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Nora McCarthy being presented with the Papal Benemerenti gold medal by Most Rev. William Crean D.D. for her service as Sacristan in Ballinagree. Right: Seamus O'Sullivan winner of Gold at the Olympics, posing beside a scarecrow depiction of himself, at the Ballinagree scarecrow Festival. Pic. Peter Scanlan

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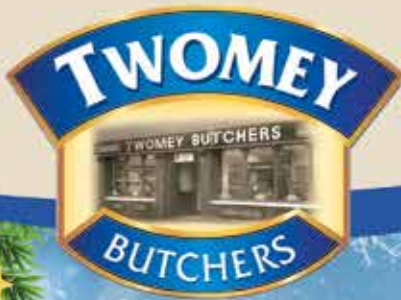
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We are a bi-weekly magazine; therefore, submissions must be on the Sunday before publication at the latest, if you want a piece included in the following week's edition. Due to print processes, late submissions

will be published in the following edition. As always submissions as Gaeilge are always welcome too!

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

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FRIENDS OF ASI MACROOM

MAKING A SIGNIFICANT CONTRIBUTION TO LOCAL COMMUNITY

Six months ago Macroom town made a commitment towards becoming a Dementia Inclusive Community. With the support of the Alzheimer Society of Ireland (ASI), the Friends of ASI Macroom was established and since then has made great strides on this journey.

Over the past month alone Friends of ASI Macroom hosted the town's first ASI Memory Walk on 24th September in Macroom Castle Demesne. Over 75 people and volunteers braved the stormy conditions to participate and show their support for People living with Dementia and raised €579.50 on the day.

In early October the Dementia Day Club was launched in Comhlacht Tithe Soisialta Agus Forbairt in Baile Mhúirne. It is a wonderful place

to enjoy bingo, music, art therapy, arts and crafts. It is open every Tuesday from 10am to 3pm. For more information contact Jerry Foley on 021 4972504.

On October 21st Friends of ASI Macroom held its first Social Club in the Macroom Hub. It was a great event, seeing this new service being launched for People living with Dementia and their families. The fabulous Local Vocals singing group serenaded all there, with Social Club goers enjoying a morning of song and laughter. Special acknowledgement to Anthony Connolly from Cope Foundation for making available the location to host the service. The next Social Club will be held on Saturday, 18th November at 11am. Building awareness of Dementia is important to

Friends of ASI Macroom and on 25th October a Dementia awareness training workshop was held for 15 local businesses and community groups. This created awareness on Dementia and what steps they can take to contribute to a Dementia Inclusive Community. Each organisation received a sticker to display on their premise to show their support and commitment towards this initiative. Certainly it has been a busy period for Friends of ASI Macroom and they have more activities planned before the year end. This voluntary group has shown great dedication, creativity, and support to making Macroom a Dementia Inclusive Community. If you would like to volunteer at an event or service, or participate in the training workshops contact Laura Curtin on 086 8537043.



Friends of ASI Macroom making a significant contribution to local community



Macroom's first ASI Memory Walk on held recently in Macroom Castle Demesne.

Macroom Flower and Garden Club

Macroom Flower & Garden Club will host a Gala Charity Floral Demonstration By Janet Maddock AOIFA "A Winter Wonderland" Thursday 9th November at 8.00p.m. Coolcower House

Macroom, P12E135. Supporting Macroom Community Hospital. For tickets and further details contact 087-9821708 doors open at 7.15p.m.



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NEW TO THE MARKET
3 & 4 BEDROOM SEMI DETACHED HOUSES



ROS ALAINN, GURTEENROE, MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to offer this beautiful development of 3 and 4 bedroom semi detached house situated within a courtyard type development within Ros Alainn. The houses which range in size from C.1235 sq ft 3 bedroom house to C.1656 sq ft 4 bedroom semi detached house. The properties are located only C.1km from the Macroom bypass interchange junction C2km from Macroom town, C.30 minutes from Cork city.

- Mains water and drainage • Air to water heating • 9ft ceilings on ground floor • Shaker style kitchen with quarts worktop • Floored attic • Landscaped gardens • A rated house • Qualify for help to buy.

BER A2

AMV: €365,000



NEW TO MARKET

CLASSES, CARRIGADROHID, MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to offer this C.0.5-acre site with full planning permission for 1 detached dwelling house (reference number 21/07405). There has been some ground works carried out to include ESB and sewerage installed. The site is very easy to develop and is situated in a most sought after scenic area only C.10 minutes' drive from Macroom town, C.30 minutes' drive from Cork and C.2km from the local national school. There is a residency clause attached thereby requiring the applicant to be in need of housing in this specific area i.e. currently living within 3 miles for over 7 years, have a genuine housing need or have used local schools.

GPS: 51.889705, -8.869457

GUIDE PRICE: €95,000



UNDER OFFER

COOLDERRIH, KILMICHAEL, MACROOM, CO. CORK, P12XD74

Killian Lynch Auctioneers are pleased to offer this spacious 4 bedroom residence with a detached garage on C.1 acre. The property which comprises of C.2810 sq ft was constructed in C.2007 is in excellent condition throughout and will make a beautiful family home. The house comes with a B3 energy rating making this an efficient home and also making the property eligible for a green mortgage, situated in a beautiful countryside scenic setting, the house is located on C.1km from Kilmichael, C.10 minutes drive south west of Macroom and only C.30 minutes from both Cork city and Killarney. BER: B3 (113662290)

GUIDE PRICE: €380,000



UNDER OFFER

NORDEN, CARRIGAPHOCCA, LISSACREASIG, MACROOM, CO. CORK, P12EF82

Killian Lynch Auctioneers are pleased to offer this beautiful 2 bedroom bungalow on C.0.6 acres. The property which comprises of C.775 sq ft living accommodation is in fantastic condition throughout & has 3 sheds located at the rear of the property. This is a rare opportunity which must be seen to be appreciated. Located only C.5 minutes drive to Macroom town, C.25 minutes to Killarney & C.30 minutes to Cork city.

BER: D1

GUIDE PRICE: €170,000



NEW TO MARKET

BALLYVONGANE, COACHFORD, CO. CORK, P12XP21

Killian Lynch Auctioneers are pleased to offer this well maintained 3 bedroom bungalow on C.0.5 acres. The property which comprises of C.1167 sq ft living accommodation is in very good condition. This property comes with beautiful landscaped gardens and is located in a much sought after convenient area, C.1 km from the local pub, school and church, C.4km from Coachford village and C.10 minutes drive from Macroom town and C.25 minutes drive from Cork city.

BER: E1 (116916727)

AMV: €250,000



UNDER OFFER

BALLYMACCORAN, CLONDROHID, MACROOM, CO. CORK, P12P585

Killian Lynch Auctioneers are pleased to offer this charming 3 bedroom detached house on C.1.03 acres. The property offers you a real county side living experience with its peaceful surrounds & landscaped gardens. Comprising of C.1033 sq ft living accommodation throughout, the house is in immaculate condition & must be seen to be appreciated. Ideal for a first time buyer, located only C.1km from Clondrohid village, C.8 minutes drive to Macroom town, C.30 minutes drive to Killarney & Cork city.

BER: G (116885849)

GUIDE PRICE: €250,000



NEW TO MARKET

C.20 ACRES FARM FOR SALE

GORTNAREA, INCHIGEELAGH, MACROOM, CO. CORK

Killian Lynch Auctioneers are pleased to offer this C.20-acre parcel of land situated C.10 minutes west of Inchigeelagh village and C.20 minutes west of Macroom town. The property is all in one block and only a short stroll from the famous lakes of Ballingearry surrounded by a most beautiful scenic setting. The property comprises of C.11.61 acres low-lying grazing land with and C.8.98 acres mountain land. The property has been newly fenced with some ground works also carried out on the land. GPS: 51.825202, -9.195570

GUIDE PRICE: €100,000

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MACROOM GIRL GUIDES

Ardilaun Brownies at the Muskerry Area Brownie Quiz

Ardilaun Guides at Squelch in Farran Wood

On Saturday the 14th of October, 12 Girl Guides from the Ardilaun Guide Unit, Macroom, took part in an action packed and muddy day at Squelch, in Farran Woods. "Squelch" is a fun filled event organised for the Scout & Guide sections from the Catholic Guides of Ireland, the Irish Girl Guides and Scouting Ireland. This year, over 350 Guides and Scouts took part so there was a lively atmosphere throughout the woods. This annual event at Farran Woods had several challenging outdoor activities to be completed by the Guides and Scouts over the day. The bases were spread throughout the woods and some of the activities had very mucky and wet twists! The Guides worked their way to each of the bases where they worked together to solve team challenges and pushed themselves outside their comfort zones. A great day of fun was had by all, and everyone went home tired and muddy but very happy.

Ardilaun Guide host a Tea Party

At their next unit meeting, Ardilaun Guides hosted a special tea party for their invited guests. The previous week, the Guides had worked together to plan the theme for the party, as well as dividing out the various tasks and materials needed to

prepare for the event. The theme chosen was "Frogs", so, on the night, there were beautiful homemade table & wall decorations along with tasty bakes and treats that had fun Frog inspired designs. Each Guide invited one adult guest, and, on the night, there were 14 guests in total. It was a fun event for the guests and Guides alike and it was deemed a great success by all. Well done to all the Guides for their creativity, hard work, and teamwork.

Muskerry Area Brownie Quiz

Ardilaun Brownies Macroom and Tír na nÓg Brownies from Ballincollig took part in the Muskerry Area Brownie Quiz last week. Questions included general knowledge and guiding trivia. Tír na nÓg Brownies were victorious on the night and will progress into the next round. The brownies from Ballincollig came to Macroom for the quiz and once the quiz was over the brownies go to know each. One of the great aspects of guiding is getting to know girls from other areas who turn into lifelong friends. Ardilaun brownies would like to wish their new friends in Tír na nÓg Brownies the best of luck in the next round of the National Brownie Quiz.

Ardilaun Ladybirds



Ardilaun Ladybirds with their Happiness Flower

Ardilaun Ladybirds have been very busy having loads of fun since they returned. They have been working on Healthy Friendships by making their "Happiness Flower" from handprints of things that make them happy. They have been learning about all things aviation and learning how things fly and not to forget all the wonderful autumn arts and crafts they have been doing. They had great fun for their Halloween meeting where they dressed up in their Halloween costumes and did some pumpkin carving.

South West Region Leaders' Trip

Leaders from many parts of the South West Region took part in this year's tour to Poznań in Poland. Sightseeing included visiting St. Martin's Croissant Museum, where some of the Leaders were involved in learning how to make this iconic croissant; the Baroque Church of St. Stanislaus; Frederic Chopin Park and admiring the wonderful Gothic architecture of the Town Hall. There were many opportunities to sample Polish cuisine, the many and varied local crafts and to learn about the history of the region.

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

MACROOM PLOUGHING AGM

This was held in Coolcower House on Monday Oct 23. Over 20 members attended, which will be a big asset to this vibrant club as they prepare for their first ploughing Match on Sunday Jan 7, 2024 Tributes were paid to their esteemed President Timmy Creedon, who sadly passed away during the year, he will be missed by one and all, ar dheis De go raibh a anam.

John Kelleher presided over the election of officers.

President: John Kelleher

Vice: Jerry Kelleher, Pat Casey, J.J.Delaney, John Kelleher Antfield, Dan F O'Riordan, Michael O'Connell

Chairman: Connie Buckley,

V.Chairman: Willie Lyons

Secretary: Rosemarie O'Riordan

Vice Sec: William Lynch

Treasurer: Richard Hinchion

V.Treasurer: Gerard Kelleher

P.R.O.'s: Breda Kelleher/ Dan F O'Riordan

County Delegates: Daniel O'Riordan, Rosemarie O'Riordan, Jerry Kelleher, John Kelleher, Connie Buckley, Matthew Coakley.



Aghabullogue

Before the meeting concluded, a presentation of a horse and plough was made to both J.J. Delaney and his son Jerh. In recognition of their success at the All Ireland Ploughing, where J.J. came 1st in

the Senior Horse and Jerh 1st in the U 40 Horse Classes. An achievement to boast about, well done lads.



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What a few weeks it has been for the Tiny Feet Fairy Garden. They won a highly recommended new entry award at the annual Cork Pride in our Community Awards. Here is hoping it is the many of first awards going forward.

On October 16th there was an article in the Corkman encouraging North Cork Residents to visit Macroom's Fairy Garden. The very popular Santa's Grotto will be back again this Christmas and bookings are filling up fast.

At the end of October our secretary had a meeting with Dominic Cullinane from Curraghbeg Plant Nursey. He is an award-winning Garden Designer and Landscaper and was a founder member of Mallow Garden Festival. Dominic said he would be interested in visiting Macroom's Fairy Garden. Curraghbeg Plant Nursey is based in Ovens and is home to some 50,000 shrubs, trees, herbaceous perennials and grasses. They also build a range of garden products including planter boxes and gazebos and have a Tea Room with some very tasty homemade cakes. You can like them on Instagram at Ovens Plant Nursery.

Climate Action Week took place from October 16h - 22nd. Everybody can play a part and the pledges for this year are listed as follows; 1)



Macroom Tidy Towns Dedicated Volunteers out on a Litter Pick

Ditch the Disposals 2) Reduce and Refill, 3) Plant Native Trees, 4) Grow it yourself, 5) Fly Less, 6) Choose to Reuse, 7) Talk about Climate Change, 8) Use Public Transport, 9) Walk More, 10) Stop Food Waste, 11) Cycle More, 12) Embrace Slow Fashion, 13) Renew your energy, 14) Try Meatless Monday, 15) Drive Less, 16) Green your Monday, 17) Buy Local and Seasonal, 18) Connect with Nature. So many ways in which to contribute such as Support Local Farmers and the Economy, choose quality over quantity and Cut Down on single use items.

Well done to Masseytown Community Group

on their completed mural, it looks outstanding. This is on the gable of a property known as 'The Boathouse'. It was part funded by Cork County Council and members of the public through collection boxes. Denis and Cormac did a fantastic job with putting the idea to paint.

Tidy Towns volunteers have had a busy few weeks with Moving Mulch, harvesting wildflower seeds in the Fairy Garden, planting at the bull Monument, preparing for Santa's grotto in the fairy garden and Litter picking around the mart and town and disposal of two full trailer loads of rubbish, over 60 bags full.

Bookings now open for

Santa's Grotto

in Tiny Feet Fairy Garden

Santa is calling on the following dates:

2nd, 3rd December
9th, 10th December
16th, 17th December

11am - 5pm each day.

€10 Per Child

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MCEGAN COLLEGE



Justine Franklin Geoscience department UCC with Leaving Cert students promoting Geoscience as an option for study at 3rd level.



Ellie, Leah, Ava & Tara making Slime in Lnchtime Science Club during McEgan STEAM Week.

Junior Cycle Results: Congratulations to our students who received their Junior Cycle results from the State Examination Commission on Wednesday 18th October. The students were overjoyed with their results, delighted to find their hard work has paid off. On Wednesday 18th the students were presented with both their Junior Cycle Results and their JCSP students' profiles in a delightful celebration with Teachers Ms. Murphy, Ms Noonan, Principal Ms. Lynam & Deputy Principal Mr. Coughlan. On Friday 20th the Home Economics Department & LCA6 Catering Class provided the students with a special breakfast in their honour.

Tech Award Nomination for McEgan College: Tech Industry Alliance (TIA) is the new umbrella brand for it@cork and KerrySciTech. The Leaders Awards recognises those who have excelled in the technology sector in the South West region of Ireland. From global multinationals to schools and start-ups, the Leaders Awards recognise those who have showcased their unique talents in the use of technology in their respective organisations and businesses. On November 10th, Ms. Miriam Murphy will represent McEgan College who are nominated in the Excellence in Education category.

Sport: Tuesday 24th saw U16 & U19 Boys in action against teams from Ballingearry. In U16 game McEgan started strong in the first quarter with Diego Rodriguez scoring an impressive 10 points. Ballingearry fought hard for the remainder of the game, but McEgan finished strong and got their second win of the campaign to remain undefeated. In their 3rd game of the competition the U-19 team had a strong start which allowed McEgan to gain control of the match and the influential Bodhan Zhebchuck ensured the boys went on to win their 2nd match of the year. Well done to players and Mentors. On Wednesday 25th the u14 Boys Gaelic Football Team were well beaten by a stronger team from Coláiste Fionnchua, Mitchelstown.

Whole School Inspection: McEgan College was selected by the Department of Education & Science to undergo a Whole School Evaluation / Management Leadership & Learning. The inspectors spent four days in the college meeting representatives from the parents' association, the BOM, student focus groups, and various staff teams including management, student support, teaching & learning, DEIS, AEN & EAL etc. The three inspectors also observed 22 lessons from a wide curriculum. The inspectors are due back on Thursday 9th November with their report. Well done to our whole school community who enjoyed

showcasing our excellent educational facility.

STEAM WEEK: Monday 23rd to Friday 27th of October was nominated as McEgan College's week to embrace Science, Technology, Engineering, Art & Mathematics, (STEAM). All Class Groups were involved in one or more activities to highlight the ubiquity of these subjects in everyday living. Check out McEgan College on Facebook for photos of the STEAM activities throughout the school.

On Tuesday 24th 6th class students from St. Josephs National school accompanied by teachers Ms. Cronin and Ms. O Sullivan came to McEgan to take part in 2 STEAM workshops. Mr. Dennehy and Mr. Ryan facilitated an Engineering workshop which involved making motorised vehicles. Ms. Lynch and Ms. Kelleher facilitated a healthy eating workshop where the students got to make and taste some healthy fruit pots.

On Thursday 26th Kilbarry N.S 5th & 6th class came to McEgan accompanied by Principal Mr. Gareth Eklof to take part in a Science & an Engineering Workshop. In the science lab, tutored by 2nd yr students the Kilbarry pupils experienced fingerprint reading, identifying acid & bases using red cabbage & made their own Lava lamps. In the Engineering Workshop they each produced a mechanised moving dog.

CAT4 Testing: This is a cognitive ability test in which 1st year student participated this week. The reveals hidden potential by assessing the main types of reasoning ability and is known to make a difference to learning and achievement. CAT4

provides a rounded profile of the whole child. Every individual has different learning styles and different strengths the CAT4 tests helps identify these.

Engineering News: Congratulations to past Student, Eoghan O'Riordan, who won the best Leaving Certificate Engineering project 2023, (Ordinary Level) in Cork City & County. The projects were independently judged in Miko Metals, (Airport Rd Cork). Eoghan now progresses the National Finals which this year are on 18th November in MTU Cork. Eoghan has recently received generous sponsorship from Mr. Brendan O Connell of MP Crowley Cork Ltd, (Kubota dealer), for the Finals. We wish Eoghan the very best of luck in the Finals.



Past Student Eoghan O'Riordan Winner of the OL Leaving Cert Engineering project for Cork City & County with Mr. Dennehy (engineering Teacher) & his sponsor for the all Ireland Finals Brendan O Connell of (MP Crowley Cork Limited, Kubota dealer)



Students and staff of McEgan who came in costume to school and donated money to support the Children of Gaza who are caught up in the recent conflict.

Daidí Na Nollag

2023

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SANTA DATES

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- Sunday Dec 3rd - 11am-8pm
- Friday Dec 8th - 4.30-9pm
- Saturday Dec 9th - 11am-8pm
- Sunday Dec 10th - 11am-8pm
- Friday Dec 15th - 4.30-9pm
- Saturday Dec 16th - 11am-8pm
- Sunday Dec 17th - 10am-8pm
- Tuesday Dec 19th - 4.30-9pm
- Wednesday Dec 20th - 4.30pm-9pm
- Thursday Dec 21st - 4.30pm-9pm
- Friday Dec 22nd - 2-9pm
- Saturday Dec 23rd - 10am-6pm

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DE LA SALLE College Macroom

1st Year This term, the first-year classes were very busy competing in numerous competitions. Firstly, the English classes participated in a spooky short story competition. There were some fantastic stories written amongst the students, making the task of choosing winners especially difficult. There were prizes for the best story in each class, the best scary illustration, and the best overall story. Listed are the winners for each of the categories. Well done to all! 1A - Evan O'Keefe, 1B - Dylan O'Shea, 1C - William Buckley, 1D - Michéal O'Connor, Best illustration - Tomás Kelleher (1B), Best overall story - Conor O'Leary

Secondly, our first years took part in a quiz to celebrate Maths week.

Congratulations to team Euclid who were the winners (Ryan Young, Nathan Nott, Jack O Sullivan, Simon Mccarthy, Fionn Fabrizi, Oisín Rybalka, Aaron Barrett, David Condon and Dylan O'Shea)

BT Young Scientist We are very excited to announce that 4th year student Conor Creedon has qualified for the BT Young Scientist and Technology Exhibition that will be held in Dublin in January. Over 2000 projects were entered from around the country and only 500 made the cut. Conor has been hard at work doing his research for his project and will continue this work over the coming months in preparation for the big

exhibition.

Transition years

Results Day The day finally arrived for our 4th Year students as Mr. Murphy presented their Junior Cycle Profile of Achievements. These students arrived at De La Salle as 1st years at a particularly difficult time during the Covid-19 pandemic. In the three years that have passed, they met every challenge head on and have grown into a very positive and determined group. We are delighted they have finally received their results and would like to congratulate them on their hard work and commitment.

Mucky Madness Fourth-year students enjoyed a day filled with team building activities at West Cork Secrets. They encountered a giant mud slide, slipping and sliding their way to great memories. After all the excitement, they enjoyed some refreshments, capping off a fantastic day out.

Sport

Senior Football Our Senior footballers lost their first round game in the Simcox Cup to a very impressive Coláiste Spiorad Naomh team. The game was played in torrential weather conditions on the Bishopstown GAA 4G Pitch. A brace of goals from the Bishopstown lads in the first 15 minutes proved an insurmountable challenge for our lads. Despite this they battled all the way to the final whistle. This team now face into a

challenging few weeks after the October Mid-term break where they will play three matches in as many weeks. First up is Rochestown College on the 8th November. The relentless weather conditions over the past number of weeks have led to a lot of matches being postponed meaning that the schedule of matches will be very congested over the coming weeks.

U14 Football Our U14 footballers have had a very positive couple of weeks winning the first two matches in their group. The first game was played in Skibbereen Community College Grounds where they won after an impressive performance on a score line of 3-16 to 0-6. The next round was played Thursday 26th at Tom Creedon Park. Patrician Academy Mallow travelled to Macroom. As a result of the poor weather conditions the match was delayed by 30 minutes to give the pitch a chance to dry out after a couple of heavy showers. Macroom GAA must be commended for their unbelievable facilities. The ability to maintain such a high standard of playing field year in and year out and their willingness to facilitate our school games if at all possible is simply outstanding. We are very grateful for their support. Once the game got under way the weather conditions did not upset the players putting up a huge score winning 5-11 to 3-6.



De La Salle first year students who won prizes in a Halloween themed competition organised by their English teachers.



De La Salle First Year winners of the Maths Quiz.



Senior infant pupils from Muinefliuch N.S. dressed up for Halloween



Kilmurry School Spooky Wellbeing Walk around Kilmurry Village.

Ballinagree Vintage Tractor and Car Run

Ballinagree Vintage Tractor and Car Run Sunday the 3rd of December. Registration from 11am. Leaving Ballinagree Village at 12.30pm. €20 per Vehicle. Some great prizes in the raffle. The proceeds will go towards Scoil Éanna in Montenotte. Scoil Éanna is a special school for children with intellectual disabilities. Our local

boy Callum O'Brien attends this school. They are currently struggling to fundraise for a school bus for Callum and his friends in the school hopefully we can get them over the line to get this. Info on Tractors call Billy 087 6757447. For cars Johnny 086 1931773

Cookstown Hall

Friday 1st December from 8pm - 10pm. Christmas Floral Demonstration Margaret Aherne. In Aid of Moviddy Union Admission €10 - Raffle & Refreshments

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ST MARY'S NEWS



Catherine McAuley Awards - Mr Quill Presenting The Gerard Healy Sports Award To Emma Cahill. Pic. Emma Lynch Photography



Catherine McAuley Awards - Distinguished Past Pupil Una Tiernan Presenting A Catherine McAuley Award To Lizzie Crowley. Pic. Emma Lynch Photography



Catherine McAuley Awards - Music Teacher Aoife Donovan Presenting The Junior Music Award To Saoirse Twomey. Pic. Emma Lynch Photography

TY'S ADVENTURES

Last week we enjoyed a guided tour of the Orsted wind farm in Ballinagree. Before visiting the windfarm, John Lyons and Aimee Ahern came to the school to teach us about the importance of wind farms and upcoming projects they are working on along with careers in engineering. We got to walk around the wind farm, learn about safety on the wind farm and we got to go inside and look around the wind turbine.

During the week we received an informative talk from a few women at Cuan Mhuire. We were really touched by their stories and felt that it was important for us to hear.

We also received a workshop from the West Cork Women Against Violence Project about the "Know your Worth" programme, which we enjoyed.

On Wednesday 18th of October we received their Junior Cycle results. Everyone was delighted, so many happy faces all around. We are so proud of ourselves we worked so hard over the past three years to achieve these results.

We are still putting in so much work and effort towards preparing for our TY show, which we are so excited for as it will showcase the many talents in our year group. Students are running over lines, practising the songs and dances, creating the backdrops and gathering equipment, props and costumes needed for the show. Our show will be held in Crookstown hall on the 29th and 30th of November.

Written by Caoimhe Ní Thuama and Shónagh O' Callaghan. St Mary's Promo Team

SPORTS DAY

Our annual Sports Day was organised by the 6th

Year LCVF class again this year. This was a very successful event where there were activities held in the hall and field for 1st, 2nd and 3rd Year students. After a period of inclement weather, we were blessed with a sunny autumnal day. Trish did a brilliant job with the barbecue in the field feeding over 200 people. The Sports Day was in aid of the Irish Motor Neurone Disease Association and the students will be presenting a cheque to the association in the next few weeks. It was fitting that members of Ms. Tobin's family came to present the Ms. Nicola Tobin memorial award at the end of the day. This trophy was awarded to the winning class – 2nd years. Thanks to Mr Galvin for helping the LCVF class to organise this event.

VISIT FROM MINISTER EAMONN RYAN.

On Friday the 20th of October Eamonn Ryan, Minister for the Environment, Climate and Communications and Minister for Transport visited our school. He held a very informative Q&A session with 5th year students. Our Green Schools Committee and our 2nd year well-being class delivered presentations to him and his team. Well done girls.

BASKETBALL

Another super win for our senior basketball teams recently against BCS

U16 St Mary's 54 - 28 BCS

U19 St Mary's 39 - 17 BCS

Many thanks to BCS for travelling to Macroom to play and to our girls for the fantastic commitment shown so far this season. Thanks to trainers Ms Hickey and Paul.

JUNIOR CYCLE RESULTS

Fantastic junior cycle results celebrated in St Mary's recently, well done girls we are so delighted

for you all.

LEAVING CERT "SELF CARE RETREAT DAY"

Our Leaving Certs had a lovely time on their day out to Killarney, they attended mass in the Friary, then they went to the International Hotel for breakfast and then they had a tour of Muckross House in the afternoon. Thanks to their Year Head Mrs O Donovan for organising this lovely day for the girls and thanks also to Ms Murnane for going with them on the day.

CATHERINE MCAULEY AWARDS 2023

We were absolutely delighted to host our annual Catherine McAuley Award ceremony in School on Friday the 20th of October. A highlight in the school calendar year, teachers and parents took time to celebrate the enormous achievements of our students in so many disciplines. We were exceptionally proud to invite back one of our Distinguished Past Pupils, Una Tiernan, Una, along with teachers presented awards to students on the night. Students were acknowledged on the night for their participation in and commitment to both In School and Out of School Extra Curricular activities. Catherine McAuley awards were received on the night by those students who by word and example exemplified the characteristics of Catherine McAuley, the founder of the school in the last school year. Among Catherine McAuley's qualities were kindness, generosity, friendliness, courtesy to all and leadership skills. We would like to congratulate all of our fantastic, well deserved recipients and their parents.



Happy Students In St Marys After Receiving Their Junior Cycle Results



St Marys Senior Basketball Team who had a Super Win against Bcs recently

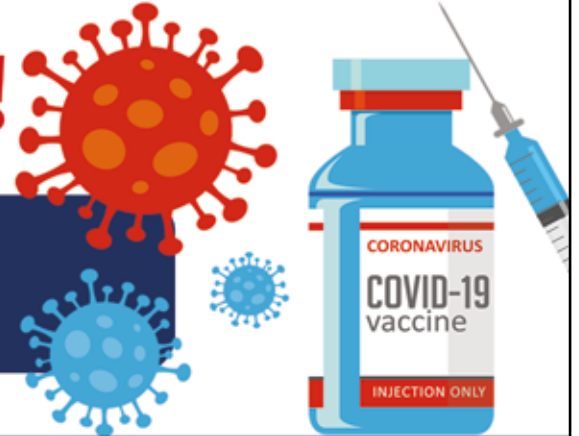
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- Cattle and Sheep Wormers: Oral Drenches, Injectable, Pour ons, Boluses, Mixes
- Cattle Flukicides: Pour ons, Injections, Drenches *non-prescription and prescription*
- Sheep Wormers and Flukicides; Drenches and injections
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Tráthnóna na nGairmeacha



Lá Geansaí le haghaidh GOAL eagraithe ag Comhairle na nDaltaí

COMHGHAIRDEAS

Ar an 18ú lá de mhí Dheireadh Fómhair fuair daltaí Torthaí na Sráithe Sóisearaí – táimid an-bhródúil as bhur n-éachtaí. Tréaslaímid le Donagh Ó Buachalla (Ardeist 2023) a fuair gradam ó Chumann Múinteoirí Innealtóireachta agus Teicneolaíochta brainse Chorcaí le haghaidh a thionscadal Innealtóireachta. Míle buíochas lena mhúinteoir Máistir Ó Síocháin.

TRÁTHNÓNA NA NGAIRMEACHA

Tionóladh Tráthnóna na nGairmeacha i gColáiste Ghobnatan ar an 5ú lá de mhí Dheireadh Fómhair. Bhailigh 41 aoi, idir cainteoirí aonair ag labhairt faoin ngairm acu féin, ionadaithe ó chomhlachtaí áitiúla, agus ionadaithe ar son eagraíochtaí agus coláistí. Bhí raon leathan earnálacha ann, idir an Dlí, Teicneolaíocht Faisnéise, Na Taibh-Ealaíona, Innealtóireacht, Eolaíocht, Sláinte, Foirgníocht, Eitlíocht, Talmhaíocht, Déantúsaíocht, Na Meáin, Cultúr Agus Teangacha, Bia, Gnó, Cuntasáíocht, Pobal, Oideachas srl. D'fhreastail slua mór ar an ócáid, idir dhaltaí sinsearach na scoile, agus ó Scoil Mhuire, Béal Átha'n Ghaorthaidh, agus a dtuismitheoirí. Táimid thar a bheith buíoch as na h-aoichainteoirí a thug suas a gcuid ama chun a dtaithe a roinnt leis na daltaí. Is cinnte go bhfuil siad tar éis súile na ndaltaí a oscailt go dtí na féidearthachtaí atá ann sa saol oibre inniu. Beidh tionchar an tráthnóna le feiceáil sna roghanna a dhéanfaidh na daltaí ar an aistear gairme a bheidh acu amach anseo. Is an fhoireann Treoir na Scoile Uile – Bean Uí Thuama, Máistir Ó Duinnín, Iníon Ní Chéilleachair agus Bean Uí Liatháin - a d'eagraigh an ócáid, le tacaíocht ó fhoireann na scoile agus daltaí na hIdirbhliana.

TORTHAÍ NA SRAITHE SÓISEARAÍ

le Charlie Tinsley

Fuairéamar ár dteastas lenár torthaí. Fuairéamar pictiúr leis an príomhoide, agus bhí na pictiúir curtha suas mar taispeántas sleamhnán ar suíomh TikTok na scoile. Measaim go raibh gach duine i mo rang sásta lena torthaí. Míle buíochas le na múinteoirí as ucht oibre.

SEIMINÉAR SLÁINTE INTINNE

le Darcy Ní Bhriain

Ar an 10ú lá de mhí Dheireadh Fómhair bhí Seiminéar Sláinte Intinne ar súil in Ostán Clayton i gCorcaigh. Tháinig scoileanna eile chuig an seiminéar, bhí os cionn 600 chéad dalta ann. D'éisteamar le triúr cainteoirí faoi scéalta éagsúla ina saolta. Bhí sé go hiontach mar d'fhoghlaimíomar go leor faoina saolta agus conas ar dhéileáil siad leis na dúshláin a bhí le sárú ann. Míle buíochas le Bean Uí Thuama a thaitil linn

LÁ NA NGEANSAITHE

le Étaín Ní Aodha

Ar an 13ú lá de mhí Dheireadh Fómhair bhí Lá na nGeansaithe ar siúl i gColáiste Ghobnatan. Bhí ar na daltaí go léir ar scoil geansaí a chaitheamh chun airgead a bhailiú ar son carthanachta. An carthanach a bhí ann ná 'GOAL' Oibríonn 'GOAL' le pobail atá ag tabhairt aghaidhe ar fhíorbhochtaineacht agus géarchéimeanna éagsúla. Bhailíomar €290 san iomlán. Bhíomar go léir fíor bhródúil as an airgead a bhailíomar mar go ndéanfaidh sé difríocht mhór do dhaoine atá ag streachailt i dtíortha bochta.

TURAS SCOILE BHLIAIN A 6

le Lauren Ní Bhriain

Ar an Aoine an 13ú lá de mhí Dheireadh Fómhair, chuamar go léir mar bhliain ghrúpa go dtí West Cork Secret thíos i dtígh Molaige. D'fhágamar go luath ar maidin. Ar dtús dheineamar cleachtaí tógála foirne agus ansin ghlacamar páirt i ritheanna láibe. Chuamar ansin go dtí an sleamhnú láibe. Bhí sé dochreidte. Chríochnaigh an lá le píotsa cois tine. Míle buíochas le hIníon Ní Chonchúir agus Maistir Ó Duinnín as an turas a eagrú dúinn agus as taistil linn. Bhaineamar an-taitneamh as an lá agus bhí an-chraic againn.

TURAS GO DTÍ SCOIL

le Dara ó Cathmhaoil

D'fhágamar Coláiste Ghobnatan ar an 13ú lá de mhí Mheán Fómhair chun freastal ar ionad eachtraíochta i Scoil agus tháingamar ar ais ar an 15ú Meán Fómhair. Rinneamar rudaí éagsúla mar ar an gcéad lá chuamar ar siúlóid ansin chuamar ag snámh. Tar éis sin chuamar thar n-ais chuig an ionad agus bhí dinnéar againn. D'fhánamar sa halla ag canadh go dtí a 11. Ar an dara lá chuamar ag clárcheaslóireacht agus bhí cúpla gníomhacht tógáil foirne le déanamh againn. Ar an lá deireanach chuamar ag cadhcáil agus ag léimt ag an gcé. Bhaineamar an-taitneamh as an turas. Ba mhaith linn ár mbuíochas gabháil le hIníon Ní

Chéilleachair agus Iníon de Brún a d'fhan linn.

COMÓRTAS MATA MAGGIE GOUGH

Ghlac roinnt daltaí páirt i gcomórtas mata Maggie Gough mar chuid de sheachtain Mata. Bhí an comórtas réachtáilte ar líne agus eagraithe ag Cumann Múinteoirí Matamaitice na hEireann. Na daltaí a ghlac páirt ná Charlie Tinsley, Aibigéal Ní Loingsigh, Clara Ní Chonaill, Aoife Ní Mhurchú, Cathal Ó Fogarthaigh-Lithgow, Jeremiah Ó hÉigearthaigh-Catháin, Oisín Ó Cruadhloich, Conor Ó Cróinín, Cristian ó hÉalaithe-Briain, Darragh Ó Ríordáin. Míle buíochas le hIníon Ní Ríordáin a rith an comórtas ar scoil.

CISPHEIL NA GCALÍNÍ

le Hannah Ní Mhócháin

Ar an 18ú lá de mhí Dheireadh Fómhair chuaigh foirne cispheile faoi 16 agus faoi 19 ó Choláiste Ghobnatan go dtí an halla spóirt i Maigh Chromtha. D'imríomar i gcoinne foireann Choláiste Treasa, Ceann Toirc. Sa chéad chluiche d'imir na faoi 16idí i gcoinne Choláiste Treasa, ar an drochuair chailladar ach bhíodar an chongarach lena chéile [27-24]. I ndiaidh an chluiche sin d'imir na faoi 19idí agus bhuamar [24-11], cluiche deacair a bhí ann ach tháingamar amach leis an mbua buíochas le Dia! Chun deireadh a chur leis an lá d'imir na faoi 16idí arís i gcoinne an dara foireann ó Choláiste Treasa agus bhuadar [42-2], D'imríodar go hiontach. Bhaineamar an-taitneamh as ár lá agus táimid ag súil leis an gcéad cluiche eile i ndiaidh an mheántearma!!! GRMA le hIníon Ní Bhriain agus Iníon Ní Chonchúir atá ag traenáil na foirne i mbliana.

ÁR MEÁIN SHÓISIALTA

Leanaigí ár gcuntais le haghaidh an nuacht is déanaí!

X nó Twitter: @ColGhobnatan

Facebook: Coláiste Ghobnatan @colghobnatan

Instagram: @colaiste_ghobnatan

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Ghlac daltaí i gComórtas Mata Maggie Gough mar chuid de Sheachtain Mata

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9th November - Macroom Flower Club, 'A Winter Wonderland' demonstration by Jane Maddock (AOIFA). Coolcower House @8pm, tickets available from 0879821708 Gerry White, Independence Museum, Kilmurry @ 8pm €5 entry - members free
10th November - Comedian Bernard Casey will perform at the Independence Museum at 8pm. Admission €20, prebooking essential. Contact the museum by email At Kilmurry.historical@gmail.com or call 021

7336932.

18th November - Alzheimer Society of Ireland's Social Club at 11am - 1pm in the Macroom Hub, Railway View, Macroom, P12 HN60. The Social Club is a gathering where people can access information and support regarding Dementia, meet other people and share experiences. Contact 021 2972504 for more information.

Win a Trip to Lapland



Lapland is one of the most magical places in the world that any family could visit, meet Santa and create memories that will last forever. Our fundraising draw is a real opportunity to try and make that wish become a reality for you and your loved ones.

Kiskeam Development Association in association with Sunway Holidays are hosting a fundraiser between now and 31st December 2023 with the first prize of a family trip to Lapland in 2024 for you and your family of four, two adults and two children.

Proceeds will go to Scoil Mhuire Kiskeam and Kiskeam Development Association projects in our

community.

The Kiskeam Development Association was founded in 1994. The early committee worked tirelessly and has developed the village into the picturesque location it is today. Over the past few years, the committee has taken on a number of challenging projects and delivered these for our village.

This includes competing at a high level in the Super Valu Tidy Towns, a community gym, a digital hub, a woodlands walkway, a playground, a pre-school, a set of annual family run events in each calendar year, and much more besides.

Our latest Project due to be delivered in 2024

is a Mens Shed located in Kiskeam Village for all the surrounding areas under the title of "Western Duhallow Mens Shed".

The National School in the village, "Scoil Mhuire Kiskeam", is also currently undergoing new building works and funds raised will be donated to both projects.

Sunway Holidays currently operates Ireland's largest Lapland Program, and have been putting together packages to Lapland for 20 years now. They boast unrivalled knowledge in this area and will ensure everything is taken care of for you. Extra family members can of course be added upon request with Sunway Holidays.

Draw will be held on Monday 01st January 2024 in Kiskeam Community Center and will be streamed online on Facebook Live.

We are calling on you all, Nanas, Grandads, Aunts and Uncles as there is no better stocking filler this year than the opportunity to win this fantastic prize for your loved one.

Tickets for this extraordinary experience to make unforgettable family memories, in one of the most enchanting destinations in the world, are limited and selling @ €20 per ticket, €50 for 3 tickets and €100 for 7 tickets and are available online by visiting "winalaplandtrip.ie"

Hardcopy tickets are available from the following sellers or any fundraising committee member:

1. Marguerite O Sullivan 086 7392430
2. Paddy H O Connor 086 0829793
3. Aileen Scanlon 087 7578835

No matter your age, young, old or in between, such a trip will bring out the inner child in you all. However, if at the end of it all, Santa is not on your bucket list, a €5,000 holiday voucher can be supplied by Sunway Holidays in lieu of this Lapland trip.

Remember, if you are not in you can't win and the very best of luck in the draw!

DROMLEIGH NS

Sciath na Scol

After matches against Aghabullogue, Shanbally and Crossmahon our boys and girls football teams qualified to play Leamlara and Castlemartyr and after winning both their semi-finals they will be heading for Páirc Uí Chaoimh for the Sciath na Scol finals on November 9th. Best of luck to both teams!!

Picture right: The pupils of Scoil Naomh Muire got in the Halloween spirit as they headed off on their mid term break with spooky witches, ghosts and ghouls to be seen all around the school. Happy Halloween everyone.



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UIBH LAOIRE NOTES

The Christmas News Letter

The popular look back at the year's events along with stories, poems, yarns, memories and much more is being compiled at present. The editing team are looking for contributions from writers of all ages. They would love to hear from you on any topic whether you live locally or are connected in any way to Inchigeela. You may hand in your writing to Neasa Ni Laoire, Collette O Leary or Finbarr Cronin or Creedons Hotel.

Cemetery Prayers

A large number attended the prayers in the old and new graveyard along with the churchyard graves and the graveyard in Gougane Barra. A special Mass will be offered for those who have been bereaved during the year. A special candle will be lit at these Masses and may be taken home. The Masses will be as follows: Tue 21 November Inchigeela Church at 7pm and Friday 24 November at Ballingearry Church at 7pm. Please hand in the names of those you wish to be remembered to the Sacristies of Inchigeela or Ballingearry Churches.

Eucharistic Adoration

New attendees are welcome at the weekly



Uibh Laoire Rebel Og under 12 league winners versus Muintir Bhaire.

Adoration in Ballingearry and Inchigeela Churches. Anybody who feels that they could help out by occasionally replacing someone who may not be able to attend please give your name to Ann at 0871336451

Cancer Connect

This organisation provides free transport to Cork hospitals for cancer patients on their days of treatment. They are at present looking for volunteer drivers in our area. Volunteer drivers

would just do one day a month. If you think that you could take part contact info@cancerconnect.ie opt call 0212038525

2024 Calendar

The organisers of Feilire 2024 are looking again for photos taken around Béal Átha this past year which would be included in the calendar. The best picture will win the Valerie O Donoghue cup.

DROMLEIGH NS

Pupils from Dromleigh N.S. thoroughly enjoyed a range of games and activities to celebrate Maths Week in the middle of October.

Students were also treated to an amazing evening of fun and dancing at our annual Hallowe'en Disco organised by our Parents Association.

Contact 026-46212, office@dromleighns.ie or follow us on Facebook 'Dromleigh NS Kilmichael'.

Picture right: Dromleigh Students had an amazing evening of fun and dancing at the annual Hallowe'en Disco organised by the Parents Association.



KILMURRY NS

October has been a busy month here in Kilmurry NS. We had a visit from Comhaltas Baile Nuis who treated us to a fabulous performance. Their extremely talented musicians and dancers entertained all of the pupils and staff, and everyone enjoyed it immensely.

4th, 5th & 6th classes have started Chess Club on Fridays during big break. They have started off playing games with rotating players, which makes it even more challenging than usual as it is difficult to predict your opponent's next move! Our Student Council had their first meeting of the year. The members came to the meeting bursting with enthusiasm and suggestions to make our school the best place it can be. We look forward to seeing what they accomplish during the year. Our Green Schools Committee planted wildflower seeds around the school and we are looking forward to seeing these beautiful flowers bloom next spring/summer. We all wore the Kilmurry colours to show our



Kilmurry School Spooky Wellbeing Walk around Kilmurry Village.

support for Kilmurry GAA in the Premier Junior County Final. Cill Mhuire Abú!

Everyone in Kilmurry NS really got into the Halloween spirit. We had our annual Halloween party which was organised and run by 6th class. They did a great job and everyone had a great

time. There were very spooky scenes in Kilmurry when all the children, staff, witches, vampires and ghouls from Kilmurry NS went for a Wellbeing Walk around the village. Check our Facebook and Instagram pages to keep up to date with all that's going on in Kilmurry NS.



WHO ARE WE?

Located at Macroom Golf Club, The Mulligan Room presents a seasonal culinary journey. With our ever-evolving menu, each visit offers fresh flavors. As the holidays near, we're excited to introduce our festive Christmas menu.

SCAN ME
To see
the menu



TIME OF OPERATION

CLOSED

MONDAY, WEDNESDAY, THURSDAY

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FRIDAY, 1ST DECEMBER 2023

Switching on the lights at 7pm
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JENNINGS MCGREGOR



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BALLYVONGANE NS



A big thank you to the Parents Association for buying new Polydrons and giant Lego sets for the children in the playground at lunchtime.

It has been a very busy two months in Ballyvongane N.S. Let's take a look back at some of the highlights!

Dancing - The children have been enjoying Irish Dancing Classes with Deirdre O'Sullivan.

Swimming - We started our 6 week block of swimming lessons at the Castle Hotel on Friday 20th October. The children were delighted to get on the bus and head off to the pool!

Maths Week - All the children had great fun during Maths Week. The children got the opportunity to do lots of hands on maths games and problem



Lámh Day at Ballyvongane N.S on Wednesday, 18th October we celebrated Lámh Day by welcoming the children from Phyll's Preschool to show us all the signs they know. We sang two songs for them using Lámh. A great morning was had by all.

solving using hands on materials and the tablets.
 Art & Craft - The Senior Room were very busy over the last few weeks making their scarecrows for the Ballinagree Scarecrow Festival. Hopefully Lugi & Mario will find their way to Ballinagree!
 Lámh Day - On Wednesday, 18th October we celebrated Lámh Day by welcoming the children from Phyll's Preschool to show us all the signs they know. We sang two songs for them using Lámh. A great morning was had by all.
 Food Dudes - The children enjoyed partaking in the Food Dudes Programme. Each day the children got

a different fruit and vegetable to have with their lunch.
 Outdoor games - A big thank you to the Parents Association for buying new Polydrons and giant Lego sets for the children in the playground at lunchtime. The engineers of the future have been practising their engineering skills daily!
 Clothes Collection - We are having our next clothes collection on 27th November. Bags of clothes can be dropped off to the school before then.

MUINEFLIUCH NS

October was a very busy month in Muinefliuch N.S. Our 6th class debate team took part in Round 1 of the Concern Primary Debate competition on 18th October.

The proposed and carried the motion 'Homework should be a thing of the past' against Bandonbridge NS.

Maths week took place from Monday 16th to Friday 20th October in our school. Junior and Middle room pupils thoroughly enjoyed doing stations with the Senior room pupils playing lots of games and estimating.

Pupils from 2nd to 6th class are participating in the 'Languages Connect' programme for Primary school. Pupils are learning French with Mrs Butler for 4 weeks and Polish with Mrs O' Callaghan for 4 weeks.
 On Monday 2nd October we were very fortunate to have Science expert Dale Treadwell in our school. Pupils learned about trees, insects, bats, different habitats and dinosaurs. Dale's live puppet dinosaur was a huge hit with all the pupils.
 Macroom fire service paid a visit to the pupils

on Friday 13th October and pupils learned about different fire hazards and what to do in the situation of a fire.
 The student council organised an outdoor buddy picnic event this month with lovely music. We also had a Halloween walk for our 'Walk a mile and smile'.
 The month finished off with lots of wonderful games including pumpkin golf, guess the number of sweets, gruesome jelly and yummy treats organised by the wonderful parents association for all pupils.

BALLINAGREE NS

Ballinagree National School welcomed artist Meave O'Neill to work on clay based art projects with the whole school as part of the Artist in Schools Programme.

The children enjoyed creating beautiful clay pieces incorporating wildflowers from the school garden.
 Pupils from 4th, 5th & 6h class have succeeded in

reaching the Sciath na Scol Chorcaí football final for the first time in the school's history. They will play Clogheen National School in the final in Pairc Uí Chaoimh after the mid term break.
 The infant classes and 1st, 2nd & 3rd class had a wonderful time learning about trees and forest animals at the forest garden of Michael and Nuala Creedon recently. The children learned

about our native trees and some not so native Rhododendrons. A big thank you to Micheal and Nuala for inviting us.
 As part of the Active School activities children are taking part in the Get Cork Walking Daily Autumn Challenge whereby they walk 1km around the school perimeter every day.



Macroom fire service visiting Muinefliuch N.S



The infant classes and 1st, 2nd & 3rd class had a wonderful time learning about trees and forest animals at the forest garden of Michael and Nuala Creedon recently. The children learned about our native trees and some not so native Rhododendrons. A big thank you to Micheal and Nuala for inviting us.

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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








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GOUGANE SUNDAY

In the region of 2500 people were present in Gougane Barra on Sunday 1st October for Rosary and Annual Mass for Gougane Sunday. Many of those present remarked that this was one of the largest attendances in many years and the occasion was blessed with beautiful autumn weather. This was a unique occasion in that this year marks the 1,400 anniversary of the death of St. Finbarr.

People gathered from many parishes and different groups for the Rosary and Annual Mass.

Some of the groups in attendance were the Catholic Guides of Ireland, Guides and Scouts of Europe - Ireland, St. John's Ambulance Group, pupils and staff members from Mater Dei Academy, members of the Syro Malabar, Syro Malankara, Ukrainian Catholics and Polish Chaplaincies in the Diocese.

Clr Frank O'Flynn, County Mayor was present and the Lord Mayor of Cork was represented by Clr Dan Boyle.

Bishop Fintan was main celebrant for the Mass. The Ballingearry Church Choir sang beautifully and the Ballingearry Pipe Band also participated in the

Mass as well as leading the procession before the Mass.

In his homily, Fr. Bernard Cotter, speaking of St. Finbarr, said that 'what makes Finbarr a true missionary is not that he was a hermit here, but that he managed to leave this beautiful place, Gougane, loved by brides and grooms from all over the world, truly sceptred isle, who could leave this heavenly place but only a missionary with a message to share, Good News.

And so he went to Cork, so dismally described as "Corcach Mór na Mumhan", the great bog of Munster. Who but a missionary could make that transition!

But the harvest was rich and the labourers were few...So Finbarr had to become a missionary disciple - and so must you!

And how? Well parish life is changing. The parish which used to be so priest-centred has a new face - yours! What talents can you share in your parish community to advance the kingdom? What gifts can you make available that will turn your parish into a magnet, drawing people in, people who are searching for faith?

Evangelisation isn't standing in the middle of Patrick St with a loudspeaker; it's a word of comfort to a friend facing an awful trouble;

it's sharing your own faith in life-without-end with someone whose own life is suddenly limited and fading;

it's a word to someone in your family about what faith means to you, a kind invitation, a gesture of encouragement, a silent prayer.

Everyone who believes can evangelise, can share what is good about our faith, the hope it brings us, the joy we share.

The way to evangelise is to be an example of a Christian, loving, forgiving, tolerant, peacemaking, truthful, just - to be all that Finbarr was, that his Good News may shine through you!

For the harvest is rich but the labourers are few... so ask the Lord of the harvest to send labourers to his harvest:

but be careful what you pray for — for he could just send you!

(From the Cork & Ross Diocesan Website)



Happy faces at Gougane Holy Island, for Gougane Sunday. pic le Nóra Uí Luasa



Ballingearry pipe band followed by the many priests and Bishop Gavin for 'Gougane Sunday' Mass recently. pic le Nóra Uí Luasa



Ballinagree National School welcomed artist Meave O' Neill to work on clay based art projects with the whole school as part of the Artist in Schools Programme.



Pupils from 4th, 5th & 6h class have succeeded in reaching the Sciath na Scol Chorcaí football final for the first time in the school's history. They will play Clogheen National School in the final in Pairc Uí Chaoimh after the midterm break.



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Kilmurry Active Retirement

Have you heard of 'blue zones'? No, they are not those extremities that on any cold winter's day surely make themselves known to you. The term "Blue Zones" was coined by Michel Poulain and Giovanni Mario Pes who had been studying longevity in Sardinia. Subsequently Dan Buettner, a National Geographic explorer and author, claimed to have had found regions in the world where people live significantly longer and have lower rates of chronic diseases compared to the global average. There are five such zones that researchers have since studied, hoping to find common factors contributing to longevity and well-being. These zones are Okinawa an island off Japan, a mountainous area in Sardinia off Italy, Nicoya in Costa Rica, Ikaria off Greece, and Loma Linda in California (home to a community of vegetarian Seventh-day Adventists). They are small communities, and often segregated or distant from the larger community in geography or culture. Some claim that these Blue Zones share some common lifestyle factors associated with longevity and well-being. They identify a predominantly plant-based diet, regular physical activity, social engagement, purposeful lives, and a focus on stress management and relaxation. They claim that while genetics may play a role, that primarily it's the shared lifestyle and cultural practices that contribute to the exceptional health outcomes observed in these regions.

A four-part documentary series is currently on Netflix, where Buettner is returning to these zones. It indeed makes very interesting viewing. But is it all true? We need to be careful when we humans are being offered what we want - the elixir of life. We tend to have 'confirmation bias', we find it easier to believe what we would like to believe. It is claimed that these zones have a much higher percentage of centenarians. Some scientists are sceptical. People over one hundred in 2000 were born in the late 1800s, a time when birth statistics may not have been reliable in isolated communities. I recall from my youth that there were people in my community that didn't know what age they were. In addition, there are too some practical reasons why people may lie about age, particularly in communities that attribute much respect and status to age. On the other hand, in Catholic countries baptisms are a reliable source of independent verification, and in

Sardinia for instance the claim is that men reach one hundred at ten times the average rate. So poor statistics are unlikely the full explanation.

Scientists, in so far as they can agree on anything, are pretty well agreed on the benefits of the Mediterranean diet, regular physical activity, social engagement, purposeful lives, and a focus on stress management and relaxation. However, even where these correlate with a high proportion of centenarians, it is not proof of causation. We could say that we have evidence that most Kerry men speak with Kerry accents, and evidence that their culture produces successful footballers, but a Kerry accent may not be the cause of being successful at football!

In many of the blue zones they are partial to a good night dining with friends and having a glass or two of good local wine. My bias thinks that is good news. However, scientists say alcohol is not good for us. Some indeed assert that there is no safe level. Maybe the scientists and these wine drinkers are both right. The benefits of a good time with friends may more than compensate for the detrimental effects of alcohol. However even if so, not more than two glasses of wine with a meal socialising with friends is not the same as three glasses without food and being all alone.

Science is science and good television is good television. I'd like to do some more research. I am wondering, now that we are enjoying our coffee crawl, would we be up for a blue zone crawl? They are mostly islands close to the equator. We could add years to our lives, or alternatively we could contaminate them with our decadent ways.

Coffee crawl

Speaking of coffee crawls, despite the draw of a tropical island, we will stick with the Lee Valley for our next mystery destination. We are planning to go travelling on Wednesday 22nd November at 2pm from Kilmurry.

Christmas party time

There are two Christmas parties coming up in quick succession. The Southern branch of Active Retirement Ireland is having its do in the Oriel Hotel in Ballincollig on Monday 20th November, a lunchtime affair. Our own Christmas celebratory meal is the following Sunday evening 26th in the Lee Valley Golf and Country Club.

Fitness, beauty, and song

Thanks to Mary Mullins, a great time was had

by all on 18th of October in the Heritage room, Independence Museum. I was away, but stories abound about fun fitness, a good outcome for our Chair, Breda O'Connell, and singing along with a singalong. A big thank you Mary.

Other November Upcoming Activities

On Mondays, ceramic art is continuing in Crookstown hall. Our smartphone course is continuing on Tuesdays, courtesy of CETB, Macroom. On 8th November, we are having a dance/concert in Crookstown hall, 2-4pm, with Jer Coakley and Charlie Crowley. On Wednesday evenings Zumba gold is continuing in Crookstown. On Thursday 9th, (after the keep fit) we will have a talk by Elaine Mc Keon on nutrition in Crookstown at 7.05pm. There will be a Cookery demonstration on Wednesday the 15th of November, 7pm, in Crookstown, courtesy of Paul McLellan [Catering by Paul]. There will be an important full membership meeting on Tuesday November 21st at 7.30pm in Kilmurry Museum (we need your instructions on several matters). On the 29th of November, 2pm, Rose McCarthy starts a three-session course on Tai Chi, Yoga, and meditation. Later that evening, we all are invited by AIB to a talk in the Castle Hotel, which will start at 6.30pm, (tea, coffee, biscuits, and scones on arrival from 6pm). There will be a solicitor present to talk on the new Assisted Decision Making Act, and to answer questions on that and other relevant issues. There will also be a person from the bank who specialises in supporting vulnerable customers, and in addressing the specific concerns of older customers.

There are several active retirement associations in the Lee valley. If you are interested in finding out more, we can put you in contact with the appropriate secretary for your locality, or if you are interested in starting one up there is support for that too.

Our association is open to all, and our membership fee is just €20/year. 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.

INDEPENDENCE MUSEUM KILMURRY

November promises to be a busy month for Independence Museum Kilmurry with a lecture, a comedy event and the launch of our second Journal. Historian Gerry White will be giving a lecture titled 'The ratification & negotiation of the Anglo Irish Treaty', on Friday November 03rd at 8pm in the Museum. Admission is free for members, €5 for non-members.

Comedian Bernard Casey will be performing a show in the Museum on Friday 10th November at 8pm. Admission is €20. Pre booking is essential. Contact the museum by email at kilmurry.historical@gmail.com, or by phone on 021 7336932. The first volume of our historical journal 'People and Places' went on sale 2 years ago and was a huge success with all print copies sold. We are delighted to launch our second

volume of the journal on Friday November 17th at 8pm. The journal features over 30 articles by local authors and historians with accompanying photographs on local people, traditions, folklore, sporting events, townlands relating to Kilmurry parish and surrounding parishes/areas of Templemartin, Castletownkenneigh, Inchigeelagh. The journal celebrates the rich social history of Kilmurry parish and beyond. There is something of interest for everyone. Journalist and RTE correspondent Brian O'Donovan will launch the journal on the night and all are welcome. The journal price is €20. It will be available for sale at museum and local shops and at Carrigadrohid/Killinardrish Christmas Market on December 3rd.



Kilmurry History Talk, 3 Nov, '23 - 'The Treaty Negotiations' included are chairperson Ms Mary O'Mahony, and speaker Gerry White (bearded at back). (C. Kelleher).



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9 Signs Your Spine May Need Attention

Did you know that your spine influences your overall health? It provides structure, support, movement and it affects the communication between the brain and body. Here are some signs your spine may need some TLC.

- 1. The soles/heels of your shoes wear out unevenly.** This can be due to uneven leg length or stress along the length of the spine.
- 2. You can't take a satisfying deep breath.** Breathing, spinal health, and energy are all interrelated.
- 3. You have to "crack" your neck, back, or other joints often.** This is your body telling you that something is out of alignment.
- 4. You can't twist or turn your head or hips to either side easily and equally.** Reduced or restricted ranges of motion are signs of a misaligned spine.

- 5. You have poor posture.** Look in the mirror from the side and assess your overall alignment. Forward head posture and rounded shoulders are a sign of poor posture.
- 6. You have headaches, back ache, sore or tender spots in muscles or joints.** All are common signs of a spine out of alignment.
- 7. You feel stiffness in your back or neck.** Stiffness may be a sign of degenerative changes in your spine.
- 8. One leg appears shorter than the other.** Keep your shoes on, and lie down. Have someone stand behind you, look down at your feet, and gently push your heels toward your head. Compare where the heels meet the shoes. One foot may appear anywhere from 1/8" to 1" shorter than the other.

- 9. You just don't feel right, you're in general poor health.** If your nervous system is not in total balance, your health will not be in total balance. As Chiropractors we look for interference in the nervous system (we call these – subluxations) – we adjust the subluxation to clear the interference so that your body can heal itself.

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CILL NA MARTRA AGUS RÉIDH NA nDOIRÍ

Bhí tréimhse iontach spraoiúil agus sceitiméach againn i bparóiste Chill na Martra ag teacht suas go Oíche Shamhna. Ní fhacamar a leithéid riamh! Bhí díoscó agus cóisir do pháistí an pharóiste, le chomórtais fir bréige a chruthú agus puimcíní a mhaisiú. I measc na maisiúcháin Oíche Shamhna agus na puimcíní a bhí scaipthe ar fud an sráid bhaile, bhí an pharóiste daite gorm agus bán dos na peileadóirí idirmheánacha a bhí i gCraobh an Chontae. Fanfaidh na bratacha roinnt seachtainí eile, tá áthas orainn a rá, mar bhuadar an chraobh agus ar aghaidh leo anois chuig an gluicthe Ceathrú Ceannais na Mumhan in aghaidh Cill Mhichil, Co. An Chláir. Imreofar an chluicthe sin i gCill na Martra ar Domhnach an 12ú Samhain. Bígí ann chun tacú linn.

Cill na Martra has been alive with excitement and fun in the run up to Halloween. We haven't seen the likes of it! There was a spooky disco and party for the children of the parish, along with scarecrow and pumpkin competitions. Amid the Halloween decorations and pumpkins scattered around the village, the parish of Cill na Martra became a sea of blue and white in support of the intermediate footballers reaching the County Final! Not alone that, but they went on to win it and we've been celebrating ever since. The blue and white are here to stay for a while longer, with the next round, the Munster quarter final against Cill Mhichil, Co. Clare being held in Cill na Martra on Sunday 12th November. Come along to support!

Margadh na Nollag Cill na Martra

Ar an 25ú lá de mhí na Samhna tiocfaidh suas go

30 seastán go sráid bhaile Chill na Martra chun tairgí de gach sort a dhíol. Beidh bia blasta, ealaín agus céardaíocht, maisiúcháin na Nollag, bÁCáil de gach sort chomh maith le BOUTIQUE ar fáil ar an lá. Is ócáid fíor speisialta é mar is é an chéad uair a lasfar soilse na Nollag i sráid bhaile Chill na Martra. Beidh ceol beo ann ag tacú leis na soilse a lasadh óna 6in agus beidh cuairteoir an-cháiliúil ann freisin chun bualadh leis na cailíní agus buachaillí ar fad. Beidh an Toy Show thart, so tabhair leat do litir agus tabhair é díreach don fear é fhéin chun do bhronntanais a chinntiú. Beidh soláistí agus ticéid crannchura saor in aisce ar fáil. Tabhair amach agus déan do chuid siopadóireachta go háitiúil, cinnte beidh rud ann do gach éinne. Ag tosnú óna 3in go dtí 7in. Bígí linn.

Cill na Martra will host its first ever Christmas Market on the 25th of November. In addition to it being the first market, it will also be the first 'turning on of the Christmas lights' in Cill na Martra. There will be live performances from 6pm with the lights being turned on. As the excitement of the Toy Show will be on the night before we're lucky to have a very special visitor for the duration of the afternoon to meet children and take their Christmas letters back to the North Pole with him. There will be close to 30 stalls located in the village on the day selling a range of products from beauty, jewellery, arts and crafts, a BOUTIQUE, handcrafted gifts, tasty eats and treats as well as kids entertainment, free refreshments and raffle tickets. Come out and support local small businesses, with presents to suit all. Margadh from 3pm to 7pm.

Maidin Caife

Gach Céadaoin, óna 10rn – 12.30in, tá slua ag bailiú i gCois Cille, Cill na Martra chun cupán tae, sconnaí agus scéalta a roinnt. Is maidin fíor thaitneamhach é agus is fiú teacht.

A lively group gather each Wednesday morning, from 10am-12.30pm for tea, scones and chats at Cois Cille in Cill na Martra. It's an informal social coffee morning and anyone is welcome to attend. The more the merrier!

Oíche Paidreóireachta

Ó thús mí Dheireadh Fómhair thosaigh nós nua i Séipéal Lachtaín Naofa agus tá sé ag dul ó neart go neart. D'eagraigh slua beag bailiú sa tséipéal óna 8in, oíche Luan chun an Choróin a rá. B'ea mí Dheireadh Fómhair mí an Choróin agus cheapadar go mbeadh sé deas an aitheantas a thabhairt dó. Bhuel, tá an grúpa tar éis fás ó seachtar go thart ar tríocha duine anois. Is ócáid an-speisialta é – deis paidreóireachta agus bualadh go sóisialta chomh maith. Is léir go bhfuil creideamh na háite fós beo.

At the beginning of October a couple of local ladies decided to celebrate the month of the Holy Rosary with a prayer night in the church, every Monday night at 8pm for the month. It was seen as an opportunity to have peaceful prayer time and to allow for people to congregate if they so wished. The prayer night has gone from strength to strength with a humble seven people at the beginning to almost thirty people attending recently. Having had such a powerful response to such a simple suggestion, the prayer night will continue into the month of the Holy Souls.

COMPOSTING INITIATIVE CLUTIVATES A GREENER FUTURE FOR CORK COUNTY SCHOOLS

Ten schools from Cork County have completed the Composting for Schools programme, designed to help them start or improve their composting systems, to reduce waste, save money and combat climate change.

The programme, delivered by Composting Ireland and supported by Cork County Council, was set up to help students learn about composting and gardening using a variety of fun interactive activities to create a better understanding of the principles of ecology and biodiversity that underpin all life on our planet.

Welcoming the programme, Mayor of the County of Cork, Cllr. Frank O'Flynn said, "By equipping students, teachers, parents, and school staff with the tools of composting, waste reduction, recycling, and environmental awareness, we're cultivating a generation that will not just appreciate nature but actively safeguard its health. Congratulations to each of the ten schools who have taken the time to participate in this year's programme."

Participating Cork County schools included Colaiste na Toirbhirte Bandon, Scoil Fhiachna Glengarriff, Ballymoney National School, Scoil Phódraig Naofa Bandon, Gaelscoil Charraig Uí Leighin, Scoil Mhuire Naofa Carrigtwohill, Kilcolman National School, Timoleague National School, Bweeng National School and Carriganima National School.

To enhance their composting facilities, Cork County Council provided each participating school with a €250 voucher to spend on a variety of composting systems and tools including secateurs, pitch forks, watering cans and thermometers, in-school collection caddies and instructional signs.

Of the ten participating schools, eight schools have already opted to install a composter, improve their



Photocall at Carriganima NS on the Composting for Schools Programme supported by Cork County Council.

existing systems or add new composting units such as leaf mould cages, garden composting systems and wormeries to provide both a means of composting leftovers from school lunches and a resource for nature education.

The schools are also supported by site visits from Composting Ireland, to establish their needs and receive assistance to set up and maintain their new composting regimes. Donal O'Leary, Composting Ireland added "We are thrilled with the response from Cork schools. The teachers have been enthusiastic and committed to learning about composting and bringing best environmental practices to their schools."

Carriganima National School have already set up a composting system and have gained invaluable learning from the programme. Lavinia Sheahan,

teacher at Carriganima National School said "The Composting for Schools programme has been a very positive experience for our school. Donal has been a wealth of knowledge and a huge support in improving the composting systems in our school. Since joining the programme, we have set up a wormery. The children have taken responsibility for the wormery by collecting classroom waste and setting up rotas for feeding the worms. We are using the voucher from Cork County Council to install Leaf Mould Cages. An abundance of autumn leaves fall on the school grounds every year, we are really excited to turn what was a nuisance into a learning experience which will result in a sustainable supply of our very own leaf mulch and compost".



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TIRELTON WISHES TOMÁS HEALY A HAPPY RETIREMENT

A very special celebration was held in Kimichael GAA clubrooms. Annahala on Friday, 20th October to mark the retirement of Tomás Healy after 28 years as Principal of Tirelton NS! This was organised by the Board of Management and Parents Association and was attended by past pupils, present pupils, past and present parents and members of the community.

We all wish him a happy and healthy and long retirement.



BALLINAGREE SACRISTAN NORA McCARTHY AWARDED PAPAL BENEMERENTI MEDAL

Nora McCarthy was awarded the Papal Benemerenti Certificate and gold medal by Pope Francis for her outstanding service as Sacristan Ballinagree Church for many years.

Most Rev. William Crean D.D. made the presentation at a special Mass on 29th of October. Benemerenti Medals are bestowed to individuals who have merited special recognition by the Holy See. The Medals are Pontifical decorations instituted by Gregory XVI in 1832, and are conferred to people for distinguished service to Catholic principles, the Church and society – to

those who have shown an active fidelity to and love for the Church. The medal is worn on the breast, suspended by ribbons of the papal colours. In 1925, the concept of awarding this medal as a mark of recognition to persons in service of the Catholic Church, civil and military, lay and clergy alike became acceptable. Members of the Swiss Guard may receive it for three years of faithful service.

The current version of the Benemerenti medal was designed by Pope Paul VI. The medal is a gold Greek Cross depicting Christ with his hand

raised in blessing. On the left arm of the cross is the tiara and crossed keys symbol of the papacy. On the right arm is the coat of arms of the current Pope. The medal is suspended from a yellow and white ribbon, the colors of the Papacy. Previous versions and variants consisted mainly of a round medal with the portrait of the reigning Pope on the front and a laurel wreath with an inscription "BENEMERENTI" or "BENE MERENTI" on the back.



Nora McCarthy with her family relations who travelled from England for the occasion. Pic. Peter Scanlan



Nora McCarthy displaying the Papal Benemerenti Medal in Ballinagree Church after receiving the presentation from Most Rev. William Crean D.D. Pic. Peter Scanlan

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CARRIGADROHID/CEANN AN MHAÍ

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 fortnightly on Monday nights, the next one is Monday Nov 6th. Everyone welcome

CLONDROHID DEV GROUP: Work is winding down as we face into winter, they hope to set a good selection of bulbs this week. Please continue to keep the village as neat and tidy as possible, and litter free.

CLONDROHID ACTIVE RETIRED: Continue

with their activities, yoga, card playing, singing dancing, exercising, coffee mornings with district nurses etc., outings and much more. All about getting out there and meeting people and having fun.

CART CARRIGANIMA: Cheque presentation this Fri night Nov 3 at 8.30pm in the Pub Carriganima by Milstreet Vintage club to C.A.R.T.. Proceeds from their recent very successful vintage run. Everyone welcome, refreshments and chat guaranteed.

ENTERTAINMENT IN PUB IN CARRIGANIMA: On this 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. Everyone welcome

CARRIGANIMA DEV GROUP: They held a very successful Halloween Coffee evening with raffle. A total of €1,855.54 was raised. Thanks to the Pub and local businesses who kindly supported the evening. Thanks to all who helped in any way.

CARRIGANIMA WALKING/RUNNING GROUP: Meeting up every Monday and Thursday nights at 7.30pm. Meeting point Pike Cross Carriganima for

a distance of 5km.

MACROOM SENIOR CITIZENS: A Monster Bonanza Day will be held in the Fr Ryan Hall Macroom on this Saturday Nov 4 from 11am to 3pm. Arts and Crafts, Baking, Christmas decorations and raffle.

All proceeds to Meals on Wheels.. A great service to have locally, if you can please support, it will be appreciated.

MACROOM FLOWER AND GARDEN CLUB: Gala Charity Demonstration on Thursday Nov 9 at 8pm in Coolcower House in support of Macroom Hosp., Tickets and more info to 0879821708

LOTTO: Congrats and best wishes to the four winners who shared the jackpot last week, each received €1,050.

Anthony O'Leary Carriganima, Michael O'Leary Clondrohid, Jimmy Mc Carthy Inchigeela, Stephen and Breda Quinn Clondrohid

€70 Muireann O'Sullivan On Line

€20 Noreen Noonan Knockrour, Kay McDonagh Carriganima, Cath McCarthy Bealnamorive, Teresa Coakley New York.



Comhghairdeas Canovee NS buachaillí who won their sciath na scol final Vs Naomh Abán in Pairc Uí Chaoimh on Tuesday November 7th!!



Halloween at Kilbarry NS.



Comhaltas Baile Nuis including group member and Kilbarry NS pupil, Clara, during their visit to Kilbarry NS recently. The group had exceptional success in the county, Munster and All-Ireland Fleadh Cheoil competitions this year.



Taoiseach Leo Varadkar cutting the tape at the opening of the final stretch of the Macroom Ballyvourney Bypass.
 Pic Peter Scanlan



Fionnuala Uí Chéilleachair Scoil Fhionnbarra Béal Átha'n Ghaorthaidh & Síle Ní Shuibhne Baile Mhúirne a bhain Máistreacht amach san Oideachas Lán-Gheailge agus Gaeltachta ó MIC Luimneach le déanaí.



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Macroom FC Cork Players



Cill na Martra players and supporters in joyful mood having won the Premier Intermediate Football Championship final which took place in Páirc Uí Chaoimh on October 29th.



After matches against Aghabullogue, Shanbally and Crossmahon our boys and girls football teams qualified to play Leamlara and Castlemartyr and after winning both their semi-finals they will be heading for Páirc Uí Chaoimh for the Sciath na Scol finals on November 9th. Best of luck to both teams!!



De La Salle Student Conor Creedon who will be taking part in this Year's BT Young Scientist Competition.



De La Salle students receiving their Junior Cycle Profile of Achievement



Lucia Fitz-Gerald from Carrigadrohid who won Gold with her team from Ballincollig gymnastics in the National series event, which took place in the national events centre in Dublin recently



Ardilaun Guides after fun activities in the muck

The Ballinagree Scarecrow Festival



1st in the Scarecrow competition was Chris P Bacon by Kevin Healy



And the 3rd prize was Keep off the Grass Gerard, Aileen, Eva and Sadie Coakley



At The Ballinagree Scarecrow Festival, the most sustainable scarecrow was Eco Warrior by Rita O'Reilly



Second prize was 'Tubs of Cash crow' Diane Twohig

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The Macroom and District Environmental Group **Think Globally, Act locally**

WASPS! Environmental Citizenship means practicing Mercy

Hi! Chris Barrett back talking once again with my good friend, Ted Cook. Although it is tempting to choose the more cuddly, beautiful or convenient aspects of nature to protect, Ted's article reminds us of the importance of all aspects of nature and its interconnectedness. Another friend reminded me that hive bees are friends who make wax and lots of honey, other bees are friends who are extra fuzzy and really love flowers, while wasps are friends who pollinate, eat pests but need a little more personal space. Ted spoke to me after the "Environmental Citizenship" Green Flag had been awarded to St. Colman's BNS Macroom. He told me how the Principal Martin Clancy offered MDEG member, Ted Cook, the singular distinction of hoisting St. Colman's seventh Green Flag in the company of the whole school community on 23rd June 2023. As it was both the last day of school and the final class of their education, Ted was invited to address the 6th Class and Teachers, Mr. Cronin and Mr. Canty. The scholars were familiar with Ted, having participated in field outings since 1st Class; tree planting and propagating Hazels Oaks and Spanish Chestnuts in their



school Tree Nursery which was initiated by Ms Anne O'Dwyer (Green Flag Committee Teacher) during the 2016-2017 school year. Ted talks of how lively interactive discussions, ranging from the benefit of fresh greens and fruit fibre, dodgy artificial sweeteners, stretching the spine, focused breathing and our relationship with the Animal Kingdom, turned to our 'Foiiche' or common wasp. He tells us that 'Beacha Oibre' translates as 'Hard-working Bees', which he believes may offer us this precious insect's truest description. All known 'Bees' evolved many millions of years ago from our Wasp, and that includes Ireland's 21 Bumblebee

species. On a lighter note, Ted reminds us that wasps don't wake up, cross themselves and pray for a juicy 6th Class scholar. Their venomous stings are designed to control Bee populations. Their target prey also include Green Fly and additional pest insects that attack the Plant kingdom. They feed their vast bounty in 'paper nests' made of chewed wood. Ted ascertained that three of the thirty five scholars from the two 6th Classes had experienced wasp stings. The students have since learned to drop the acquired habit of swatting and have learned that wasps are attracted to ultraviolet colours (blues -violets) and sugar. 'Wasp Recipes' including unwashed jamjars or sliced apple or orange were shared by them. The pictures of wasps were provided thanks to our local soap maker, Peta. It has been enlightening as always to learn from Ted Cook, and I thank him once again for his time and enthusiasm. Remember you can contact the Environmental Group by emailing macroomenv@gmail.com If you or anyone you know would like to contribute an environmental article to this magazine, please contact chriseevalley@gmail.com



A speaker from ALONE will attend Rylane School Hall on Tuesday, Nov 14th at 7.30pm. ALONE works with all older people, including those who are lonely, isolated, frail or ill, or are facing other difficulties. They provide an integrated system

of support coordination, practical supports, befriending, a variety of phone services and assistive technology. Admission €5. Refreshments included.



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Graduation Ceremony, Sullane Centre Macroom



Cork College of FET Sullane Centre held their graduation ceremony on Wednesday October 25th. The ninety-two graduates of 2022/23 received awards to mark their achievements in QQI Levels 1-4.



The awards on the evening covered a wide variety of part time courses ranging from Art, Ceramics, Office Skills, Horticulture and Relaxation techniques. Sheila Scully along with a fabulous team of experienced and dedicated teaching staff deliver a wonderful range of part time courses through the year. Mr. Ciarán Lynch, Adult Education Officer congratulated the graduates on their accomplishments and acknowledged all their families for supporting them on their return to education. As these graduates embark on the next phase of their journey, Cork College of FET remains committed to providing QQI Level courses in Macroom and the surrounding areas.



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GAA NEWS

**Bons Secours Hospital Group
Cork County Football Championship 2023**
Premier Senior Football

Final: Castlehaven 0-11 Nemo Rangers 0-9
Relegation: Carrigaline

Senior A Football

Final: Dohenys v Newcestown, Saturday Nov 11th at P Uí Chaoimh at 5pm
Relegation: Ilen Rovers

Premier Intermediate Football

Final: Cill na Martra 3-11 (20) Bantry Blues 2-13 (19) Relegation: Na Piarasaigh relegated

Cill na Martra 3-11 Bantry Blues 2-13

Shane Ó Duinnín was the Cill na Martra super-sub as his three late points gave them victory by the narrowest margin against Bantry Blues in the Bon Secours Hospital Cork Premier IFC final at Páirc Uí Chaoimh.

Bantry had turned a six-point deficit into a three-point lead, 2-13 to 3-7 on 54 minutes but Cill na Martra finished with a match winning four unanswered points in a row to take the title in style. A point from a Daniel Ó Duinnín free was followed by one from play from Shane Ó Duinnín and in the 62nd minute the sides were level when Maidhchí Ó Duinnín's shot came back off the post and Shane Ó Duinnín was on hand to kick over. A draw seemed likely but Cill na Martra had time for one last effort and Seán Ó Fóirréidh found Shane Ó Duinnín, whose superb point was worthy of its importance, ensuring victory for the Gaeltacht Mhuscraí men and the end of years of disappointment.

The game had exploded into life from the throw in with a Bantry point followed by a goal for Cill na Martra, after centre-back Seán Ó Fóirréidh drove forward, exchanged passes with Ciarán Ó Duinnín who played the ball across to Críostóir Ó Meachair for an easy finish. Bantry replied with a goal, added a good point for a 1-2 to 1-0 lead. It was 1-4 to 1-1 after 14 minutes but Bantry were not to score again before half-time.

Cill na Martra were level on the quarter-hour as Danny Ó Conaill's delivery from the right allowed Maidhchí Ó Duinnín to get there just before goalkeeper Michael Casey and poke the ball to the net. Three more points followed in quick succession, two from Ciarán Ó Duinnín and one from Maidhchí, had them in a commanding position. Cill na Martra struck for a superb goal from Daniel

Ó Duinnín in the 35th minute to lead by 3-6 to 1-6. However, Bantry then came back strongly and two points were followed by a goal of high quality from Rory Deane. They then drew level, took the lead and went three clear but Cill na Martra did not yield and finished like champions.

Scorers for Cill na Martra: M Ó Duinnín 1-2, D Ó Duinnín 1-1 (0-1 f), S Ó Duinnín 0-3, C Ó Meachair 1-0, C Ó Duinnín, D Ó hUrdail 0-2 each, D Ó Conaill 0-1 each.

Cill na Martra: Pádraig Ó Críodáin; Colm Mac Lochlainn, Graham Ó Mocháin, Fínén Ó Faoláin; Danny Ó Conaill, Seán Ó Fóirréidh, Cianie Ó Fóirréidh; Antóin Ó Cuana, Gearóid Ó Goillidhe; Damien Ó hUrdail, Ciarán Ó Duinnín, Daniel Ó Duinnín; Fionnbarra Ó hÉalaithe, Críostóir Ó Meachair, Maidhchí Ó Duinnín. Subs: Shane Ó Duinnín for Ó Goillidhe (14-16, blood), Mícheál Ó Deasúna 44, Shane Ó Duinnín 48, Daire Mac Lochlainn 56.

Intermediate A Football

Final: Aghabullogue 2-13 Mitchelstown 1-15
Relegation: Glenville relegated

Aghabullogue 2-13 Mitchelstown 1-15

Aghabullogue are Bon Secours Hospital I AFC winners after defeating Mitchelstown in the final at Páirc Uí Chaoimh. Aghabullogue lost the 2013, 2018 and 2022 county I AFC finals but they have now completed a remarkable double after they had won the I AFC two weeks ago. The Mid Cork side were full value for their win as they had been comfortable until the final ten minutes when the Avondhu side began to dominate and put scores on the board.

Aghabullogue's brilliant first-half display against the wind laid the foundation for this win. Mitchelstown were aided by the strong wind in the opening half but it was 0-2 apiece after seven minutes and then Aghabullogue struck for a goal, Aaron O'Sullivan setting up his brother Cianan for the latter to drill to the net. Mathew Bradley's point put Aghabullogue four points clear after 12 minutes, 1-3 to 0-2 and the Muskerry side struck for a second goal after 13 minutes, David Thompson set up by Bradley. Leading by 2-3 to 0-2, Aghabullogue were simply flying against a slow moving North Cork side who were struggling to come up to the pace set by the double chasing Aghabullogue men and three further points opened up a ten-point advantage. Mitchelstown got their first score in 23 minutes and added two more before Aghabullogue kicked two to lead by

2-8 to 0-6 at the interval with wind advantage to come in the second half.

On the restart, points were exchanged but Mitchelstown now had five unanswered points in a row, 2-9 to 0-12 with 15 minutes to play.

Thompson eased the pressure with a point for Aghabullogue, and goalkeeper Ian O'Sullivan made an outstanding save to deny Beston a certain goal and John Corkery kicked a super point to put Aghabullogue five clear after 48 minutes.

Aaron O'Sullivan converted a free for the winners, 'Town missed a glorious goal chance. The North Cork men kept up the pressure and after then added a goal from a penalty to a string of points to leave only a single point between the teams. Aghabullogue held on and deservedly so!

Scorers for Aghabullogue: D Thompson 1-2, A O'Sullivan 0-4 (0-2 f), M Bradley 0-3 (0-1 f), C O'Sullivan 1-0, J Corkery 0-2, L Casey (f), R Dennehy 0-1 each.

Aghabullogue: Ian O'Sullivan; Breandán O'Sullivan, Shane Tarrant, Billy Casey; Adam Murphy, Paul Ring (c), Conor Smyth; Ryan Dennehy, Colm Gillespie; John Corkery, Mathew Bradley, Aaron O'Sullivan; David Thompson, Evan O'Sullivan, Cianan O'Sullivan. Subs: Michael Dennehy 6, Tom Long 27, Brian Dineen 44, Luke Casey 52, Paraic O'Sullivan 56.

Premier Junior Football
Semi-finals:

Final: Kilmurry 1-11 St Finbarrs 3-6
Relegation: St Michaels relegated

St Finbarrs 3-6 (15) Kilmurry 1-11 (14)

A late goal for St Finbarr's denied Kilmurry victory in the Bon Secours Hospital Premier JFC final at Páirc Uí Chaoimh. Kilmurry looked to be heading for back-to-back county titles as they led by two points, but a well taken goal after 59 minutes gave the Barrs the lead for the first time in the game and they held on to take the Donal Hurley Cup, named for a deceased outstanding servant of The Blues. St Finbarr's thus make an immediate return to intermediate A football after suffering demotion in 2022.

It was a low key start and the first score came after seven minutes from Joe Ryan for Kilmurry. Seán Warren extended Kilmurry's advantage from a free and the Muskerry men had a smashing goal after ten minutes, Ryan setting up Seán Warren who fired a rocket to the 'Barrs net, Kilmurry leading by 1-2 to 0-0. The Barrs replied with two points, the sides traded points and then the Barrs levelled with



Evan Dodd 'Man of the Match' being presented with his award by Tim Holland of Ross Oil Sponsor. Pic Peter Scanlan



James Moynihan being presented with the Cup by Tim Holland of Ross Oil Sponsor and Anne O'Riordan, PRO, Muskerry GAA, in the Ross Oil Junior A Football Final and Rochestown Park Hotel Junior C Final. Pic Peter Scanlan



Canovee in joyful mood after winning the Ross Oil Junior A Football Final and Rochestown Park Hotel Junior C Final Pic Peter Scanlan



a goal to make it 1-3 apiece after 24 minutes. Points from Joe Ryan and Pádraig Berhanu gave Kilmurphy a 1-5 to 1-3 interval lead.

Liam Wall landed a point for Kilmurphy early in the second half but on 37 the Barrs struck for a second goal to level matters once again. Liam Wall edged Kilmurphy ahead with a fine point, Tomás Collins doubled their advantage but the city side were still in strong contention and got a point back. Three Kilmurphy points, two from Wall and another from Warren had Kilmurphy four points clear on 55 but

back came the Togher men with two points to leave Kilmurphy vulnerable to a goal, which came late and settled the outcome as the Barrs saw out the time remaining without conceding a score.

Scorers for Kilmurphy: L Wall 0-5, S Warren 1-2 (0-1 f), J Ryan 0-2 (0-1 f), P Berhanu, T Collins 0-1 each. Kilmurphy: Jason McDonnell; Brian Hinchion, Kevin Barrett, Gearóid O'Mahony: Tomás Collins, William Ronan (capt), Alexander Aisling; Kyle Kelleher, James O'Mullane; Daniel Cahalane; Lawrence Aisling, Joe Ryan: Pádraig Berhanu, Liam Wall, Sean

Warren. Subs: Rory Duggan 42, Ryan Leahy 49, Joe O'Mullane 62.

Kilmurphy will represent Cork in the Munster Club Junior Championship as St Finbarrs are a club second team and are ineligible for the competition.

County Junior Football Championship

Quarter Final: Canovee 5-13 Lisgoold 0-6

County semi final:

Canovee v Castlemagner, Sunday November 12th at P Uí Rinn, 1pm start.

Muskerry Division: Ross Oil Junior Football Championship 2023

Final: Canovee 1 - 15 Inniscarra 2 - 6

Canovee 1 - 15 Inniscarra 2 - 6

Canovee head the Mid Cork Junior Football Roll of Honour with 17 divisional titles to their credit but their team and supporters greeted their latest triumph at Ovens on Saturday evening last with as much emotion as if it was their first. It is 2007 since Canovee last won the Ross Oil Mid Cork Junior Football championship, which they augmented with Cork, Munster and All Ireland crowns, and after relegation back to junior in 2013 they started to build again for the future. The past few years have brought heartaches and disappointments but memories of all those were banished as a very young Canovee side overcame the severe early setback of conceding two goal to claw their way back into contention against a fine Inniscarra side who were outsiders entering the contest but who made a major contribution to a very entertaining and exciting final. Canovee had a range of forwards who could score, Inniscarra had only two, and this ultimately decided the contest.

There was a very big attendance present, the weather was perfect and the ground conditions remarkable after so much rain in the previous days. Jack Kelleher got Canovee off to a good start with a point in the 3rd minute, Dylan O'Sullivan equalised three minutes later as the game was being played at a hectic pace. A Canovee attack was halted by Jack O'Dwyer on his own half back line, the ball was sent on to Liam O'Connor and the Inniscarra man made a dash of forty metres through the Canovee cover before unleashing a pile driver to the net. This rocked Canovee but they were really dismayed when in a little over a minute later, Dan O'Connell got possession and with a sweetly judged hand pass put Dylan O'Sullivan clear, bearing down on goal and the full forward billowed the Canovee net from close range. In arrears by 2-1 to 0-1 after only eight minutes, this was really putting it up to the young Canovee team!

Between here and half time Canovee outscored

Inniscarra by 0-7 to 0-1 to be level at the interval. The Inniscarra attack did get a reasonable supply but the Canovee rearguard tightened and the attackers could not get shots on target. Canovee began to control midfield through the hard grit of Evan Dodd and Aidan Murphy despite the presence of Cork hurling captain Seán O'Donoghue for Inniscarra in this area and the speedy movement of the Canovee attack had the 'Scarra defence frequently stretched. Evan Dodd got the Canovee revival under way with a point in the 11th minute after Jack Kelleher's shot was blocked down, Kelleher converted a free three minutes later and a fine score from Conor O'Neill made it 2-1 to 0-4 at the end of the opening quarter and Canovee were clearly back in contention. A well hit Evan Dodd '45' was followed by a Dara Cronin point before 'Scarra interrupted the sequence with a point from a Dylan O'Sullivan free on 24. The Canovee mentors, worried by the threat of Dan O'Connell and Dylan O'Sullivan up front for Inniscarra, introduced Michael Dunne from the bench and re-arranged their full back line to good effect and the winners finished the half with two excellent points, one each from Conor Dodd and Darragh McMahon, to be level at the break at 0-8 to 2-2, a fine recovery from their earlier position.

The third quarter was very evenly contested as Inniscarra showed they were going to battle all the way. Liam O'Connor put them back in front in the 35th minute, Darragh McMahon equalised for Canovee two minutes later and then Canovee took the lead from a Jack Kelleher free on 41. William Ahern, another effective substitution in the Canovee rearguard, set up a point for Conor O'Neill but 'Scarra replied with a point from a Dylan O'Sullivan free after Dan O'Connell was fouled. The teams were level once again in the 48th minute when Liam O'Connor kicked over confidently for Inniscarra, who then took the lead for the last time in the 51st minute when Dylan O'Sullivan took a fine point from play, 2-6 to 0-11 the score.

The game took a dramatic turn in Canovee's favour within minutes. James Moynihan dashed in from the wing to kick over an equalising point and Evan Dodd had Canovee back in front with a 55th minute point. Inniscarra made a hash of a short kick-out, Jack Kelleher pounced to get possession, advanced and buried the ball in the 'Scarra net from close range to deal a major blow to 'Scarra hope as Canovee now led by four points heading down the home stretch. Canovee finished out the game in style with further points from McMahon and James Moynihan and with the final whistle the pent up emotions were let run free. Canovee are back, and now face into the county championship campaign a battle hardened outfit after overcoming this severe test of their credentials.

Scorers: Canovee: J Kelleher 1-3 (0-2f, 0-1 mark), D McMahon 0-3, E Dodd 0-3 (0-2 '45'), C O'Neill and Js Moynihan 0-2 each, D Cronin and C Dodd 0-1 each. Inniscarra: D O'Sullivan 1-4 (0-2f, 0-1 mark), L O'Connor 1-2 (0-1f)

Canovee: Cormac O'Driscoll: Cian Cronin, Eoin McNabola, Darren Moynihan: Evan Dodd, Odhran O'Driscoll, Eoghan Lehane: Conor Dodd, Aidan Murphy: James Moynihan (capt.), Dara Cronin, Conor O'Neill: Darragh McMahon, Brian McNabola, Jack Kelleher. Subs: Michael Dunne for E McNabola 25, William Ahern for C Cronin 38, Mark Healy for B McNabola 41, Paul Healy for D Cronin 59, Denis O'Sullivan for D McMahon inj. 64.

Inniscarra: Dominick Kelleher: Danny O'Herlihy, John O'Callaghan, Jack O'Sullivan: Frank Horgan, David Coughlan (capt.), Jack O'Dwyer: Seán O'Donoghue, Tim Murphy: Mark McLoughlin, Liam O'Connor, Liam Collins: Dan O'Connell, Dylan O'Sullivan, Tadgh Lyons. Subs: Cameron Lynch for T Murphy ht, Mark Linehan for L Collins 41, Shay Dineen for D Coughlan inj. 50, David O'Keeffe for D O'Connell 53.

Referee: David Murnane, Macroom

Evan Dodd was recipient of the Ross Oil Man of the Match Award



Inniscarra who were defeated by Canovee in the Ross Oil Junior A Football Final and Rochestown Park Hotel Junior C Final. Pic Peter Scanlan



Rochestown Park Hotel : Mid Cork Junior C Football Championship Final

Béal Átha'n Ghaorthaidh 1-7 Inniscarra 0-9

The Rochestown Park Hotel Mid Cork Junior C Football championship final was played in the second pitch at Ovens as a preliminary game to the A final and produced a very exciting second half, ending with only the minimum separating the teams. Béal Átha were on top in the first half and with two points from Micheál Ó Longaigh frees and two from play from Pól Ó Buachalla, they led by 0-4 to nil after 23 minutes. Inniscarra improved their chances with late points from Tommy Buckley and Seán Callaghan and it was 0-4 to 0-2 at the break.

Immediately on the restart, Shane Linehan had a point for 'Scarra and the sides were level ten minutes later when Conrad Desmond kicked over. A point from a free by Desmond had Inniscarra in front on 45 but Charlie Creed had the teams level again a minute later. Diarmuid Ó Ceallacháin and Michael Murphy exchanged score to keep the teams still level after 50 minutes before Micheál Ó Muineacháin put Béal Átha back in front with a point as the excitement levels rose. Con O'Leary brought the teams level once again and then came the decisive score of the game – a goal for Béal Átha on 54 from Barra Ó Coinceannain, Sean Ó Murchú and Charlie Ó Críodáin combining to release the wily Barra to get in his shot from close

range and put the Gaeltacht men clear. Inniscarra had two points subsequently from Conrad Desmond free kicks and will regret some missed opportunities as Béal Átha still were a point to the good at the final whistle from excellent referee Peter Cotter.

Béal Átha'n Ghaorthaidh: Muiris Ó Conchúir: Dara Ó Tuama, Seán Ó Murchú: Diarmuid Ó Laoire, Gearóid Ó Creimín, Jack Ó hUrdail: Eoin Ó Coill, Diarmuid Ó Ceallacháin: Charlie Ó Críodáin, Pól Ó Buachalla, Barra Ó Sé: Micheál Ó Longaigh, Gearóid MacCarthaigh. Subs: Barra Ó Coinceannain, Conor Ó Buachalla, Risteárd Ó Luasa, Jamie Ó Coinceannain, Micheál Ó Muineacháin.

Inniscarra: Dave Óg Coleman: Paul Hayes, Jerry Roche: Keith O'Mahony, Brian O'Mahony, Michael O'Mahony: Con O'Leary, Steve O'Sullivan: Seán O'Callaghan, Tommy Buckley, Shane Linehan: John O'Keefe, Conrad Desmond. Subs: Callum Larkin, Michael Murphy, Michael Coleman, Ronan Twomey, Alan Sheehan.

Referee: Peter Cotter, Dripsey

Canovee 5-13 Lisgoold 0-6

Canovee easily disposed of the challenge of Lisgoold in their Cork Junior A FC quarter final in Páirc Uí Rinn.

Canovee started quickly, Eoghan Lehane unleashing a powerful strike into the bottom

corner of the Lisgoold net. James Moynihan pointed in the 3rd minute, and Conor O'Neill replied to a Lisgoold point. Two frees from Jack Kelleher put Canovee 1-4 to 0-1 ahead after 9 minutes and points from Kelleher and Conor Dodd extended their lead to eight, Darragh McMahon and Dara Cronin points putting them further in front of a one-sided contest. Canovee had a penalty saved but still led by 1-11 to 0-3 ahead at the break.

Jack Kelleher scored again on the restart and Canovee finally broke through for a second goal when Dara Cronin smashed home. They added a third 2 minutes later from James Moynihan. Mark Healy from close range added a fourth goal in the 47th minute, and things got even worse for Lisgoold when Darren Moynihan's scored a fifth goal to put them 24 points ahead.

Scorers for Canovee: J Kelleher 0-5 (0-2 f), J Moynihan, D Cronin 1-1 each, E Lehane, M Healy, D Moynihan 1-0 each, C Dodd (1 65), D McMahon 0-2 each, C O'Neill, B McNabola 0-1 each.

Canovee: C O'Driscoll; C Cronin, M Dunne, D Moynihan; W Ahern, O O'Driscoll, E Lehane; C Dodd, A Murphy; J Moynihan, D Cronin, C O'Neill; D McMahon, B McNabola, J Kelleher. Subs: S Riordan, P O'Leary both 37, R Delaney 42, E McNabola 50.

HURLING: Co-Op Superstores Cork County Hurling Championships

Premier Senior Hurling

Final: Sarsfields 0-21 Midleton 0-19

Relegation: Glen Rovers relegated

Senior A Hurling

Final: Newcestown 0-19 Blarney 1-16

Relegation: Mallow relegated

Newcestown 0-19 Blarney 1-16

Newcestown and Blarney will meet again after this Cork Senior A hurling decider ended in stalemate. Newcestown held pole position when sub Trevor Horgan provided the lead score in the final minute of the regulation hour. It was a lead they held for almost three minutes. It was a lead they carried into the third and final minute of second half injury-time but Padraig Power - one of Blarney's three-strong Cork contingent who accounted for 1-10 of their 1-16 - got an equalising it was Blarney who came closest to fashioning a winner thereafter when a Mark Coleman sideline cut landed inside the Newcestown 20-metre line and Cathal Hegarty whipped to the net, but referee Mark Maher's whistle had sounded milliseconds before Hegarty made connection.

Scorers for Blarney: S Barrett (0-6, 0-4 frees); P Power (1-2); M Coleman (0-2); O Hegarty, C Dunlea, C Hegarty, S Mulcahy, C Barrett, C McCarthy (0-1 each).

Blarney: C Murphy; S Crowley, D Murphy, P O'Leary; J O'Keefe, P Crowley, C Power; O Hegarty, C Hegarty; S Mulcahy, C Dunlea, S Barrett; M Coleman, P Power, C Barrett. Subs: E Kirby for Dunlea (43 mins); C McCarthy for Mulcahy (50).

Final Replay:

Newcestown 3-17 (26) Blarney 0-24

Part one of their Senior A double complete. Newcestown, after four years away, are back at the top table of Cork hurling and only Dohenys stand

in the way of a their footballers emulating this feat.

In an enthralling Senior A final replay, Newcestown saw an eight-point lead on 24 minutes twice whittled to the minimum in the closing minutes. But these dual operators had not come this far in both codes in an exhausting campaign to be overtaken with the finish line in sight.

When Blarney sub Eoghan Kirby left a white flag between them on 56 minutes, Newcestown's 40-year-old midfielder Tadhg Twomey won a free that Edmund Kenneally converted.

Shane Barrett's fourth free and ninth overall again left the minimum between them in the second minute of injury-time. There was a whiff of extra-time now rising from this one.

Newcestown sub Ciarán O'Donovan, landed the decisive point after an epic contest.

Scorers for Blarney: S Barrett (0-9, 0-4 frees, 0-1 '65); P Power (0-4); J O'Keefe, M Coleman (sideline), S Mulcahy (0-2 each); C Dunlea, C Hegarty, C Barrett, E Kirby, C McCarthy (0-1 each).

Blarney: Conor Murphy; Sean Crowley, Paul O'Leary, Darragh Murphy; Jack O'Keefe, Patrick Crowley, Mark Coleman; Shane Barrett, Olan Hegarty; Cian Dunlea, Conor Power, Cathal Hegarty; Shane Mulcahy, Paudie Power, Cian Barrett. Subs: Cathal McCarthy ht; Eoghan Kirby 36.

Premier Intermediate Hurling

Final: Castlelyons 0-19 Kilworth 0-17

Relegation: Bandon relegated

Intermediate A Hurling

Final: Aghabullogue 3 – 17 (26) Midleton 2 – 19 (25) Relegation: Douglas relegated

Aghabullogue 3-17 Midleton 2-19

An injury time free from Matthew Bradley fired Aghabullogue to the Co-Op Superstores Cork IAHC title after an exciting contest with Midleton

in Páirc Uí Chaoimh.

Bradley was simply outstanding from beginning to end, hitting 0-12 and being involved in virtually everything good that the Aghabullogue did.

Midleton they deserve great credit for the way they performed here. Two points from Bradley in the 53rd and 55th minute seemed to have won the game for the Muskerry side as they pushed them 3-16 to 2-15 ahead but Midleton brought the gap back to a single point. Aaron Mulcahy finally got them level with his 14th point of the day but up stepped Mathew Bradley to ensure the cup was going to Coachford!

The sides were tied twice inside the opening 6 minutes, Shane Tarrant and Bradley with the points for Aghabullogue, Mulcahy with a couple of frees for Midleton who then went two clearer..

Bradley responded with successive scores before Mulcahy traded frees with Tarrant to leave the sides deadlocked. A goal for Midleton was followed immediately by another for Aghabullogue from John Corkery to level the game for the fifth time.

It was 1-7 each after 28 minutes but Aghabullogue scored four of the next five points (0-3 from Bradley and one from Colm Gillespie) to take a 1-11 to 1-8 interval lead.

Two more frees had Midleton back to within one within three minutes of the re-start, but then the Muskerry side took control of the game with 2-1 in four minutes. The first goal came after Corkery's shot was saved well but Shane Tarrant was on hand to fire home the rebound.

Points were traded before Corkery pounced for his second goal of the day.

That put them seven clear but Midleton struck back to be within a point, but Bradley responded. Scorers for Aghabullogue: M Bradley (0-12, 0-8 frees), John Corkery (2-0), S Tarrant (1-2), C



Gillespie, P Ring and N Barry Murphy (0-1 each).
 Aghabullogue: Finbarr Foley; Tom Long, Cillian Timmons, Jerome Corkery; TJ Buckley, Pauric O'Sullivan, Michael Dennehy; Niall Barry Murphy, Sean Furey; John Corkery, Paul Ring, James Foley; Mathew Bradley, Shane Tarrant (c), Colm Gillespie. Subs: Brian Dineen h/t, Brian Casey 43, Denis Quinlan 49.

County Premier Junior Hurling

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

County Junior Hurling Championship Quarter Final

Ballinora 1-23 Clonakilty 0-11

Ballinora will face Nemo Rangers in the 2023 Co-Op Superstores Cork JAHc semi-finals following a comprehensive defeat of Clonakilty at Páirc Uí Chaoimh on Sunday afternoon.

It was Ballinora's best performance of their championship season to date, Clonakilty did not play up to the standard of their recent West Cork final performance.

The Muskerry side utilised a strong wind to build a commanding eleven-point interval lead and never looked back. Although they worked hard throughout, Clonakilty could not match their opponents' scoring prowess on a day when James

Byrne, Tommy Burns and Shane Kingston stood out for the victors.

Ballinora are Muskerry champions for the third year in a row but have never, ever won a county junior championship but silenced the critics with this performance. They hit the ground running and swept Clon off the field to lead 0-5 to nil inside the opening 10 minutes.

They lost centre-forward Darragh Holmes to injury but continued to dominate in every sector of the pitch and struck for an 11th-minute goal from Alan O'Shea who missed the Mid Cork final. Shane Kingston and Neil and Mike Lordan scores piled on the misery for Clonakilty who eventually got a point but Ballinora were in form and led by 1-13 to 0-5 at half time.

Two converted Shane Kingston frees and a Tommy Burns point got Ballinora's second half off to a positive start. Points were exchanged before David Lowney took the West Cork club's total to seven and Clonakilty enjoyed their best spell but could only add a point to make it 1-17 to 0-8 heading into the closing quarter.

Tommy Burns, James Byrne and Andrew O'Sullivan had further points, the outcome was certain and the panel was fully utilised.

Scorers for Ballinora: A O'Shea 1-2, S Kingston (0-3 f), J Byrne 0-5 each, N Lordan, T Burns 0-3 each, C Quirke 0-2, M Lordan, A O'Sullivan, J Twohig 0-1

each.

Ballinora: Barry Crowley; Pat Fitton, James Lordan, Tim Forde; Mike Lordan, Shane Kingston, Neil Lordan; James Byrne, Tommy Burns; Danny Dineen, Darragh Holmes, Ken Greally; Alan O'Shea, Darragh Corkery, Kevin Murphy. Subs: Conor Quirke 9, Andrew O'Sullivan 46, Ronan Barrowe 53, Jack Twohig 53, Colin O'Flynn 56.

MJK Oils

Mid Cork Junior Hurling Championship

Final: Ballinora 0-15 Dripsey 1-9

Oriel House Hotel

Mid Cork Junior B Hurling Championship

Final Replay: Inniscarra 1 - 21 Aghabullogue 1 - 17 aet

Fixtures:

Saturday Nov 11th 2023

Munster JFC QF: Kilmurphy v Sean Treacys in Templetoouhy 1.30pm

Cork JAHc semi final: Nemo Rangers v Ballinora P UI Rinn 4pm

Sunday Nov 12th 2023:

Munster IFC: Cill na Martra v Kilmihel, Clare, at Kilnamartra, 1.30pm

Cork JFC semi final: Canovee v Castlemagner, P UI Rinn ay 1pm

Cork JBHC semi final: Inniscarra v Fermoy, at Rathcormac 2pm



Macroom U12 team who played in the Rebel Og West division 1 final v Bandon.



Aghinagh U11's shield winners in the recent Neilly Twomey tournament in Carrigadrohid.



Aghabullogue



Inniscarra



Canovee who defeated Lisgoold in the GAA FC Co. Quarter Final. Pic Peter Scanlan



Dave Murnane and his officials at the Canovee V Inniscarra at the Ross Oil Junior A Football Final and Rochestown Park Hotel Junior C Final. Pic Peter Scanlan

LAOCHRA OG NEWS



Laochra Óg U8 hurling Blitz in Páirc Uí Chaoimh 22nd October 2023



Laochra Óg U12 and U14 Hurlers at West Cork Secret 26th October 2023

Sunday 22nd October

What a morning for our Under 8s in Páirc Uí Chaoimh. The sun shone bright for the last blitz of the year yesterday.

The lads played really well against some great team. We played Courcey Rovers GAA Sarsfields Hurling Club Mallow GAA. Laochra Óg Hurling & Camogie Club Abu.

Wednesday 25th October

Well done to all the U12 Girls that took part in the Laochra Og U12 Poc Fada this evening at Teerbeg. There was fierce competition with the width of a sliothar deciding some groups and a close final between the three finalists. Congratulations to Saoirse, Emma and Rionach. Thanks to Michael and Nora McCarthy for the use of Teerbeg.

Thursday 26th October

Laochra Óg U14s and U12s had an end of season trip to West Cork Secrets on Saturday, we had great weather for a change and a brilliant day out, all the lads had a great time. Thanks to West Cork Secrets for a great day and the endless supply of pizza's they made.

MACROOM SOCCER CLUB



U16 Schoolboys who played away to Douglas Hall in the National Cup



Macroom FC U13 schoolboys who defeated Drinagh Rangers at Murrayfield in the National Trophy.

Munster Senior League Div 2, Park Utd AFC 3 Macroom FC 3.

A spirited fight back earned the Seniors a share of the spoils on a miserable Friday night at Brigown Park, Mitchelstown after they overturned a two goal half time deficit.

The hosts started this one lively and had the lion's share of possession in the opening exchanges. On 5 minutes, keeper Noe Kollar was called into action with an acrobatic save as he tipped over the crossbar following a fine effort from 18 yards. Macroom were getting a foothold now, with John James Healy and Regan Wong operating diligently in the middle third, whilst up front Dylan Twomey was asking questions of the Park United rearguard. On 22 minutes, Sean Murphy and Luke Ring linked up well but Murphy's attempt was well blocked. This kicked the Mitchelstown men into gear and on 23 minutes they took the lead with a low effort from inside the box to the bottom corner, 1-0 Park United.

Immediately, the hosts went close to adding a second. Only for a combination of an outstanding double save from Kollar and a much welcomed offside flag. On 28 minutes, the visitors had a strong case for a penalty following a handball but, the

whistle never sounded. Shortly after the half hour mark, Park doubled their lead with a fine effort from distance finding the net via the crossbar. Macroom weren't without their opportunities though. On 42 minutes, Daniel Buckley did well to find Shane Meaney with a big diagonal but, the latter's effort went harmlessly wide across the goal. Soon after, Murphy & Meaney linked up well on the left flank but Twomey's strike was well wide of the target.

Shortly after the restart, the hosts came close to capitalising on a miscued back pass but, Macroom responded brilliantly. On 53 minutes, Twomey's pass across the goal found the run of Ring and he made no mistake with a great finish to the roof of the net from close range. The game ebbed and flowed now and on the hour mark, a combination of a strong hand from Kollar and the crossbar kept the minimum between the sides. Midway through the second half Macroom drew level, initially some great pressure from Murphy & Twomey forced a corner. Meaney's inswinger found the head of Declan O' Riordan to force home from six yards, 2-2.

The home side responded well and on 73 minutes nearly reclaimed the lead. Kollar tipping onto the

woodwork not for the first time tonight, with an outstanding save low to his left. Cathal O' Riordan was alive to block the follow up brilliantly. On 78 minutes, the Mitchelstown men reclaimed the lead with a curling effort to the bottom right corner, 3-2 Park United. To their credit, Macroom never gave up and on 85 minutes drew level again. Some great strength from Twomey inside the box allowed him the space to fire past the Park United number one from an acute angle, 3-3. The visitors continued to push on and Twomey did well on the right flank to find the run of Healy but, his effort went narrowly wide from close range.

Macroom can take a lot of positives from a great team performance and will hope to kick on for the remainder of the season. Well done to all players and management.

*Next MSL fixture this coming Sat Nov 4th, home to Tramore Athletic, Murrayfield @ 2pm. All support welcome.

Schoolboys/Youths Round Up

In the Cork Youths League, Macroom had a big 6-1 away win over Avondale Utd. This was a tremendous away performance and Macroom had goals from six different players: Coleton Corkery,



Cian Kelleher, Jewel Ragin, Keelan Sheehan, Cormac O'Riordan and Marcel Sobol. Diarmuid O'Donoghue in goal also had a fine outing in what was another excellent day for the entire squad. In the Schoolboys league, the U16A div 5 lads travelled to Little Island to take on Leaside at their new Astro facility, coming away with a top class 3-1 away win. Michal Pilat struck on the double and Kuba Zulawnik was also on target in a solid squad performance. The U12A lads played out an exciting 3-3 draw with visitors Ballincollig at Murrayfield, goals from Lenny O'Leary (2) and Pádraic Lehane in a fine squad outing. In the SFAI National Trophy, Macroom had a big 6-0 win over West Cork league

visitors Drinagh Rangers at Murrayfield. In a close opening period Macroom took a slender half time lead when Fionn Desmond finished well following a flowing Macroom move. The game opened up in the second period and this suited the home side who took control of matters. Further strikes from Kevin Hennigan, Lochlainn Phelan and a brilliant hat trick from Sean MacSullivan sent Macroom through to the next round. The U14 lads travelled to Lakewood Astro and lost out 4-1 to the home side in the National Cup. Training 1-0 at half time, Macroom were excellent in the second half and Daniel Harte equalised from long range. Both sides then had chances and Lakewood hit the front.

Macroom then had a tremendous Aled Hopkins strike come thundering back off the crossbar and away to safety. The home side added 2 further goals late on which didn't really reflect the tie and it was a good outing for the entire Macroom squad. The U10 boys were busy with both team in action in non competitive games. U10 entertained Mayfield Utd and U10A welcomed Avondale Utd. All players did very well and thanks to both city clubs for travelling. The U11A lads have recently played Park Utd and Corinthians in excellent non competitive fixtures, well done to all players and coaches.

Ladies : Macroom Fc Cork Players



Macroom Under 14 National Cup Team



Macroom Under 16 National Cup Team

Macroom FC are delighted to announce that we have four players who have made the final panels for the Cork Teams 2023/2024 season.

- Keelin Kelleher under 12
- Chloe Hubbard under 13
- Szonja Mora under 16
- Maisie Murphy under 16

Trials have been ongoing since last August and the girls have put in a tremendous effort with the squads being cut down month by month, they have been training weekly since last August and the standard has never been higher due to the growth of soccer in Cork, with the number of girls playing soccer exploding since the World Cup. We are also very proud to have had a number of girls who narrowly missed out on the final selection but did themselves and their club proud. It is a massive achievement for the girls and their Club we wish them the very best for the season ahead.

Hopefully the new Astro development will help the club see more and more boys and girls represent Macroom FC and county and National level.

www.gofundme.com/macroomfc

Under 14 National Cup Team

Wilton 3 Macroom 3 - kept us level Extra time, Penalties Macroom 5 Wilton 7

Macroom under 14s played away to Wilton Premier

in the National Cup last Sunday, with Áine O'Riordan as Captain, Macroom took the lead with a well taken goal by Lauren O'Sullivan. Wilton recovered ,equalising in the first half and then taking the lead early on in the second half. With some excellent football being played and great entertainment for the supporters, Macroom kept pressing before being rewarded with a goal from Shauna Keane. Macroom hit the post twice While Chloe Hubbard made some excellent saves, but on into extra time the game went , Macroom struck first with a brilliant free kick strike.

by Shauna Keane, unfortunately for Macroom with just minutes to go on the clock, Wilton scored making it 3 all, taking the game to the dreaded penalties. Heartbreak for Macroom in the shootout but the girls were absolutely amazing to having given it their all to keep battling right through to the end, well done girls we are so proud of ye.

Goal scorers

Lauren O'Sullivan 1, Shauna Keane 3, Shannon Cotter 1.

Under 16 National Cup

Macroom 3 Riverstown 6

Riverstown FC welcomed to Glanmire last Sunday morning, Riverstown started very strong getting 2 very quick goals before Macroom worked

themselves , some nice midfield play and assists from Maisie Murphy and Orlaith O'Brien helped Cora Delaney kept us level going in at half time. Unfortunately, while we started stronger in the second half two quick goals two quick goals again and we were down 4-2. Macroom had some great runs through the centre especially Szonja Mora but were denied by outstanding goal keeping by the Riverstown keeper, however there was nothing that could stop a tournament goal from Shauna O'Sullivan taken close to the left corner flag and finding itself just inside the top right of the Riverstown net! Being a cup game Macroom threw everything at it, coming very close but unfortunately coming away 6-3 to Riverstown.

Kyra Karusa -Irish International.

Macroom FC are hoping some of our girls , will follow in the footsteps of Irish International player Kyra Carusa who scored two goals in Irelands game against Albania.

Kyra's grandfather Tony Lucey lived in Castle Street, Macroom, her grand aunt is Sr. Thresa Lucey who tried to attend Kyra's home games, her other gran aunt is Sheila Lucey who is married to former Cork footballer Dan Murray who won two county medals with Macroom GAA.



Bryan O'Donovan (MJK Oils) presenting Cup to Darragh Holmes, Ballinora and John Feeney Chairman Muskerry Board. Pic. Tim Griffin.



Presentation made by James Campbell of Oriel House Hotel to Inniscarra Captain Michael Murke, in the Oriel House Hotel Junior B Hurling Final Replay 2023 Pic. Tim Griffin.



Macroom's Conor Angland who captained the U12 team v Bandon recently.

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Dripsey Junior A Hurling Team 2023. Pic. Tim Griffin.



Ballinora Junior A Hurling Team 2023. Pic. Tim Griffin.



De La Salle Senior Footballers who were defeated by C.S.N. at Bishopstown GAA



Uíbh Laoire U12 Hurling League Final v Courcsey Rovers 2023



Uíbh Laoire U13 Football League Final v Caha Óg 2023



A Word of Victory

Welcome back dear student "In the beginning was the Word, the Word was with God, and the Word was God... through Him all things were made; without Him nothing was made... In Him was Life, and that Life was the Light of all mankind. The Light shines in the darkness, and the darkness has not overcome it... The Word became flesh and made His dwelling among us. We have seen His Glory, the Glory of the One and Only Son, who came from the Father, full of Grace and Truth" (John 1:1-5 & vs 14). John the apostle clearly revealed that Jesus is the Son of God and is the One through Whom everything was created - the Word of God in Person! Now, with that in mind, let's continue our study from last week - looking again at this verse in Hebrews "... for the Word of God is living and active. Sharper than any double-edged sword, it pierces even to dividing soul and spirit, joints and marrow. It exposes the thoughts and intentions of the heart. Nothing in all creation is hidden from God's sight; everything is uncovered and exposed before the eyes of Him to whom we must give account" (Hebrews 4:12-13). Because we know that Jesus, the Word of God was raised from the dead, this verse can be read like this ... Jesus is alive and active. Jesus is sharper than any double-edged sword - piercing even to dividing soul and spirit, joints and marrow. Jesus exposes the thoughts and intentions of the heart. Nothing in all creation is hidden from Jesus, everything is uncovered and exposed before His eyes, and we are accountable to Jesus.

Last week we studied the soul and the spirit. Now let's look at the joints and marrow, and the innermost thoughts and desires of the heart. The Word of God - Jesus - knows you inside and out - both good and bad. He was there as you were being knit together in your mother's womb (Psalm 139:13-16). Jesus understands you. The joints and marrow are intricately linked. The soft marrow is made in the inner part of the bone producing the blood cells for life, the hard joint holds the bones together so the body can move. Nothing is hidden from Jesus. People can project one image but what goes on inside their hearts behind closed doors can be quite different. Yet none of our pain or mistakes are news to the Lord Jesus. He knows it all and still He loves us and has already forgiven us, paid for our healing and longs for us to receive His transforming Love (Proverbs 3:5-8; Proverbs 4:20-22). Many people resist, foolishly thinking that once no one else knows then God doesn't either. But the Scripture is clear - we are accountable to God's Word - the Lord Jesus!

Jesus told His disciples that He had come to seek and to save the lost not to judge sinners, but to save them (Luke 19:10; John 3:17-21). But there is a day of judgement coming when we each will stand before King Jesus alone, and give an account of how we lived, how we handled His Word, and what we did with it (Romans 14:7-12; 2 Corinthians 5:10). The devil - the 'accuser of the brethren' knows this too (Revelation 12:10-11). He accuses us where we have broken the commands of God from the Word (Colossians 2:13). But the Good News is that Jesus paid for us to be forgiven and restored to God with His Life, taking our sins and giving us His right standing with the Father - Hallelujah!

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

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
DONAL O'SULLIVAN
Macroom and Coolea
Who died on 8th November 2022

As we lovingly remember Donal on his first anniversary, we his wife Marie, son Daniel, daughter Antoinette, grandchildren Megan and Olivia and extended 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 sent floral tributes, online condolences, Mass cards and letters of sympathy.

A big thanks to Peadar and Cor Cuil Aodha where Donal was a member for many many years. They were also his life long friends. A special mention to Sean O Shea and Eamonn mcGibney who joined Cor Cuil Aodha on the day of Donals funeral Mass.

Thanks to Lar and the Muskerry Vintage Car Club for escorting Donal to his final resting place.

A special heartfelt thank you to Dr Ken Harte and his team, and the nurses in Macroom Health Centre. Dr Harte made so much possible over the years with his devoted care and enabled us to care for Donal at home and we are forever grateful. Also a special thanks to Matt Murphys Pharmacy staff who also helped us to care for Donal at home.

Thank you to his very caring home help Mary for her continued support and also Gbnait and Lee from the Alzheimers Society of Ireland. Thanks to Fr Anthony O Mahony and Gerard the Sacristan for the beautiful Mass.

Thanks to Casey Undertakers for their help and professionalism and kindness and to the Abbey Hotel for the beautiful meal. As it would be impossible to thank everyone individually please accept this acknowledgment as a token of our sincere thanks and gratitude. The Holy Sacrifice of the Mass will be offered for your intentions.



Donals first anniversary Mass will be celebrated in Cuil Aodha Church on Sunday 24th Dec at 10am

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
JEREMIAH K. MURPHY
Coolnacarriga, Carrigadrohid Co. Cork
Who died on 21st November 2022

In loving memory of my beloved brother, Jerry, on his first anniversary, I would like to express my sincere gratitude to everyone for their prayers, Mass Cards, messages of sympathy and support on Jerry's passing.

I wish to thank the home carers, especially Gbnait and Josephine for their outstanding support to Jerry in his home.

Thanks to the doctors in Railway view medical centre, Macroom and to the staff at CareChoice nursing home Macroom.

I wish to express my gratitude to Fitz-Geralds Undertakers for their professionalism.

Thank you to Father Richard Wall, Canon Bernard Donovan and Monsignor Kevin O'Callaghan for officiating at the funeral.

Please accept this acknowledgement as a token of my sincere thanks and gratitude to everyone who remembers Jerry in their prayers.

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

Angela Murphy



Jerry's First Anniversary Mass will be at 6.30pm in Canovee Church on Saturday 25th November 2023

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
ANNA BUCKLEY (NEE LUCEY)
Kilcoleman, Coachford, Co. Cork,
who died on 28th October 2022.

As we lovingly remember Anna on her first anniversary, we would like to express our sincere gratitude for the support love and kindness shown to our family during Anna's illness and during our time of loss.

A sincere thank you to our extended family, our great neighbours and friends, work colleagues and school community who supported us during this difficult time. Your presence, mass cards, stories and messages of condolence has meant so much. We are grateful to you all.

Our sincere gratitude to the health care workers, who cared for Anna with great compassion and understanding.

Our heartfelt appreciation to Fr. Murphy P.P. and all those who participated in Anna's funeral mass. Thank you to Casey's Funeral Directors for their support, advice and professionalism.

Anna loved her wide circle of friends and colleagues dearly. We want to thank you for the support and love shown to Anna and to us all.



Always remembers and dearly missed by Denis, Donncha, Niall and Mary.

FIRST ANNIVERSARY



In loving memory of
JOHN THOMPSON
Railway View, Macroom & formerly Greenock, Scotland
Who died on 08th November 2022

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



Fondly remembered today & always by Jerry, Anne, Aisling & Cliona Kelleher. Sisters Roberta, Dorothy, Brother David & extended family.

25TH ANNIVERSARY



In loving memory of our dear mother
NORA COUGHLAN (NEE CARROLL)
Dooniskey, Lissarda
Who died on the 14th of November 1998.

*Deep are the memories.
Precious they stay.
No passing of time
Can take them away.*



Lovingly remembered by Joan, Pat and Eileen and their families.

Also remembering our dear aunt **Ellen Coleman (Auntie Nell)** Whose 25th Anniversary occurs on the 19th of November.

"In the rising of the sun and it's going down we remember them".

NOVENA TO THE SACRED HEART



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

PRAYER TO THE HOLY SPIRIT



Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones... in your perpetual glory. Amen.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
MICHAEL CHRISTOPHER KELLEHER

Knocknagoun, Rylane, Co Cork who died on 5th November 2022.

As we lovingly remember Michael Christopher on his first anniversary, We his brother Danny & family wish 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 funeral, online condolences and sent Mass Cards. Thanks to all the staff of Coachford family practice & Coachford Chemist.

Thanks to all the nurses of Rylane Health Centre. To his Carer – Ann O Regan who showed so much Kindness & Care to Christopher Thanks to you all.

To all in CUH & St Finbarr's who helped, cared and showed kindness and support to Christopher and his family.

To Fr. Peadar Murphy for celebrating Christophers life with a lovely requiem Mass.

Thanks to all who sang and participated in the Mass to make it extra special.

Thanks to all the staff in Fitzgerald's funeral Home for your professionalism.

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 the Mass will be offered for your intentions.



Michael Christopher's first Anniversary Mass will be celebrated in Rylane Church on Sunday the 5th November at 11.30am

FIRST ANNIVERSARY



In loving memory of

MICHAEL CHRISTOPHER KELLEHER

Knocknagoun, Rylane, Co.Cork Who passed away on the 5th November 2022

*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 Fondly Remembered by Keith, Siobhan, Grace and Lucy.

25TH ANNIVERSARY



In loving memory of

PAT O'SHEA

late of Carrigafooka

Who died on the 4th November 1998

*November comes with sad regret
The day, the month, we'll never forget.
Ours is just a simple prayer
God keep him in your loving care.*



Always remembered by your family

7th ANNIVERSARY



In loving memory of

NANCY BRADLEY

Ballinagree, Macroom

Whose Anniversary occurs on the 16th of November

*Just close your eyes and you will see,
All the memories that you have of me.
Just sit and relax and you will find,
I'm really there inside your mind.
Don't cry for me now I'm gone,
for I am in the land of song.
There is no pain, there is no fear
so dry away that silent tear.
Don't think of me in the dark
and cold for I am no longer old.
I'm in the place thats filled with love,
Known to you as 'up above.*



Always missed by Michael and Family

19th ANNIVERSARY



Precious memories today and always of my eldest son and brother

ALAN HEALY

Late of 5 Belmont Place, Crookstown who died on the 7th November 2004, aged 31

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

*Too dearly loved to be forgotten.
Forever in our Hearts.*



Sadly missed by his loving mother Noreen, sisters Christine and Caroline and brother in law Derek.

4th ANNIVERSARY



In loving memory of

EILEEN CREEDON

Coolea

Who died on 14th November 2019

*The years may wipe out many things
But this they'll wipe out never
The memory of those happy days
Which we have spent together*



Love always, Johnny and family xxx

4th ANNIVERSARY



In loving memory of

EILEEN CREEDON

Coolea Formerly Top of Coom Kilgarvan

Who died on 14th November 2019

*I miss you every day
and even though
I cannot see you Mother
I know you are always by my side.*



Always remembered never forgotten

By John, Dan, Tim, Jerry, Siobhan, Eileen, Julie, Caitriona, Mary Ellen, your grandchildren, daughters and sons in law.

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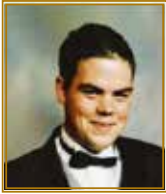
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19th ANNIVERSARY



In loving memory of

EAMON HORGAN

Lyrenageeha, Ballingearry who died on 12th November 2004

*To us you were someone special,
Someone set apart.*

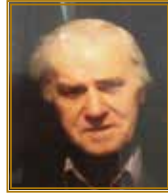
*Your memory will live forever,
Engraved within our hearts.*



Fondly remembered and sadly missed by all his family and friends.

Ar dheis Dé go raibh a hanam dílis.

7th ANNIVERSARY



In loving memory of

TOM FINNEGAN

Knockavullig, Carrigadrohid Co Cork.

Whose anniversary occurs on the 17th of November

*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,
No one knows the heartache
As we turn and leave you there.*



Always remembered
Thomas, Eleanor, Dylan, Rebecca,
Clodagh.

21st ANNIVERSARY



Treasured memories of

YVONNE REILLY

Aglish, Coachford

Who died on the 23rd November 2002

*In life we loved you dearly,
In death we love you still.
In our hearts you hold a place,
That no one else can fill.*



Always loved and remembered by her loving parents Gerry and Joan, brothers John, James and Richard and sister Geraldine.

Anniversary Mass will take place on Sunday 19th November in Farran Church at 9.30 am.

4th ANNIVERSARY



Remembered with Love

SHEILA KELLEHER (NEE LORDAN)

"Launa View", Ballinagree, Macroom. Who died on 14th of November 2019.

*We thought of you today,
But that is nothing new,
We thought of you yesterday,
And will tomorrow too,
We think of you in silence,
And make no outward show,
For what it meant to loose you,
Only those who love you know,
Remembering you is easy,
We do it everyday,
It's the heartache of losing you,
That will never go away.*



Sheila's 4th Anniversary mass will be held in St John the Baptist Church Ballinagree on Sunday 12th of November @ 11.00am

Loved, remembered and missed everyday by her loving husband Tommy, daughters Elaine, Jennifer, Jacqui, Sons Tomás & Trevor. Son in laws Gerald, Hugh & Gerard. Daughters in law Tracey & Victoria. Her loving grandchildren Keoin, Kyle, Tommie, Arlene, Mia, Gearóid, Callum, Freya, Kyra, Saoirse, Baby Thomas & baby Tadgh.

18th ANNIVERSARY



In memory of a loving Husband, Dad & Grandad

MATTIE TWOMEY

Barathanaknuck, Clondrohid, Macroom, Co. Cork Who died on 17th November 2005

*Happy memories will keep forever,
Of days when we were all together,
They bring a smile often a tear,
But always a wish you were here.*

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



Remembered by your loving wife Bridget & family

23rd ANNIVERSARY



I gcuimhne

CIARÁN Ó LAOIRE

Renaniree, Macroom Who died on 12th Nov 2000

*You are more than a memory silently kept,
You are part of our lives we will never forget.*



Ag cuimhneamh le grá ag Mom, Colm, Noel, Donal Og, Clíodhna and their Families

6th ANNIVERSARY



In loving memory of

SEAN LYNCH

Togher, Ballymakeera, Co. Cork Died on 16th November 2017

*Will those who think of Sean today,
A little prayer to Jesus say.*



Always remembered by his brother Denis

PRAYER TO ST. ANTHONY



Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours.

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15th ANNIVERSARY



In loving memory of our dear son & brother

MARK DUGGAN

Moulnahorna, Macroom.
Whose 15th anniversary occurs on the 22nd of November

*Fifteen 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 son / brother this world
could hold.
Will those who think of Mark today,
A little prayer to Jesus say.*



Mark's Anniversary Mass will be held on Saturday the 18th November at 7.30 pm in Macroom Church.

Always remembered with love by his Mom and Dad Margaret and Eddie. Brothers Denis, Alan, Eddie, Luke and Owen. Sisters Tracey and Niamh.

3rd ANNIVERSARY



In loving memory of

RACHAEL TWOMEY (NEE RYAN)

Droumnagapple inchigeela Macroom, who sadly passed away on the 17th November 2020.

Mom

*Your life was a blessing
Your memory a treasure,
You are loved beyond words,
And missed beyond measure.*



Lovingly remembered and sadly missed by her husband John, Son Jason, Daughters Sarah, Megan, and Leah, and the extended Twomey and Ryan family's.

Rachael's 2nd anniversary Mass will be Saturday the 26th of November at 7pm in Inchigeela church.

11th ANNIVERSARY



With love we remember

OLAN COLLINS

Coomnaclohy Ballyvourney Late of Aghavrin Coachford
Who's 11th Anniversary occurs on the 18th of November

*There is a bridge of memory,
from earth to heaven above,
It keeps you always near us,
it's called the bridge of love.*

*May you always walk in sunshine,
and God's love around you flow.
For the happiness you gave us,
no one will ever know.*

*It broke our hearts to lose you,
But you did not go alone,
for part of us went with you,
the day God called you home.*



Lovingly remembered by Noreen, Mairead, John, Molly, Daniel, and Conor.

Anniversary mass will take place in St. Gobnait's Church 19th of November at 11:30

ANNIVERSARIES



In loving memory of

CON & SHEILA O'BRIEN

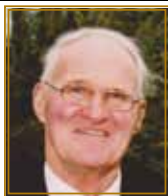
Coomaquire Ballyvourney
who's 36th and 30th anniversaries occur around this time

*Those special memories of you,
will always bring a smile,
if only we 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 to us,
we thought the world of you.
The fact you're no longer here,
will always bring us pain,
but you're forever in our hearts,
until we meet again*



Always remembered by your loving family at home and abroad. St Gobnait pray for them.

3RD ANNIVERSARY



In loving memory of

DAN BUCKLEY

Lactify, Clondrohid, Macroom,
who died November 16th 2020

*Our Family chain is broken
and nothing seems the same,
but as God calls us one by one,
the chain will link again.*



Always remembered by his loving family.

10th ANNIVERSARY



In loving memory of

HELEN DESMOND

Coolavokig, Lissacreasig, Macroom, Co. Cork,
who died on 18th October 2013

*Go mbeannaí Dhia dhuit a Ghobnait Naofa.
Go mbeannaí Muire dhuit
Is beannaím féin dhuit;
Is chugat-sa a thánag
ag gearán mo scéil leat
Is a d'iarraidh mo leigheas ar son Dé ort.*



Lovingly remembered by Christoir, Louise, Michael, Christina and Rachel. Always in our hearts. Missed everyday.

2ND ANNIVERSARY



In loving memory of

TONY O'SULLIVAN

Curraghawaddra, Coachford
Who died on 25th November 2021

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



Lovingly remembered and sadly missed by Sheena, Susan, Teddy and Families

15TH ANNIVERSARY



In loving memory of

CON KELLEHER

Ardeen, Clondrohid
Who died on November 1st 2008

*Remembering you always with love.
Forever in our hearts
Always by our side.*



Sheila and Eoin

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7th & 4th ANNIVERSARY



In loving memory of

JOHN O'CALLAGHAN

Who died on 23 November, 2016

In loving memory of

NORMA O'CALLAGHAN

Who died on 12 September, 2019

Derrivane, Inchigeela

*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.*



Ár dheis dé go raibh a h-anam dílis

Lovingly remembered by: Gene, Sheila, Con, Liz, Denis, Mim (Máiréad), John Fin, Ciara and Families

12th ANNIVERSARY



In loving memory of

FLORENCE LEHANE

Monkstown and Railway View
Macroom, Whose anniversary occurs
on 5th November

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



Forever in our hearts and always in our thoughts her loving son Pat, twin sister Mary, nephew Denis, daughter in law Carol, grandchildren Conor, Jennifer, Lucy and Richard.

5th ANNIVERSARY



In loving memory of my mother
ELLEN (NELLIE) KELLEHER

4 Lower Cork Street, Macroom,
Co. Cork
who died on the 30th October 2018

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



Loved and missed always by
Martina, Seán, Emily, Kelly and great grandchildren Bella, Robin & Faye

10th ANNIVERSARY



In loving memory of

PADDY (BOBBY) COONEY

Gurthinaden, Kilnamartyra
who died on 11th November 2013

*Gone from our home that smiling face,
the cheerful happy ways,
the heart that won so many friends,
in bygone happy days.*



Always remembered by his daughters Siobhán and Sheila, son in law Pat and grandchildren Hannah, Bobby and Julie

10TH ANNIVERSARY



In loving memory of

MAURICE JOHN MC CARTHY

Late of London and Gurteenroe
Macroom who's 10th anniversary
occurs on the 2nd of November

*Those we love don't go away
They walk beside us everyday
Unseen, Unheard but forever in our hearts.*

*Heartfelt love for all the good times from
all of us here who love you.*



Loved and always remembered by your husband Tony, brothers and sisters, nephews and nieces, aunts and wide circle of friends

5TH ANNIVERSARY



In loving memory of my mother

ELLEN (NELLIE) KELLEHER

4 Lower Cork Street, Macroom,
Co. Cork
who died on the 30th October 2018

*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.*



Fondly remembered today and always by
Elsie, Willie and Family xx

*As you were you will always be,
Treasured forever in my memory*

5TH ANNIVERSARY



Treasured and Loving Memories of
ELLEN (NELLIE) KELLEHER

4 Lower Cork Street, Macroom
Who died on the 30th October, 2018.

*Life's Clock
The clock of life is wound but once,
And no man has the power,
To tell just when the hands will stop,
At late or early hour.
To lose one's wealth is sad indeed,
To lose one's health is more,
To lose one's soul is such a loss
As no man can restore.
The present only is our own,
Live, love, toil with a will.
Place no faith in tomorrow,
For the clock may then be still.*



Lovingly remembered by your daughter Nancy and Grand daughters Marion and Rachel.

"For our small Nana: Deep on our hearts, lies a picture more precious than silver and gold - It's a picture of our "Small Nana" whose memory will never grow old"

We will always love you Nana
Jessica, Katie and Joshua.

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THE MIRACLE PRAYER



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

3rd ANNIVERSARY



In loving memory of

BERNADETTE O'FARRELL (NEE HEALY)

Derrylahan, Dunmanway. Who died on 07th Nov 2020.

*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.*



Sadly missed and forever loved by your sister Gobnait and brothers Denny and John.

2ND ANNIVERSARY



In loving memory of

MAISIE THOMPSON

Inchincurka, Dunmanway, who died on the 15th October 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.
Always in our thoughts
Forever in our hearts.*



Sadly missed by loving husband Jimmy and all the family.

15TH ANNIVERSARY



Treasured memories today and always of a dear niece and cousin

CATHERINE KELLEHER

Late of Rylane and Carriganima

*Death leaves a heartache no one can heal,
Love leaves a memory no one can steal.
Just a prayer from the family
who loved you,
Just a memory fond and true.
In our hearts you will stay forever
Because we thought the world of you.*

In Gods arms Rest in Peace.



Aunty Mary, Connie, Sheila, Niall, Trina and families.

5TH ANNIVERSARY



In loving memory of

VALERIE O'DONOGHUE

Lyrenageeha, Ballingearry Who died on 8th November 2018

*Happy memories will keep forever,
Of days when we were all together.*



Sadly missed by Seán, John, Brid and Síle

11th ANNIVERSARY



Thoughts of our very dear

LAURENCE BUCKLEY

Gurrane, Clondrohid, who died 10th November 2012

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



Eileen and family

11th ANNIVERSARY



In loving memory of

RICHARD CAHILL

Crookstown, Co. Cork. Who died 5th November 2011

*Time and years slip quietly by;
But love and memories never die,
In our hearts you will always stay,
Loved and remembered everyday*



Fondly remembered by your wife and family

15th ANNIVERSARY



In loving memory of

CATHERINE KELLEHER

Late of Rylane and Carriganima Who died on 5th November 2008

*Your life was a blessing,
Your memory we treasure,
You are loved beyond words,
And missed beyond measure.*



Loved and remembered by Mom, Ann, Mort and Celina.

16th ANNIVERSARY



In loving memory of

EDWARD (NED) O'LEARY

Sleeven East, Macroom, Co. Cork Whose anniversary occurs on 21st November

*We thought of you with love today
But that is nothing new.
We thought about you yesterday
And days before that too.
We think of you in silence
We often speak your name,
Now all we have are memories
And a picture in a frame.
Your memory is our keepsake
With which we'll never part.
God has you in his keeping
We have you in our heart.*



Sadly missed and always remembered by your wife Joan and family

Novena to St Anthony



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

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.



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