Kingston free immediately on the resumption extended the Ballinora lead but it was followed immediately by a tremendous goal from Diarmuid O'Riordan, the Dripsey man lashing the sliotar to the net from ten metres out. Ballinora now lost Liam Lyons to a recurring injury but replacement free taker Darragh Holmes had the teams level again in the 33rd minute. Eoghan Maher, fired Dripsey back in front, Diarmuid O'Riordan made it 1-7 to 0-8 in the 35th minute. Kevin Murphy steadied the ship for the champions with a 39th minute point and Tommy Burns hit a marvellous point for them within a minute to level matters at 0-10 to 1-7.

Shane Kingston pointed a free from the halfway line to get Ballinora back in front in the 41st minute, and then fired over another point from a 20m free two minutes later. Shane Kingston sent the champions four clear with points from two more frees in the 52nd and 54th minutes. Leading by 0-14 to 1-7 now Ballinora were on the way to claiming the crown but they still could not kill off the stubborn resistance of the Dripsey defenders. When Michael O'Riordan had a point to bring Dripsey back within a single score of Ballinora five minutes from the end of time, the outcome was again uncertain but a point from a Darragh Holmes free in the 58th minute eased the situation for Ballinora once again and Michael O'Riordan's injury time point for Dripsey was not enough to deny Ballinora their three-in-a-row.

Scorers: Ballinora: S Kingston 0-5 (frees), L Lyons 0-3 (f), D Holmes (f), K Murphy and T Burns 0-2 each, J Keohane 0-1 Dripsey: D O'Riordan 1-1, M O'Riordan

0-6 (0-5f), E Maher 0-2

Ballinora: Barry Crowley: Pat Fitton, James Lordan, Ken Greally: Mike Lordan, Shane Kingston, Neil Lordan: James Byrne, Tommy Burns: Liam Lyons, James Keohane, Danny Dineen: Darragh Holmes, Darragh Corkery, Kevin Murphy. Subs: Conor Quirke 35, Tim Forde 45, Andrew O'Sullivan 55, Colin O'Flynn and Ronan Barrow, both on 60.

Dripsey: Aidan Buckley: Cathal O'Connell, David O'Sullivan, Eoin O'Connell: Shane O'Riordan, John Carey, Dean O'Sullivan: Mark O'Connell, Eoghan Maher: Killian Kelleher, Diarmuid O'Riordan, Mark O'Sullivan: Michael O'Riordan, Gary Murphy, Shane Burke. Subs: James Manley ht, John Buckley 50, Colm O'Connell 58, John O'Riordan 61.

Referee: Brendan Barry Murphy, Aghabullogue Ballinora's Shane Kingston was voted MJK Oils Man of the Match award winner.

Oriel House Hotel

Mid Cork Junior B Hurling Championship Final Replay

Inniscarra 1-21 Aghabullogue 1-17 aet

It required twenty minutes extra time before these two neighbours could be separated in the replay of the Mid Cork Junior B hurling championship final at Cloughduv. Inniscarra had the better of the opening half and enjoyed a four point interval advantage. Aghabullogue fought back in the third quarter and the teams were level at 1-11 each at the 40 minute mark before Aghabullogue went in front for the first time. Back came Scarra with four unanswered points but Aghabullogue rallied once again and managed to be level at the full time whistle.

In extra time Inniscarra were the dominant side, led by two points at the interval and had doubled their advantage to four by the end of the final ten minute half.

Scorers: Inniscarra: J Enright 1-10 (0-6f, 0-1 65), A O'Mahony 0-3 (0-1f), D Murphy 0-3, J Casey, M Burke 0-2 each, D O'Sullivan 0-1. Aghabullogue: M O'Flynn 1-10 (0-8f), L Casey, A O'Sullivan and O'Connell 0-2 each, J Lane 0-1 each.

Inniscarra: Evan Cunningham: Luke Keogh, Kevin Burke, Seamus Desmond: Jack O'Dwyer, Donal O'Callaghan, Brian Lowney: Michael Burke, Sean McLoughlin: Ardal O'Connell, Joe Enright, John Casey: Dan Murphy, Aidan O'Mahony, Sé O'Donoghue. Subs: Tommy Buckley, Stephen O'Sullivan, Dylan O'Sullivan, Alec Roche, Michael Coleman.

Aghabullogue: Tadhg Bradley: Aidan Hogan, Aidan Barry Murphy, Killian Barry Murphy, Jack Murphy, David Thompson, Niall Buckley: Cian Furey, James Lane: Odhran O'Connell, Paudie Twomey, Ian Barry Murphy: Mark O'Flynn, Aodhan Healy, Luke Casey. Subs: Aaron O'Sullivan, Seán O'Sullivan, Adam Murphy, Ciarán Thompson, Paudie Twomey Referee: Diarmuid Kirwan, Éire Óg

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LGFA

Cork County Senior Final

Mourneabbey 2 - 12 Éire Ó 2 - 11

Champions Mourneabbey won their ninth county senior title in ten years (West Cork took the other) by defeating Éire Óg in a superb final at MUT Cork, the third year in a row these two teams have met in the final.

Level 2-11 apiece deep into injury-time, and with extra-time beckoning, Mourneabbey's Bríd O'Sullivan fisted the match-winning point over the bar so understandably Éire Óg were broken-hearted at the final whistle.

Éire Óg enjoyed a positive start, Eimear Scally (free) and Marie O'Leary getting them off to a good start. The champions drew level, Scally's second free made it 0-3 to 0-2. Mourneabbey took the lead, Eimear Scally's third free floated over the

bar. Four unanswered points had Mourneabbey in command coming up to half time, 0-8 to 0-4, and then each side had a goal, Mourneabbey's followed by Éire Óg's, Orlaith Cahalane setting up Sadbh McGoldrick to palm to the net. Cahalane and Eimear Scally (free) scores made it a two-point game, 1-8 to 1-6 at the break.

Mourneabbey's three-point advantage was restored from a free on the resumption and then the North Cork side had a goal from a penalty. Éire Óg's Eimear Scally made it 2-9 to 1-6 before Éire Óg defender Aishling O'Connell put the ball in the winners net to cut the gap to two points. Points were exchanged scores, 2-10 to 2-8 with ten minutes to go.

Mourneabbey went three clear, Eimear Scally landed two late frees to leave the bare minimum

between the teams. Scally scoring her eighth free to level it up once again 4 minutes into additional time but Bríd O'Sullivan fisted the winning point for Mourneabbey with time almost up.

Scorers for Éire Óg: E Scally 0-9 (0-8 f), S McGoldrick, A O'Connell 1-0 each, M O'Leary, O Cahalane 0-1 each.

Éire Óg: Lisa Crowley; Aoife Rodgers, Jennifer O'Gorman, Shauna Sheehan; Clodagh O'Connor, Isobel Sheehan, Aishling O'Connell; Sadbh McGoldrick, Shauna Cronin; Emma Cleary, Laura Cleary, Marie O'Leary; Orlaith Cremin, Eimear Scally (captain), Orlaith Cahalane. Subs: Meabh Cahalane ht, Lisa Murphy 43, Ciara O'Brien 51, Allanah Hickey 63.



Ballinora, Mid Cork JH champions 2023



Inniscarra, Mid Cork JBH champions 2023



Aghinagh - who lost to Canovee in the Mid Cork JFC semi final at Macroom



Dripsey, Mid Cork JHC finalists 2023



Éire Óg - who lost to Inniscarra in the Mid Cork JFC semi Final at Ballincollig



MJK Oils Mid Cork JHC Final at Clough: Referee Brendan BarryMurphy with is team of officials, L to R: Dan McSweeney, John Tarrant, John Ryan, Brendan BarryMurphy, Jim McEvoy, Tim Buckley, Tadgh Barrett



Macroom U8 and U10 are with Breige Corkery at the medal presentation ceremony.

GAA HANDBALL, MACROOM INITIATIVE

Come and try out GAA Handball in Macroom over the next few weeks at the upcoming free taster sessions.

When: Tuesdays nights between 6pm and 8pm, beginning on Tues Oct 24th.

Where: Handball Court, Macroom Community Leisure Facility inside the Castle Gates (P12wk38).

This initiative is being supported by Cork GAA Handball and Cork Sports Partnership and facilitated by the local club. The focus on the upcoming taster sessions will be on juveniles, but enquiries are welcome from anybody wishing to find out more about the game of handball.

Handball has been described as 'the perfect game, a game for all'. A traditional Irish game, it is non contact, played indoors, and only requires one

other person to have a perfect workout.

The game is played by men and women, young and old and is a thinking game as well as a physical game. It is excellent for hand/eye co-ordination which helps fine tune the skills of players who play other sports. It is a skillful game and provides a full body workout, and players must work to develop their weaker side to improve their game.

Handball is played as a recreational activity as well as being played competitively. Two members from Macroom Club have represented Cork in competitions in 2023 with considerable success. Ray Griffin won the All Ireland Silver Master B Doubles in the 60 x 30, while John Lyons reached the Munster final in 40 x 20 Doubles. Further enquiries, please contact 086/8175859.



Joe Creedon and John Lyons in Macroom's 40 x 20 Handball Court.

MACROOM SOCCER CLUB

Schoolboys/Youths

The U7 lads tried out the new Astro at Ringmahon Rangers and had a great days football against the locals. Our U13A team had another great win last weekend at Murrayfield winning 6-0 against visitors Rathcormac A. James O' Brien scored a fine hat-trick, Gena Lisovyi got a double and Alex Murphy was also on target in an excellent squad performance. The U10A side entertained Wilton Utd in non competitive games and all 20 boys did excellent in unseasonably warm conditions.

The U11 boys played Midleton at Murrayfield in further entertaining matches. The U12s were away to a very strong Midleton side, played very well but lost out. Macroom FC U17s, sponsored by Greg's Garage, had a great 2-1 away win under the lights at Carrigaline. Goals from Cormac O' Sullivan and Coleton Corkery set the visitors on their way, Carrigaline scored to halve the deficit but Macroom held on to take an excellent 3 points. Well done to all players and volunteer coaches for representing our club.

Match Ball Sponsor

Many thanks to MJ Cronin's, Middle Square, who were this weeks sponsor of the Match Ball for the Macroom FC MSL fixture. All sponsorship is very much appreciated by all at our club.

Social Media

Keep an eye on our social channels for club news, fixtures, results, match reports etc. Macroom FC can be found on Facebook, Instagram @ macroomfc and X (Twitter) @macroomfc1977.



Macroom FC U10A boys who played Wilton Utd last weekend.



Macroom FC U11 boys who played Midleton at Murrayfield.



Image right: Canoeist makes it to the front page of the Irish Independent

Perfect match: Fans hope for triumph in Paris



Ireland supporters Aoife Hyland, from Westmeath, and Daniel O'Sullivan, from Cork, who are in Paris for their honeymoon, at the Arc de Triomphe ahead of tonight's Rugby World Cup match between Ireland and Scotland. Photo: Ramsey Carby/Sportsfile. See Pages 2-3 and Sport



LAOCHRA OG NEWS

24th September 2023

Not our day last Sunday as we bowed out of the u16A championship losing the semi final to Kilworth. A very close and exciting game but unfortunately, we came up just short at the final whistle. Congratulations to Kilworth and best of luck in the final. A big well done to every girl on our panel who played all year and all played a part in getting our county league final win a few weeks ago. Thank you to all our parents, supporters and our team sponsors Healys Spar Clondrohid for your time and support all year. Thank you to Colaiste Ghobnatain for the use of the pitch and facilities all year and thanks also to Uibh Laoire GAA for the use of their pitch and facilities last Sunday. A big thanks to Finbarr for all your time and support and training all year long and all the trainers involved. Finally, well done again girls, all at Laochra Óg are very proud of you all.

2ND October 2023

Tonight saw our U14 girls contest a county semi final against Blackrock under lights at the Castle Grounds Macroom. This game had it all.... the lead changing every few minutes, fantastic skill on display with our girls fighting to get back into the game in the second half. With the huge Laochra Óg support, cheering them on it was a battle to the very end with Blackrock pulling away to secure the win. Thanks to Macroom GAA for making their facilities available to us, to James Hickey & family our team sponsors and the huge Laochra Óg support this evening. More great days ahead for this fantastic bunch of girls.

8th October 2023

Laochra Óg U13, U14 boys had their final training on Sunday. We had a Puc Fada and Sideline Cut competition. Our winners were Ross 1st, Dylan 2nd and Danny 3rd in the Puc Fada, and David 1st, Matthew 2nd and Conor 3rd in the Sideline Cut comp. Well done to the lads this year who worked hard and ended up with the U13 Mid Cork League Cup. Great achievement for them. Thanks to the parents for bringing lads to trainings all year



Laochra Óg U16 Camogie v Kilworth 24th September 2023 01

and travelling to matches, our sponsors Mid Cork Pallets and Packaging, Michael and Nora McCarthy of Macroom Testing Centre for the use Teerberg for training, and all the lads who maintained Teerberg all year. Thank you.

12th October 2023

And the Puc Fada concludes u10 camogie 2023 well done to all the girls. There's been huge improvements since last February. Thanks to all the parents for getting the girls to training and matches...thanks to Catherine, Dee and Shelia for their help. Thanks to Liam for the training and to Colaiste Ghobnatan for the facilities. Very Well done to Robyn our Winner and Grace our Runner up this evening. We'll done to all the girls a great bunch.

13th October 2023

Great craic tonight with the U12 lads. Long puc was won by Ruarai, second Oscar and third Darragh. We went with frees this year from 45 yards out and Oscar won it with Darragh second followed by Conor third.

14th October 2023

Well done to our fabulous u7 camogie team who played in an early morning West Muskerry Gala blitz today. The girls showed great skills and brilliant attitudes on a cold morning. The girls have

improved so much this year and make us proud every week. A very big thank you to our sponsors Mulcahy Insurances Ltd and to the parents who bring the girls each week. Most importantly a huge well done to these great girls

TRUCK RUN 2023

Truck Run 2023 was a great success this year. It raised a total of €4,529. It will benefit The Irish Cancer Society and Daffodil Nurses. Over seventy trucks took part and many people who turned up on the day made donations across the day. Thank you to all who took part and donated to this great cause. Paul Lyons and his family organised the event again this year and great credit is due to them for all the work that went into organising the different aspects involved in making this event happen and being the success that it was. Thanks Rebecca Crowley from Daffodil Nurses who was on hand to meet people and explain what they do. Thanks to Michael and Nora McCarthy who allowed the use of their facilities to host the event. Thanks to anyone who helped in any way to make the day possible and to run as smoothly as it did. All the trucks travelled on the new Macroom by pass this year and was viewed from many vantages along the way. Roll on 2024.



Laochra Óg U7 Camogie West Muskerry Gala Blitz 14th October 2023



HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie



MACROOM LADIES

Macroom welcomed Douglas Hall to Murray Field on a sunny autumn afternoon.

Captained by Isabelle Lehane the girls got off to a great start with 2 goals in quick succession from Shauna Keane. Douglas Hall then settled and got a goal back however Aine O'Riordan was ready and waiting to strike and hit the back of the net again for Macroom.

Macroom girls began the second half determinedly and had to dig deep as Douglas Hall scored again. Lorna Hodman was outstanding in goals saving a penalty. Approaching full time with the sides level Macroom were now under pressure each player was battling hard when Mai Fitzgerald sent the ball

up the pitch with some superb play that found the feet of the mighty Shauna Keane to place it right in the back of the net to secure a well-deserved win, a fantastic team performance all round.

Goal Scorers Shauna Keane Hatrick, Aine O'Riordan with a brace.

Macroom under 13 div 1, Macroom 3 Leaside 4

This was another exciting game for the Macroom spectators, this time Macroom travelled to Leaside. Macroom went 2 nil up in the first half through Lauren O'Sullivan but lost a goal on the stroke of half time to make it 2/1 at half time. Macroom however fought back and scored again through the calm Olivia King from just within the box into

the top left corner. Aoife O'Regan and Alexandra Stephen were both outstanding in central defence throughout the game. Leaside were determined not to give up and scored again with 3 minutes left on the clock which made for a tense few minutes before the final whistle blew.

Macroom under 15's also had a great win away to Douglas Hall last weekend.

Under 16 National Cup Team.

Well done to our under 16 National Cup team who got off to a flying start in their campaign against St. Marys, to see them through to the next round.



Macroom u19s who recently had a great win against Blarney



Macroom u10 girls who recently played Ballincollig.



Chloe Hubbard and Aoife O'Regan u13 Cork Trials



Shauna O'Sullivan, Szonja Mora and Maisie Murphy Cork Soccer Trials



Laochra Óg TRUCK RUN 8th October 2023



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A Word of Victory

Welcome back dear student, "when I discovered Your words, I devoured them. They are my joy and my heart's delight, for I bear Your Name, O LORD God of Heaven's Armies" (Jeremiah 15:16). So dear friend, how is your personal Bible study journey going? Like anything consistency brings results. It's natural for us to falter at times when life takes over, but that's easy to rectify by simply re-adjusting priorities to get back on track. Some think that God is not important. That may be so now while they're flying high, but everything can change in a moment, and it's when the proverbial hits the fan that people suddenly realise they don't have the answers, His Word becomes relevant.

The Scriptures are full of analogies – where God compares one thing to another to further explain His meaning. Food is a big analogy used by Him. "I Am The Bread of Life; whoever comes to Me shall not hunger, and whoever believes in Me shall never thirst" (John 6:35). The Lord Jesus is the "Bread from Heaven". He outwitted the devil's tests by proclaiming the Scriptures that He had been trained up in. "Man shall not live on bread alone but on every Word that proceeds from the mouth of God" (Matthew 4:4). God reveals Himself as the Good Shepherd who provides everything His sheep need, promising to lay out a feast upon a table for us His sheep, to feed on in the presence of our enemies (Psalm 23:5). Life with God is a life of overflow – more than enough. "You anoint my head with oil, my cup runs over". God knows that physically as well as spiritually we need food to strengthen us. The Lord provided fresh manna every day for the Israelites in the desert, so they never went hungry. Don't you love that about God? He cares for our every need so we can enjoy a full life – physically with good food, and spiritually with Living Bread.

Many people may be carrying extra weight in their natural body yet be severely malnourished and emaciated in the spirit. They have no knowledge of God's Word and thus, no defence against the snares of the enemy, so he can knock them down like a feather. Others can fancy themselves as fit and super healthy, yet spiritually they are totally out of shape - broken and sick - again because of their lack of knowledge of the Word they are sitting ducks for Satan's traps - easy to beat and thus knock out of the fight.

"Is anyone thirsty? Come and drink, even if you have no money! Come, take your choice of wine or milk - it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen to Me, and you will eat what is good and enjoy the finest food. Come to Me with your ears wide open. Listen, and you will find Life. I will make an everlasting covenant with you. I will give you all the unfailing Love I promised to David" (Isaiah 55:1-3 NLT). When we put the study of God's Word and fellowship with Him into our daily schedule as a priority, something amazing happens. Over time we begin to learn the true extent of His Love for us, and we start to grow! The Word transforms us from lightweights into spiritual giants guaranteeing us victory and peace, and everything changes for good! If you would like a Bible please text, call or email and we'll post you one for free.

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
DONAL MOYNIHAN
Cúil Aodha, Co. Cork

As we lovingly remember Donal on his first anniversary we, his wife Catherine and family would like to express our sincere gratitude to all those who supported and sympathised with us on our sad bereavement.

We would like to thank all those who attended the removal and the funeral, sent floral tributes, online condolences, sympathy cards, mass cards and letters of sympathy.

Thank you to the priests of the parish and especially to concelebrant Fr Liam Kelleher, a lifetime friend of Donal's.

A special thanks to Cór Cúil Aodha and to their accompanist, "the mysterious whistler".

We would also like to thank Gerard the Sacristan, those involved with traffic control, with Guards of Honour and the lone piper, the gravediggers and the Abbey Hotel who laid on a beautiful meal. We express our heartfelt appreciation to Cyril and the staff of Casey's Undertakers for their help and professionalism during this difficult time.

Thank you to Dr Colette Faul for all her years of care to Donal, to the staff of Ballyvourney Health Centre and to Sinead and her staff in Care Plus Pharmacy. A special thanks also to his very caring home helps, Nora May, Joan, Joe and Anne.

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

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



Donal's First anniversary Mass will be celebrated in Cúil Aodha Church on Sunday 5th Nov at 10.00am.

8th ANNIVERSARY



In memory of a wonderful Brother

GERARD O'CALLAGHAN

20 St Colman's Pk. Macroom
22nd October 2015

*We hold onto our memories
The ones that are so dear
To try to keep you always close
Now you are not here
You were called, it was your time
But it is so true
You have left a legacy
There was no one like you
You were very special
And we want to say
We feel lost in many ways
You are not here today
But we will never forget you
And we know we have been blessed
To have you for our Brother
Because you were the best.*



Sadly missed and forever loved by your sisters Joan, Mary & Denise. Nieces Alannah, Ellie & Grace. Nephews, Evan, Donnacha & Rian. Brother in laws Joe, Kieran & Daniel.

13th ANNIVERSARY



In loving memory of

ANNIE COTTER

Ballingeary, Co. Cork
Whose anniversary occurs
on 27th October

*Though her smile is gone forever,
And her hand we cannot touch,
We still have so many memories,
Of the one we loved so much.
Her memory is our keepsake
With which we'll never part,
God has her in his keeping
We have her in our hearts.*



Always remembered by the O'Sullivan's and the Kearneys

11th ANNIVERSARY



In loving memory of

GARRY COTTER

8 O' Mahonys tce, Dripsey,
Co. Cork.

Who died on the
21st of October 2012

*Silent thoughts,
sincere and true,
from a family who thought
the world of you.
No longer in our lives to share,
but in our hearts you're always there.*



Always remembered
by your mother Eileen & family

11th ANNIVERSARY



In loving memory of

GARRY COTTER

8 O' Mahonys tce, Dripsey,
Co. Cork

Whose anniversary occurs on the
21st of October

*We think of you in silence,
We often speak your name,
But all we have are memories,
And your picture in a frame.
Your resting place we visit,
And put flowers there with care,
But no one knows the heartache,
As we turn and leave you there.*



Remembered today and always
by Eleanor, Tom, Dylan,
Rebecca, Clodagh.

3rd ANNIVERSARY



Remembering with love

ANTHONY O'SULLIVAN
Kilmurry

Who died on 30th October 2020

*Gone is the face we loved so dear,
Silent is the voice we loved to hear,
Too far away for sight or speech,
But not too far for thought to reach,
Sweet to remember him,
who once was here,
And thought absent, is just as dear.
And from heaven above,
You are always our guide.*



Loved and missed more than words can say.
His loving wife Mary and family.

11th ANNIVERSARY



With love we remember

GARRY COTTER

8 O' Mahoney's Terrace, Dripsey
who died 21st October 2012

*Four years have passed since that sad day,
You closed your eyes and slipped away,
You left so quickly without a fuss,
And broke the hearts of all of us,
A pleasant smile, a heart of gold,
No better brother / uncle this world
could hold.*



Loved and remembered always by
Peter, Lorraine, Jordan, Chelsea, Emily
and Devin

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. X

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6th ANNIVERSARY



In loving memory of

JERH LYNCH

Clondrohid, Co. Cork

Who died 26th October 2017

A beloved father

*God saw the road was getting rough,
The hill was hard to climb,
He gently closed your weary eyes,
And whispered 'Peace be thine'.
A golden heart stopped beating,
Hard-working hands at rest,
It broke our hearts to see you go,
God only takes the best.*

*Ar dheis Dé go raibh a anam
Naomh Gobnait guidh air.*



Dad's Anniversary Mass will be on
Tuesday, 31 Oct. 2023, at 9.30am,
in St Abina's Church, Clondrohid

From your loving daughters Pauline,
Louise, Deirdre, Denise, Carol, and Linda

ANNIVERSARIES



In loving memory of

**MARY & SEAMUS
CRONIN**

Dún An Óir, Ballingearry

Mary died on 7th November 2019

Seamus died on 18th December 2002

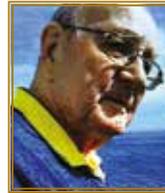
*If Tears Could Build A Stairway
And Memories A Lane
We Would Walk Right Up To Heaven
And Bring Ye Home Again.*



In our thoughts and hearts forever
Lovingly remembered today and always
by their family Aileen, Geraldine, Crothur
(Con), Colette, Christin and their adored
grandchildren and great-grandchildren.

I Smaointe agus I bpaidreacha do chlann
i gconai.

5th ANNIVERSARY



In loving memory of

**TOM
HAYES**

7, Sullane Place, Macroom

who died on the 20th October 2018

*We miss your smile, your joking ways,
We miss the things you used to say,
And when old times we do recall,
It's then we miss you most of all.*



Lovingly Remembered by
Antoinette

3rd ANNIVERSARY



In loving memory of

DENNY MURPHY

Gurraneearney, Carriganima,
Macroom, Co Cork.

Whose anniversary occurs on 26th
of October 2023

*Just a prayer from the family
who loved you,
Just a memory fond and true,
In our hearts you will live forever,
Because we thought the world of you.
Loving you is easy,
We do it every day,
Missing you is a heartache
That never goes away.*



Deeply loved and sadly missed and
always remembered by his heartbroken
wife Caitriona, precious daughters
Gráinne and Ríona. Brother Stevie, sisters
Noreen, Mary, Anne and their families.

**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.

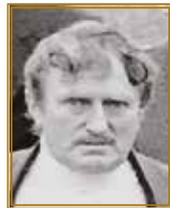
Say this prayer three times for three days
and your favour will be granted.

Never known to fail.

Must promise publication of prayer.

CL

ANNIVERSARY



In loving memory of

**JERRY
BRENNAN**

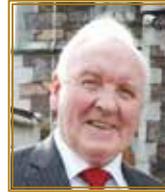
Goat Hill, Dripsey, Co. Cork

Who died on Friday 26th. October
1918



Always remembered by your Family

7th ANNIVERSARY



In loving memory of

**JACK
MURPHY**

Inchinaneave, Kilbarry, Macroom
Passed away 16th October 2016

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



Always remembered by Don, John,
Mairéad and families.

ANNIVERSARIES



In loving memory of

**KATHLEEN &
DONAL MURPHY**

Castle Street, Macroom.

Kathleen's 20th Anniversary, died
27th October 2003,
Also we remember Donal, died 16th
August 1986.

*Lord, we pray that they will enjoy
the fullness of your presence
through all eternity.
Our Lady of Knock pray for them.*



Lovingly remembered by your daughters
Berna, Geraldine and their families.
Kathleen's 20th Anniversary Mass
in Caum Church, Sunday 29th Oct 2023
at 10am.

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2nd ANNIVERSARY



In loving memory of

JOSEPHINE MURPHY

late of Oakwood Court, Macroom, Co.Cork who died on 25th October 2021.

*Just a prayer from the family who loved you.
Just a memory fond and true.
In our hearts you will live forever,
Because we thought the world of you.*

Will those who think of Josephine today a little prayer to Jesus say.



Always remembered by her loving family.

13th ANNIVERSARY



In loving memory of

JERH BUCKLEY

**Castlemore, Crookstown
Who died on 15th October 2010**

*Happy memories will keep forever
Of days when we were all together.
Each of us in our own special way
Have special thoughts of you today.*



Always remembered by Babe, Mary, Willie & family

15th ANNIVERSARY



In loving memory of

ROSARIE O'RIORDAN

**Inchisine, Toames, Macroom
whose 15th Anniversary occurs on
21st October 2023**

*It broke our hearts to lose you,
but you did not go alone.
A part of us went with you,
the day God took you home.
If tears could build a stairway,
and heartaches make a lane
we'd walk our way to heaven
and bring you back again.
In life we loved you dearly,
in death we love you still.
In our hearts you hold a place
no one could ever fill.*



Loved and missed by all of your family

5th ANNIVERSARY



In loving memory of my Dad

DERRY COAKLEY

**Late of Castle Street Macroom
Who died on the 24th October 2018.**

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



Always and forever Dad, I miss you everyday.
Your loving daughter Deirdre.

Anniversary Mass will be held on Sunday the 22nd of October in St.Colman's Church Macroom at 11.30am.

5th ANNIVERSARY



Treasured & loving memories of

EILEEN O'RIORDAN

**Ballymakeera East, Macroom
Who died on 24th October 2018**

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



Loved & missed everyday by her family & friends

12th ANNIVERSARY



In loving memory of

PEGGY O'CONNELL

**Bawnmore, Macroom, Co. Cork.
Who died on 30th Oct 2011**

*If Roses grow in Heaven
Lord, please pick a bunch for me.
Place them in my Mother's arms
and tell her they're from me.
Tell her that I love her & miss her,
and when she turns to smile,
place a kiss upon her cheek
and hold her for awhile.
Those we love don't go away,
They walk beside us everyday, unseen, unheard
but always near,
Still loved, still missed & ever dear.*



Fondly remembered always by her loving family.

Anniversary Mass on Sunday October 29th in St. Colmans Church Macroom at 11.30am.

2nd ANNIVERSARY



In loving memory of

ANDREW O'SHAUGHNESSY

**Carrig na muck Farm, Coachford,
Who died on 2nd November 2021**

*We think of things you used to say
And all that you would do.
At some point every single day
Our thoughts will turn to you.
No matter how life changes
No matter what we do,
A special place within our hearts is always
kept for you.
Once met never forgotten.*



Sadly missed and always remembered by your loving family.

Mass 2nd Nov 11am Aghabullogue

8th ANNIVERSARY



In loving memory of

PEGGIE MOLONEY

**Rossnascap, Macroom
Who died on the 27th October 2015**

RIP

*For those think of Peggy today,
Please say a little prayer to Jesus.*



Always remembered by Her loving family

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6th ANNIVERSARY



In loving memory of
**MARGARET
(PEGGY) LUCEY**
Knockeenacutting Macroom
Who died 15th October 2017

*The beauty of a memory,
Is that it's always there.
Like a penny in your pocket,
You can take it anywhere.
And when your heart is heavy,
And your eyes are full of tears,
You can focus on a memory
And travel back through the years.*



Always in our thoughts and prayers
Your loving family.

4th ANNIVERSARY



In loving memory of
**PAT
TWOMEY**
Inchamore, Ballingearry, Co Cork
Who died on 1st November 2019

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

Our Lady of Knock, pray for him.



Lovingly remembered by his wife Betty,
his sons & daughters, sons & daughters in
law, grandchildren and his many friends.

2nd ANNIVERSARY



In loving memory of
JERRY LYNCH
Ullanes East, Ballymakeera
who died 22nd October 2021

*May he support us
all the day long,
till the shades lengthen
and the evening comes,
and the busy world is hushed,
and the fever of life is over,
and our work is done.
Then in his mercy
may he give us a safe lodging,
and a holy rest and peace at the last.*



Lovingly remembered by his wife Eileen
and family.
Anniversary Mass in St. Gobnait's Church,
Ballyvourney at 11:30 on October 22nd.

24th ANNIVERSARY



Treasured memories of
**SALLY ANNE
SHANNON**
Rusheen, Aghinagh
who died on 27th October 1999
aged 17 years

*We miss your smile, your joking ways
We miss the things, you used to say,
And when old times we do recall,
It's when we miss you most of all.*



Loved forever by Dad, Denise, John, Hazel,
Shane, Shauna, Cathal, Jack, Luke, Ryan,
Dylan, Jamie and extended family.

50th Anniversary and 12th Anniversary



Remembering our Loving Parents
**RANDAL
MCCARTHY**
Who passed away on
Aug 6th, 1973



**JOAN
MCCARTHY**
Who passed away on
Oct 26th, 2011

Cahir, Ballingearry, Co. Cork.

*Loved ones live on in the words they said,
In the life's they touched,
In their kindly acts,
Every time we remember them.*



I bpaidreacha agus smaointe bhur glann dilis.

4th ANNIVERSARY



In loving memory of
**DONAL
LEHANE**
Deshure, Terelton, Macroom, Co. Cork
Who died on 17th October 2019

*We lost a husband, a Father and
a Grandfather with a heart of gold,
how much we miss him
can never be told.
He shared our troubles
and helped us along,
if we follow his footsteps
we will never go wrong.*



Sadly missed by your loving family
Noreen, Ellenor, Con and Con Donal

6th ANNIVERSARY



In loving memory of
**JERRY
COTTER**
Coolnadane, Macroom, Co. Cork
who died on October 25, 2017

*Close in our hearts
You will always stay
Loved and remembered
every day.*



Sadly missed by
Ellen, Kathleen and Families

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**SEE PAGE 9!!
FOR OUR
FEATURE
ON INFRARED
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