



Clip Book

(January 21, 2021)

Table of contents

Co Monaghan women asked to prioritise their breast health	7
Northern Standard -3/26/2020 12:00:00 AM	
At home with Georgie Crawford and family	8
vipmagazine.ie -3/26/2020 8:55:50 AM	
Writers' Week, Rally postponed	11
Kerrys Eye -3/26/2020 12:00:00 AM	
Women asked to prioritise breast health	12
Mayo Advertiser -3/13/2020 12:00:00 AM	
Remembering the Hurricane on his 71st birthday	13
rte.ie -3/18/2020 6:47:34 AM	
Cha-cha championing a good cause!	15
Daily Mail (ROI) -3/14/2020 12:00:00 AM	
Kiltoom Drama cheque presentation	18
Westmeath Independent -3/14/2020 12:00:00 AM	
Lorraine Keane wants to make a return to TV after 10 years away	19
extra.ie -3/10/2020 4:02:43 PM	
Breast health: The eight signs and symptoms of breast cancer to look out for	20
vipmagazine.ie -3/10/2020 8:35:28 AM	
The burden of hospital car parking fees on patients and their families	21
irishtimes.com -3/10/2020 5:06:26 AM	
'It's a lot of money when you're struggling emotionally'	23
The Irish Times -3/10/2020 12:00:00 AM	
Lorraine Keane admits Xpose affected her family life - but would love TV return	25
irishmirror.ie -3/9/2020 6:10:29 AM	
Keane to be back on TV	26
Daily Mirror (ROI) -3/9/2020 12:00:00 AM	
FM 104 @ 08-Mar-20 11:57 - (Battle)	27
FM 104 -3/8/2020 12:00:00 AM	
Newstalk @ 08-Mar-20 09:44 - (breast) Part 2	28
Newstalk -3/8/2020 12:00:00 AM	
Newstalk @ 08-Mar-20 09:44 - (breast) Part 1	29
Newstalk -3/8/2020 12:00:00 AM	
MOATE COMMUNITY SCHOOL	31
Athlone Topic -3/5/2020 12:00:00 AM	
SCHOOLS REPORT	34
Wicklow People (West Edition) -3/4/2020 12:00:00 AM	
SCHOOLS REPORT	40
Wicklow People (Arklow Edition) -3/4/2020 12:00:00 AM	
Celebration of Emma Hannigan Coffee Morning in aid of Breast Cancer Ireland	45
writing.ie -3/4/2020 7:35:44 AM	

Awareness talk on breast cancer for Moate students	46
Westmeath Independent -3/7/2020 12:00:00 AM	
Weekender Lorraine Keane's Galway	47
Sunday Independent -3/1/2020 12:00:00 AM	
Lorraine Keane's Galway -'a magical place for a weekend to recharge the batteries'	48
independent.ie -3/1/2020 2:36:54 AM	
Greystones notes week March 2nd	49
wicklownews.net -2/28/2020 6:42:11 PM	
Kilmallock, Bruree, Bruff&Knockainey Lough Gur	55
Limerick Leader (West Edition) -2/29/2020 12:00:00 AM	
Bruff	57
Vale Star -2/27/2020 12:00:00 AM	
Breast Cancer Awareness Evening	59
Vale Star -2/27/2020 12:00:00 AM	
Bruff	60
Mallow Star -2/27/2020 12:00:00 AM	
Think Pink Luncheon In Aid Of Breast Cancer Ireland at Ballymaloe House	62
Midleton and District News -2/26/2020 12:00:00 AM	
Think Pink Luncheon In Aid Of Breast Cancer Ireland at Ballymaloe House Pictures: John He	63
Midleton and District News -2/26/2020 12:00:00 AM	
East Coast Radio @ 26-Feb-20 10:41 - (breast)	66
East Coast Radio -2/26/2020 12:00:00 AM	
East Coast Radio @ 26-Feb-20 07:49 - (breast)	67
East Coast Radio -2/26/2020 12:00:00 AM	
East Coast Radio @ 25-Feb-20 10:48 - (Ireland)	68
East Coast Radio -2/25/2020 12:00:00 AM	
East Coast Radio @ 25-Feb-20 07:51 - (Ireland)	69
East Coast Radio -2/25/2020 12:00:00 AM	
East Coast Radio @ 25-Feb-20 01:27 - (breast)	70
East Coast Radio -2/25/2020 12:00:00 AM	
East Coast Radio @ 24-Feb-20 10:34 - (breast)	71
East Coast Radio -2/24/2020 12:00:00 AM	
East Coast Radio @ 24-Feb-20 07:48 - (breast)	72
East Coast Radio -2/24/2020 12:00:00 AM	
Breast health awareness talk	73
Wicklow Times (South Edition) -2/25/2020 12:00:00 AM	
Breast health awareness talk	74
Wicklow Times (North Edition) -2/25/2020 12:00:00 AM	
How They Met: After kissing frogs Paul Ryder instantly knew Eddie McCann was his prince	75
evoke.ie -2/23/2020 8:06:22 PM	

Appetites A taste for life... ..	76
Sunday Independent -2/23/2020 12:00:00 AM	
Drumhowan	79
Northern Standard -2/20/2020 12:00:00 AM	
Breast cancer survivor Juliette O'Connell is alive because of her son's GP appointment	80
msn.com/en-ie/entertainment -2/21/2020 9:06:36 AM	
Breast cancer survivor Juliette O'Connell is alive because of her son's GP appointment	81
evoke.ie -2/21/2020 8:49:14 AM	
Stars and cancer survivors ready to hit dancefloor again	82
The Herald -2/21/2020 12:00:00 AM	
Battle of the Stars is back – and here's who will be taking part!.....	83
vipmagazine.ie -2/20/2020 9:02:17 AM	
James Kavanagh leads the way in Battle of the Stars	84
goss.ie -2/19/2020 9:53:27 PM	
Irish celebs put on their dancing shoes for annual Breast Cancer Ireland fundraiser	85
msn.com/en-ie/entertainment -2/19/2020 5:16:11 PM	
Lorraine Keane a 'nervous wreck' as she takes on new challenge	86
evoke.ie -2/19/2020 4:25:52 PM	
Irish celebs put on their dancing shoes for annual Breast Cancer Ireland fundraiser	87
evoke.ie -2/19/2020 4:02:57 PM	
BREAST OF THE BUNCH	88
Irish Daily Star -2/19/2020 12:00:00 AM	
Stars' dance-off for charity	89
The Herald -2/19/2020 12:00:00 AM	
my sister cancer and me	90
Irish Country Magazine -3/1/2020 12:00:00 AM	
OUT 8 ABOUT	92
Irish Country Magazine -3/1/2020 12:00:00 AM	
SOUTH ROSCOMMON FOCUS	93
Roscommon Herald -2/18/2020 12:00:00 AM	
Fury at 'vile' page	96
Irish Daily Star -2/17/2020 12:00:00 AM	
Crowley slams fake Facebook page	97
Irish Examiner -2/17/2020 12:00:00 AM	
Virgin Media presenter Elaine Crowley has slammed 'vile' Facebook post purporting to be f	98
thesun.ie -2/16/2020 6:21:39 PM	
Cancer Survivors can do attitude, as shop opens in Temple Bar	99
Dublin Gazette (South Edition) -2/13/2020 12:00:00 AM	
Cancer Survivors can do attitude, as shop opens in Temple Bar	101
Dublin Gazette (City Edition) -2/13/2020 12:00:00 AM	

CANCER RESEARCH Cancer Survivors can do attitude, as shop opens in Temple Bar	103
Dublin Gazette (North Edition) -2/13/2020 12:00:00 AM	
Cancer Survivors can do attitude, as shop opens in Temple Bar	105
Dublin Gazette (West Edition) -2/13/2020 12:00:00 AM	
Legends' race a huge attraction	107
The Irish Field -2/8/2020 12:00:00 AM	
Pink&Blue Power campaign hugely successful in raising cancer awareness	110
TUI News -2/1/2020 12:00:00 AM	
Book your breast health awareness and education programme today	111
In Touch -2/1/2020 12:00:00 AM	
Busy time for Carrigallen Macra club	112
Leitrim Observer -2/5/2020 12:00:00 AM	
Kildare FM @ 05-Feb-20 01:06 - (breast)	113
Kildare FM -2/5/2020 12:00:00 AM	
South East Radio FM @ 04-Feb-20 08:24 - (breast)	115
South East Radio FM -2/4/2020 12:00:00 AM	
Shannonside @ 04-Feb-20 08:16 - (breast)	116
Shannonside -2/4/2020 12:00:00 AM	
South East Radio FM @ 04-Feb-20 07:21 - (breast)	117
South East Radio FM -2/4/2020 12:00:00 AM	
Shannonside @ 04-Feb-20 07:14 - (Ireland)	119
Shannonside -2/4/2020 12:00:00 AM	
RTE Radio 1 @ 04-Feb-20 06:13 - (breast)	120
RTE Radio 1 -2/4/2020 12:00:00 AM	
'I was doing long runs, but I almost collapsed – disease was in my body, eating up my ene.....	122
Irish Independent -2/4/2020 12:00:00 AM	
Surgery for breast cancer could be a thing of the past within next 10 years	124
Irish Independent -2/4/2020 12:00:00 AM	
'It's OK to say you're not OK'	126
Irish Independent -2/4/2020 12:00:00 AM	
Drugs may 'obliterate' certain breast cancers in 10 years - surgeon	127
The Herald -2/4/2020 12:00:00 AM	
Drugs may 'obliterate' certain breast cancers in 10 years - surgeon	128
Herald.ie -2/4/2020 3:01:48 AM	
Surgery for breast cancer could be a thing of the past within next 10 years	129
independent.ie -2/4/2020 2:42:15 AM	
Ballyshannon, Cloughaneely, Manorhamilton	131
Donegal Democrat (Thursday Edition) -1/30/2020 12:00:00 AM	
Out and about	134
Irish Independent -2/1/2020 12:00:00 AM	

Mystery tour and farm walk - Leitrim Macra notes	136
Leitrim Observer -1/22/2020 12:00:00 AM	
BLTINGLASSJOTTER	137
Wicklow People (West Edition) -1/22/2020 12:00:00 AM	
Stay mindful	139
RTE Guide -1/25/2020 12:00:00 AM	
Irish Legal News readers invited to own collectable exclusive to just one per cent of law	140
irishlegal.com -1/13/2020 12:00:00 AM	
PORTLAW	141
Munster Express -1/7/2020 12:00:00 AM	
DSBA President at Four Courts Event	142
The Parchment -12/1/2019 12:00:00 AM	
LOCAL NOTES	143
Waterford News & Star -1/7/2020 12:00:00 AM	
Think Pink and drink champagnefor charity	148
Sunday Business Post -1/5/2020 12:00:00 AM	
"We all have amazing stories to tell..."	149
VIP Magazine -1/1/2020 12:00:00 AM	
BREAST CANCER IRELAND CHARITY LUNCH	156
VIP Magazine -1/1/2020 12:00:00 AM	
Limerick's 95 FM @ 03-Jan-20 01:43 - (cancer)	158
Limerick's 95 FM -1/3/2020 12:00:00 AM	
At a recent coffee morning at Portumna Community	160
Midland Tribune -1/2/2020 12:00:00 AM	



Co Monaghan women asked to prioritise their breast health

Breast Cancer Ireland has called on women in Co Monaghan to prioritise their breast health.

The charity is inviting women to download its free Breast Aware educational app, which helps women, through a monthly reminder and a simulated video guide, to perform a self-breast check exam properly highlighting the eight signs and symptoms to look out for. It is also calling on those tasked with minding our women, namely teachers, community groups and HR teams, to consider booking a visit by the charity's outreach team for this complimentary service.

A media release stated: "Over the past three years, BCI have presented to over 5,000 Transition Year students and their teachers in secondary schools around Ireland. This year with the backing of leading insurance firm, Cornmarket Group Financial Services, funding for two additional outreach co-ordinators was facilitated.

"The Breast Health Education and Awareness Programme was extended at the start of the academic year with the aim of including visits to every primary school in the country. A team of six outreach nurses and coordinators are now travelling throughout Ireland, educating teachers and support staff on how to perform a self-breast examination and highlighting for women and for men, the signs and symptoms to recognise. This complimentary service now covers Leinster, Munster and Connacht.

"The team will continue to visit businesses and the wider community as part of their overall remit.

"After just five months of the extended programme over 500 expressions of interest have been received from school and organisations and presentations have been made to over 1,500 teachers bringing to over 40,000, the number of

women that have directly heard BCI's important good breast health messages since the campaign began. Most importantly, four early cases of breast cancer, that otherwise

would not have been picked up, have been identified and patients are undergoing treatment.

"Using a special adapted medical mannequin showing the eight symptoms of breast cancer, the coordinators educate those in attendance, so men and women, on how to recognize the symptoms and on how to perform a self-breast examination. Cornmarket has been working with Breast Cancer Ireland for the past three years and found through their research that a large percentage of claims related to cancer, in particular to breast cancer, and therefore teamed up with Breast Cancer Ireland and INTO for this latest extension to the outreach project.

"Understanding the signs and symptoms leads to earlier detection and ultimately better survival outcome."

CEO of Breast Cancer Ireland, Aisling Hurley commented: "We aim to educate women and men to understand the signs and symptoms of breast cancer so that if an abnormality arises, they'll detect it a lot quicker – ultimately lives will be saved and lives will be lived and our fabulous Irish women will thrive."

The media release added: "Women are encouraged to identify the eight signs/symptoms that should be of concern such as puckering of the skin of the breast; lump in breast or armpit; change in skin around nipple or nipple discharge; dimpling of the nipple or nipple retraction; unusual increase in the size of one breast; one breast unusually lower than the other – nipples at different levels;

enlargement of the glands; unusual swelling in the armpit."



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At home with Georgie Crawford and family

It's a lovely day, the sun is streaming into their beautiful home, and Georgie's equally fabulous mum Siobhan pops by so we even manage to ask her to jump in for more picture perfect moments. If you were looking from the outside in you wouldn't have a clue that this gorgeous little family had ever experienced so much as a blip. But they have.

We're chatting to Georgie today almost two years since the fateful day she found a lump in her breast and was later diagnosed with breast cancer. A moment that changed her life forever. But here she is today, sitting before us having come through some of her darkest days, the picture of health. In fact she's glowing.

Very on brand as the creator of the beloved The Good Glow podcast, something that came out of a really trying time and went on to capture the hearts of the nation with its messages of encouragement on just how strong we as humans are, what we can overcome, and to remember to put ourselves on top of our own to-do list. And Georgie has managed to do just that, making the huge decision earlier this year to go with her gut and leave her job of ten years in radio.

Now she focuses on her health, her family, her podcast (it's going live this month!) and her work as ambassador for Fitbit UK and corporate speaker for VHI Ireland. And while she has managed to pop herself higher on her own to-do list, she is also utterly passionate about others and advocating for us to remember to check ourselves.

She's just one of those people you gravitate towards. You can't help it. She's lovely, inspiring and gives us all a real boost when it comes to navigating the most difficult of times. We sit down to find out about the day that changed her life, coming through the hardest of times to blossom into the happiest healthiest version of herself.

Georgie thank you for sitting down with VIP. We have to begin by taking you back to the day that changed your life, the day you found a lump.

We had only moved into this house about six weeks before, so in the week leading up to me finding a lump in my breast we got Pia christened and we had this beautiful house, a beautiful baby, and it was really like new beginnings. I tried to be really positive as I waited for my results but I just knew that it was cancer. When I found out that I was right, I suppose we just rallied the troops. That was the day of "Yes ok now I have my diagnosis, let's deal with it."

And of course you were on your maternity leave as well. You had just brought a little human into the world and your world was completely shaken.

I didn't feel well. I just didn't feel right. On reflection it was so obvious that I was sick but at the time I was thinking maybe I am feeling off because I've just had a baby. When I look back at pictures of that time... I look so different. Now I always trust my gut.

Now you are a passionate advocate for checking ourselves regardless of age because you at 32 were (and still are) so young.

Yes. Breast Cancer in the under 50s is becoming more and more common so if you go into them with a lump they are going to send you to the Breast Clinic to get it checked. But its the people around you who may try to reassure you, "No you're too young, you're fine." But if that little voice in the back of your head is telling you that something isn't right, as scary as it is to face it, you will never regret it because early detection saves lives. It's just really important to address things and face them head on. I found the lump on the Thursday morning, the following Tuesday I was told I had breast cancer.

How important has support of your family and friends been?

When I think back to my time of having cancer, I don't think of the cancer, I think of all my friends and family carrying me through it. I have an amazing family and my husband Jamie has an amazing family. It's one of the things I always loved about him is that he was just as close to his family as I was to mine. So we really went on lockdown with the two families, and then my best friends Audrey and Rebecca were amazing. Jamie arranged this night in the back garden when the chemo finished and we all let balloons off in the garden to mark the end of chemo and the new chapter for me. Support and the human connection, I can't say how much it helped me.

Speaking of human connection... before all this happened, you were on social media but you didn't really use it in the way you do now? From this, you just began sharing online.

I think it was about eight weeks in that I began sharing on Instagram. I wanted to really know where I stood with my cancer before I told people that I had cancer, I had my surgery and it was confirmed that my cancer was not in my lymph nodes and I said to Jamie, "I think I am ready to say it." The more I thought about it... there was no breast cancer in my family, I breast fed, I didn't really think breast cancer could happen to women under 50. I felt like it

was my duty to warn my friends to check their breasts. So I wrote a post for Instagram and I got such an amazing reaction. Then the day before chemo, I knew I was going in to lose my hair, and that my first Christmas with my baby was also my first Christmas with cancer. And I just hopped on to Instagram Stories and said, "Look I am going to keep on a brave face, I am starting my first Christmas with cancer and I am putting everything in it, I am going to be back and I will feel like myself again one day." I went into chemo the next day and 10,000 people followed me overnight and I felt like I was going in to that oncology unit with an army of support. It was just hundreds of messages from people telling me to keep going and stay strong and it was lovely.

And so you just flung yourself into it.

Yes. And Jamie my husband was my absolute rock through this. Every night when I put Pia to sleep the tears would flow and he would always just bring me back to the facts because he was in all the meetings with my doctor, so he would say, "Your cancer hasn't spread, you are getting your chemotherapy. You are going to get radiotherapy," just saying those things to me really helped me get through it. He would always acknowledge when I felt sad. It wasn't like he would say, "Oh you will be fine don't worry." It was like "Ok turn off the tv and sit down and tell me what's wrong." He could see on my face when I was going to that dark place. And when he would go to work my Mum was with me and we would go out for walks every single day. I can't tell you how much nature and the outdoors did for my mental health at that time.

We're in your beautiful home today. This environment must have been very important when you were recuperating?

Yes so when I was in recovery, Pia was still napping during the day. I would have two hours everyday where I would just have complete silence. I would always take a few minutes to sit outside or sit in her room when she was sleeping and just connect with myself and try make sense of it all. I just looked at it like, "This is the place that I am going to get better."

And get better you did. From your first insta- story to launching The Good Glow, a hugely successful podcast. Tell us about this?

It was October 2018, I had finished treatment, it was the week after I went back to work in 98fm and I was sitting at my desk and my phone vibrated with yet another message; all these amazing women supporting me telling me that they had overcome cancer and I just thought, "Jeez how lucky am I that I shared my story because I got these reassuring messages all the time from people to say, you will laugh again. You will be happy again, it just takes time." And then I started to think of people who suffer in silence, and who are maybe at home and scared. So I said "How can I reach these people, how can I share these amazing stories with them to let them know to keep going?" and that's when the idea of a podcast came to me. And I knew that I wanted the word glow to be in it, for me that represented all it is to be glowing and healthy and alive. So we came up with the idea of getting inspirational people on to tell their stories of overcoming.

And for people who may not have listened to The Good Glow, it's not solely about cancer or illness, it's about navigating whatever life throws at us.

Yes and I think we all have amazing stories to tell. I had the amazing Jenny Miller on who adopted a baby from Sri Lanka, Sinead Hingston who went on to get married again after losing her husband on their honeymoon and Ciaran Byrne who is just an amazing guy who was burning the candle at both ends and got leukaemia and has now transformed his entire life. He is one of the most inspirational people I have ever met.

It is a mix of people from all walks of life. Is there a stand-out?

I think when I had Dr Doireann O'Leary who came on and spoke about having cervical cancer and everything she went through. That was a moment for me when I thought, "Whoa, I have a community where people know they can come on to my podcast and tell their story and they won't get trolled, they will get supported. It's kind of almost self-care listening to a podcast, it's your you-time".

Has it changed your life?

I feel incredibly lucky to be able to say this because I know how everyone's cancer journey is different. For me it has allowed me to walk away from my job in radio, to focus on the podcast, which also gives me so much more time with my baby Pia, but I do know how lucky I am to have been able to come through it.

That was a huge decision to walk away from a job you'd been doing for ten years.

I don't think there is a lot of support for people who have had cancer and gone back to work and for me I really struggled. I was very lucky that my colleagues were so supportive but deciding to leave was the best thing that I ever did. The universe was pulling me in that direction and I listened.

This whole experience has highlighted to you what's important...

It's like going from existing to living. I wake up every day and I say, "Mondays aren't so bad when you have beaten cancer." I wake up everyday and I just want to be happy and I am blessed that the podcast has given me the time to build my own brand and my own company which has been a dream come true.

We have to talk about Pia, the light of your life. How has her being here helped you through?

I always say I woke up every day with a smile on my face because she was the first person I saw. I never had a duvet day, I wanted to be the best mum I could be to her so I was going outside and bringing her to the park and for walks twice a day; it was an absolute tonic for me. I was so blessed to have a little one who helped me get out of bed.

And do you ever think you will stop your work as an advocate? It must also dredge up really difficult memories for you?

I work a lot with [Breast Cancer Ireland](#) and I think being that close to that charity and seeing the work that goes into finding a cure and to feel so connected with women who have been through the same is all really positive. People often ask me do I want to leave it all behind and I don't know is the answer. My focus now is just to keep raising awareness and spreading that message to check yourself.

And something that began in recovery and has become a huge part is running and marathons?

Yes. [Laughs] I have done three 10k runs. I started off with the park runs and worked my way up. This month Jamie and I are doing a run in the alps... a 10k in the snow so that is our next big challenge. And becoming a Fitbit ambassador was a huge moment, to grow from someone who hated exercise to it now being such a huge part of my life is amazing!

And what else is on the cards?

2020 is going to be a great year for The Good Glow as we are going to get out and take The Good Glow live and obviously I will keep up all the fitness and set myself challenges every month.

So really nourishment and wellness and putting yourself at the top of your own to-do list has become of the utmost importance to you?

I think I learned the hard way that you can't treat your body like that. You can't stress all day and work all week and be always on. You need to rest, digest and repair and I learned a lot about stress and the importance of stillness and I have seen firsthand the benefits of it.

You had some scans recently that you got the all-clear for... but those moments must still be daunting? I think I will always be nervous of scans and I think a lot of the time I'll think "Oh I'll feel calm when I get that scan" and you just don't. It is something that I have learned to live with and something that counselling has helped me with.

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Writers' Week, Rally postponed

LISTOWEL WRITERS' Week is the latest cultural event to fall foul of the Covid-19 emergency - the country's oldest literary event, scheduled for May 26-30th, was called off on Tuesday night.

Chairperson Catherine Moylan said the 50th festival would not go ahead this year. Refunds on pre-booked tickets are available, or people can accept a credit note in lieu to be redeemed for Listowel Writers' Week 2021.

Meanwhile, Killarney's Rally of the Lakes, which attracts up to 30,000 over the May bank holiday weekend, has been suspended until June 1.

The organisers of the Breast Cancer Ireland charity cycle have postponed their event that was due to take place in Ballybunion on Sunday, April 19.

Making the announcement, Jimmy Deenihan said: "We will rearrange at a later date because it is an important cause."

Animation Dingle had previously announced that this year's animated film festival would not go ahead as planned last weekend. And another high-profile casualty of the crisis, also in West Kerry, is the hugely popular Féile na Bealtaine arts festival that was due to be taking place in Dingle over the May bank holiday weekend.



Women asked to prioritise breast health

Marking the recent International Women's Day, Breast Cancer Ireland has called on Irish women to prioritise good breast health.

The charity is inviting women to download its free Breast Aware educational app, which helps women, through a monthly reminder and a simulated video guide, to perform a self-breast check exam, highlighting the eight signs and symptoms to look out for.

The charity is also calling on teachers, community groups and HR teams, to consider booking a visit by the charity's outreach team for this complimentary service. Over the past three years, BCI have presented to over 5,000 Transition Year students and their teachers in secondary schools around Ireland. A team of six outreach nurses and coordinators are now travelling throughout Ireland, educating teachers and support staff on

how to perform a self-breast examination and highlighting the signs and symptoms to recognize. Most importantly, four early cases of breast cancer, that otherwise would not have been picked up, have been identified and patients are undergoing treatment.

Understanding the signs and symptoms leads to earlier detection and ultimately better survival outcome. CEO of Breast Cancer Ireland, Aisling Hurley

commented: "We aim to educate women and men to understand the signs and symptoms of breast cancer so that if an abnormality arises, they'll detect it a lot quicker – ultimately lives will be saved."

Women are encouraged to identify the eight signs/symptoms that should be of concern such as puckering of the skin of the breast; lump in breast or armpit; change in skin around nipple or nipple discharge;

dimpling of the nipple or nipple retraction; unusual increase in the size of one breast; one breast unusually lower than the other – nipples at different levels; enlargement of the glands; unusual swelling in the armpit.

To download the Breast Aware App or to book an appointment by the BCI Outreach Team, see www.breastcancerireland.com

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Remembering the Hurricane on his 71st birthday

Alex Higgins would have celebrated his 71st birthday on Wednesday, and few will forget the impact the flamboyant "Hurricane" had in rocketing it into a new and extraordinarily popular TV age.

Higgins, who won two world titles a decade apart in 1972 and 1982, died in July 2010 at the age of 61, after a prolonged battle with illness. Stars gathered at his funeral in Belfast and showered him with compliments.

"No one player has ever been bigger than the game, but he brought a genius quality that possibly hadn't been seen before," said his long-time rival and frequent nemesis, Steve Davis.

"Alex was one of the real inspirations behind me getting into snooker," recalled Ronnie O'Sullivan. "He is a true legend and should be forever remembered as being the finest-ever snooker player."

Higgins scuffled his way up from the Belfast streets and introduced his swashbuckling style and notorious volatile temperament to a sport renowned for its waist-coated decorum and smoke-filled gentlemen's clubs.

He blazed onto the world stage with victory over John Spencer at his first attempt, and after two further final losses he clinched his second title with an emotion-filled victory over Ray Reardon in 1982.

By then snooker was very much a permanent TV fixture, and images of a tearful Higgins beckoning his young daughter Lauren into his arms beamed around the world and emphasised a star quality which would ultimately transcend his sport.

Higgins fought back from 7-0 down to edge Steve Davis in the 1983 UK final, but by the time Davis and Dennis Taylor were battling out their black-ball final in front of 18.5 million TV viewers two years later, the man who had attracted a sizeable proportion of them to the sport had started his sad decline.

Higgins' well-documented problems with drink had caught up with him. He was banned from five tournaments in 1986 for headbutting a referee, and punched a tournament official after his 1990 World Championship loss to Steve James.

Higgins' days as a chain-smoking gunslinger were numbered. He squandered millions of pounds of prize money and his final years were spent fighting throat cancer and hustling for money to feed his betting habit.

The 'Hurricane' finally blew out on 24 July, 2010. But those who flocked the streets of Belfast preferred to remember one of their own who had stunned the sporting world in his own, irrepressible fashion.

Recalling a tumultuous decade in which snooker was dragged into the households of half the nation, Higgins' former personal assistant Will Robinson recalled: "There's two things that made snooker what it is today. One is colour television, and the other is Alex Higgins."

FIVE OF HIGGINS' GREATEST BREAKS

69 v Jimmy White - 1982 World Championship semi-final

Trailing 15-14 in their best-of-31 clash, Higgins looked down and out when he came to the table trailing 59-0. But he summoned one of the most famous clearances in snooker history, despite constantly falling out of position, to retrieve the frame and go on to win the match and ultimately the title.

44 v Steve Davis - 1983 UK Championship final

Higgins had clawed his way back from 7-0 down in a tempestuous clash with his old rival, and the pair went into a final frame decider locked at 15-15. Higgins held his nerve with a careful break of 44 which ultimately saw him over the line against his shell-shocked opponent.

135 v Ray Reardon - 1982 World Championship final

Needing one more frame to win his second world title 10 years after his first, Higgins capitalised on a loose safety by Reardon to bullet home a long red and stick for the black. It paved the way for a stunning clearance of 135 to take the title - followed by an emotional embrace with his young daughter Lauren.

62 v Stephen Hendry - 1989 Irish Masters final

Beyond his 40th birthday and with his career seemingly set into decline, Higgins roused himself to sink up-and-coming Hendry amid incredibly raucous scenes in the final of the Irish Masters in County Kildare. Every ball of the 62 break which gave the veteran a 9-8 victory was cheered to the rafters by a capacity crowd.

137 v Tai Pichit - 1995 World Championship qualifier

Higgins recorded his highest competitive break against the former Buddhist monk Pichit, who looked on in alarm as

the troubled Higgins began crying as he swept up the colours. Earlier in the match, which Higgins lost 10-5, he accused referee John Williams of being "in his line of thought".

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Cha-cha championing a good cause!

Breast cancer is diagnosed in over 3,000 Irish women a year, destroying normal lives and shattering the confidence of sufferers. They, their families and friends know all too well the importance of research, awareness and support. **Breast Cancer Ireland's** annual **Battle of the Stars** event raises vital funds for all of the above, and provides a great night of good old-fashioned fun to boot. Newstalk and Virgin Media presenter Clare McKenna, fashion broadcaster Michele McGrath and influencer Niamh Cullen will be part of the glittering line-up this year, when the pink carpet will be rolled out on Saturday, September 12. The glittering affair was initially due to take place on April 4 but due to the evolving circumstances around Covid-19 virus and the charity's duty of care to several of its patient ambassadors participating and in respect of those attending on the night, who might be at a higher risk and at various stages of breast cancer treatment the decision was made to postpone it to this later date. Expect celebrities, dancers and breast cancer survivors to slap on the sequins and strut their stuff for a show that would put the Dancing With The Stars gang to shame. Following a drinks reception, guests will sit down to a lavish three-course dinner, then auctions and raffles take place before the entertainment starts. After wowing crowds with the samba and the cha-cha-cha, the celebrities and survivors can let their hair down on the dance floor into the small hours. The gala fundraiser, sponsored by the Joe Duffy Group, has already raised almost €600,000 for breast cancer research and awareness. At their glamorous YOU shoot, we spoke to some of the fabulous women who are readying themselves to take on the dancefloor in a battle for a cure.

Michele McGrath The fashion broadcaster and actress/singer will dance at **Battle of the Stars** for the first time. She lives in Dublin and is signed to the Andrea Roche agency. She says: 'Breast cancer is something that has affected people in my family and many of my friends. I've seen their journey through cancer and it's really awful. They've all thankfully come through it and are thriving. Kareena Graham, a former model, did this event for a couple of years and I would go along to support her. It's always such a brilliant night. I've trained as an Irish dancer and done different forms of dancing. I'm doing a show dance. Have I ever done the dance I'm doing? No. Is it difficult? Yes! It's definitely out of my comfort zone. It's a challenge but I'm really excited. I'm the biggest Strictly and Dancing With The Stars fan. I know a few people who have done DWTS and I'd love to do that. I don't know how they manage though - we've had six weeks to learn one dance, and they do a new dance every week. I take my hat off to them. I'm nervous, but I feel that if you didn't have the nerves, that wouldn't be normal. I've had crazy things happen to me in live shows. I've gone on stage and haven't put on the wig and walked out on stage with just tights on my head. Dresses have opened. Anything is possible. You can never plan. **Battle of the Stars** is just a room full of love. Everyone is warm and just wants to see everyone else do well. That's what I've loved about it. So far everyone from the organisers to the other personalities to the survivors have worked together wonderfully as a team. The main aim of the night is to raise funds, but also to have fun. I'm loving every minute of the experience so far. Even after a long day, rehearsals lift your spirit and you come out feeling amazing.'

Niamh Cullen The 27-year-old influencer is from Tallaght in Dublin. This will be her first time performing at **Battle of the Stars**, and she is a champion for **Breast Cancer Ireland** after losing an aunt to the disease ten years ago. She says: 'I lost my dear auntie to ovarian cancer and another aunt ten years ago to breast cancer, so I've always wanted to raise funds for this charity. I was meant to do this event last year and the year before but they fell on the same dates as Coachella music festival. It's so important to raise awareness around breast cancer for younger people who might use my platform. We just don't talk about breast cancer enough. The generation before mine wouldn't talk much about boobs. It's so nice to use my platform to talk to my generation and say, "it's okay to check your breasts". I met [breast cancer survivor] Jill Murphy today and she really opened my eyes to the reality of breast cancer. I never would have thought women of our age could get it. The message I want to get out there is for us girls to do our daily checks, which isn't the case. I love to dance - I've a bit of a stage school kid within me! I'm doing a jazz number with my friend James Kavanagh. We're friends, which made it lovely. We're now into rehearsals and I'm swinging him around! It's been great fun. I do have a bit of nerves, mainly because I'm a nervous Nelly, but I get such an adrenaline rush from it - that's why I love these productions. It's a great confidence booster for me. Hopefully my whole family will be there on the night. I have a great team of people who will come along and lend their support. To get dressed up will be great fun, and raising as much awareness as I can will be a bonus.'

Clare McKenna The Newstalk and Virgin Media presenter will appear on **Battle of the Stars** for the first time. She lives in Dublin with her husband and two children, Lois and Flynn. She says: 'I did theatre studies and I've always loved musicals and the stage. Halfway through college, I realised there might not be so much money in theatre, so I switched to media where of course there is lots more money! I do love watching Strictly - it's a real feast for the eyes. My friend Georgie Crawford had come through breast cancer, and she put **Breast Cancer Ireland** and I in touch. Georgie did this event with a bald head and wig, so how could I refuse? I have a pal whose kids are the same age as mine. She got checked and had a mastectomy and breast surgery. She has been so brave throughout the whole journey. She's well and doing great as it was caught early. I love the work that **Breast Cancer Ireland** does. It's not necessarily about finding the cure, because there are so many permutations of the disease, but it's about living a better life and a longer life for those who have been diagnosed with it. During rehearsals, I need to leave my mortification at the door. I'm double the age of my dance partner Karl. He's never made it an issue but I feel like someone's mammy, clodhopping about

the place. I'm being lifted by this 20-year-old guy! I go to rehearsals on Monday evenings - the weather has been dark and cold and you're dragging yourself there at 8pm, but I leave with the biggest smile on my face. There's something in dance that's inherently fun. **Battle of the Stars** is a really fancy, fun and quite glitzy night. It's not just a typical charity bash. I'll be doing the paso doble and putting on all the sequins and all the gear. Once we are done we'll be able to celebrate getting through it in one piece. As everyone who has done it before says, you come off the stage going, "can I do that again?" It's about living a better life and longer life for those diagnosed Jill Murphy The 28-year-old, from Killiney, works as a regulatory officer. She was diagnosed with breast cancer in May 2018, and was told recently that her treatment, which is still ongoing until July, has been successful. She says: 'At the time I found a lump, I was also quite tired. I was very active, going to the gym, so it didn't make sense that I was so tired. I went to the GP for something unrelated and I thought I'd ask her to check the lump. I almost didn't get her to check it. I was 26 at the time and thought it was more likely that it was a cyst. My GP told me that although I wasn't in the risk category, she would still refer me to Breastcheck. Being told I had breast cancer was quite surreal, like an out-of-body experience. It was like someone else was getting the news. It's only weeks later that I could say to myself, "I have this". Once you get the diagnosis, your next thought is getting rid of it. You want it all over and done with quickly. Unfortunately, there's no quick fix. I had surgery first, then rounds of chemo. I was given the news in stages, which I thought was quite clever. As in, "let's focus on the surgery, then based on the pathology of the tumours, we'll tell you what you need to do next". Chemo was very tough. I lost my hair, and had constant nausea, which was pretty horrendous. I had eight weeks of that, then five weeks of radiotherapy, which was a breeze compared to chemo. My mum was so supportive throughout the whole thing, as were my family and friends. I went to counselling, too - even now, I'm still going, I'd be so lost without it. I've definitely come out of it a different person, for the better. I don't get stressed about things any more, and I'm not as hard on myself. I'm trying to give myself a chance to get back to normal life, but I guess life will never be the same again. I do appreciate friends and family so much more, though. I have said I want to try lots of different things, especially ones I am scared of, and dancing is definitely one of them. I'm usually last to get up on the dancefloor on a night out, but I wanted to do something fun to raise money. It's all about giving back for the times I've had support. I recently went back to work and the rehearsals have given me a bit of a boost to exercise. It's been helping in so many ways.'

The six ladies will take part in **Battle of the Stars**, supported by the Joe Duffy Group, on Saturday, April 4, at the Clayton, Burlington Road, Dublin. All monies raised will support **Breast Cancer Ireland's** pioneering research and awareness programmes nationwide. For more information see breastcancerireland.com Paula McClean Paula, from Dublin, was diagnosed with breast cancer in 2011 and underwent successful treatment. The mum of three daughters now works with **Breast Cancer Ireland** as an ambassador. She says: 'We were going to a family wedding and I was putting on some tan and found a hard lump in my left breast. I went into, "no, it couldn't be me" mode - I was fit and healthy, and 41 at the time. Naively, I thought it was hereditary. When we came back from the wedding I didn't go to the GP for a week. I wouldn't have been breast aware, which is why I'm so passionate about it now. I was exceptionally lucky to have found it and got myself checked. When the doctors asked me to come in with my husband, I knew something wasn't right. I was immediately worried for the girls. Doctors were very reassuring and told me they'd caught it early, but that it would be a tough year ahead. They made no illusions about that. I've learned that every breast cancer diagnosis is different, and the treatments are usually phenomenal. I had surgery and a week after recovery, I did six chemo rounds. I'm now on a drug called Tamoxifen, and I'll be on that for the foreseeable future. There were times it was tough - losing my hair was very tough as I had long blonde hair - but other than that, I felt pretty well. I found treatment okay. I didn't like it, but I kept ticking the boxes. I had three little girls I had to get up and live life for every day. I couldn't wait for the last round of chemo and I finished the week before Christmas. It was the best present ever. You lose confidence in your body when you get breast cancer. Life eventually goes back to normal, but it's a different normal. A little piece of your heart will always be broken. I do fundraising because I'm really passionate that I don't want my daughters to go through this disease. This is my third time doing **Battle of the Stars**. I smiled from ear to ear when I did it first, and my little girls were brought up on stage by Nicky Byrne, who was MC that night. It made something lovely out of something extremely tough, and I felt I was giving something back to a worthy charity.'

Denise Symes Denise, from Santry, works for the Joe Duffy Group in sales admin/reception. After seeing a number of her male colleagues take part in **Battle of the Stars** in previous years, the mum-of-two decided to sign up for a dance routine. She says: 'I had an operation on a polyp on my breast at the start of the year, and I remember seeing how amazing the doctors were. It wasn't cancer, but I got an awful fright thinking, "I'm on my own with two kids. If I'm sick, what will they do?" After meeting the women who have gone through chemotherapy, I feel so blessed to be okay. Firstly, I experienced a discharge [from the breast], then a bloody discharge, and I remember thinking, "maybe I'll just leave it". But you always know your own breast. We have this stigma where you'd almost be afraid to look at your own breast but you have to recognise what's going on with your own body. Hopefully it can save your life. It's about getting checked and not being afraid to go to the doctor - that's what saved me. If you leave polyps unchecked, they can turn cancerous. It felt like a weight had lifted off me completely once the operation was done. I thought of how lucky we were the research had been done on this. I'll be dancing the salsa with Sean Munsanje on the night, and so far rehearsals are going pretty good. To be honest, I wasn't expecting them to be this hard, but trying to turn yourself into a Latino dancer isn't easy! I'll probably have a bottle of calming drops on my on the night itself. I'm doing Zumba three nights a week in preparation! If we do well, we do well, but it's all for a great cause. I wanted to give a little of my time to help raise funds. My daughter is eight - by the time she hits my age, I'm hoping that there will have been some big breakthroughs in breast cancer treatment and research, and the journey won't be so hard. I'm trying to give myself a chance to get back to normal, but I guess life will never be the same

CLAIRE: SILVER RUFFLED DRESS, €345,
STARLA PAULA: BLACK WRAP SEQUIN DRESS, €55.30, BOOHOO @ASOS
JILL: GOLD BEADED DRESS, €195,
FOLKSTER MICHELE: KIMONO SLEEVED EMBELLISHED DRESS, €152, ASOS DESIGN
NIAMH: SILVER DRESS,

€399, STARLA DENISE: CREAM DRESS, €400, STARLA MICHELE: CREAM SEQUIN DRESS, €97, FOLKSTER NIAMH: MULTICOLOURED SEQUIN DRESS, €55, LITTLE MISTRESS CLARE: GREEN SEQUIN DRESS, €50, RIVER ISLAND STYLING: CORINA GAFFEY HAIR: THE TEAM AT ZEBBA HAIRDRESSING, 60 SOUTH WILLIAM STREET, DUBLIN, USING TECNI ART PRODUCTS FOR L'OREAL PROFESSIONNEL MAKE-UP: CHARLOTTE TILBURY ARTISTRY TEAM. CHARLOTTE TILBURY PRODUCTS ARE AVAILABLE ON CHARLOTTE TILBURY.COM AND IN BROWN THOMAS AND ARNOTTS

Kiltoom Drama cheque presentation



May Cunningham, chairperson of Kiltoom Drama Group, is pictured presenting a cheque on behalf of the group to Rachel Fitzgerald Feeley of Breast Cancer Ireland. Also present are Mary Rush, Helen Neeson, Barry Donnelly, Debbie Kilbride, Tom Blaine, Fr Michael McManus, Ged Rowlands and Anne Toohey

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Lorraine Keane wants to make a return to TV after 10 years away

The magazine was hosted originally by Lorraine, Sybil Mulcahy, Karen Koster, Lisa Cannon and Aisling O'Loughlin, but was eventually axed after 12 years in 2019.

Learn more

After 10 years off-air, Lorraine has revealed how working long hours on the popular show took a toll on her family life.

However, the Dublin actress also revealed that she would love to get another gig working in Irish TV or radio again.

'Virgin Media, formerly TV3, were my other family,' she told the Irish Mirror.

'I spent more time with them — certainly over the period of time I did Xpose

— than I did with my family and that's where it was all going wrong.

'When you're spending more time in the office and less at home.'

The mum also explained how she found it hard to adjust to being self-employed when she left her full-time job at then-TV3 10 years ago.

'I'm gone from TV3 for 10 years,' she said. 'The first five years, it was scary, I had been with AA Roadwatch for eight years and TV3 for 11 years.

'I had been employed for 20 years and suddenly I was self-employed, it took a bit of getting used to.

'Having the freedom and owning your own diary was amazing but quite daunting, when you're used to having someone telling you what to do.

'It took me three years to get used to it. Now that I'm 10 years self-employed I couldn't imagine working full-time all the time with 20 days holidays a year.'

Lorraine is currently hard at work training for [Battle of the Stars](#), which takes places on Saturday, September 12 2020, in the Clayton Hotel Burlington Road in Dublin in aid of [Breast Cancer Ireland](#).

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Breast health: The eight signs and symptoms of breast cancer to look out for

Marking International Women's Day, **Breast Cancer Ireland** has called on Irish women to prioritise good breast health.

As it stands, one in nine women will be affected in their lifetime and 3,100 new cases are diagnosed annually. However, there are warning signs which will help lead to early detection and treatment.

BCI is inviting women to download its free Breast Aware educational app, which helps women – through a monthly reminder and a simulated video guide – to perform a self-breast check exam properly highlighting the eight signs and symptoms to look out for.

These include; a lump in breast or armpit; change in skin around nipple or nipple discharge; dimpling of the nipple or nipple retraction; unusual increase in the size of one breast; one breast unusually lower than the other – nipples at different levels; enlargement of the glands; unusual swelling in the armpit.

Breast Cancer Ireland is also calling on those tasked with minding our women (teachers, community groups and HR teams) to consider booking a visit by the charity's outreach team for this complimentary service.

Over the past three years, BCI has presented to over 5,000 Transition Year students and their teachers in secondary schools around Ireland.

This year, with the backing of leading insurance firm, Cornmarket Group Financial Services, funding for two additional outreach coordinators was facilitated.

The Breast Health Education and Awareness Programme was extended at the start of the academic year with the aim of including visits to every primary school in the country.

So what happens?

A team of six outreach nurses and coordinators travel throughout Ireland, educating teachers and support staff on how to perform a self-breast examination and highlight, for women and for men, the signs and symptoms to recognise, using a specially adapted medical mannequin.

Understanding the signs and symptoms leads to earlier detection and ultimately better survival outcome. Cornmarket has been working with **Breast Cancer Ireland** for the past three years and found through their research that a large percentage of claims related to cancer, in particular to breast cancer, and therefore teamed up with **Breast Cancer Ireland** and INTO for this latest extension to the outreach project.

CEO of **Breast Cancer Ireland**, Aisling Hurley comments, "On this International Women's Day we aim to educate women and men to understand the signs and symptoms of breast cancer so that if an abnormality arises, they'll detect it a lot quicker – ultimately lives will be saved and lives will be lived and our fabulous Irish women will thrive."

To download the Breast Aware App or to book an appointment by the BCI Outreach Team, please visit www.breastcancerireland.com

VIP PROMOTION

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The burden of hospital car parking fees on patients and their families

Paying car parking charges when you are visiting an ill relative in hospital, or when you are admitted to hospital yourself from the emergency department, is an additional stress for many people.

The cost of paying for parking at hospitals is a particular issue for patients receiving ongoing treatment at hospital and for families visiting critically ill patients for long periods of time.

Ger Collins, an ambassador for [Breast Cancer Ireland](#), says that car parking fees were an issue for her when she was attending Beaumont Hospital for appointments and scans in 2015. "I remember it was €13 for parking for the few hours I was there on the day I was diagnosed. I found that very frustrating. It's a lot of money when you're struggling emotionally and facing other expenses relating to your illness. I also think families visiting long-term patients should be informed about caps in car parking fees where they exist," says Collins.

Recommendations

In March 2018, Minister for Health Simon Harris announced a review of hospital car parking charges. The HSE prepared recommendations for hospital car parking the following November, but failed to publish them. A draft document showed how hospital car parking charges were due to be capped at €10 a day. And, although the plan was signed off by the HSE directorate in January 2019, many hospitals still haven't complied with some elements of the recommendations over one year later.

Hospital car parking charges is such an emotive issue that it got specific mention in some political party manifestos in advance of the recent general election. Fine Gael's manifesto stated it wanted hospital car parking fees to have a daily cap of 10. Fianna Fáil's manifesto promised free car parking at hospitals, while the Labour Party said it would like to see parking fees waived for patients having ongoing treatment in hospitals. Sinn Féin said in its manifesto that it would phase out all hospital car parking fees.

The Irish Cancer Society (ICS) has been campaigning vigorously to reduce the expense of hospital car parking. The organisation believes that parking fees contribute to an already difficult financial toll on individuals undergoing cancer treatment. Because many cancer patients' treatment is on an outpatient basis, they have to attend hospitals frequently and use parking facilities at the hospital. The Real Costs of Cancer report in 2016 found that four out of five patients who faced car parking charges were paying €62 a month while having treatment.

Since that report, some hospitals have introduced reduced car parking rates for cancer patients. "Cork University Hospital reduced their charges for cancer patients to €5 per day," says Aishling Deegan of the Irish Cancer Society. "Naas General Hospital and South Tipperary General Hospital also now offer free parking for cancer patients. And Our Lady of Lourdes Hospital in Drogheda has offered greater guidance and transparency around reduced fees of €4 a day for cancer patients at their hospital."

However, the ICS remains concerned that information about discounted car parking – when it exists – isn't clearly available to patients. "Patients should be informed of parking exemptions in their first appointment letter and concessions should be widely promoted and easy to understand and apply for," says Deegan.

Discounts

Currently, to receive discounted car parking rates, an email has to be sent from oncology or facilities managers to authorise discounts for cancer patients. The ICS would like to see clearer information about these discounts posted on websites, noticeboards and in the car parks themselves. "We have found that at many hospitals, there is a dearth of information about hospital car parking charges," says Deegan. "Car parking charges come at a particularly vulnerable stage in someone's cancer journey where they face mounting bills and many have told us it can be the straw that breaks the camel's back."

A study from the University of York on the impact of hospital car parking costs concluded that the stress caused by hospital parking is largely avoidable. It suggested that clear and easily assessable information on parking charges and policy, sources of financial support and the availability of permits or season tickets for regular users would help reduce the level of stress experienced by patients.

It remains to be seen whether the next government will make efforts to address the financial toll and emotional stress of hospital car parking costs for patients and families visiting ill patients.

Read

- Cost of hospital car park near you
- Burden on patients and families

- Fees remain stubbornly high
- Hospital car parking cheaper in UK



'It's a lot of money when you're struggling emotionally'

Sylvia Thompson

Paying car parking charges when visiting an ill relative in hospital, or when admitted to hospital from the emergency department, is an additional stress for many people.

The cost is a particular issue for patients receiving ongoing treatment and for families visiting critically ill patients for long periods of time.

Ger Collins, an ambassador for Breast Cancer Ireland, says fees were an issue when she was attending Beaumont Hospital for appointments and scans in 2015. "It was €13 for parking for the few hours I was there on the day I was diagnosed. I found that very frustrating. It's a lot of money when you're struggling emotionally and facing other expenses relating to your illness. I also think families visiting long-term patients should be informed about caps in car parking fees where they exist."

In March 2018, Minister for Health Simon Harris announced a review of the charges. The HSE prepared recommendations for hospital car parking the following November, but failed to publish them. A draft document showed charges were due to be capped at €10 a day.

And, although the plan was signed off by the HSE directorate in January 2019, many hospitals still haven't complied with some recommendations.

Election

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waived for patients having ongoing treatment. Sinn Féin said it would phase out all fees.

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Reduced rate

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UK drivers get an even break

Car park charges are much cheaper in many hospitals across Northern Ireland and England. The charge for four hours in the Royal Victoria Hospital car park is £2.50 (€3), which is closer to the cost of parking for one hour in most hospital car parks in Dublin.

NHS hospital car parking fees were abolished in Scotland and Wales in 2008, yet it wasn't until August 2018, that parking at all Welsh NHS hospitals became free. A small number of hospitals in Scotland still charge for parking due to outstanding contracts with private companies.

In its election manifesto in winter 2019, the UK Conservative Party promised to ensure all 206 hospital trusts in England offer concessions.

Many hospitals across the UK

already offer free or reduced charges or daily capped rates for patients who have no alternative but to travel by car.

Free hospital parking is offered to specific groups. In the Royal Victoria Hospital in Belfast, parents visiting sick children or families visiting seriously ill patients don't pay.

The Patients Association in the UK has said that hospital car parking should be free, calling the fees "a charge on people who are unwell". NHS providers say fees are used to maintain parking facilities.

Someone staying with their partner while they are in labour does not pay for parking – something many who have had to continuously feed on-street parking meters around the National Maternity Hospital in Dublin will note with interest.

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Lorraine Keane admits Xpose affected her family life - but would love TV return

the Virgin Media TV Launch

Lorraine Keane has admitted working on Xpose affected her family life but she'd love to be on TV again.

The Dublin presenter and actress told the Irish Mirror: "Virgin Media formerly TV3, were my other family.

"I spent more time with them – certainly over the period of time I did Xpose – than I did with my family and that's where it was all going wrong, when you're spending more time in the office and less at home.

"I love TV, radio and media so I can see myself doing more with Virgin Media One and RTE.

"I'm gone from TV3 for 10 years. The first five years, it was scary, I had been with AA Roadwatch for eight years and TV3 for 11 years. I had been employed for 20 years and suddenly I was self-employed, it took a bit of getting used to. Having the freedom and owning your own diary was amazing but quite daunting, when you're used to having someone telling you what to do.

"It took me three years to get used to it, now that I'm 10 years self-employed I couldn't imagine working full time, all the time with 20 days holidays a year."

The mum of two is training for **Battle of the Stars**, where she'll swap studio glam for the dance floor in aid of **Breast Cancer Ireland** on April 4. She joins a host of stars taking to the stage at the Clayton Hotel Burlington Road in Dublin.

Lorraine said: "**Battle of the Stars** is much tougher than I imagined. And it's only one dance we have to learn.

"Hopefully I won't make a show of myself on the night and people will excuse me, as it's all for a good cause."

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Page:	Link	Size (Sq. Cm)	316



Keane to be back on TV

LORRAINE Keane has admitted working on Xpose affected her family life but she'd love to be on TV again. The Dublin presenter and actress told the Irish Mirror: "Virgin Media formerly TV3, were my other family. "I spent more time with them - certainly over the period of time I did Xpose - than I did with my family and that's where it was all going wrong, when you're spending more time in the office and less at home. "I love TV, radio and media so I can see myself doing more with Virgin Media One and RTE. "I'm gone from TV3 for 10 years. The first five years, it was scary, I had been with AA Roadwatch for eight years and TV3 for 11 years. I had been employed for 20 years and suddenly I was self-employed, it took a bit of getting used to. Having the freedom and owning your own diary was amazing but quite daunting, when you're used to having someone telling you what to do. "It took me three years to get used to it, now that I'm 10 years self-employed I couldn't imagine working full time, all the time with 20 days holidays a year." The mum of two is training for Battle Of The Stars, where she'll swap studio glam for the dance floor in aid of [Breast Cancer Ireland](#) on April 4. She joins a host of stars taking to the stage at the Clayton Hotel Burlington Road in Dublin. Lorraine said: "Battle Of The Stars is much tougher than I imagined. And it's only one dance we have to learn. "Hopefully I won't make a show of myself on the night and people will excuse me, as it's all for a good cause." |For more information visit www.breastcancerireland.com. news@irishmirror.ie PLANS Lorraine Keane

Publication:	FM 104	Media Cost (€):	142
Date:	Sunday, March 8, 2020	Reach	174,080
Page:	Link	Size (Sq. Cm)	469



FM 104 @ 08-Mar-20 11:57 - (Battle)

30 journeys with a leap of faith a colourful one Oh Four's the Jews I love that song was in the video gets its epic arising like that my dance class and in the stand thinking **Battle of the Stars** for breast Cancer Ireland a result of the delay she James Cowton S stillness nee Cullen and they're all brilliant is the rehearsal I'm not brilliant but I think particularly

good and it might be like to get right in that video maybe next time you'll be within video should have the same but I think something can happen anyway but they are everyone of course I do still love to come this morning we are of course been taken all the movies like onward a military wife and son the stars like Tom Holland and Sharon Horgan a lot

more doctors afternoons there are one or borders Hughes weaved his way check out our new bathroom showroom see in-store for special offers and tores of Devon for one full enable Ireland supports children with disabilities are love for Ireland just like me support children like Naomi by popping pre-loved clothing accessories and homeware in a bag and donated at any TK Maxx enable

Ireland will sell your donated items in the shops have to Max support tailed disabilities thank you big B&Q 20 % of bathroom eventers now on a week you say been on a range of products based on by rats and furniture so you can get a great deal on a style that suits you with 20 % of

you could do would point you B&Q await ballot 20th February to 19 March subject to availability see in store or anything you want the best value on quality carpets and wooden flooring and Des Kelly interiors massive flooring sales is feared they could have saved every cent of a carpet of wood flooring 20.1 for accessories and 20 % on all drugs plus get free underlay on

all wood flooring underlay upgrade on all cupboards days Kelly interiors massive flooring sale now while fl Ford driven maestro say Yeah is that if they had the ball and you were all spirits they had a E. della the afford a more apt a seamless online millions and virus lockdown in Italy Louise Zealand Crews good afternoon an unprecedented

decree has been signed by Italy's prime minister put more than a quarter of the population on lockdown over 60 million people are affected and it will be in place until at least the third of April as the plant leak out last night People ran to catch the last train out of the affected cells us Unfortunately we had news of this decree of school Croft could creep everyone


Highlights: **Breast Cancer Ireland**, **Battle of the Stars**.

Publication:	Newstalk	Media Cost (€):	2240
Date:	Sunday, March 8, 2020	Reach	375,500
Page:	Link	Size (Sq. Cm)	17



Newstalk @ 08-Mar-20 09:44 - (breast) Part 2

Highlights: [Breast Cancer Ireland](#), Aisling Hurley, International Women's Day, Eimear Cregg, breast cancer, [Battle of the Stars](#).

Publication:	Newstalk	Media Cost (€):	8000	
Date:	Sunday, March 8, 2020	Reach	375,500	
Page:	Link	Size (Sq. Cm)	796	

Newstalk @ 08-Mar-20 09:44 - (breast) Part 1

the site providing professional Qualifications in fitness instruction chronic my partial pain cures muscular therapy and Tallaght days NCC does take the you can be each and every think you have having a TV licence pets that's just what the terms and conditions of life there are and get your licence that I eat any of it is brought to you by the Government of Ireland

and Electric Ireland we offer everyone a discount rate that doesn't disappear after one year will join us for one million homes already with us because we're brighter together joining us at Electric Ireland .ie 81728 euro Average consumption urban 24 are discounted unit rates standing charges PSO levy on carbon tax residential you'll feel direct debit and online billing or decencies apply the Electric Ireland got a slight

VAT rate to 25th December 2019 subject to change high John Sharkey years from the National Training Centre is Ireland's leading provider of health fitness and complementary therapy education we're now enrolling for part-time accredited courses in personal training flat day's sports massage your muscular therapy and fitness instruction to find out more at NTC .ie NTC see who you can be

bring you' D bring the new urban congratulations how bring new beginnings the joy of every change life brings increases with the new Volkswagen discover unmissable offers and the rain finally of course to the outstanding range of books looking to bring a change in conditions apply as a parent you do anything to protect your children but can you imagine

not eating saw your daughter can stepping in front of the ball does so that's about to destroy your all things no parent should ever have to imagine but from mothers like mattress and Angela their reality this lent help mothers to protect their children Cork 18 50 for weight for weight others that Trocaire Trocaire until love conquers fear there is a clear

and present danger in this week's Sunday Independent what you really need to know what the outcome of the virus and how it can be stopped companies Dr Ciara Kelly and Professor Luke O'Neill in living comedy star Sharon Horgan talks loved life and what makes you happy and in sport Eamon Sweeney's 10 greatest Cheltenham races plus Neil Francis on a fight Sinn FÁ©in will rule in schools rugby

the Sunday Independent for your stories the worst pain for work in print forceps I I Independent news .ie enjoy exceptional Irish art at Whyte's auction this weekend see wonderful works by Paul Henry Jack Yeats John level Rory Roderick o' Connor Tony O'Malley William Scott and many others at the RDS this Saturday Sunday and Monday are online at whytes.ie rights where Irish chart is truly

value yellow and blue and got room for a year is yours and you saw it is Ireland's best and most trusted Self storage provider rate facility could access a great staff I've been using use stored and it has been great for storing everything I need for my company visit our website check out our 5 star reviews and Indaver home or business

stories white yellow and blue room free use live and kicking with clear McCann thanks to NTC .ie providing professional qualifications and fitness instruction chronic my partial pain you're a muscular therapy and a latte NTC it does make me feel you can be there is Newstalk and you can text your 5.1 6 at a cost of 37 to sell Yes it is

into National women's day and while there is always a place for men in our lives when women come together it is a great thing I was delighted when breast Cancer Ireland contacted me and asked if I'd feature piece today empowering women to take control of their health and not be embarrassed to ask for help or ask for a breast check I

do think a lot of women suffer in silence the things that we put up with as just being a normal whether it's to do with our cycle whether it's to do with putting everybody else first we do take a hell of a lot done and we shouldn't always wait until there's a problem before we reach out and look after our health I think it's a great message

and discuss this further I a.m. joined by CEO Lady who says she makes her bed every day in relation to a discussion earlier breast Cancer Ireland CEO Aisling Hurley and cancer survivor Ian McCrea could like me makes just before it gets into it which I think is also an achievement in itself we restore

with you and you are seeing is Highlights: Breast Cancer Ireland, Aisling Hurley, International Women's Day, Eimear Cregg, breast cancer, Battle of the Stars.



MOATE COMMUNITY SCHOOL

ALAN ARDIFF VISITS MOATE COMMUNITY SCHOOL

On Wednesday, 26 February renowned jeweller, sculptor and artist Alan Ardiffe visited MCS.

Alan, an NCAD graduate, started his studies in industrial design but after two years decided to move in to the metal-work area and specialised in jewellery.

Like all overnight success stories the reality was a little different, Alan's early work was one-off craft pieces, prices for his work started at €1000 for a brooch. After a while he realised he was making pieces that even he couldn't afford, and despite the high prices, he wasn't really making a living.

So he did what few contemporary Irish jewellers have done - he developed a range of production pieces which he could train people to make in his whimsical style. He designs the master model; then individual pieces are made, so he changed to a highly streamlined small-scale production.

There's still a great deal of hand finishing on each piece and he brings out several new designs a year, so there will be only a limited run on each design which keeps them fairly exclusive.

Alan spoke to second, third, fifth and sixth year art students

giving them an insight into the world of art as a career, how he comes up with his designs and the meanings behind their names.

Alan creates his jewellery from a combination of gold and silver, with a number of the jewellery pieces incorporating kinetic parts; fish jump, birds swing, stones rock and hearts roll!

"When a person believes it just might be possible somehow somewhere someday, then in that magic moment of possibility anything can happen. My art is a celebration of these moments in our life," he stated.

BREAST CANCER

The Moate Community School transition year girls recently took part in an awareness talk about breast cancer. A representative, Rachel Fitzgerald, came from Breast Cancer Awareness Ireland and told the students of her own experiences with breast cancer. She educated the girls on the signs and symptoms of breast cancer.

She commenced the talk by informing us a bit better on the work conducted by Breast Cancer Ireland. Breast Cancer Ireland is a registered charity established to raise funds to sup-

port innovative research programmes nationally as well as to promote education and awareness on the importance of breast health amongst women of all ages.

She then went on to explain the initial symptoms of breast cancer with the use of a helpful leaflet. She also used a mannequin to demonstrate how to check yourself properly. She explained the importance of checking approximately every month to try and detect anything unusual early on.

Overall, everyone that took part enjoyed the talk and we feel that we shall benefit from the information and knowledge Rachel kindly shared. The girls are now more aware of breast cancer and are more prepared to identify the disease for themselves. The students are now capable of passing on this information to their family and friends, making our school and community a more aware and conscious environment.

MOATE BUSINESS COLLEGE ART PLACEMENTS

Art Students from Moate Business College were offered a unique Work Placement with artist Michelle O'Donnell from Glasshammer Studios in Rhode Co. Offaly.

Students Orla and Jason were taught hands on skills in the art of glass sculpture with Michelle

who is a professional artist of 21 years, making fused glass art-

works and sculptures, in her purpose-built studio.

Michelle's work features in collections worldwide such as the White House Art Collection USA, Queen Elizabeth's personal Art Collection and the AIB Art Collection.

Work placement in their vocational area is a fundamental and vital part of student's education and training in Moate Business College and placements such as Glasshammer Studios provide students with excellent skills which they carry into their everyday work.

GARDA YOUTH AWARDS

Congratulations to the Moate TY Sensory Garden students who

were shortlisted as one of the five groups in the Westmeath Division of the Garda Youth Awards. The students attended a gala dinner in the Annebrook Hotel Mullingar organised by the Garda Síochána, on Thursday, 20 February, in recognition of the positive contribution they have been making in their community. The group was nominated by Ms Margaret Mandal (MCS).

The students are benefiting the community with their continuous work in maintaining and developing the Sensory Garden in the Dún Na Sí Amenity and Heritage Park. They work as a team with the young adults

from St Hilda's, encouraging them to take an active part in ongoing activities.

The students have demonstrated a very positive appreciation of social inclusion of individuals with disabilities, being patient and kind with their activities, such as gardening, preparing and taking part in fundraising activities. The students are also working with other members of the community; Community Enterprise workers and other volunteers of the park in the construction of

this path. In all these interactions, they have been proactive, enthusiastic and thoroughly enjoying their project.



Moate CS students and staff pictured with artist Alan Ardiffe when he visited recently.



Students representing the TY Sensory Garden project: Louise Fagan, Darina Hanevy, Matthew Hogg, Eoghan Raleigh with Inspector Michelle Baker of the Garda Síochána.



Katelyn McHugh Dolan, Alice Ryan, Emily Ray (in front) presenting a cheque to Rachel Fitzgerald on behalf of the students in Moate CS.



Jason O'Connor, Michelle O'Donnell (owner Glasshammer studios), and Orla Foran pictured during a work placement in the Rhode art studio.



SCHOOLS REPORT

Avondale Community College

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Congratulations to the First year boys basketball team who defeated St Mary's Rathmines in the playoffs last Thursday. Our First year girls basketball team topped the group in the Wicklow League and have now qualified

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They defeated St Mary's Arklow. Well done, girls.

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Past pupil Seán Byrne was recently brought to Zambia as part of his prize from last year's BT Young Scientist Exhibition. His winning project entitled 'Eggshell Filtration System' focused on removing heavy metal pollutants from water. Seán spent the week travelling to farms and schools with Self Help Africa to explore how his project could be used at local level in the Global South and potentially save lives. In addition,

Seán gave an impressive presentation about his project to a packed lecture hall in the University Of Lusaka and was also invited to dinner at the Irish Embassy in the region. It was a really exciting opportunity for Seán, and Avondale Community College are extremely proud to have such a talented alumnus.

SPONSORED WALK

Avondale Community College will be hosting their annual Sponsored Walk in aid of the Sports and Cultural Fund this week. Thank you to all students and sponsors for supporting this important event.

Coláiste Bhríde, Carnew

UNDER-14 FOOTBALL

The under-14 girls faced local rivals, St Kevin's, Dunlavin in their first group game of the Leinster championship. Dunlavin started the stronger team but were not able to capitalise due to excellent defending by the CB girls. The home team soon settled into the game and despite a shaky finish to the half, they were down by only one point.

The second half was a lot more comfortable for the Carnew girls. They worked very well together

and managed some great scores and managed to win comfortably in the end. The final score was 2-7 to 1-2. The girls face Newbridge in their next group game.

IMTA MATHS COMPETITION

In January, first year students participated in the preliminary round of the Irish Maths Teacher's Association First year Maths Competition.

We are delighted that as a result 10 students have been selected to participate in the final which will take place on Friday, March 20, in St Leo's College Carlow.

The selected students are: Rebecca Byrne, Alex Doyle, Samuel Driver, Aisling Fleming, Billy Hurney, Eoin Ivanoff, Áine McMahon, Jessica Murphy, Ros Ó Tuama and Rebecca Tobin.

THEATRE TRIP

A number of our third year students enjoyed Willy Russell's epic musical 'Bloodbrothers' last week at the Bord Gáis Theatre. These students are studying the play for their Junior Cert and enjoyed it immensely.

BASKETBALL

Coláiste Bhríde Carnew's first year boys basketball team travelled to Glenart College for their final group game. They started with a strong defence limiting Glenart's scoring opportunities. While putting their own scores on the board. The final score was Coláiste Bhríde Carnew 30 Glenart 7.

This result means the team will progress out of group and can now look forward to the next phase of the competition.

TY FRENCH

After three months of planning, preparation and practice, the TY French teaching teams started their series of lessons in the primary schools recently. They worked with fifth and sixth class pupils in Carnew and Ballyellis and intro-

duced the pupils to some basic French conversational skills, as well as key cultural aspects.

Well done to our TY students

who were exemplary ambassadors for Coláiste Bhríde today.

HOCKEY

On Wednesday last, the Minor C team, competed in a blitz against two Loreto Kilkenny teams and a team from Kilkenny College.

Game 1: The girls played a very good defence against the first Loreto Kilkenny team which ended in a 0-0 draw.

Game 2: the girls played extremely well against a very skilled Kilkenny College team. Unfortunately this resulted in a loss.

Game 3: The girls honed their skills and really worked very well as a team to defeat the second Loreto Kilkenny team, 4-0.

The girls were very impressive on the field and off the field.

GREEN SCHOOLS

Last week a member of Green Schools/an Taisce came to the school to deliver a brainstorming workshop with our sitting Green Schools Committee. The committee came up with many interesting ideas for our current theme (Global Citizenship and Travel) and plan to implement them over the next year and a half.

St Kevin's Community College, Dunlavin

WELLBEING WEEK

This week our school had an extra focus on wellbeing and taking care of our physical and mental health. We had an array of activities throughout the week for each of our Year Groups.

The highlight of the week was the talk that the Kildare Boxer 'Eric Lightning Donovan' gave our students. Eric spoke about his story of redemption and overcoming adversity. He spoke about trying to

help people and having an attitude of kindness and care. Our students found his story truly inspiring.

Other activities that happened throughout the week included mindfulness meditation, pilates, scavenger hunts, bingo, drop everything and colour and our sixth years had a bonding brunch where they got to enjoy some pancakes and tea.

Thank you to our staff who also organised a coffee morning in aid of Pieta House which is a very worthy cause. The central message of the week was that wellbeing matters and we must take care of it. Thank you to everyone that participated and we hope that you enjoyed the events.

GARDA YOUTH AWARDS

Congratulations to Feargal Henigan (second year) who won an award at the Wicklow Garda Youth Awards recently. Feargal won his award for his community work. Feargal is a member of the West Wicklow Youth Project and Kildare Youth Services.

He has worked on a number of projects that deal with contemporary issues including Climate Change, Mental Health Awareness, Youth Initiatives and Local History Projects. Feargal is an inspiration to all the members of our school and the wider community. He is also a member of the Ballymore Eustace Concert Band. Well done, Feargal.

St Mary's College

LONDON TOUR

On Wednesday and Thursday, February 19, to February 20 50 students and six teachers travelled to London for an action packed visit.

After an early 3 a.m. start the students still had enough energy to enjoy a tour of the London Dungeons, shopping in Covent Garden (including a dinner at Café

Rouge where Ava O'Brien's birthday was celebrated with a cake).

The students then enjoyed an evening at 'Wicked, the Musical'.

The following day was spent visiting Warner Bros. Harry Potter Studios and the London Science Museum.

The trip was a huge success and was both educational and fun, especially for all our Harry Potter enthusiasts. Many thanks to Ms Joanne Logue for organising it and to her colleagues for accompanying the group.

FUNDRAISING RAFFLE

A huge thank you to our parents' association who organised another very successful Valentine's Fundraising Raffle again this year. Many thanks also to everyone who supported our raffle. The draw took place on February 14 and was conducted and supervised by Ms McGrath's Form one Business Class. The winning tickets are as follows: First Prize (€500) – Ms Sandra Connolly, Second prize (two weekend tickets to Longitude 2020) – Ms Sandra O'Reilly, Third Prize (two Tickets to Ireland v Italy Six Nations 2020) – Ms Amelia Adamcska

BREAST HEALTH PRESENTATION

Many thanks to Catherine Wallace from Breast Cancer Ireland, who visited our school today to give a very important presentation to the Transition Year classes on breast health. She also gave a talk to staff at lunchtime in the library which was very informative and well received.

TRANSITION YEAR

Our TY students had a visiting speaker on Friday, February 28, from Wicklow Mountains National Park. The representative spoke to our students about the TY Outreach Programme and how we treat both wild and domestic animals.

On Wednesday the students had an encounter with lots of weird and wonderful wildlife, and a workshop about habitats and zoology with Dave from Dave's Jungle.

Dominican College Wicklow

BASKETBALL

On the Friday before midterm, the first and second-year basketball teams travelled to Arklow to play East Glendalough School.

The first years had a great match. Six of the team showed off their shooting skills by scoring impressive baskets. Well done to Aisling Turner and Lucia Gorman, who scored two baskets each and to Hannah Lawless, who scored six times throughout the game. Lucy Clarke and Lily Donoghue helped keep the score in our favour with excellent defence, leaving DCW with a win of 24-10.

The second years had a tougher match but still gave it all they could. Ella O'Donoghue was on top form scoring twice, and Abbie O'Brien scored three brilliant baskets. Eva Deehan and Maria Navarro did a super job of defending against EGS, all which resulted in another win for DCW of 14-8.

On February 25 14 of our first year, Basketball players travelled to Kilcoole to take on Coláiste Chraobh Abhann.

The girls were well prepared and gave all they could to come out on top. Molly O'Keefe did a particularly great job, scoring three baskets as well as keeping CCA out with some great defensive play. Lucia Gorman and Aisling Turner also helped the score along, scoring two baskets each. Lara Chassagne and Ellie Brennan, two of our newest players, showed their excellent potential with some great passes and defensive work around the court.

The girls never let up against their rivals and finished the match with a brilliant score of 36-8, with other baskets scored by Nicole Fogarty, Hannah Lawless and Sorcha O'Neill. The girls were delighted with their performance and are looking forward to their next match.

SENIOR HOCKEY

On Tuesday the 25th the senior hockey team had an epic battle for their last game of the season.

Having won all their group games comfortably, they progressed through to the pre-quarter final stage of the Leinster league.

This was a home fixture against Loreto Abbey Dalkey. The game

started in beautiful sunshine, but midway through the girls had to contend with the snow. It was a very tight game with little to separate the sides.

After 50 minutes, despite chances on both sides the game remained at 0-0. A result was necessary on the day, so the penalty shuttle shootout competition ensued. The five brave volunteers were Amy Mates, Masha Curran, Gesa Kahlert, Mia McCann and captain Martha Donohoe. After the five penalties, the score was once again level at 2-2 with Masha Curran and Mia McCann the Wicklow goal scorers.

After a further five attempts from both sides in sudden death the game was once again at a deadlock, the score 4-4. This time it was Gesa and Martha, who took their opportunities. Unfortunately, for the Dominican girls, Loreto Dalkey scored their twelfth shot, and Wicklow missed. Huge congratulations to the goalkeeper Ellen Griffin for her bravery and skill.

It was a very tough way to drop out of the competition, but we are so proud of all the girls for their great sportsmanship and their accomplishments to date. We are sad to say farewell to our sixth-year players and captains Martha Donohoe and Amy Kavanagh and our deputy head girl Kate Costello. They have been a great example for all the younger players and great ambassadors for the school. We wish them well in their future endeavours. Huge thanks to Frankie Marshall for refereeing the game.

HOCKEY STAR IN THE MAKING

Ella Healy, currently in Transition Year, has a bright future ahead of her in the hockey scene in Ireland. Despite her young age she plays at an extremely high level of competition. Outside of school, she plays with the ladies' senior team for Old Alex Hockey Club, the oldest hockey club in Ireland.

Last weekend Ella travelled with the team to Belfast to play Pegasus Hockey Club in the Irish Cup semi-final. The Irish Senior Cup

is the premier knockout trophy played for by all the top hockey clubs in Ireland. Old Alex won the game 7-6 in a very intense and

exciting penalty shuttle shootout.

Ella now has the honour of playing in the Irish Cup Final at the end of April. We wish Ella and her team the very best of luck. Ella is also currently attending trials for the under-18 2020 Interprovincial squad. We wish her well in these trials also.

CROSS COUNTRY

The all-Ireland Cross Country Schools Finals take place on March 7 in Santry Demesne at midday. Second-year student Lily Sheehy has qualified for this competition, and we wish her the very best of luck. Lily has had fantastic performances throughout the season, and we are very proud of all her achievements.

The cross country season has come to an end, so the focus of after school training turns to the track. All students who are interested in competing in the track and field competitions are encouraged to come to the Tuesday training session. No previous experience necessary. So, come along and try out a new event.

TRANSITION YEAR TRIP

TY students had the opportunity to see an energetic production of Blood Brothers in the Bord Gáis Theatre on February 26.

Blood Brothers, written by Willy Russell in 1983, is the story of twins born to a working-class single mother, who gives one of her children to a wealthier woman unable to conceive. It follows the lives of the two brothers, who become close friends unaware of their familial ties. Students felt a variety of emotions as the plot unfolded, from laughter when the brothers first met to floods of tears at the end. All the students enjoyed the musical production. Many thanks to the English Department for organising the trip.

MODEL UN TRAINING DAY

On February 27, 15 second-year students volunteered to participate in the training day in the Educate Together Secondary School. Mr Kehoe, the principal of Educate Together Secondary School, welcomed all the students

and showed them a video clip with different opening speeches from different countries in a UN model conference.

The students then wrote an opening speech for their countries. The Dominican College Wicklow represented the countries Japan, DPRK (North Korea) and Iran. Mr Kehoe then explained how to write up a resolution for each General Assembly in the UN representing each country.

The girls had concentrated on Climate change, reducing carbon emissions and the negative effects of social media. They also had to make resolutions for Disarmament, the conflict of the Palestine Israel Border and Women's rights.

In the afternoon the representatives for each country cast their opinions on a given resolution. They could also make an amendment to the resolution which was then either approved or rejected by the administration team.

When it was approved it was brought up to the honourable chairperson which then asked the owner to address the change to the resolution. Students then voted on this by holding up their countries' flags.

The girls enjoyed all the prac-

tical elements of the day and agreed it was great preparation for the actual Conference Day on March 27. Many thanks to Mr Kehoe for facilitating the day.

..... **East Glendalough School**

BOXING NIGHT

The 'EGS 'Brawl for the Hall' Boxing night takes place on Friday, March 13, in the Parkview Hotel, Newtownmountkenedy. Tickets on sale now via the school office or on Eventbrite at <https://www.eventbrite.ie/e/brawl-for-the-hall-east-glendalough-schoolwicklow-sports-hall-fundraiser-tickets-93186783177>. We are expecting a full house so get your tickets soon.

CHEMISTRY OLYMPIAD

Three of our sixth year students took part in the CA.

Stell National Chemistry Olympiad in Trinity College, Dublin, on Saturday, February 15. Sarah Jennings, Ella Richard's and Niamh

Dunphy equipped themselves very well in a really challenging test.

BLOOD BROTHERS

This week has seen a great levels of excitement as our first theatre trip of the year took place. Below is a short account in the students own words.

On Wednesday, February 26, we went to the Bord Gais Energy Theatre to see Blood Brothers. We got a bus from the school at 5.45 and arrived at the theatre at 7 p.m. When we all got our tickets we went and found our seats and waited for the show to start at 7.30. The musical was about twin brothers who were separated at birth, if they ever found out they were brothers they would die. Their mothers did everything they could to keep them apart. It lasted for three hours with an interval in the middle, during that time we went and bought popcorn and drinks.

We all really enjoyed the show and had a great night out together. Even though we weren't allowed get McDonalds on the way home it was still a lot of fun. A big thank you to all the teachers who accompanied us and made the evening such a success. Written by Lauren, Zoe and Ella.



St Kevin's Community College students enjoying Wellbeing week.



St Kevin's 2nd year student Feargal Hennigan who won an award at the Wicklow Garda Youth Awards recently.



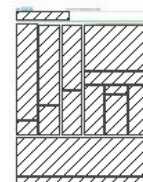
DCW Transition Year students on their trip to see Blood Brothers in the Bord Gáis Theatre.



Talented hockey player Ella Healy.



National Finalist Lily Sheehy.



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Seán gave an impressive presentation about his project to a packed lecture hall in the University Of Lusaka and was also invited to dinner at the Irish Embassy in the region. It was a really exciting opportunity for Seán, and Avondale Community College are extremely proud to have such a talented alumnus.

SPONSORED WALK

Avondale Community College will be hosting their annual Sponsored Walk in aid of the Sports and Cultural Fund this week. Thank you to all students and sponsors for supporting this important event.

Coláiste Bhríde, Carnew

UNDER-14 FOOTBALL

The under-14 girls faced local rivals, St Kevin's, Dunlavin in their first group game of the Leinster championship. Dunlavin started the stronger team but were not able to capitalise due to excellent defending by the CB girls. The home team soon settled into the game and despite a shaky finish to the half, they were down by only one point.

The second half was a lot more comfortable for the Carnew girls. They worked very well together and managed some great scores and managed to win comfortably in the end. The final score was 2-7 to 1-2. The girls face Newbridge in their next group game.

IMTA MATHS COMPETITION

In January, first year students participated in the preliminary round of the Irish Maths Teacher's Association First year Maths Competition.

We are delighted that as a result 10 students have been selected to participate in the final which will

take place on Friday, March 20, in St Leo's College Carlow.

The selected students are: Rebecca Byrne, Alex Doyle, Samuel Driver, Aisling Fleming, Billy Hurney, Eoin Ivanoff, Áine McMahon, Jessica Murphy, Ros Ó Tuama and Rebecca Tobin.

THEATRE TRIP

A number of our third year students enjoyed Willy Russell's epic musical 'Bloodbrothers' last week at the Bord Gáis Theatre. These students are studying the play for their Junior Cert and enjoyed it immensely.

BASKETBALL

Coláiste Bhríde Carnew's first year boys basketball team travelled to Glenart College for their final group game. They started with a strong defence limiting Glenart's scoring opportunities. While putting their own scores on the board. The final score was Coláiste Bhríde Carnew 30 Glenart 7.

This result means the team will progress out of group and can now look forward to the next phase of the competition.

TY FRENCH

After three months of planning, preparation and practice, the TY French teaching teams started their series of lessons in the primary schools recently. They worked with fifth and sixth class pupils in

Carnew and Ballyellis and introduced the pupils to some basic French conversational skills, as well as key cultural aspects.

Well done to our TY students who were exemplary ambassadors for Coláiste Bhríde today.

HOCKEY

On Wednesday last, the Minor C team, competed in a blitz against two Loreto Kilkenny teams and a team from Kilkenny College.

Game 1: The girls played a very good defence against the first Loreto Kilkenny team which ended in a 0-0 draw.

Game 2: the girls played extremely well against a very skilled Kilkenny College team. Unfortunately this resulted in a loss.

Game 3: The girls honed their skills and really worked very well as a team to defeat the second Loreto Kilkenny team, 4-0.

The girls were very impressive on the field and off the field.

GREEN SCHOOLS

Last week a member of Green Schools/an Taisce came to the school to deliver a brainstorming workshop with our sitting Green Schools Committee. The committee came up with many interesting ideas for our current theme (Global Citizenship and Travel) and plan to implement them over the next year and a half.

St Mary's College

LONDON TOUR

On Wednesday and Thursday, February 19, to February 20 50 students and six teachers travelled to London for an action packed visit.

After an early 3 a.m. start the students still had enough energy to enjoy a tour of the London Dungeons, shopping in Covent Garden (including a dinner at Café

Rouge where Ava O'Brien's birthday was celebrated with a cake).

The students then enjoyed an evening at 'Wicked, the Musical'. The following day was spent vis-

iting Warner Bros. Harry Potter Studios and the London Science Museum.

The trip was a huge success and was both educational and fun, especially for all our Harry Potter enthusiasts. Many thanks to Ms Joanne Logue for organising it and to her colleagues for accompanying the group.

FUNDRAISING RAFFLE

A huge thank you to our parents' association who organised another very successful Valentine's Fundraising Raffle again this year. Many thanks also to everyone who supported our raffle. The draw took place on February 14 and was conducted and supervised by Ms McGrath's Form one Business Class. The winning tickets are as follows: First Prize (€500) – Ms Sandra Connolly, Second prize (two weekend tickets

to Longitude 2020) – Ms Sandra O'Reilly, Third Prize (two Tickets to Ireland v Italy Six Nations 2020) – Ms Amelia Adamceska

BREAST HEALTH PRESENTATION

Many thanks to Catherine Wallace from Breast Cancer Ireland, who visited our school today to give a very important presentation to the Transition Year classes on breast health. She also gave a talk to staff at lunchtime in the library which was very informative and well received.

TRANSITION YEAR

Our TY students had a visiting speaker on Friday, February 28, from Wicklow Mountains National Park. The representative spoke to our students about the TY Outreach Programme and how we treat both wild and domestic animals.

On Wednesday the students had an encounter with lots of weird and wonderful wildlife, and a workshop about habitats and zoology with Dave from Dave's Jungle.

Dominican College Wicklow

BASKETBALL

On the Friday before midterm, the first and second-year basketball teams travelled to Arklow to play East Glendalough School.

The first years had a great match. Six of the team showed off their shooting skills by scoring impressive baskets. Well done to Aisling Turner and Lucia Gorman, who scored two baskets each and to Hannah Lawless, who scored six times throughout the game. Lucy Clarke and Lily Donoghue helped keep the score in our favour with excellent defence, leaving DCW with a win of 24-10.

The second years had a tougher match but still gave it all they could. Ella O'Donoghue was on top form scoring twice, and Abbie O'Brien scored three brilliant baskets. Eva Deehan and Maria Navarro did a super job of defending against EGS, all which resulted in another win for DCW of 14-8.

On February 25 14 of our first year, Basketball players travelled to Kilcoole to take on Coláiste Chraobh Abhann.

The girls were well prepared and gave all they could to come out on top. Molly O'Keefe did a particularly great job, scoring three baskets as well as keeping CCA out with some great defensive play. Lucia Gorman and Aisling Turner also helped the score along, scoring two baskets each. Lara Chassagne and Ellie Brennan, two of our newest players, showed their excellent potential with some great passes and defensive work around the court.

The girls never let up against their rivals and finished the match with a brilliant score of 36-8, with other baskets scored by Nicole Fogarty, Hannah Lawless and Sorcha O'Neill. The girls were delighted with their performance and are looking forward to their next match.

SENIOR HOCKEY

On Tuesday the 25th the senior hockey team had an epic battle for their last game of the season.

Having won all their group games comfortably, they progressed through to the pre-quarter final stage of the Leinster league.

This was a home fixture against

Loreto Abbey Dalkey. The game started in beautiful sunshine, but midway through the girls had to contend with the snow. It was a very tight game with little to separate the sides.

After 50 minutes, despite chances on both sides the game remained at 0-0. A result was necessary on the day, so the penalty shuttle shootout competition ensued. The five brave volunteers were Amy Mates, Masha Curran, Gesa Kahlert, Mia McCann and captain Martha Donohoe. After the five penalties, the score was once again level at 2-2 with Masha Curran and Mia McCann the Wicklow goal scorers.

After a further five attempts from both sides in sudden death the game was once again at a deadlock, the score 4-4. This time it was Gesa and Martha, who took their opportunities. Unfortunately, for the Dominican girls, Loreto Dalkey scored their twelfth shot, and Wicklow missed. Huge congratulations to the goalkeeper Ellen Griffin for her bravery and skill.

It was a very tough way to drop out of the competition, but we are so proud of all the girls for their great sportsmanship and their accomplishments to date. We are sad to say farewell to our sixth-year players and captains Martha Donohoe and Amy Kavanagh and our deputy head girl Kate Costello. They have been a great example for all the younger players and great ambassadors for the school. We wish them well in their future endeavours. Huge thanks to Frankie Marshall for refereeing the game.

HOCKEY STAR IN THE MAKING

Ella Healy, currently in Transition Year, has a bright future ahead of her in the hockey scene in Ireland. Despite her young age she plays at an extremely high level of competition. Outside of school, she plays with the ladies' senior team for Old Alex Hockey Club, the oldest hockey club in Ireland.

Last weekend Ella travelled with the team to Belfast to play Pegasus Hockey Club in the Irish Cup semi-final. The Irish Senior Cup

is the premier knockout trophy played for by all the top hockey clubs in Ireland. Old Alex won the

game 7-6 in a very intense and exciting penalty shuttle shootout.

Ella now has the honour of playing in the Irish Cup Final at the end of April. We wish Ella and her team the very best of luck. Ella is also currently attending trials for the under-18 2020 Interprovincial squad. We wish her well in these trials also.

CROSS COUNTRY

The all-Ireland Cross Country Schools Finals take place on March 7 in Santry Demesne at midday. Second-year student Lily Sheehy has qualified for this competition, and we wish her the very best of luck. Lily has had fantastic performances throughout the season, and we are very proud of all her achievements.

The cross country season has come to an end, so the focus of after school training turns to the track. All students who are interested in competing in the track and field competitions are encouraged to come to the Tuesday training session. No previous experience necessary. So, come along and try out a new event.

TRANSITION YEAR TRIP

TY students had the opportunity to see an energetic production of Blood Brothers in the Bord Gáis Theatre on February 26.

Blood Brothers, written by Willy Russell in 1983, is the story of twins born to a working-class single mother, who gives one of her children to a wealthier woman unable to conceive. It follows the lives of the two brothers, who become close friends unaware of their familial ties. Students felt a variety of emotions as the plot unfolded, from laughter when the brothers first met to floods of tears at the end. All the students enjoyed the musical production. Many thanks to the English Department for organising the trip.

MODEL UN TRAINING DAY

On February 27, 15 second-year students volunteered to participate in the training day in the Educate Together Secondary School. Mr Kehoe, the principal of Educate Together Secondary School, welcomed all the students

and showed them a video clip with different opening speeches from different countries in a UN model conference.

The students then wrote an opening speech for their countries. The Dominican College Wicklow represented the countries Japan, DPRK (North Korea) and Iran. Mr Kehoe then explained how to write up a resolution for each General Assembly in the UN representing each country.

The girls had concentrated on Climate change, reducing carbon emissions and the negative effects of social media. They also had to make resolutions for Disarmament, the conflict of the Palestine Israel Border and Women's rights.

In the afternoon the representatives for each country cast their opinions on a given resolution. They could also make an amendment to the resolution which was then either approved or rejected by the administration team.

When it was approved it was brought up to the honourable chairperson which then asked the owner to address the change to the resolution. Students then voted on this by holding up their countries' flags.

The girls enjoyed all the prac-

tical elements of the day and agreed it was great preparation for the actual Conference Day on March 27. Many thanks to Mr Kehoe for facilitating the day.

East Glendalough School

BOXING NIGHT

The 'EGS 'Brawl for the Hall' Boxing night takes place on Friday, March 13, in the Parkview Hotel, Newtownmountkennedy. Tickets on sale now via the school office or on Eventbrite at <https://www.eventbrite.ie/e/brawl-for-the-hall-east-glendalough-school-wicklow-sports-hall-fundraiser-tickets-93186783177>. We are expecting a full house so get your tickets soon.

CHEMISTRY OLYMPIAD

Three of our sixth year students took part in the CA.

Stell National Chemistry Olympiad in Trinity College, Dublin, on Saturday, February 15. Sarah Jennings, Ella Richard's and Niamh

Dunphy equipped themselves very well in a really challenging test.

BLOOD BROTHERS

This week has seen a great levels of excitement as our first theatre trip of the year took place. Below is a short account in the students own words.

On Wednesday, February 26, we went to the Bord Gais Energy Theatre to see Blood Brothers. We got a bus from the school at 5.45 and arrived at the theatre at 7 p.m. When we all got our tickets we went and found our seats and waited for the show to start at 7.30. The musical was about twin brothers who were separated at birth, if they ever found out they were brothers they would die. Their mothers did everything they could to keep them apart. It lasted for three hours with an interval in the middle, during that time we went and bought popcorn and drinks.

We all really enjoyed the show and had a great night out together. Even though we weren't allowed get McDonalds on the way home it was still a lot of fun. A big thank you to all the teachers who accompanied us and made the evening such a success. Written by Lauren, Zoe and Ella.



Avondale Community College transition year student Alex Rowley on his work experience in the Classic Hits FM studio.



St. Mary's College Students at Warner Brothers Harry Potter Studios in London.



Talented hockey player Ella Healy.



National Finalist Lily Sheehy.



DCW Transition Year students on their trip to see Blood Brothers in the Bord Gáis Theatre.

Publication: writing.ie**Media Cost (€):** 15**Date:** Wednesday, March 4, 2020**Reach** 3,740**Page:** [Link](#)**Size (Sq. Cm)** 170

Celebration of Emma Hannigan Coffee Morning in aid of **Breast Cancer Ireland**

Hello all yee scribblers!

This is Caroline Grace-Cassidy calling!

So, hard to believe but it's Emma Hannigan's second anniversary today. Two years since she bid us farewell and took her beautiful bow.

On Friday March 27th, we are hosting a "Celebration of Emma" coffee morning at the Martello Tower Hotel, in Bray, from 10AM – 12PM with all proceeds going to **Breast Cancer Ireland**.

There will be coffee and tea and warm scones, good banter, live music, and cannisters from BCI where you can donate something, however big or however small it all helps.

This is something that Emma asked me to do.

We will be filming the event so it would be AMAZING to get as many of Emma's writing community there as we possibly can!

Vanessa, has very kindly agreed to send this email to all the whole community and I truly hope I can count on your support. If you can make it please email me directly at carolinegracecassidy@gmail.com

Much love, Caroline Grace-Cassidy.



Transition Year students with Rachel Fitzgerald.

Awareness talk on breast cancer for Moate students

THE Moate Community School Transition Year girls recently took part in an awareness talk about breast cancer, write students Katelyn McHugh Dolan, Alice Ryan and Emily Ray.

The students had a representative, Rachel Fitzgerald, come from Breast Cancer Awareness Ireland. She told the students of her own experiences with breast cancer. She educated the girls on the signs and symptoms of breast cancer.

She commenced the talk by informing us a bit better on the work conducted by [Breast Cancer Ireland](#).

Breast Cancer Ireland is a registered charity established to raise funds to support innovative research programmes nationally as well as to promote education and awareness on the importance of breast health amongst women of all

ages.

She then went on to explain the initial symptoms of breast cancer with the use of a helpful leaflet.

She also used a mannequin to demonstrate how to check yourself properly.

She explained the importance of checking approximately every month to try and detect anything unusual early on.

Overall, everyone that took part enjoyed the talk and we feel that we shall benefit from the information and knowledge Rachel kindly shared. The girls are now more aware of breast cancer and are more prepared to identify the disease for themselves.

The students are now capable of passing on this information to their family and friends, making the school and community a more aware and conscious environment.

Weekender

Lorraine Keane's Galway

Galway is a magical place for a weekend to recharge the batteries.

The Hardiman Hotel is my favourite, ever since it was the Great Southern. You can't beat the Eyre Square location and its luxurious old-world charm.

I love The Seafood Bar @ Kirwan's Lane.

It's fine-dining without the pomp, with great wines and incredible seafood. It's a must for Friday night.

On Saturday, we'd head west.

One option would be Barna Woods for a walk. Then we'd visit O'Grady's on the Pier, for seafood and the view; or go on to Roundstone, for crab-claws and Guinness at O'Dowd's; followed by a walk on the beach at Dog's Bay.

On Saturday night, our favourite pub in Galway city is Neachtain's.

and I have it on good authority — from my husband Peter — that the Guinness is the best in the west! He's

also a fan of the live-music venue Roisin Dubh, and I have been known to forego cocktails at Tribeton to see a gig there.

The Spa at the Hardiman is the perfect Sunday-morning treat.

The outdoor hot tub and jacuzzi are a must, too.

The hotel breakfast is great, but we also love Dela Restaurant.

The eggs Florentine are worth queueing for, and, if you're not driving, the peach Bellini is the perfect end to a weekend in the west.

Lorraine Keane is part of the line-up for Battle of the Stars, supported by the Joe Duffy Group, a gala fundraiser on Saturday, April 4, at the Clayton Hotel, Burlington Road, D4, to raise funds for Breast Cancer Ireland's research and awareness programmes. For tickets, see breastcancerireland.com

In conversation with Sarah Caden



Lorraine with her husband Peter Devlin

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Date:	Sunday, March 1, 2020	Reach	809,200
Page:	Link	Size (Sq. Cm)	240



Lorraine Keane's Galway -'a magical place for a weekend to recharge the batteries'

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Date:	Friday, February 28, 2020	Reach	2,074
Page:	Link	Size (Sq. Cm)	2,006



Greystones notes week March 2nd

Forthcoming Greystones events outlined below.

Please mark your diaries and calendars for those that interest you!!

Keep in touch with what is going on.

News & information items and updates on forthcoming events.

Straight to your Inbox each week!!

Please forward notices to Kathleen Kelleher, 2875327/087 2845465, kk@KathleenKelleher.com.

Please feel free to forward Calendar to family and friends or add to your Facebook page.

Keep up to date with what is going on!!

Lots more Greystones information available from:

Paul Byrne at: www.GreystonesGuide.ie

Also from www.Greystones.ie

Daffodil Day Coffee Morning Hosted by Greystones Cancer Support

Friday, 27 March 2020; Presbyterian Hall, Trafalgar Road; 10 am to 12 pm.

Daffodil Day items now on sale at GCS, La Touche Place.

Tea Towels, Greeting Card Sets, Shopping Bags, Teddy Bears, Silk Daffodils, Pens, Pins.

These items always sell out quickly and are very popular!!

Don't be disappointed, get yours now before the rush!!

Daffodil Day items always make a very welcome small present for family and friends.

Details from 2871601 or info@GreystonesCancerSupport.com

Funds in aid of the Irish Cancer Society Daffodil Day Fund.

Greystones People of the Year Awards 2020

Nominations are now being taken for this annual popular initiative.

Closing date for nominations is Friday, 3 April 2020.

Awards will be presented in Greystones Golf Club on 7 May 2020.

Awards are presented in the following categories:

Sports Person of the Year Civic Person of the Year Special Person of the Year

Cultural Person of the Year Commercial Person of the Year

Young Entrepreneur of the Year.

Application forms from 2876694 or greystonesmd@wicklowcoco.ie.

Greystones Lawn Tennis Club|New to You Pop Up Fashion Sale

Greystones LTC, Mill Road; 28 and 29 February 2020.

Recycle your unwanted and gently loved clothes!!

Good for the environment. Good for your pocket as well.

You can donate your items towards club funds.

Or you can sell your items of ladies fashions and receive 50% back on items sold.

Funds will go towards resurfacing of tennis courts 7 to 9.

Details from Ailish Byrne, 087 2380265.

Paul Byrne from Greystones Guide.ie has the full story:

Late Applications for Entry to St. Patrick's Day Parade 2020

Late applications will be accepted.

Details from 2876694 or greystonesmd@wicklowcoco.ie.

GREYSTONES ACTIVE RETIREMENT ASSOCIATION

KILIAN HOUSE FAMILY CENTRE www.greystonesara.com.

Outings + Meetings

Information, Membership Payments and Bookings for all events:

Tuesdays, Kilian House Family Centre, 10:30 a.m. to 11:30 p.m.

Please pay balance of Killarney Holiday money by Tuesday, 25 February.

Monthly Get Together Coffee Morning 27 March 2020

Kilian House Family Centre; 10.30 a.m.

Gaiety Theatre Outing|The Mousetrap 1 April 2020

Bus leaves Holy Rosary Church Car Park at 1:00 p.m.

Ticket and bus transport, €48.

Tea Dance 4 April 2020

Parkview Hotel, Newtownmountkennedy.

2:30 p.m. to 5:30 p.m.

Cost is €7.50.

29 February 2020

School Avoidance Advice & Support

Hillside Evangelical Church Hall, 11:00 a.m. to 1:00 p.m.

Joan McDonald, Autistic Educational Consultant.

Founder of Autistic Paddies.

Members free; Non Members, €5.

Details from tripleawicklow@gmail.com.

29 February 2020

Whale Theatre

Greystones Film Club: Shaun the Sheep|Farmageddon

3:00 p.m. Doors, 2:30 p.m.

Tickets €10.

Since the first film, residents of Mossy Bottom Farm have been brightening up the world!!

Their second full length film feature is with us at the Whale Theatre.

Farmageddon, taking a well-aimed and loving potshot at the sci-fi and disaster movie genre.

Celebrate Shaun the Sheep on Leap Day!!

Admission includes free Kids Snackbox with sweets, popcorn and a drink.

Or free adult popcorn.

Booking and details of all future Whale Theatre events from www.WhaleTheatre.ie.

You can also be a friend on Facebook and receive up to date event information.

29 February 2020

Hot Spot Music Club|Hudson Taylor

Upstairs @The Beach House, Greystones Harbour Marina.

Hudson Taylor formed in 2011 but the two brothers go back a lot longer than that.

They are sons who grew up in a very musical house and started playing at an early age.

Initially playing covers of the Beatles and Beach Boys, they now have a huge repertoire.

Five years after releasing their first album, their second album has now been released.

"This record has taken us three years to make, working on it has brought us all over the world and capturing it all has been so much fun. It's the sounds of Seattle, Nashville, New York City and our hometown, Dublin, all in one album"

Harry and Alfie Hudson-Taylor

Doors open 8:00 p.m. Show starts 9:00 p.m.

Tickets €22.

29 February 2020

Whale Theatre

Greystones Film Club: Monty Python and the Holy Grail

8:00 p.m. Doors, 7:00 p.m.

Tickets €10.

Still ranked as one of the greatest comedy movies of all time.

This surrealist retelling of the Arthurian legend is jam-packed with comic set pieces.

Spike Milligan would have been happy to call these his own!!

The evening's programme also includes the premiere of Broken Reflection.

New film from Sean Treacy.

Wicklow's recent winner of the Fresh Film Festival's Young Filmmaker of the Year Award.

Admission includes free box of freshly popped popcorn.

Booking and details of all future Whale Theatre events from www.WhaleTheatre.ie.

You can also be a friend on Facebook and receive up to date event information.

1 March 2020

Holy Rosary Parish|Social Hobby & Craft Afternoon

Kilian House Family Centre; 3:00 p.m. to 5:30 p.m.

Learn new crafts and make new connections while also having a cuppa!!

Lots to see and learn while meeting with friends.

1 March 2019

Hot Spot Music Club|Greystones Jazz Jam

Above the Beach House at Greystones Harbour Marina.

Come along to listen or play!!

All jazz instrumentalists and singers welcome.

Great opportunity to play with other jazz musicians.

Or to just come along and watch.

Please arrive early to sign in and ensure you get a chance to play.

To take part, you need to be able to play at least one tune.

And then improvise over it.

Jazz standards like those from the Real Book series, iRealPro app.

Piano, drum kit, mics and amps are in the venue.

However, musicians are advised to bring their own amps and music stands.

This is a regular jazz session to develop and bring the jazz community together.

Greystones, Wicklow and beyond.

Details from Dara MacMahon, 086 8146926.

4:30 p.m.

Suggested donation, €5.00

Full details from www.thehotspot.ie.

3 March 2020

Soup and Sandwiches at Presbyterian Hall

Trafalgar Road; 12:30 p.m. to 2:00 p.m.

Donation €5.00.

Great homemade food and a warm welcome.

Come along for the chat!!

Meet old friends and make new friends.

3 March 2020

Delgany & District Horticultural Society Spring Lecture
St. Patrick's Parish Centre; 8:00 p.m.

A Different Way of Gardening.

Talk by Richard Webb, Past President of Irish Landscape Institute.

All welcome!!

4 March 2020

Greystones Library & **Breast Cancer Ireland**|Breast Health Awareness Talk
Greystones Library, Mill Road; 11:30 a.m.

Early diagnosis is the key to more positive outcomes in breast cancer.

Breast Health is Your Wealth!!

Promoted by Healthy Ireland at your Library and Breast Check.

All welcome.

Booking required: 01.2873548, greylib@wicklowcoco.ie.

5 March 2020

Delgany Thursday Club|Guided Tour at Castletown House Celbridge
Coach leaves Christ Church Delgany at 1:30 p.m.

€25 per person, to include coach and tour.

Tea/coffee after the tour at own expense in the Orchard Garden Centre Cafe.

Bookings and details from Peter, 086 8307644, or John, 086 3566527.

6 March 2020

Hot Spot Music Club|Crest of a Wave: Rory Gallagher Tribute
Upstairs @The Beach House, Greystones Harbour Marina.

Crest of a Wave takes you on a journey through Rory's back catalogue.

This is a high energy, electric blues/rock show, not to be missed!!

Rory Gallagher was one of the greatest blues rock guitarists of all times.

Doors open 8:00 p.m. Show starts 9:00 p.m.

Tickets €12/€14.

6 March 2020

Whale Theatre

Callan's Kicks: A Live Rehearsal

THIS EVENT IS SOLD OUT!!

PLEASE JOIN THE WAITING LIST.

SHOW WILL BE BACK BY POPULAR DEMAND.

SUNDAY, 15 MARCH, 3 PM.

Booking and details of all future Whale Theatre events from www.WhaleTheatre.ie.

You can also be a friend on Facebook and receive up to date event information.

7 March 2020

Whale Theatre

The Frank and Walters: Acoustic Duo

8:00 p.m. Doors, 7:00 p.m.

Tickets €20/€22.

The Frank and Walters are coming to the Whale Theatre for a series of intimate acoustic gigs.

They have a back catalogue of hundreds of songs, penned over three decades.

They will play all your favourites and some long lost classics in their all acoustic glory.

Paul will also share some of the stories behind the songs.

And anecdotes from the hippy diddly crazy world of one of Ireland's most enduring bands!!

Booking and details of all future Whale Theatre events from www.WhaleTheatre.ie.

You can also be a friend on Facebook and receive up to date event information.

8 March 2020

Greystones Parkinsons Support Group|Coffee, Cake and Ceoil
Kilian House Family Centre, beside Holy Rosary Church; 12:00 p.m. to 2:30 p.m.

Come along for a cuppa, cake and be entertained by:

Bob Dylan's Tribute Duo

Canadh Le Chéile Singers from Greystones Cancer Support

House 33 Bodhrán Group

All welcome to a great morning in aid of a good cause!!

8 March 2020

Hot Spot Music Club

International Women's Day: Afternoon of Musical Entertainment

Upstairs @The Beach House, Greystones Harbour Marina.

International Day is a day when women are recognised for their achievements.

Without regard to divisions, whether national, ethnic, linguistic, cultural, or political.

Come along for a wonderful afternoon of female talent.

Covering all genres of music and some!!

Bluegrass, barbershop, folk & trad and everything in between.

Doors open 4:30 p.m.

Admission free, donations welcome.

8 March 2020

Whale Theatre

Women at the Whale

Evening of Female Voice for International Women's Day 2020

7:30 p.m. Doors, 6:30 p.m.

Tickets €15/€13.

Second Annual Celebration of International Women's Day at Whale Theatre!!

Partnering with Wicklow County Council's Way with Words.

Supporting even more women in the local arts community.

And increasing our storytelling footprint.

Short reading and Q&A from Lucy Sweeney, local author of Paris Syndrome.

Interview with Lucy and Fiona O'Rourke of the Irish Writers Centre.

Kate Feeney, semi-finalist in the Funny Women Competition.

Bray harpist, Rachel Duffy. Zoryanna Dance Troupe.

Pitch Perfect Ladies Choir and singing group, The Hammonds.

International Women's Day is a global day.

Half the proceeds will be donated to Greystones Family Resource Centre.

Come along and join in to honour women in all their glory!!

Booking and details of all future Whale Theatre events from www.WhaleTheatre.ie.

You can also be a friend on Facebook and receive up to date event information.

9 March 2020

Delgany Guild Irish Countrywomen's Association Meeting

St. Patrick's Parish Centre; 8:00 p.m.

Delgany Guild ICA meets tonight and every second Monday of the month.

Lots of activities and ideas to keep you interested!!

Wide range of demonstrations and speakers are actively pursued in the guild.

Also various crafts, sport, drama and theatre outings are among the interests.

Plus forging good friendships.

Come along and see what is on offer. You will be most welcome.

Delgany Guild ICA is not all about tea and buns!!

But it is always nice to end a meeting with them!!

10 March 2020

Coffee & Cake @YWCA Coolnagreina

YWCA Coolnagreina, Trafalgar Road; 10:30 a.m. to 12:00 p.m.

Located just up from Greystones Harbour Marina.

Entrance opposite Harbour Barber.

Each second Tuesday of the month.

Wonderful home baking which you won't be able to resist!!

Donations in aid of Youth Cafe.

Come along for warm welcome, good friendship and all in aid of a good cause!!

16 March 2020

Anam Cara Wicklow Monthly Meeting for Bereaved Parents

Parkview Hotel Newtownmountkennedy; 7:20 p.m.

Monthly meeting of wonderful organisation that supports bereaved parents.

This meeting is only for parents who have lost children.

Anam Cara Wicklow offers a safe and comfortable setting.

Bereaved parents will have the opportunity to meet with other bereaved parents.

The evening is free and open to all bereaved parents.

Regardless of the age your child died, the circumstances of their death.

Or whether their death was recent or not.

Please let Anam Cara know if you are able to come along.

4045378, 085 2888888, info@AnamCara.ie.

17 March 2020

St. Patrick's Day|Ireland's National Day

Happy St. Patrick's Day to all!!

20 March 2020

Wicklow Dementia Support

Family Carers Support Group

This group meets once a month.

St. Patrick's Parish Centre; 11:30 a.m. to 1:00 p.m.

Group meeting is for those caring for someone at home with dementia.

Opportunity to meet for sharing in a confidential and facilitated setting.

Details and dates of meetings from 089 4286928.

21 March 2020

Delgany & District Horticultural Society Daffodil Show

Old Schoolhouse Delgany; 3:00 p.m. to 5:00 p.m.

All welcome!!

22 March 2020



Kilmallock, Bruree, Bruff & Knockainey-Lough Gur

KILMALLOCK

YOUR LOCAL CORRESPONDENT

CATHERINE STAUNTON

Email: catherinestaunton17@gmail.com
 Telephone: 089 2007690

DARKNESS INTO LIGHT KILMALLOCK

Registration is now open. The event running for the sixth year in Kilmallock takes place on Saturday May 9 at 4.15am. To date €94,553.57 has been raised and this year we hope to reach if not exceed €100,000. It's amazing what a small community can do when we work together. To register please log into www.darknessintolight.ie

GAA

LOTTO: Results from February 18: There was no jackpot winner. Lucky dip winners were €40 John Fitzgerald c/o Supervalu; €20 Tishi O'Sullivan c/o Supervalu; €20 Noelle Mulcahy c/o Barrys; €20 Emma Coffey c/o Supervalu and €20 Julie Roche c/o Supervalu. Next week's jackpot will be €10,600.

MEMBERSHIP: Membership for 2020 is now due. Please contact our membership officer Colin O'Reilly 0877622382 or any committee member if you would like to join.

DRAW: The club Limerick Draw (Mackey) is also starting again for 2020. If you are interested in joining and being in with a chance of winning some amazing prizes once a month please contact Jim Flynn 087 1957262.

DATE FOR THE DIARY: Our club presentation night takes place in Deebert House Hotel on March 6 at 8pm.

SOUTHSIDE WHEELY WHEELERS CYCLING CLUB

After a couple of weeks of being kept off the roads by storms, it was obvious that plenty of SWW cyclists had been raring to get back out there as there was a great turnout on Sunday morning - a total of 17 Wheelers were in the car park in perfect cycling conditions before 9am ready to roll out in three groups.

BRUREE

YOUR LOCAL CORRESPONDENT

JOHN HARROLD

Email: harroldjohn@eircom.net

SYMPATHY

We extend our sincere sympathy to the family, relatives and friends of Johnny Harris, De Valera Park, and Philomena Irwin, Athlaca, who died recently.

GAA

MEMBERSHIP: Bruree GAA Membership for 2020 is now due for payment. All juvenile and adult players have to have their membership paid to be covered for insurance. A new full time student membership now added and the remaining membership is the same as last year. There is player membership but there is also packages to cater for social, overseas, spouse/partner and family membership. Please pay online by visiting www.bruree.gaa or the club app (install the Clubzap app on your phone, once done search for Bruree in app) for details and for payment. If anyone has any queries please reach out to club

registrar Declan Sexton 087 6414849.

COMMUNITY RADIO

West Limerick 102FM has an ongoing 50/50 weekly draw. Tickets are just €2 each and half of the proceeds each week go to one lucky winner. The draw is held live on air at 12.45pm each Friday and to date over €30,000 has been paid out to lucky winners. Tickets are available locally from John Harrold.

LOTTO

Lucky dip winners in last week's Bruree GAA/Rockhill Rovers lotto draw were €50 Robyn and Ian, c/o F. Finn €25 Joan Lyons, Catherine Birrane, Dromin €20 Aoife O'Shea, Kilmallock, Pat Edmonds, c/o F. Finn, Moloney's Bar.

BRUFF

YOUR LOCAL CORRESPONDENT

TOM BULFIN

Email: tombulfin1@yahoo.ie

Telephone: 086 3143772

CARDS

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Raffle: Chrissie O'Sullivan, John Foley, Pat O'Riordan, Tony McNamara and Pat O'Donovan.

A reminder for all, that the cards are held in Scoil Dean Cussen on Tuesday evenings starting at 8.30pm.

And if your preference is a game of bingo you are also catered for on Thursday evenings in the GAA Complex commencing at 8.30 pm sharp.

AWARD

MOBILE IT CLG are celebrating their first anniversary in the Bruff office on Main Street by

being shortlisted for a prestigious adult education AONTAS STAR Award for Social Inclusion.

On Wednesday March 4 MOBILE IT are welcoming people to come to the office on Main Street, Bruff to learn more about this project, and to have an opportunity to have their photos scanned and saved. So, if you have any old photos lying around at home, that you would like to save please call into the office between 10AM and 4PM to find out more.

MOBILE IT will also commence a new Digital Skills for citizens course on Friday March 6 from 10am - 12:30pm for four weeks for those who want to learn new digital skills such as browsing the internet, using social media apps etc. Bring along your own device or use one of ours, now is your chance to find out all about going online. Please ring 061 389592 to book a place.

BEREAVEMENT

The community was shocked last week at the sudden death at a young age of Michael 'Mikey' Doran formerly of Morgage, Meanus. Described by one of his

colleagues in the hospitality business as a man who's winning smile always left people happy, Mikey will be sadly missed by partner, Hannah, mum Hannah Doran (née Murphy, sisters Tina and Deirdre, brothers, Kevin, Donal and Eamon, extended family and a wide circle of friends.

The burial took place in Bruff last week of Mrs Claire McEniry (née O'Brien) formerly of Ardykeohane, Bruff who passed away in her one hundredth year. She is survived by son Jim and daughter Mary.

CANCER AWARENESS

An Brú AC have invited all to a Breast Cancer Awareness evening at the Thomas

Fitzgerald Centre on Wednesday next, March 4 (8-9pm). The host is Juliette O'Connell, herself a cancer survivor and Outreach Coordinator with Breast Cancer Ireland. All are invited to attend.

MEMBERSHIP

Annual membership for Bruff GAA Club is now due, closing date is March 31. Payment can be made to any officer or to Brian Finn Snr (membership secretary-087 2258850) Regular member is €40. OAP is €20. Players are €50. Players 16 to 18 yrs are €20. Parents who have a child registered with Bord na nÓg are €20.

KNOCKKAINNEY HISTORICAL & CONSERVATION SOCIETY

Present "The Legend of Luke Kelly" performed by Chris Kavanagh Saturday, March 7 at 8.30pm in St John's Church Knockainey. Tickets €20 available from 087 1277468.

TRIBUTE CONCERT

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Journal will also be launched during the concert. Tickets €10 available on the door with all proceeds going to Cliona's Foundation and Lough Gur community projects.

QUIZ

Table quiz - A table quiz will be held in Reardons, Holycross on Friday, March 6 at 9.30pm in aid of Lough Gur defibrillator fund.

This community defibrillator is housed at the Honey Fitz theatre and we currently have over 20 community members who require training every 2 years in order to be prepared to respond to an emergency. €20 per table of four with a raffle on the night.

PARADE

Plans are in train for the St. Patrick's Day Parade, just a few weeks away now, so this is a timely reminder for all those who faithfully rally to the cause every year with a particular clarion call for individuals, groups, societies, establishments etc who have not attended previously to put their thinking caps on and enter a float to make this our best yet.

This year our theme is a broad brush, encompassing the years 1920 and 2020, - what differences/ similarities can we see, what changes have taken place in our community? what progress have we made? So let's see how imaginative we can be in displaying the answers to these questions.

IRISH NIGHT

A reminder that the 10th Annual Irish Night for St Patrick's celebrations will take place in the Fitzgerald Centre, Bruff on March 16. Always a very popular event this, so even if it's a little over the horizon, it's definitely one for the diary.

KNOCKKAINNEY AFTERNOON TEA DANCE

Is on Sunday, March 8 in Knockainey Community Centre. This is a fundraiser for Knockainey Community Centre. Music by Adrian Ryan. Dancing from 3 to 6pm. Tea and refreshments will be served. A raffle will take place on the day. All are welcome.

KNOCKKAINNEY LOUGH GUR

YOUR LOCAL CORRESPONDENT

JOAN ROCHE

Email: knockaineynotes@gmail.com

Telephone: 087 2715765

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DANCE LESSONS IN HONEY FITZ THEATRE LOUGH GUR

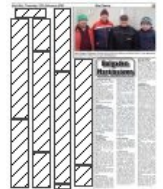
Set dancing, ceili, line dancing, sean nos, waltz, jive etc take place every Monday evening in the Honey Fitz Theatre Lough Gur at 5.30pm for children. Enquiries to Pauline Hynan on 085 7417609. Beginners welcome.

LOUGH GUR TOUR GUIDES

As the summer months are approaching more tour guides are needed to be recruited and trained in order to facilitate tours of Lough Gur. It is intended to run a 6 week tour guide training programme commencing in early March 2020. The training will take place one night per week for two hours. If you are an existing tour guide and wish to avail of refresher training or would like to volunteer to be a tour guide for the current year, please contact Gemma on 061 385186 to register for this training.

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night.

BRUFF RFC

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and Kevin kicked another three-pointer on the stroke of half time to give us a 17-0 lead. We got off to a good start after half time when Kevin made it 20-0 but credit to Omagh who fought back with a try conversion to give them hope but Bruff managed to wipe it out with a try from Johnny Cleary to make it 25-7. Kevin was just wide with the convert, Kevin rounded off a fine afternoon with a bonus point try and was unlucky when his conversion hit the post. Graham sealed the win 2 minutes later when he crossed the line, Kevin made it 37-7. Omagh to their credit never stopped trying and were rewarded with a penalty try to make it 37-14 and also had the final say when they scored on the last play to make it 37-19 at full time. While management will be happy overall they will know they will need a similar performance or better when they travel to play league leaders Skerries in Dublin next Saturday.

Team: Brian Bulfin, Johnny Cleary, Kieran O'Dwyer, Brian Morrissey, Taylor Jones, Sean Hartigan, Thomas Quigley, Cillian Rea, Cian Clifford, Andrew O'Byrne, Sean

Darcy, Jack O'Grady, Graham Whelan, Liam Treacy, Kevin McManus, Rob Browne, Tom O'Dwyer, Ger Mitchell, James's Te Pairi.

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BRUFF GAA Lottery

There was no winner of last week's lottery jackpot. The numbers drawn were

10, 17, 18 and 30. The Lucky Dip winners were €50 Brian Enright and €20 went to each of the following: Julie O'Flaherty, Tom Meany Snr, Seanie O'Brien, Rachel Dennehy, Loraine Shanahan, Cian Smith, Helen Lawrence, Paddy Murphy and Tadhg Murphy. This week the Jackpot is €9,800! Thank you for your continued support.

Sympathy

It was with massive shock and unbelievable sadness that we learned of the very sudden death of former Bord na nOg member, Michael (Mikey) Doran from Mortgage, Meenus. He played hurling and football with the club from 1997 to 2008. He was part of a large and very successful panel, winning a County U14 football title in 2003 and County U16 hurling in 2006. The same group of players were very unlucky not to win County Premier titles when losing the U16 final (2005) and Minor final (2007). That same panel of players reached the Premier football final also in 2007, losing out to Abbeyfeale after a replay. Michael played a big part in all those teams, showing his skills as a lively and accurate forward and a goalkeeper of no small talents. He loved the games and never missed training. On occasion he would cycle to Bruff from Mortgage for training, such was his enthusiasm. He loved the banter of this very lively dressing room and rarely came off second best with his quick replies. It is impossible for us to get our heads around how such a larger than life character could be taken from us so suddenly and so prematurely at just 30 years of age. Our heartfelt sympathies to his mother Helen, partner Hannah, his brothers and sisters and extended family members. Ar dhejs Dé go raibh a anam Óg agus uasal.

Medal Presentation

Bruff Bord na nOg held their medal presentation

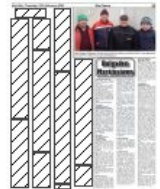
last Saturday night in the Clubhouse. Club and County star, Sean Finn, presented medals to the U13 Football County Champions and the U14 County Féile and County Hurling Champions. On the night Sean also presented two special awards; the 2019 most improved player of the year went to Jack O'Neill and 2019 player of the year went to Owen Meany.

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Breast Cancer Awareness Evening

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10, 17, 18 and 30. The Lucky Dip winners were €50 Brian Enright and €20 went to each of the following: Julie O'Flaherty, Tom Meany Snr, Seanie O'Brien, Rachel Dennehy, Loraine Shanahan, Cian Smith, Helen Lawrence, Paddy Murphy and Tadhg Murphy. This week the Jackpot is €9,800! Thank you for your continued support.

Sympathy

It was with massive shock and unbelievable sadness that we learned of the very sudden death of former Bord na nOg member, Michael (Mikey) Doran from Mortgage, Meenus. He played hurling and football with the club from 1997 to 2008. He was part of a large and very successful panel, winning a County U14 football title in 2003 and County U16 hurling in 2006. The same group of players were very unlucky not to win County Premier titles when losing the U16 final (2005) and Minor final (2007). That same panel of players reached the Premier football final also in 2007, losing out to Abbeyfeale after a replay. Michael played a big part in all those teams, showing his skills as a lively and accurate forward and a goalkeeper of no small talents. He loved the games and never missed training. On occasion he would cycle to Bruff from Mortgage for training, such was his enthusiasm. He loved the banter of this very lively dressing room and rarely came off second best with his quick replies. It is impossible for us to get our heads around how such a larger than life character could be taken from us so suddenly and so prematurely at just 30 years of age. Our heartfelt sympathies to his mother Helen, partner Hannah, his brothers and sisters and extended family members. Ar dhejs Dé go raibh a anam Óg agus uasal.

Medal Presentation

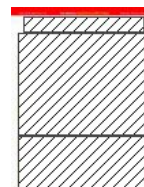
Bruff Bord na nOg held their medal presentation

last Saturday night in the Clubhouse. Club and County star, Sean Finn, presented medals to the U13 Football County Champions and the U14 County Féile and County Hurling Champions. On the night Sean also presented two special awards; the 2019 most improved player of the year went to Jack O'Neill and 2019 player of the year went to Owen Meany.

Think Pink Luncheon In Aid Of Breast Cancer Ireland at Ballymaloe House



Fiona Lemasney, Brown Thomas, Cork with Lavinia O'Mahony, winner of the Best Dressed prize



Think Pink Luncheon In Aid Of Breast Cancer Ireland at Ballymaloe House

Pictures: John Hennessy



Niamh O'Farrell and Bernie Healy



Collette Hayes and Catriona Conway



Mairead Kirwin, Joanne McGrath and Niamh Ludlow



Niamh and Adrianna Hegarty with Marie Daly



Dolores Joyce, Trish Daly and Betty Joyce



Ann McGrath, Anne Howick and Kay Savage



Patricia White, Linda McGrath and Marianne Foley



Rosita Halley and Marie Magan



Imelda Collins and Brenda McAuliffe



Sinead Kenneally, Liz Hull and Joanne O'Shaughnessy



Nodhlag Cotter and Margo Kelly



Sandra Gilmore, Emma Lovett and Nora Keating



Rita Lane, Mairead O'Neill and Sinead Dwane



Mary McAdams and Niamh Hegarty



Julie Quilligan and Louise O'Connell



Representatives from the main sponsors, Permanent TSB, were; Eddie Kearney, Susan Walsh, Catriona Conway and Denis O'Sullivan.



Bibi Baskin, MC and guest speaker, Juliette O'Connell with event organisers; Catherine Doyle, Virginia Barrett, Mary Kate McConnell, Caitriona Conway, Denis O'Sullivan, Courtnee Kyle and Aisling Scanlon, PTSB Midleton



Margo O'Sullivan, Mary Diggin, Mairead Busang and Marie Cotter



Virginia Barrett, Mary Kate McConnell, Aisling Scanlon and Caitriona Conway, PTSB Midleton



Peter Loughnane, Ballymaloe House General Manager,
Catriona Conway, PTSB



Caroline Conway, Niamh Hehir and Roisin Sherwin



Liz Foley, Denis O'Sullivan and Deirdre McSweeney,
PTSB Main Sponsors



Ann Fitzgerald and Virginia Barrett



Ann Falvey with Sinead and Jane Browne



Noelle Twomey and Fiona McDonald




Denis and Margo O'Sullivan



Aisling Scanlon, Courtnee Kyle and Niamh Dennehy



Master of Ceremonies, Bibi Baskin with guest
speaker, Juliette O'Connell, Breast Cancer Ireland

Publication:	East Coast Radio	Media Cost (€):	56	
Date:	Wednesday, February 26, 2020	Reach	30,000	
Page:	Link	Size (Sq. Cm)	782	

East Coast Radio @ 26-Feb-20 10:41 - (breast)

is in the Dail from Greystones so that's the of the new dog will eventually sit so rattle battle might says that the ball running in some way while Kate and Tom fortune thanks very much indeed Argued independent councillor there any comments please do get in touch and research to come back to us and Tom just wondering did Tom chicken out of meeting

Derek guesting though there is another issue with Tom was the right time I had a right to be here but for now OK thank you all right are numbers 7 77 11 minutes all Declan now on the morning show a lot Oh a 1.1 Oh 3 he's schooled Dave Wicklow guide in Association with Bray Credit Union while former sunny evening a meditation on self-compassion ousted by

Margo sure is on becoming the centre of Blessington this Thursday the 27th of February at 7 30 p.m. all welcome the garlic of their designer Saint Saviours during Trump's Drumm this Friday the 28th of February at 8 p.m. tickets available at the door proceeds due refunds Lakers flea market is on the old school House Eglinton Road in Bray on Sunday the

first of March from 12 45 pm with over 15 stalls filled by local craft makers Wicklow county library service and **breast** Cancer Ireland presents a series of healthy Ireland that July we were shot some West health awareness events Rana Greystones Library on Wednesday the 4th of March and the Carnegie Library on Tuesday 25th March please contact your library for further details and rest of us a line

in the St Patrick's day and help with Lions club lead the Guinness world record for details go to Wicklow Lions were record someplace bug and remember if you would like something mentions on the Wicklow diary you can contact Stan Kennedy 0 1.7 C 4 7 he's gone we live in the same way I did I thought he was

minimum wage of course it should be higher but higher wages could make it tougher for businesses than again doesn't everyone deserves a fair wage if you increase it you have to increase wages from my experience staff it's about having a decent standard of living and keeping Ireland competitive to

every year the low pay Commission makes recommendations to the Government on the national minimum wage right now we want as many opinions as possible to presented truly balanced view visit [Gulf .ie /low-pay](#) Commission before March 6 and have your say on the minimum wage Lady with taking a leap the spend for with the ultimate sale at

Map Britain outlets 3 full days of once-in-a-lifetime offer this Thursday February 27th 2008 29 treat yourself to up to 80 % off luxury designer ranges of carpets and flooring plus an extra 10 % off if you mention these guys step ahead of you can't say no to like the ultimate Gael that can map out his bad call rel brain T&C's apply while facing


repossession received a court date use of options and we can help Hello I'm Eric Hendy a personal insolvency practitioner PIP and are hinging & co indeed decades of experience helping people in debt were positive there is always a solution debt is not the end of it we can help you get your life back for consultation to see him do that that's all h t nd

[.ie](#) authorised practices by the insolvency service of Ireland you a better deal I Fitzpatrick for with free Road tax 7 years warranty and AA roadside assistance and I is 17 100 and 50 euro Registration bonus I've done I did kill award for cars models before February 29 its factory Ford exit 5 of the M11 decency supply

sure these mornings with Declan with thanks to Flanagan Keiran Southern Cross Road Of Bray furniture for life with the Flanagan Karen danced like studies does serve that Pete Wedderburn from REI vet an old cun in Bray is here and just listening to the West of Ireland and the flooding and that sort of stuff and farmers talking about the carving and alarming and all

that sort of thing and that these farmers say were cut off all roads are cut off all flood of things and he has done what it would do if I need a vets talk about not domestic animals that like yourself but SFI invests found vets have a really really tough time especially during the months of February March April may because breeding animals

seasonal so animals whether they be Highlights: **Breast Cancer Ireland**, Wicklow County Library Service.

Publication:	East Coast Radio	Media Cost (€):	56	
Date:	Wednesday, February 26, 2020	Reach	30,000	
Page:	Link	Size (Sq. Cm)	670	

East Coast Radio @ 26-Feb-20 07:49 - (breast)

the thanks to us but I still the area is still there that somebody that I used to roll on the CAO what's of this morning just cause a lot of sorry it was a message to any of our vast the of the Downs was very busy on the M11 this morning Traffic bumper-to-bumper there had been at a crawl doesn't seem

to be any incidents it seems to be just heavy traffic on the N11 this morning we'll update shortly before resuming with missed always 7 77 11 one of for down into the mire with words in your challenge Mourinho's 28th the all men physical challenges in great locations have you got what it takes to go the worst diner ie Duffy has revealed

she was held captive for days drugged and raped in an emotional post on her verified Instagram account the singer said she survived but her heart was left broken she told fans that many people wondered where she disappeared do and she wants to answer their questions he said there is more to come on that over the following weeks Channel 4 presenter John

Snell was announced itself isolating after travelling to Iran which is firefighting as one of the largest current virus crisis outside China EastEnders star Sid Owen is required emergency facial surgery after a golf ball shattered his jaw ISO or Lady Gaga is make a return with a new track called stupid love later this week is expected on

Friday Netflix finally graced me is's statistics about which films and TV shows have been the most popular and their platform as surprised as some of these will get says a couple of minutes them and then when the famous by the course of my life I remember a game after 8 o' clock this morning with Hopkins toy master in Wicklow town we've got kinetic sand

sets to give away we've got a golden moment got a silver one we've got one we'll pay by the beach and you can do all sorts of weird and wonderful stuff that and then come out of the week hi store will get stands alive which is even bigger and better all great prizes those who do not apply its memory games away from these oil

7 77 11.0 3 E schools give them some Wicklow diary in Association with Bray Credit Union mindfulness an evening of meditation and self-compassion ousted by Margo sure is not becoming centre Blessington this Thursday the 27th of February at 7 30 p.m. all welcome the Gallic of thirtysomething Saviour's Church Rathdrum this Friday the 28th of February at 8 p.m. tickets available at the door proceeds due refunds Aer

Lingus fleet market is on the old school I think instant Road in Bray on Sunday the first of March from 12 45 pm with over 15 stalls filled by local craft makers Wicklow county library service and **breast** Cancer Ireland presents a series of healthy Ireland that July 3 workshops some West health awareness events Rana Greystones Library on Wednesday the 4th of March and

the Carnegie Library on Tuesday 25th March please contact your library for further details and dress up as the line in the St Patrick's day and help with the Lions club lead the Guinness World Record for details go to Wicklow lines were wrecked someplace bug and remember if you would like something mentions on the Wicklow diary you can contact Stan Kennedy 0 1.7 C 4 7

he's been associated with the way I did I thought he was you can't move his haul with the board it was safe I talk to the doctor for affair now what the fuel which is not the worse make your wishes doors but we would like to be cared for UDG healthcare plan left kind wishes to talk to someone you trust document to

decisions to safeguard yourself safeguarding the rights Highlights: **Breast Cancer Ireland**, Wicklow County Library Service.

Publication:	East Coast Radio	Media Cost (€):	63	
Date:	Tuesday, February 25, 2020	Reach	30,000	
Page:	Link	Size (Sq. Cm)	762	

East Coast Radio @ 25-Feb-20 10:48 - (Ireland)

go into second level I really don't know that there's a different bank of that protection okay to protect them not to get a peek knocked out that you know an injury quite aggressive but obviously and I think that depends on the age group you know when they start going to happen next cycle and all

that stuff It's much more are uncomfortable going to pee fashion at that age those I think an hour for the party gets really really tired very quickly when God saw others pubic changes though I do think it is very different aspects of the play and your question but I think the age of the that

really hit and not such a problem in the 12 to 15 of Okay there may have fewer courses from your experience is not that long ago you know yourself but anyway good to talk to helen thanks very much indeed for that perspective OK take care that fitness expert Helen Walsh whose works with adolescents as well keep them fit in schools our numbers are always 7 77

11 one Oh 3 talking pie and cakes just all the morning show hardline hallway 1.1 Oh 3 that you care these schools David Wicklow guide in Association with Bray Credit Union my formless an evening of meditation and self-compassion hosted by Margo Russia's summer the main centre in Blessington this Thursday the 27th of February at 7 30 p.m. all

welcome Butler County Library service and breast Cancer Ireland presents a series of healthy Ireland at your library workshops on rest health awareness events Theron Arklow Library on Tuesday the 25th of February at 7 30 p.m. Greystones Library on Wednesday the 4th of March in Killarney Library and she's the 25th of March please contact your line free for further information like a flea market is on the old

school house on Eglinton Road in Bray on Sunday the first of March from 12 45 pm with over 15 stalls filled by local craft makers with vintage trend some see XM food stalls Huntress of us a line in the St Patrick's day Intel Wicklow Lions club lead the Guinness world records for the details go to with airlines world record events on Facebook and remember if you

would like something mentioned on the Wicklow diary you can contact and Kennedy 0 one T 74 7 hundred's these schools do we think the way I did myself he was happy birthday the right price tiles name is Ray there have been 21 euro cash back on every 100 EUR was paid in store I'm tired what's going on we're right

Doreen the 0 0 now live popular toy master in Wicklow town has the best range of Art and Craft Supplies around with your professional artist I need supplies for the latest school project we had all need stationery for schools colleges the office we have those two at Hopkins toy master are staff pride themselves on offering the best range advice

& price so it's definitely worth a visit the popular toy master main Street Wicklow town the shock that has been everything plus free customer car Park dog-owners insure your dog is kept under control at all times and particularly keep them secure richer property at night the flooding season is a busy time of year for sheep farmers story and improving dogs presented serious threat to sheep and lambs

during lambing season dogged tax she had increased in recent years these attacks caused devastation to sheep flocks and significant financial losses and trauma to farming family's dog owners are reminded that they are legally obliged by the Control of dogs Act 1986 to keep their dogs under control orders of dogs were really attacking sheep they face significant penalties that have the animals in our bed

farmers are also legally entitled to protect their sheep flocks this advert is sponsored by Wicklow County Council should I eat them morning cereal with theft with thanks to Flanagan Kieran Belton Park Road Bray furniture for life with the Flanagan Ciaran dark night he morning show these because today is shrove Tuesday pancake Tuesday and it's a day

when we traditionally in this part of the world round ball the sweet treats before giving them from their things like dairy and eggs in one recent whatever dissolves centred around the Christian tradition so doing up there all this and having a feast as aware before led Highlights: [Breast Cancer Ireland](#), Wicklow County Library Service.

Publication:	East Coast Radio	Media Cost (€):	63	
Date:	Tuesday, February 25, 2020	Reach	30,000	
Page:	Link	Size (Sq. Cm)	755	

East Coast Radio @ 25-Feb-20 07:51 - (Ireland)

Story of the door just as the press called for a nonentity with words in your challenge we now face 28th the all men are physical challenges in great locations have you got what it takes to go players dad ie think if I were and sand is facing up to 29 years in jail after a New York City found guilty of attacking two women

it is the first trial of the MeToo era which sparked a torrent of allegations against the former Hollywood producer and 67 emails lawyers said they will appeal Peter Kay asserts her sister of Dance for Life shows later this year's makes huge come back into the limelight Justin Bieber has broken US chart records has been held by Elvis Presley for the last 15 9 years reduction on Mission

Impossible 7 has been halted as current virus continues to spread around the world a pet shop boys a new order are set to hit the road together later this year all as they cower headline the Unity Tour wire and Simon bird and fortune ruled out a future reunion the in between Yes and another for the payment more masts a chorus line

this morning he's schooled Dave Wicklow diary in Association with Bray Credit Union mindfulness an evening of meditation and self-compassion hosted by Margo share some of the main centre in Blessington this Thursday the 27th of February at 7 30 p.m. all welcome Butler County Library Service breast Cancer Ireland presents a series of health the Ireland at your library workshops on rest health awareness events Theron Arklow Library on

Tuesday the 25th of February at 7 30 p.m. Greystones Library on Wednesday the 4th of March and the Carnegie Library on Tuesday the 25th of March please contact your line free for further information Lakers Louis Marcus's of the old school house on Eglinton Road in Bray on Sunday the first of March from 12 45 pm with over 15 stalls filled by local craft makers with vintage

lady's bouncy XM food stalls and dress-up us a line in the St Patrick's day Intel with little lines club lead the Guinness World records for details go to with airlines world record events on Facebook and remember if you would like something mention down Wicklow diary you can contact and Kennedy 0 one C 17 for 700 these schools do we live in associated

with great credit to fight off the worst our world turns on small choices they make a huge difference I bio LPG only from Callan while LPG is 100 % renewable gas to cut emissions by at least 50 % of the world turning for future generations switch to Calor by 12 PC today and get a free boiler worth up to 1000 euro

for your home making a huge difference to you to see Calor Gas study ts & C's apply offer ends March 31st get more for your day and every day at Morgan Arklow superior bed and bedding comfortable and affordable mattresses a fresh look and carpets and flooring outstanding offers a whole Street plus blind and more free delivery free fitting

free assembly more indoors Arklow always giving you Morgan Doyle of die calm KEENA who you enjoyed school all I could hear the case on a great way behind on mortgage payments are now overseen the courts to do heavy talk to one Yeah they provide free advice and support to qualified professional he had

me the structure my mortgage repayments and help David me keep Brown Oh Yeah the State-funded confidential service for people in mortgage arrears to find out more visit maps .ie or call Oh 7 6 Oh one Oh 17000 standard network charges may elect that didn't allow me feel really how we live is moving how can we make a homeless room with us

Paula Deirdre Casey read you will glory the smart way to upgrade your bathroom's Charles spaces an accessory heating stoves boilers in the new rules under floor heating heat pumps solar panels and ventilation systems is Casey Ref you will glory looms throughout Dublin Wicklow and Wexford native was one of Trump's top of this can see the dust ie switch to Calor while LPG get a

free boiler with up to 1000 euro for your mum see Calor Gas Tommy ts & C's apply offer ends March 31st 7 restored there's the cost of sales Highlights: [Breast Cancer Ireland](#), Wicklow County Library Service.

Publication:	East Coast Radio	Media Cost (€):	81
Date:	Tuesday, February 25, 2020	Reach	30,000
Page:	Link	Size (Sq. Cm)	456



East Coast Radio @ 25-Feb-20 01:27 - (breast)

here on the morning show of called Declan now on the morning life these schools the Wicklow GAA in association with Bray Credit Union mindfulness an evening of meditation and self-compassion hosted by Marco Russia reside at the main centre in Blessington this Thursday the 27th of February at 7 30 p.m. all welcome Butler County Library service for **breast** cancer Ireland presents a series of health the Ireland

at your library workshops on West health awareness events Rana Arklow Library on Tuesday the 25th of February at 7 30 p.m. Greystones Library on Wednesday the 4th of March and the Carnegie Library on she's in the 25th of March he contact your live free for further information A Lakers Louis Marcus's of the old school house on Eglinton Road in Bray on Sunday the first of March from


12 45 pm with over 15 stalls filled by local craft makers within the bouncy XM food stalls hundreds of Poles lined the things that you say Intel with the Lions club lead the Guinness World records for details with their airlines world record events on Facebook and remember if you would like something engine down with a diary you can contact and Kennedy 0 one C 17 for 700

pleased with the way the credit union with of you being nice to your card today have your promise of a quick second break his garage for a service with anything to attract 430 all new cars for 50 euro and with a whole lot of fact this job with us for our part to make your car feels great if like us you're

a real fright at the break his garage understand key will town of Douma in the online that second break his garage card terms and conditions apply to the line we are moving now we make our homes with volunteers can see that we are a smartly decorated bathroom spaces and accessories heating stoves boilers with new rules under floor heating and solar panels and ventilation systems is

boosting growth we will glory through in homes throughout Dublin with your is one of confidence can see the self ie juggling monthly bills mortgage payments a struggle we have saved hundreds of family homes Hello I'm Mary Kennedy a personal insolvency practitioner PIP had oranges in or indeed decades of experience helping people in debt were positive there is always a solution this is not the end

of it we can help you get your life back for consultation to see him do that that's all h-t N Dawai .ie not the right to practise Of the insolvency service of Ireland sure these mornings with with thanks to Highlights: **Breast Cancer Ireland**.

Publication:	East Coast Radio	Media Cost (€):	63	
Date:	Monday, February 24, 2020	Reach	30,000	
Page:	Link	Size (Sq. Cm)	785	

East Coast Radio @ 24-Feb-20 10:34 - (breast)

to say thank you to everybody had and Annie everywhere with something has to be done about that gap before a terrible terrible tragedy half of indeed and power of Yeah Yes you get flashbacks now was distilled down Yeah and Sarah have got a whopping great prove their help from landing on

the land like sheep later on that evening we were not at the launch she said many of them on a train today and I think that what is playing in her mind that she's Grand fired at will for ever be had of getting on a train because your visualising the true taking off there too hard on yourself just dress

for golf I think something from that an engineer or something but is I think something will the train can go of the door remains open that's been tough but I that there is absolutely no rational grounds your brain like Yeah I was just and have kept in Ireland the chain is that fair when she was off

the line and everything with them but it it's just that it's very dangerous really really dangerous and that at station there are a wonder was designed for different carriages or something on the Dart are new were hurting budget you're right though mean for people with A disability or something and and and experience you have mean the status quo

there's a question Mark Yeah that played the week before in that kind of so and land between and I'm not sure how far down she fell apparently a schoolboy that same morning fell down as well a few people fell onto the man up and thank

God that morning play like a it's not just big enough space for a toddler people need to be very very careful that the station but if as well as raising the issue and will be talking to Irish rail but apart from that you want to say thank you to

these good Samaritans that I carried Yeah absolutely you are and as I say it's the Lady was even then a man with a low and they let the exchange rate sure he left the scene I think he got off the Shankill but I a.m. so grateful for your help and they are good people around everywhere when you

need them most of them so it's great stuff well and dad Dan Sarah's okay now part of the bruising Yeah Yeah through the that AIB's a southern hemisphere accent in some way about from South Africa originally Yeah and you're happy here anyway and are good stuff Yeah all Kurds Kurds

great well let's have no more incidents like this but it's certainly something because so many people from County Wicklow use the Dart and many in Shankill that question needs to be raised in the services they told Irish rail but glad to say that the area is safe and that humanity one as regards the help we got to which


absolutely Yeah very much Yeah thank you very much indeed thank you are you are a bar Mister Murphy there from that incident in Shankill it's only 7 77 11 one Oh 3 with a for to chat and music by Paul Harrington coming up here on the morning show of all Declan now on the morning show

a lot Oh a 1.1 Oh 3 these schools Wicklow diary in Association with Bray Credit Union mindfulness an evening of meditation and self-compassion hosted by Margo Russia's summer the main centre in Blessington this Thursday the 27th of February at 7 30 p.m. all welcome Butler County Library Service **breast** Cancer Ireland presents a series of healthy Ireland at your library workshops on **breast** health awareness events Rana Arklow

Library on Tuesday the 25th of February at 7 30 p.m. based on a lie Library on Wednesday the 4th of March and the Carnegie Library on Tuesday the 25th of March please contact your line free for further information Lakers flea market is on the old school house on Eglinton Road in Bray on Sunday the first of March from 12 45 pm

with over 15 stalls filled by local craft makers with a vintage plane some seeks M food stalls and dress up as a lion the St Patrick's day Intel with little lines club lead the Guinness World records for details go to with airlines world record events on Facebook and remember if you would like something mentions down there with a diary you can contact and Kennedy L 0 one

T 74 7 hundred's Highlights: **Breast Cancer Ireland**, Wicklow County Library Service.

Publication:	East Coast Radio	Media Cost (€):	66	
Date:	Monday, February 24, 2020	Reach	30,000	
Page:	Link	Size (Sq. Cm)	792	

East Coast Radio @ 24-Feb-20 07:48 - (breast)

In a slightly unconventional way of celebrating when I got the crowd to join in singing American pie with them happy boy happy wondering now people wonder whether there's a chance that he might end up fighting Anthony Joshua we should be an interesting one another a battle well movie having claimed says John Connors has spoken out do you see that

Brian McFadden John Connors was fully sure Yeah lazily day John had been commenting in relation to a film on and Twitter and Brian came on a bribe get onto it and start posting about their present at the Oscars basically right and then do it John Connors sharing his thoughts on the film industry Brian Reed tweeted words from Donald Trump who backed the

Oscars then he said we all think the same John said Brian nude earner good music Nevermind film stick to the judge the harmonies air then Brian came back without making music and touring for 21 years he played yourself in Love Hate and they get us the crowd at the window of their all none of the Bridewell it was

entertaining a run of look at it's emmerdale actor Steve Halliwell was return to filming Zak Dingle after a six-month break it's been reported actress Karen Gillan has turned off Alexa official could spill the beans on any would any Hollywood gossip Kirk Douglas that the majority of 61 million fortune to charity what's gone with friends them the most annoying story over the

weekend and everyone share this was a Friends reunion is happening and HBO maths % all this up in blaze because moving on Netflix now Yeah it's moving from Netflix and HBO Max all of the other sort of a fright for the selling this as friends realizing it's not us the song too it's literally the cast up on the couch while reminiscing plank

of friends you're grand thanks that's it it was a non-story was LALLY the in now Paige Turley and Finn tapped ground Winter Love Ireland champions and Porsche may got the boot is an injustice Dancing with the Stars and it is a dancing competition after all you know Yeah it seems a bit funny but Eduard looks major did Wicklow proud its 7 46 the word about tomorrow

this morning the course was Magee's schools give them Wicklow diary week in Association with Bray Credit Union mindfulness an evening of meditation and self-compassion hosted by Marco Russia's summer the main centre in Blessington this Thursday the 27th of February at 7 30 p.m. all welcome Butler County Library service and **breast** Cancer Ireland presents a series of health the Ireland at your library workshops of **breast** health awareness

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by local craft makers with vintage trend some see XM food stalls and dress up as a lion his St Patrick's Day Intel with little lines club lead the Guinness World records for details go to with airlines world record events on Facebook and remember if you would like something engine down the Wicklow diary you can contact and Kennedy L 0 one C 17 for 7 hundred's

these schools do we live in sin with great credit union fight off he was mauling enjoyed school all I could hear but the location on Way behind on mortgage payments are now overseen a court summons to do thank you tough to live here they provide free advice and support to qualified professionals the Ha'penny restructure my mortgage repayments now

David me keeper 0.0 a year the State-funded confidential service for people in mortgage arrears to find out more visit maps .ie Oh 7 6 Oh one Oh seventy's 1000 standard network charges may apply I am now bringing the best of all worlds with the eco-friendly euro 6 petrol and diesel models like the arrival of the all new I city that

feat of technology by the ever-popular to use our best selling cars that also available and mild hybrids and the all new bionic electric joined the crowd in our growing range of all other motors rights drama test drive the range Oh 4 Oh 4.6 4 double for it's great so far scrappage scheme Flanagan Kerins time to change that so far

Highlights: **Breast Cancer Ireland**, Wicklow County Library Service.

Publication: Wicklow Times (South Edition)
Date: Tuesday, February 25, 2020
Page: 12

Media Cost (€): 59.4
Reach 44,200
Size (Sq. Cm) 18



Breast health awareness talk

Breast Cancer Ireland will be holding a breast health awareness talk in Greystones Library on 4th March, at 11:30am. Early diagnosis is the key to more positive outcomes in breast cancer. Promoted by Healthy Ireland at your Library and Breast Check. All welcome. Booking required: 01.2873548, greylib@wicklowcoco.ie.

Publication: Wicklow Times (North Edition)
Date: Tuesday, February 25, 2020
Page: 12

Media Cost (€): 59.4
Reach 44,200
Size (Sq. Cm) 18



Breast health awareness talk

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Publication:	evoke.ie	Media Cost (€):	227	
Date:	Sunday, February 23, 2020	Reach	16,660	
Page:	Link	Size (Sq. Cm)	489	

How They Met: After kissing frogs Paul Ryder instantly knew Eddie McCann was his prince

Speaking to EVOKE at the launch of [Battle of the Stars](#), the Ireland AM reporter recounted how he fell head over heels for his buff beau saying: 'We had originally been friends on socials for about a year.'

Learn more

'We both would comment on each other's style or what the other one was wearing as we would both have a keen interest in fashion and keeping ourselves looking fresh which, thankfully, we still do.'

'From there it developed into some flirty banter before one of us asked the other one out.'

The Ireland's Got Talent star knows Eddie is the one enthusing: 'We've known each other like a year but have only been dating for 3 months. In gay terms sure that's life.'

'No but in seriousness, it is that, "When you know, you know," situation here.'

'I've had the worst luck in dating so when Eddie came into my life I knew he wasn't going anywhere anytime soon and he feels the same.'

Recounting their first date the drag artist said: 'It was very much a mutual thing, we moved at the same pace.'

'Eddie is based in Belfast and I am in Dublin so I asked him to go for dinner with me in Dublin and we took ourselves off to The Hudson Rooms in Lucan and had a beautiful meal and literally did not stop talking, smiling and laughing the whole time.'

'It's the first time I've fully been able to be myself in front of someone and not worry about motive or if they have a game they're playing.'

Probed as to whether their connection was instant he said: 'It was very much love at first sight, to be honest.'

'We had done a lot of chatting through WhatsApp etc so before our first date he came to pick me up at my house and being really honest, we kissed straight away.'

'We actually didn't stop kissing for about 30 minutes. We said, "Hi," like three times but just felt such a good connection with each other from that moment.'

Paul is equal amounts smitten and sensible explaining: 'We both had a feeling it was the real deal from the first date, probably even before that. We're both a bit older in life and know what we want.'

'It's so strange to have the exact same morals about literally everything. To have the same goals and aspirations as someone.'

'We're still a very fresh relationship and some may say we're rushing when they read this but believe me when you kiss one too many frogs, when that prince rocks up looking as good and giving you the 'fuzzy' feeling that this man does, you just know it's the real deal,' he asserted.

Paul Ryder will be one of the celebrities taking to the dancefloor for [Battle of the Stars](#) in aid of [Breast Cancer Ireland](#) on 4 April, tickets for which can be found [here](#).



Appetites

A taste for life...

Niamh Cullen

The fitness, fashion and lifestyle blogger tells us about her favourite tapas bars in Dublin and the origins of her love for Japanese food

What was your favourite childhood meal?

Probably the old-school fish fingers and beans. I also used to be addicted to toast. I ate it with nearly every meal!

What's the meal you will always remember?

My nana's bacon and cabbage, and my mum's roast every Sunday.

What was your defining food experience?

It was in Japan. I was there for the Rugby World Cup in September last year. I really got a taste for Japanese food. I'm basically

a pescatarian, so it was all raw fish and sushi.

What was the first dish you ever cooked?

I remember being in home economics

class and everyone was making a spaghetti bolognese, which nobody in my house would eat because my mam and dad are pescatarians too, so the teacher gave me the challenge of making a salmon and broccoli bake.

What is your comfort food?

Crispy hot toast with soup.

What is your hangover cure?

I've learned that as you get older you should be healthy when you're hung-over, and drink loads of fluids. But any sort of Thai food works, too.

What do you drink?

I drink loads of water, and I'm also addicted to my SodaStream. It adds fizz to water. I put the zero sugar MiWadi in it to add some flavour.

What is the most appetising smell?

Freshly made bread in a bakery.

What do you refuse to eat?

I don't eat red meat.

How important is food to you?

It's so important to me. I go to the gym, so I'm constantly thinking about my next meal.

What's always in your kitchen?

My supplements are always out in the kitchen to remind me to take them every day.

Favourite restaurant?

I love the tapas-style food in Fade Street Social in Dublin. I love the idea of sharing food and getting loads of dishes to try. I love the Port House on South William Street, too.

And abroad?

A beach bar that I went to in Ibiza, I can't remember the name, but they catch fresh sardines and barbeque them for each meal.


What's your favourite sweet treat?

Giant chocolate buttons.

Where was your worst meal ever?

About two years ago, I was still eating the odd bit of chicken. I was at Coachella music festival in America, and I ordered a chicken salad. The chicken breast was huge — it was obviously pumped with steroids — so to this day, it has turned me off eating chicken!

What is your signature dish?

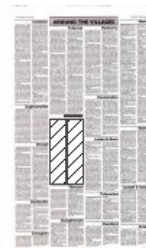
I make a really good raspberry roulade and guacamole. But not together, obviously! 

Niamh is part of the line-up for Battle of the Stars, supported by the Joe Duffy Group, a gala fundraiser on Saturday, April 4, at the Clayton Hotel, Burlington Rd, D4, to raise funds for Breast Cancer Ireland's research and awareness programmes. For tickets, see breastcancerireland.com

In conversation with Chloe Brennan

*"I used to be
addicted to toast.
I ate it with nearly
every meal"*






Drumhowan

Clodagh McEntee: The death of Clodagh McEntee was not unexpected but painfully sad. A few months ago friends of hers came from her home town of Coalisland to help in a coffee morning for cancer that she was running and later she was active in The Great Pink Run for breast cancer. A woman in her prime, active in many good causes, she leaves behind her husband Fintan and three children, Oisín, Eoghan and Áine. Fintan and Clodagh lived for some time in Tulla Co. Clare, but came to Monaghan to set up on the farm of Fintan's uncle Michael in Cohey. While they were building their dream home, they stayed in the home of the late Rosemary McElearney in Knocknamaddy; Clodagh's first night in their new house was the night of her wake. Her funeral took place on a snowy morning, a full chapel in Tullycorbett, a guard of honour from the Secondary School in Blayney and one from the GAA Club where Eoghan was a member of the Féile team last year. The family carry with them the empathy of the whole parish, Club and community. May Clodagh rest in peace.

Presentation night: The Underage Presentation Night was a great occasion. Often such nights are a chance for people who can never get anyone to listen to them to bore the life out of a captive audience, but this wasn't at all the case. From the word go when GAA President John Horan entered the building to great applause, there was a pleasant business-like atmosphere, with speakers making interesting points and the presentation of medals quickly dealt with, even though there were a lot of winners to receive their well-deserved awards. John Horan made many fans for himself, chatting with the youngsters as they waited for their photo to be taken, moving without fuss wherever he was needed. Donal McAdam revived a dramatic mem-

ory of the 'Perfect Days' of Féile in the Summer, Kevin Smyth and Cormac Duffy were welcomed out from Ballybay to join their fellow-coaches and former team-mates Anthony Brennan and Martin McElearney to receive their congratulations for a winning year in Division 2, Gerry Finnegan as M.C. spoke impeccable Irish in greeting the Guest of Honour and the highlights of the night were young Jonathan Lavelle giving an excellent rendition of his Scór recitation and a reading by Francis Gerard Duffy of his own poem 'The Brown Envelope' which had the audience changing from silent listening to uproarious laughter all through. Michael Owen McMahon was loud in his praise for the Drumhowan officers with whom he worked, as was John Horan in praise of Paraic Sherry and Noel Duffy. The gougons were big and the chips and sausages almost too hot to handle as Ita Duffy gaffered the kitchen, the parents brought loads of sandwiches and cakes, and local dogs who might have been expecting a load of left-overs, and who were waiting to place their orders, would have been very disappointed.

Growing up: John Horan on Sunday evening gave good advice to the juveniles about learning from losing as well as winning. It was a good lesson: many juvenile teams in big clubs have been spoiled by too many easy victories too young. But our lads seem to be fairly level-headed, judging by their mannerly attitude and by the way they helped out at clearing the tables and the hall when the event was over. The example of the parents of these boys all during the past couple of years has been inspiring, the way they muck in with the Community Group to leave the place as they would like their own houses to be left. People who don't throw everything at their arses are very much appreciated.

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Date:	Friday, February 21, 2020	Reach	500	
Page:	Link	Size (Sq. Cm)	624	

Breast cancer survivor Juliette O'Connell is alive because of her son's GP appointment

The Limerick native admits she was simply not breast aware at the time, taking her health for granted as she was in prime fitness with little to no symptoms.

'I never knew for one minute that I would be that girl that would be diagnosed and it was a huge shock for me,' she tells EVOKE.

'There was no breast cancer in the family, I was a keen cyclist. The reality is I was 41 and not breast aware. I didn't know any of the signs and symptoms. I probably only related breast cancer to a lump but it was actually a rash I found on my breast.'

It would take months before she had the rash checked out by her GP and even then, it was by pure chance taking advantage of time with the doctor when her son was sick.

'I was paying the €50 and the mentality was two for the price of one,' Juliette explains. 'I said, 'I have a rash, can you check it out' and it was from there that I was diagnosed with stage three breast cancer. It was at a high stage and I had quite big tumours in the breast.'

'I suppose the lack of education kept me at home for ten months.'

A course of grueling treatment followed leaving Juliette cancer free, something she is so grateful for each day.

'I'm here and I'm glad to be here,' she says. 'I had a young family when I was diagnosed and it was a tough time but I got all my treatment in Limerick and I'm here.'

Today, Juliette is a dear member of the [Breast Cancer Ireland](#) family and is using her experience to educate others about breast health in her role as Outreach Coordinator.

'It's my motto to help as many people as possible to understand that they're not just looking for a lump – they're looking for signs and symptoms. It's my job to teach them how to properly perform a breast self-examination at least once a month.'

'The programme has been rolled out to schools, TY's, fifth and sixth years, companies and business for both young and old women and I truly love my job.'

'Having the right knowledge from a young age is key because once you have that information, you'll have it for life. I hope that I do get the opportunity to save somebody's life through my work.'

'Early detection really does lead to a much more positive treatment outcome and early detection does save lives.'

Reflecting on her journey, Juliette says her illness changed her for the better. For one, she doesn't take chances with her health these days. She's also no longer afraid to take chances and put herself out there in ways she would have been much more inclined to shy away from previously.

'I'll be dancing in this years [Battle of the Stars](#),' she tells EVOKE. 'When I was asked, I said 'Yes' straight away whereas before I would have said, 'Oh god no, I don't think I could do that!''

'I wanted to get involved because I think it's so important to help others. It's important to raise awareness and to raise funds for such an important initiative very close to my heart.'

'I'm doing this for the women who are out there going through breast cancer and for the women who have unfortunately passed away from breast cancer.'

'I want to help people to understand that being diagnosed with breast cancer is terrible but there is light at the end of the tunnel as well.'

[Battle of the Stars](#) takes place this 4 April in the Clayton Hotel Burlington Road with all proceeds going towards raising critical funds for [Breast Cancer Ireland](#)'s pioneering research and awareness efforts.

Publication:	evoke.ie	Media Cost (€):	297
Date:	Friday, February 21, 2020	Reach	16,660
Page:	Link	Size (Sq. Cm)	625



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The Limerick native admits she was simply not breast aware at the time, taking her health for granted as she was in prime fitness with little to no symptoms.

Learn more

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Stars and cancer survivors ready to hit dancefloor again

IT'S that time of year again when a host of well-known faces come together for a fundraising event in aid of Breast Cancer Ireland.

Battle Of The Stars returns to the Clayton Hotel Burlington Road this April, with the likes of presenter Lorraine Keane, social media star James Kavanagh and Clare McKenna hitting the dancefloor for charity.

The fundraiser, which is now in its seventh year, will be hosted by RTE 2FM star Eoghan McDermott.

Each year, there is a mixture of Irish celebrities, professional dancers and breast cancer survivors taking part.

I took part in the event back in 2018, and it was an incredible experience.

Spending time in rehearsals with women who have faced cancer and made it through to the other side

put things into perspective for me.

There were some days when I felt as though I was too tired to go to the rehearsals, but then I remembered that there were women who had just finished chemotherapy that would turn up on time every evening with a smile on their faces,



and that made me cop on. I felt really inspired by the people I met and I'm excited to go along in April and support friends who are involved this year.

RUMOURS

The event is also said to be a good stepping stone for getting noticed for Dancing With The Stars.

I wouldn't be surprised if we see some of the cast of Battle Of The Stars appearing on the next series of the hit RTE show.

There have been rumours that next year may be the last year of Dancing With The Stars, due to how expensive it is to produce.

Spin-off Can't Stop Dancing has been cancelled, along with a few reported jobs behind the scenes.

Although I hope the rumours aren't true, I would encourage anyone who has been asked to take part in the show in previous years, and turned it down, to reconsider, as it is an amazing experience.



Holly at Battle Of The Stars. Inset, Eoghan McDermott

Publication:	vipmagazine.ie	Media Cost (€):	30	
Date:	Thursday, February 20, 2020	Reach	2,210	
Page:	Link	Size (Sq. Cm)	455	

Battle of the Stars is back – and here's who will be taking part!

MC'd by RTE's Eoghan McDermott, the event, taking place in the Clayton Hotel, Burlington Road on April 4th, will be one to remember.

On the night, three celebrity judges; DWTS' Julian Benson, presenter Elaine Crowley and rugby star Shane Byrne will cast their beady eyes over the celebs.

So, who exactly will be busting a move on the dancefloor, we hear you ask? Well, here they are:

Newstalk presenter and Ireland AM regular Clare McKenna is set to take to the dance floor in April.

Speaking to VIP Magazine about why she decided to sign up, Clare told us, "I'm a big fan of Strictly and Dancing with the Stars and it seems like a taste of that. Plus, it's for an amazing cause.

She continued, "There's something about dancing that gives you a real sense of joy. It's really good fun.

"There's a real sense of camaraderie between everyone who's taking part – good team spirit. When we're all dressed up on the night, I'm sure there'll be great excitement and it'll be great fun."

TV star Lorraine Keane, fashion guru Michelle McGrath and influencer Niamh Cullen will also take to the dance floor.

Ireland's Got Talent star Paul Ryder who's no stranger to the world of performance, can't wait to put on his dancing shoes for the night – and has his eyes on the prize!

"I'm well aware this is for charity, but I'm taking zero prisoners and I'm out to win. I'm really excited. I'm always the choreographer, never the dancer," he said.

"We were in rehearsals on Monday and it was weird for me being on the other end of it. I now have empathy for the people who I choreograph for. I'm enjoying the process, but I'm so excited to get out on the floor."

Influencer James Kavanagh, rugby ref Alan Lewis, West End star Simon Murphy and presenter Sean Munsanje will also be taking part.

"I was involved in the first year of this, seven years ago. I had zero dancing experience! It was way more difficult than I thought it'd be. It was great fun and for a great cause.

"Seven years ago, I was a lot fitter than I am now," he said with a laugh. "If I thought it was tough then, it's just way worse now. I'm doing the salsa. I thought after doing it before it'd come a bit more naturally this time, but no.

For the show itself, Sean says, "I expect to be very nervous but hope it'll go off without me falling."

Breast cancer survivors Paula McClean, Jill Murphy and Juliette O'Connell will feature too.

Tickets for the gala event can be purchased at www.breastcancerireland.com. Will you go going along?

VIP Promotion

Publication: goss.ie**Media Cost (€):** 21**Date:** Wednesday, February 19, 2020**Reach** 6,800**Page:** [Link](#)**Size (Sq. Cm)** 123

James Kavanagh leads the way in **Battle of the Stars**

The social media star and TV presenter was announced as the latest name to join **Breast Cancer Ireland** Battle for the Stars, which will raise much-needed funds for the **Breast Cancer Ireland**.

Posing in an uber-glam outfit (as usual) James was announced alongside Niamh Cullen, Paul Ryder, Lorraine Keane, Sean Munsanje, Clare McKenna and Michele McGrath.

Pictured are (LtoR) Simon Murphy, former West End performer, Paula McClean breast cancer survivor and James Kavanagh


Photo: Sasko Lazarov/Photocall Ireland

Photo: Sasko Lazarov/Photocall Ireland

And Dancing With The Stars judge Julian Benson will be there on the night to judge his favourite dancers.

The event takes place on Saturday April 4th at Dublin's Clayton Hotel.

Tickets for the event can be purchased at

Publication:	msn.com/en-ie/entertainment	Media Cost (€):	4	
Date:	Wednesday, February 19, 2020	Reach	500	
Page:	Link	Size (Sq. Cm)	339	

Irish celebs put on their dancing shoes for annual Breast Cancer Ireland fundraiser

Battle of the Stars returns to the Clayton Hotel in Ballsbridge this 4 April with the likes of Lorraine Keane and Clare McKenna swapping studio lights for the dance floor spotlight.

The fundraiser, now in its seventh year, will be hosted by RTÉ 2FM star Eoghan McDermott.

And in the judges seat? DWTS's own Julian Benson who will cast a professional eye alongside Virgin Media presenter Elaine Crowley, rugby legend Shane Byrne and another surprise yet-to-be-announced judge!

Giving Lorraine and Clare a run for their money will be model and actress Michelle McGrath, social media star James Kavanagh, FM104's Sean Munsanje, influencer Niamh Cullen and many more!

They'll also be joined by a number of breast cancer survivors who will putting their best feet forward to take home the winners title and in turn raise critical funds for **Breast Cancer Ireland's** pioneering research and awareness efforts.

Dancers will spend the next few weeks in rigorous training and with one rehearsal down Michelle McGrath tells EVOKE she's having so much fun already.

'My dance partner is Mark and he's amazing. He works like I do – I want to practice a million times and do it a million times – so we'll work well together!'

'Our dance and our song is so beautiful and I'm so excited.'

'The whole event is for such an amazing, brilliant cause and it's something that's close to my heart and something I've been touched with through friends.'

Lorraine Keane, meanwhile, told EVOKE she's a 'nervous wreck' about taking on the **Battle of the Stars** challenge, her daughters giving her little confidence with a reaction to a video of her in practice!

Tickets, which include a four-course meal, complimentary wine and entertainment, are on sale at €150 per person.


MORE ENTERTAINMENT:

Harry Styles 'robbed at knifepoint' on Valentine's Day (Mirror)

'The biggest regret of my Life': Affleck opens up about divorce from Garner (The New York Times)

First look of Hemsworth's new Netflix movie revealed (USA TODAY)

Lovato says trying to recover from eating disorder 'led to' overdose (People)

Publication:	evoke.ie	Media Cost (€):	227	
Date:	Wednesday, February 19, 2020	Reach	16,660	
Page:	Link	Size (Sq. Cm)	482	

Lorraine Keane a ‘nervous wreck’ as she takes on new challenge

The broadcaster is putting her best foot forward in this year's **Battle of the Stars** fundraiser in aid of **Breast Cancer Ireland** and she tells EVOKE that she's more than a little nervous about the whole thing.

'I'm looking forward to learning how to dance but I'm a nervous wreck,' she laughs.

'I have no idea if I'm going to be able to do it but I'm hoping people will take into account that it's all for a good cause. At the very least, I know we'll have great fun!'

Having judged the competition in previous years, Lorraine admits she jumped at the opportunity to dance this April, embracing the chance to step out of her comfort zone and challenge herself.

'I love **Breast Cancer Ireland** as a charity, they do incredible work. Cancer is unfortunately something that touches everybody – we all know somebody who has experienced it, whether it's a family member or a friend.'

'When people you love go through something that's so life-threatening, it makes you realise more than ever that life is so short and you have to grasp opportunities any chance you get – and that's exactly what I'm doing!'

The mum-of-two says despite her first rehearsal being a little daunting, she feels secure in her hands of her partner Simon, a West End star, who has a 'no-drop policy' in his contract.

Mind you, if she was feeling in any way confident, Lorraine says her teenage daughters are keeping her feet planted firmly on the ground with their reaction to a clip of her dancing.

'Aisling Hurley, the CEO of **Breast Cancer Ireland**, filmed my first rehearsal and it took me a while before I showed it to my two girls,' she says.

'My 16-year-old fell off the couch crying laughing – she couldn't even catch her breath – that's how ridiculous I looked and how embarrassed she was!'

Despite a hectic schedule juggling mum duties with business endeavors and Fashion Relief commitments, Lorraine says she makes sure to stay on top of her health and fitness.

'I walk a lot with my dogs and in recent months I've started going to Educogym. The call came out at the right time for **Battle of the Stars** because for a long time I was feeling unfit and wobbly!'

'Women's health is an area that I'm very interested in and diet and nutrition and keeping fit are hugely important to me. When you're feeling fit, you look better and that makes you feel better.'

Newstalk presenter Clare McKenna, social media star James Kavanagh, influencer Niamh Cullen, model and actress Michelle McGrath and FM104 host Sean Munsanje are just some of the other stars taking to the stage in support of those impacted by breast cancer for the 7 th annual **Battle of the Stars** gala fundraiser with all funds raised supporting **Breast Cancer Ireland**'s pioneering research and awareness efforts.

Publication: evoke.ie**Media Cost (€):** 139**Date:** Wednesday, February 19, 2020**Reach** 16,660**Page:** [Link](#)**Size (Sq. Cm)** 296

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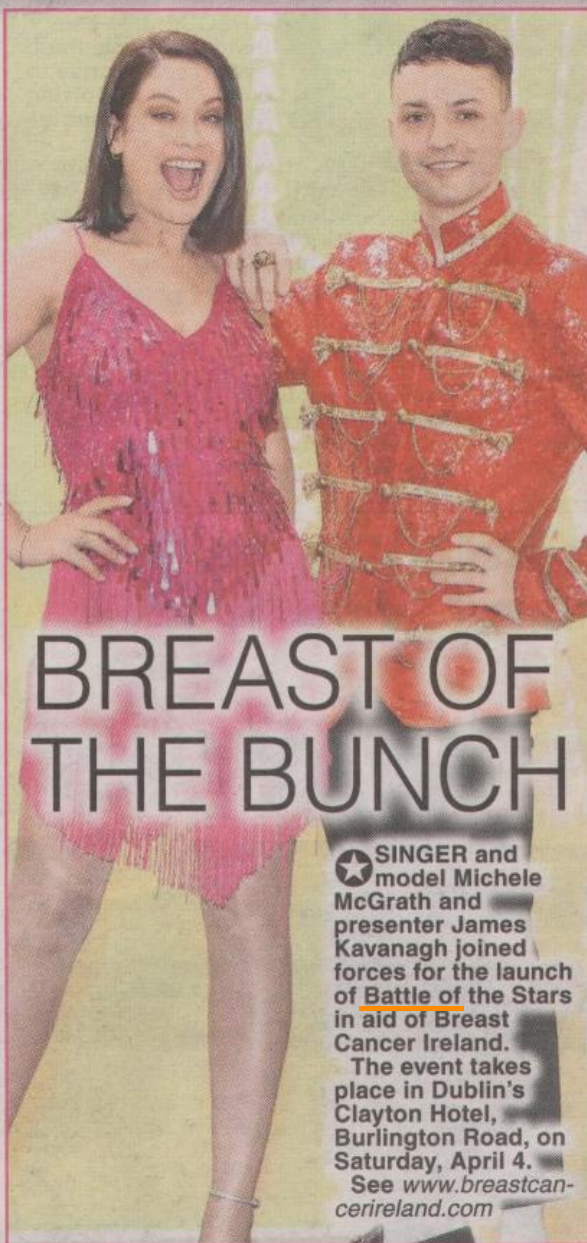
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Publication: Irish Daily Star
Date: Wednesday, February 19, 2020
Page: 21

Media Cost (€): 2980.72
Reach 44,234
Size (Sq. Cm) 106

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BREAST OF THE BUNCH

★ SINGER and model Michele McGrath and presenter James Kavanagh joined forces for the launch of **Battle of the Stars** in aid of Breast Cancer Ireland.

The event takes place in Dublin's Clayton Hotel, Burlington Road, on Saturday, April 4.

See www.breastcancerireland.com

Publication: The Herald
Date: Wednesday, February 19, 2020
Page: 17

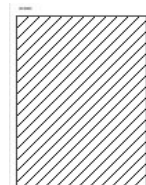
Media Cost (€): 2344.86
Reach 28,940
Size (Sq. Cm) 126



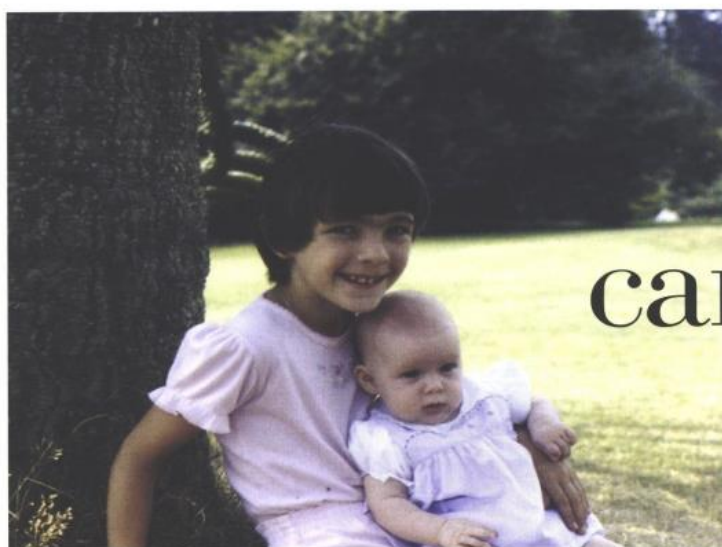
Stars' dance-off for charity



Actor Michele McGrath with professional dancer Simon Murphy at the launch of Battle of the Stars which takes place in Dublin's Clayton Hotel in Ballsbridge on Saturday, April 4. Famous faces, supporters and breast cancer survivors will compete in a fundraiser to support Breast Cancer Ireland's research and awareness programme



my sister



cancer

and me

Writer **Mary Cate Smith** reflects on the impact of her sister's cancer diagnosis and shares how she has come to count the moments, not the days

Loving my sister Gillian is the best thing I have ever done. She taught me how to love ferociously, unconditionally and without judgement or expectation. Eight years my senior, Gillian was my best friend from the moment I could breathe. She fostered my love of drama and storytelling; our doorless garden shed was the playground for our unbridled imaginations where she officiated weddings, presided over bloody battles from history (I was both patriot and colonialist) and fashioned costumes from lampshades, sheets and titbits from our mother's sewing box.

As a child, Gillian had an ethereal quality about her; as if she was born into the wrong era. She was Victorian in her manners, found any occasion to burst into song (*Tidy Up and the World Will Tidy With You* was my least favourite) and found great solace in religion, displaying an encyclopaedic knowledge of the saints, rather unusual for someone of her generation (she is now 44).

Last summer, I had reached a juncture where all the hard work I had done for my mental health had really begun to pay off. After struggling with a bad break-up in the months prior, I had finally begun to feel truly well. Then one Wednesday, everything changed. I arrived home to my parents holding vigil in an uncharacteristically cold sitting room; their faces as if obscured with

Greek tragedy masks. In antiseptic tones, they told me that they had a "bit of bad news", that Gillian had breast cancer. The word "cancer" reverberated around the room and seemed to occupy my body from the inside out. Feeling utterly hollow and simultaneously pregnant with rage and sadness, a primal noise I didn't even recognise had come from me, enveloped the room.

In the coming months, my life became surrounded by a portentous fog, thickening with every strand of hair that Gillian lost during chemo and every tear shed by my nine-year-old niece and my 83-year-old father and everyone in between. There's a clarity in pain, though. Trauma became an agent of change for me, a reason to usher in a new reality and cultivate genuine gratitude. I focused on practical things like making shepherd's pies (and chicken pies and cottage pies), taking her kids to the cinema, stopping to look at the stars

when they appeared. Cancer might seem like a hefty price to pay for waking up to life. But I love stronger and harder now. Simple moments brought extraordinary joy; enjoying a cappuccino or going for a walk on the beach with my sister felt like moments wrestled straight from Utopia.

Telling and re-telling my friends and colleagues seemed like a cautionary Chinese whisper – each time brought more information, more rumination and more pain. On occasion, I was met with gallows humour and had to grit my teeth. The reactions ranged from complete silence to unflinching support or outright rage. Some people spoke about Gill in the past tense and I had to bite my tongue on many occasions.

I think I finally understand what the unbearable lightness of being is. When Gillian started chemo, her hair fell out rapidly. And just to prove our symbiotic connection, so did mine. I developed alopecia areata and an obsession with wig-scouting. Her tiny frame became bird-like, she lost her eyebrows and eyelashes and her nails yellowed but her bright blue eyes never lost any of their sparkle.

Always proactive, she altered her lifestyle with healthy, nutrient-dense foods and organic products, banishing chemicals from the house. We binged watched *Jane the Virgin* (#TeamMichael) when we were together and routinely, Gillian's mind would race when it came to bedtime, the chemo coursing through her veins. In the morning I would remind her of the things she said, half asleep, talking about driving trucks or something relatively random we could laugh about over cups of Pukka tea and homemade granola.

Gillian anchored my fears in practicality, assigning me tasks that assuaged my sense of powerlessness – brow kit assembling, pie-making, child distracting and bed making. I wasn't there to hold her hand through chemo; she wanted to do that on her own. But I spent lots of time with her children; being outrageously beaten at bowling, devouring Gino's ice-cream, walking (hopping, dancing) on the Greenway, and playing Harry Potter card games. Sometimes we cried together and sometimes just one of us cried while we held the other one. And almost always, there were biscuits.

I shuffle around work with a gloominess I can't seem to shake. But I've been attending counselling in the Solas Centre in Waterford and the greatest gift my counsellor Liz has given me is to reassure me that that is perfectly normal, so to say. We sit in a cosy room overlooking a water fountain with tea and biscuits and I talk for almost an hour and she listens and tells me that she's seen and heard all this before. She has and she gives me sound advice on how I can help my family and regulate my emotions.

Gillian has stage four cancer. That means her cancer has spread and metastasized into another area of her body; her spine to be exact. But she is not a statistic. As I write this, she is tracing her fingers up and down the wall, exercising after having thirteen of her lymph nodes removed as well as her right breast and a lump from her left one. It's very painful but she's still smiling.

I get palpitations sometimes in the middle of work but I have all the tools to help me regain my balance.

“
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I didn't get them on my own; I needed help from cancer support centres and friends and therapists. I have an estranged sister whom I've had minimal contact with over the last thirty years but now we are talking about Gillian. And about anger and sadness and hope.

Cancer is a powerful force; it conjures feelings so intense you feel like a Shakespearean hero but it also makes you count the moments; not hours or days, just small, significant moments in which you love and are loved. ☺

WHERE TO GET HELP

From reflexology to meditation guides, counselling and art therapy, there is so much help out there. Check out these resources for more.

1 The Irish Cancer Society has 39 cancer support centres around the country with online communities, information, support and financial aid available. cancer.ie

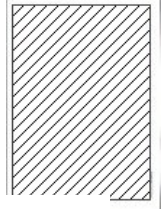
2 ARC Cancer Support Centres facilitates programmes for children, complementary therapies and social groups like choir. arccancersupport.ie

3 The Solas Centre in Waterford offers art therapy, counselling,

reflexology.solascentre.ie

4 The Marie Keating Foundation provides emotional and financial support for families struggling with cancer. mariekeating.ie

5 Breast Cancer Ireland offers a wealth of information about pioneering research and medicine as well as organising events like the mini marathon and an evening at the races. breastcancerireland.com



OUT & ABOUT



Mary Rossiter, Alexandra Gonzalez & Siobhan McMahon



Siobhan Corcoran & Keelin Corcoran



Ciara Crehan, Aisling Fitzgerald & Sharon Garvan



Claire Campbell



Elaine McGrath, Edel Cannon & Berni Cannon



Katie Fitzgerald & Caoimhe Garvan



Olivia Carpenter & Nicola Turley



Jackie Cullen

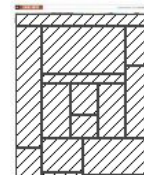


Sarah Chadwick & Genevieve Holmes

BREAST CANCER IRELAND CHARITY LUNCH

Marco Pierre Whites in Donnybrook, Dublin

Well-known faces from the world of fashion, beauty and broadcasting, along with breast cancer survivors and supporters, gathered in Marco Pierre White Courtyard Bar & Grill in Donnybrook for the annual lunch to raise funds to support Breast Cancer Ireland's (BCI) research and awareness programmes nationally. The event was hosted by Breast Cancer Ireland Ambassador Elaine Crowley and included a fashion show styled by Cathy O'Connor showcasing a selection of garments from leading boutiques around Ireland.



South Roscommon Focus

BRENDAN SHINE 56 YEARS ON THE ROAD

Singing star Brendan Shine is currently marking 56 years in the music business with his latest CD "Shine, Shine, Shine" which has 13 tracks and a number of them are receiving wide ranging air play on local and national radio stations. The Kiltly native, who resides in family setting at Gatestown, Taughmaconnell, is now aged 72 and the current album is his 50th public recording taking in albums, LPs, cassettes and DVDs. The tracks on the album include "The Garden Swing" which was penned by Henry McMahon of the Mainliners when he heard Brendan sing his grandson song and observed the swing at the bottom of his own garden. The other tracks receiving air plays include "the Parish Hall" and "I Am Not the Only Cowboy in the West". Brendan formed his own Brendan Shine band in March 1968 after he had completed a five year stint with the Kieran Kelly band.

BEREAVED

Mrs Rose Shine, Drumlosh, Cornafulla, Athlone, has been bereaved by the death of her sister, Mrs Bridie Flannery, Clareen, Birr, which took place on February 1st last. Aged 94, she was the former Ms Bridie Grenham of Derryneil, Moore. She was predeceased 36 years by her husband, Joe, and is survived by sons, Kieran and Gerry and daughters, Brigid, Rose, Mary, Geraldine and Frances. A member of a family of eleven, Mrs Shine is her only living sibling and she is also survived by 19 grandchildren, 24 great grandchildren and a number of other relatives. Following Mass of the Resurrection in Birr Church the burial took place in Clonmacnoise Cemetery.

LATE MR JOHN JOE KELLY

The death took place unexpectedly on Wednesday, February 5th, of Mr John Joseph (Josie) Kelly, Turrock, Dysart. Aged 77 on June 16th last, he was a member of a well known Dysart family and he had resided at Eccles, Manchester, for 40 years before returning to live out his retirement in Dysart in 1999. He was a self-employed waterworks contractor in the Manchester region and he was deservedly popular with his work associates and all those with whom he became acquainted. He was a devoted husband, father and grandfather and a most obliging neighbour and a reliable friend. He engaged in part-time farming and fishing as his main hobbies and he also performed innumerable acts of Christian charity in the course of his life. He was predeceased in January 1986 by his wife, Pauline, (nee

Kenny) and is survived by his son, John Paul, Turrock, Dysart; daughter-in-law, Anita (nee Gordon, Dublin) and grandchildren, Leah, Daniel and Elliana. A member of a family of ten boys and six girls, he is also survived by brothers, Tommy, Lanesboro; Jimmy, Isle of Man; Dan, Birmingham; Richard, Ballyforan; Ted, Dysart; sisters, Mrs Margaret Lindley, Manchester; Mrs Catherine Gallagher, Caltragh, Curraghboy, Mrs Mary Hadlea, Northampton and a number of other relatives. Following Mass of the Resurrection at St Patrick's Church, Dysart, on Saturday, February 8th, the burial took place in Dysart Cemetery. The celebrant of the Mass was Very Rev. Francis Beirne, PP, Four Roads, Dysart and Ballyforan.

CARD DRIVE WINNERS

The winners of the weekly progressive 25 card drive at the St Brigid's Handball Complex in Curraghboy on Tuesday night last were Bertie Mannion, Pádraig Flatley, Grayson Reid, Mrs Marian Lynch, Michael Donnellan, (Kiltoom), Liam Fallon, John Hynes, Christy Leonard and Mrs Bernadette Burke.

LATE MRS CHRISTINA DONNELLY

The death took place on Friday, February 7th, at University College Hospital, Galway, of Mrs Christina Donnelly, Tibarney, Four Roads. Aged 75 on December 25th last, she had been in ill health for a short time and she bore her illness with characteristic fortitude. She was the former Ms Christina Kenny, Tubberconnor, Rahara, and she was a member of a well known farming family in the locality. Of an affable and caring disposition, she was devoted to her immediate and extended family and was noted for her sense of neighbourliness in her residential catchment. A devout Catholic, she visited Knock shrine annually and supported many charitable causes and bequests. A lifelong PTAA member,

she also supported a number of community activities over the decades. She was predeceased by her husband, Eamon, on October 15th, 1998, and is survived by sons, P.J., Tusk; Michael, Cartron, Four Roads; daughters, Mrs Mairead Mulvihill, Elphin; Mrs Cathy Jameson, Scrine, Rahara and Mrs Pauline Flanagan, Ballymurray, Roscommon. A member of a family of two boys and four girls, she is also survived by brothers, John, Tubberconnor, Rahara; Joe, Coventry; sisters, Mrs Mary Whately, Leeds, England; Teresa, Capetown, South Africa; seven grandchildren and a number of other relatives. Following Concelebrated Mass at the Church of Christ

the Good Shepherd, Four Roads, on Monday, February 10th, the burial took place in Tisrara Cemetery. The celebrants of the Mass were Very Rev. Francis Beirne, PP, Four Roads, Dysart and Ballyforan and Very Rev. Micheal Donnelly, a native of Lisduff, Mount Talbot.

LATE MR PATRICK CONNOLLY

The death took place suddenly on Wednesday, February 5th, of Mr Patrick Connolly, the Rath, Kilmore, Kilcock, County Meath, who was a native of Cloonashade, Four Roads.

Aged 65, he was son of Edward and Linda Connolly and he had been employed as a driver with a number of companies in County Meath for the duration of his working life. He is survived by brothers, Eamon, Castlepollard; Sean, the Rath, Kilmore; sister, Mrs Bernadette Weldon, Kilmore, County Meath; brother-in-law, Larry Weldon; sister-in-law, Elizabeth Connolly; nieces, nephews, grandnieces, grandnephews and other relatives in Dublin, Four Roads, Athleague and Ballymurray. Following funeral prayers at the Church of Christ the Good Shepherd, Four Roads, on Sunday, the burial took place in Tisrara Cemetery.

MASS OF THANKSGIVING

Very Rev. Michael McManus, PP, Kiltoom and Cam, will celebrate a Mass of Thanksgiving at the Church of the Risen Christ, Ballybay, Kiltoom, on this Friday, February 21st, at 7p.m. The Mass will be attended by members of all clubs, groups and organisations active in the Parish of Kiltoom and Cam and it is an annual event.

VICTIMS OF CRIME

The annual Mass to remember victims of crime will be celebrated on this Sunday, February 23rd, in Knock Basilica at noon. The Mass is in association with the Federation for Victim Assistance and supports European Victim of Crime Day regarding the remembrance of all who suffer at the hands of criminals throughout the island of Ireland and Europe. Those interested in seeking more details are requested to contact Mary at the Victims Assistance head office at Enterprise House, Aiden Street, Kiltimagh, County Mayo. Telephone 0863938871 or free-phone 1800277477.

UNDERSTANDING THE FUTURE OF BREXIT

The Connacht Business Network will host an event entitled 'Understanding the future of Brexit' with guest speaker, Brexit specialist Oon-

agh Rynn, on Thursday, February 20th at 7.15 a.m. in Gleesons Townhouse, Roscommon. Register your interest by calling Tracy on 086-1771683

FOSTER CARERS NEEDED

Roscommon Foster Care Service is recruiting foster carers. If you are interested in becoming a foster carer, your first step is to contact the Child and Family Agency, Roscommon on 0906637529. A member of the foster care team will be more than delighted to speak to you.

DEVINE CLAIMS CONSULTANTS

Has your property suffered damage, domestic, commercial or agricultural? Call Devine Claim Consultants immediately and let us report the claim. It may be the difference between your claim being met or refused.

FIRST-TIME BUYERS

Achieve your goals - trust the experts to find you the best mortgage. For professional trusted and confidential advice call Tracy Beirne 071 9630688.

LOW COST FUEL

DG Oil now supplying quality low cost fuel in your area. Contact Joe Mc Evoy 087 1888115.

ARCHTECH CONSULTING LTD

ArchEngTech Consulting Ltd specialises in Architectural Design, Planning Applications, Design & Assigned Certifier, Building Surveys and Percolation Tests. Call us today on 0719634729. (Advert)



Mark and William O'Brien with Kayleigh Powell and Brian Sweetman, Monksland, pictured at a Quiz Night fundraiser for Cloonakilla NS in the Athlone Springs Hotel.

Pic. Gerard O'Loughlin



Picture shows May Cunningham, Chairperson, Kiltoom Drama Group, presenting a cheque for €1,200, proceeds realised from Kiltoom Drama group's Christmas Panto, to Rachel Fitzgerald-Feeley, Outreach Co-ordinator, Connacht Region for Breast Cancer Ireland. Also in picture, from left, Mary Rushe, Helen Neeson, Barry Donnelly, Debbie Kilbride, Tom Blaine, Fr. Michael McManus, Ged Rowlands and Anne Toohey.
Pic. Gerard O'Loughlin



Aidan Sherlock, Jenny Sherlock, Seán Doyle, Suzanne Doyle and Peter Sherlock, Monksland, pictured at a Quiz Night fundraiser in aid of Cloonakilla NS in the Athlone Springs Hotel.
Pic. Gerard O'Loughlin

Publication: Irish Daily Star
Date: Monday, February 17, 2020
Page: 3

Media Cost (€): 1546.6
Reach: 44,234
Size (Sq. Cm): 55

T



UPSET: Elaine Crowley

Fury at 'vile' page

TV PRESENTER Elaine Crowley has slammed a false Facebook page purporting to be from her.

A page called Elaine Crowley Appreciation Page has resulted in the Breast Cancer Ireland ambassador to reporting it to the authorities.

Cruel

The page, which has about 500 likes, recently posted cruel comments about Caroline Flack which was met with outrage from fans.

Elaine tweeted: "This vile Facebook page is posting very upsetting comments which people think are mine."

Publication: Irish Examiner
Date: Monday, February 17, 2020
Page: 4

Media Cost (€): 566.28
Reach: 25,419
Size (Sq. Cm) 39



Elaine Crowley reported a fake Facebook page.

Crowley slams fake Facebook page

TV presenter and producer Elaine Crowley has slammed a false Facebook page purporting to be from her.

A Facebook page called Elaine Crowley Appreciation Page has resulted in the Breast Cancer Ireland ambassador reporting it to the authorities and to the social media giants.

Ms Crowley tweeted: "This vile Facebook page is posting very upsetting comments which people think are mine. It looks to have been going on for awhile. I've reported it so please report it if you come across it. Thank you."

She later added: "The page appears to be down. Thanks for all the support."

Publication:	thesun.ie	Media Cost (€):	826	
Date:	Sunday, February 16, 2020	Reach	60,520	
Page:	Link	Size (Sq. Cm)	483	

Virgin Media presenter Elaine Crowley has slammed 'vile' Facebook post purporting to be from her

A Facebook page called, Elaine Crowley Appreciation Page has resulted in the [Breast Cancer Ireland](#) ambassador to reporting it to the authorities and the social media giants.

Crowley tweeted: "This vile Facebook page is posting very upsetting comments which people think are mine.

"It looks to have been going on for a while. I've reported it so please report it if you come across it. Thank you. Please retweet."

Fans were fast to offer support with one tweeting, "We all know that's not your style or comments Elaine."

Someone else said: "Reported. Why are social media sites so slow to act and remove.

'THIS IS TERRIBLE'

"PPS/passport/drivers license number on sign up would put the trolls back in their box and cut out this epidemic.

"This is terrible, someone pretending to be you. I've seen another one like this."

A recent post on the Facebook page purporting to be from her regarding the sudden death of TV presenter Caroline Flack says, "Condolences to Caroline Flack's family.

"To everyone else, don't forget that she was being charged with assaulting her boyfriend.

'REVOLTING'

"If it was the other way around, nobody would have any sympathy for him. People would be saying he was no loss. All this faux sympathy is revolting. She was a man beater.

"Glad I got that off my chest. Roll on the keyboard warriors."

The false comment resulted in numerous fans criticising her with one fan posting on the page saying, "Oh Elaine that's somewhat harsh didn't think I would hear something like that from you.

"Whether she did or didn't hit her boyfriend I really don't think you should say that."

'NEVER REALLY OFF'

"She still has an innocent family who are not famous and have to deal with comments like yours."

The Cork woman and Virgin Media presenter has spoken in the past of being diagnosed with clinical depression.

She said: "The reality of producing and presenting a TV show everyday, Monday to Friday, is that you're never really off.

"And if you happen to be someone whose mental health needs a little extra tender loving care, that can be demanding."

She said that for her she requires medication, sleep and a generous helping of self-kindness.

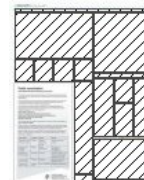
"I'm still here which is very important. I've managed to keep some of my friends (but not all) and I have a family who I adore and who love me back.

"I've gotten through some really god awful times that I'll never talk about because they're too raw.

"I'm resilient, but I'm also less hard on myself now. I'm a little kinder to myself."

Elaine has updated her fans and has revealed that the page has now been taken down.

She said on social media: "Update: page appears to be down. Thanks to all who reported it."



POP-UP SHOP: UNIQUE PROJECT IN TEMPLE BAR TO HELP FUND CANCER RESEARCH

Cancer Survivors can do attitude, as shop opens in Temple Bar

CÓILÍN DUFFY

cduffy@dublinc Gazette.com

CANCER SURVIVORS came together for a unique project, organised by Breakthrough Cancer Research (BCR) in Temple Bar to help fund cancer research.

The charity partnered with The Library Project to open up a 'Pop-up Shop' for the week around World Cancer Day - 'The Shop that Nearly Wasn't', which showcased the many and varied creative contributions those who have survived, or are living with cancer, make to society.

Its name reflects the fact that these achievements have only been made possible due to the result of ground-breaking cancer research.

Art, photography, books, crafts, clothing and protective sports gear, made by cancer survivors of all ages,

from all over the island of Ireland; were among the items in stock.

"We are a research charity, and there's a lot of emphasis on what hasn't happened, because of World Cancer Day we decided we wanted to remind people of the distance we have trav-

elled in terms of research," BCR CEO Orla Dolan told *Dublin Gazette*.

"In Ireland there's 190,000 survivors of cancer, which is 4% of the population. They are here because we have made all of this progress.

"There are some cancers like breast, testicular and prostate which have survival rates in the upper 80's and early 90's now.

"That's because medical advances have meant the treatments are better, and even the protocols for the treatments are better.

"There are other cancers like pancreatic which has a survival rate of 9% for 50 years, so what we wanted to do was make the point that we have made massive progress and let's celebrate that, and then let's redouble our efforts so that we can work on the other cancers as well."

Glasnevin native Leonie Fanning came along to volunteer at the shop, after seeing it on RTE News on opening day. She says it's a brilliant idea.

"I literally saw this on the news and I came in," she told *Dublin Gazette*.

"As soon as I came into the shop, I just felt 'oh my Goodness'. Everything

was lively and smiley and bright - everything was just fabulous, and then talking to Eoghan (O'Sullivan) and

Orla and hearing about what's happening in the background all the time is just incredible.

"I have to say I just admire them so much, because it is amazing work!"

For Leonie it was her first time to hear about the work of Breakthrough Cancer Research.

"I hadn't known much about them because I had breast cancer, so I was dealing more with organisations such as Breast Cancer Ireland.

"When I came across this and they explained about what they do helping to find cures for cancers that have only a 20% chance of survival like pancreatic, it's just absolutely fantastic."

Leonie says there's been a huge buzz in the shop since its opening.

"It's been fantastic. Everyone here has been fantastic. Everyone who comes in has been supportive in helping, and it's lovely to see it. It has been a really nice experience.

"Everybody that comes through the door has a story,

A lady came in earlier and she worked for CanTeen-teenagers with cancer.

"Just to hear her stories was great, but there were positives as well. We are inclined to touch on negatives as Irish people, but everyone has certainly been touched by cancer haven't they?"

While the shop has now closed at its temporary location of 4 Temple Bar, those involved are keen to reopen

a physical presence shortly in the capital, and have issued a call-out to those who may be able to help them secure a more permanent location.

"We got our temporary location from The Library Project, who are doing it in partnership with us," Dolan said.

"In Temple Bar there's a lot of people going by all the time, and it's a great place to be."

The Shop That Nearly Wasn't continues online, where a wide variety of items can be purchased at www.shopthatnearlywasnt.ie.

You can get further information and details about the work of Breakthrough Cancer Research at www.breakthroughcancerresearch.ie



Some of the fantastic creations by cancer survivors of all ages



Shop volunteers Melanie Hand, Leonie Fanning and Nicola Eagles



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"In Temple Bar there's a lot of people going by all the time, and it's a great place to be."

The Shop That Nearly Wasn't continues online, where a wide variety of items can be purchased at www.shopthatnearlywasnt.ie.

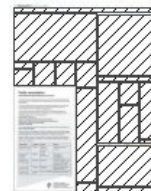
You can get further information and details about the work of Breakthrough Cancer Research at www.breakthroughcancerresearch.ie



Shop volunteers Melanie Hand, Leonie Fanning and Nicola Eagles



Some of the fantastic creations by cancer survivors of all ages



POP-UP SHOP: UNIQUE PROJECT IN TEMPLE BAR TO HELP FUND CANCER RESEARCH

Cancer Survivors can do attitude, as shop opens in Temple Bar

CÓILÍN DUFFY

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CANCER SURVIVORS came together for a unique project, organised by Breakthrough Cancer Research (BCR) in Temple Bar to help fund cancer research.

The charity partnered with The Library Project to open up a 'Pop-up Shop' for the week around World Cancer Day - 'The Shop that Nearly Wasn't', which showcased the many and varied creative contributions those who have survived, or are living with cancer, make to society.

Its name reflects the fact that these achievements have only been made possible due to the result of ground-breaking cancer research.

Art, photography, books, crafts, clothing and protective sports gear, made by cancer survivors of all ages,

from all over the island of Ireland; were among the items in stock.

"We are a research charity, and there's a lot of emphasis on what hasn't happened, because of World Cancer Day we decided we wanted to remind people of the distance we have travelled in terms of research,"

BCR CEO Orla Dolan told *Dublin Gazette*.

"In Ireland there's 190,000 survivors of cancer, which is 4% of the population. They are here because we have made all of this progress.

"There are some cancers like breast, testicular and prostate which have survival rates in the upper 80's and early 90's now.

"That's because medical advances have meant the treatments are better, and even the protocols for the treatments are better.

"There are other cancers like pancreatic which has a survival rate of 9% for 50 years, so what we wanted to do was make the point that we have made massive progress and let's celebrate that, and then let's redouble our efforts so that we can work on the other cancers as well."

Glasnevin native Leonie Fanning came along to volunteer at the shop, after seeing it on RTE News on opening day. She says it's a brilliant idea.

"I literally saw this on the news and I came in," she told *Dublin Gazette*.

"As soon as I came into the shop, I just felt 'oh my Goodness'. Everything

was lively and smiley and bright - everything was just fabulous, and then talking to Eoghan (O'Sullivan) and

Orla and hearing about what's happening in the background all the time is just incredible.

"I have to say I just admire them so much, because it is amazing work."

For Leonie it was her first time to hear about the work of Breakthrough Cancer Research.

"I hadn't known much about them because I had breast cancer, so I was dealing more with organisations such as Breast Cancer Ireland.

"When I came across this and they explained about what they do helping to find cures for cancers that have only a 20% chance of survival like pancreatic, it's just absolutely fantastic."

Leonie says there's been a

huge buzz in the shop since its opening.

"It's been fantastic. Everyone here has been fantastic. Everyone who comes in has been supportive in helping, and it's lovely to see it. It has been a really nice experience.

"Everybody that comes through the door has a story. A lady came in earlier and she worked for CanTeen-teenagers with cancer.

"Just to hear her stories was great, but there were positives as well. We are inclined to touch on negatives as Irish people, but everyone has certainly been touched by cancer haven't they?"

While the shop has now closed at its temporary location of 4 Temple Bar, those involved are keen to reopen

a physical presence shortly in the capital, and have issued a call-out to those who may be able to help them secure a more permanent location.

"We got our temporary location from The Library Project, who are doing it in partnership with us," Dolan said.

"In Temple Bar there's a lot of people going by all the time, and it's a great place to be."

The Shop That Nearly Wasn't continues online, where a wide variety of items can be purchased at www.shopthatnearlywasnt.ie.

You can get further information and details about the work of Breakthrough Cancer Research at www.breakthroughcancerresearch.ie



Shop volunteers Melanie Hand, Leonie Fanning and Nicola Eagles



Some of the fantastic creations by cancer survivors of all ages



Bellharbour \ Sean Ward

Legends' race a huge attraction

THE ingenuity and industry of the Co Clare Hunt is unrelenting and following a highly successful ladies' race last year run in aid of Breast Cancer Ireland, the undoubted feature event at this year's meeting was the Pat Smullen Legends Charity Race run in aid of Cancer Trials Ireland.

Staged as the final race on the card, the contest was the hot topic of conversation throughout the day and a fantastic atmosphere developed among the huge crowd from early afternoon in anticipation of the near two-mile flat race.

With Graham Bradley and Trevor Horgan late withdrawals, a stellar field of 18 contestants went to post including Paul Carberry, Adrian Maguire, Jason Titley, overseas-raider Willy Twiston-Davies and a host of well-known point-to-point handlers.

Successful with Rose Milan earlier in the day, Mick Winters cut out much of the early running with former dual champion point-to-point rider Tom Costello settled behind the leader.

Local-rider Jason Titley made a strong bid for honours on rounding the final bend when going clear but 1982 and 1983 champion-rider Tom Costello was not to be denied and rolled back the years late in the day to regain the initiative and win decisively at the death, with Titley hanging onto second from the fast-finishing Adrian Maguire.

Bellharbour's fundraising efforts to support Pat Smullen's goal to raise awareness and money for pancreatic cancer trails is on target to raise €20,000.

Pat Smullen was in attendance

and was delighted with the continued support shown for Cancer Trials Ireland following on from the fundraising held on Longines Irish Champions Weekend last September.

The nine time champion flat jockey, who retired on medical grounds after being diagnosed with pancreatic cancer, said: "It's just overwhelming, from what we did over Longines Irish Champions Weekend to what the Bellharbour committee did last weekend, it has just grown legs, it's really humbling. I want to reassure everybody that all the money

raised will go directly to Cancer Trials Ireland, and hopefully it will do a lot of good work in the future.

"To the Bellharbour Point-to-Point Committee, and obviously all the owners and trainers who supplied the horses, and the lads who rode in the race and the stable staff - I can't thank you enough."

Donations can be made to support this great cause through the Go Fund Me page: <https://www.gofundme.com/f/the-pat-smullen-legends-race-at-bellharbour-p2p>



The presentation after the Bellharbour charity race sponsored by Plusvital - Ger Hannon, Ciara Watt, Pat Smullen and Kate Deegan \ David Crimmins



Tom Costello and Pat Smullen with all the riders after the Pat Smullen Legends Charity Race \ Healy Racing



Ken Whelan and Mick Winters in recovery mode \ Healy Racing

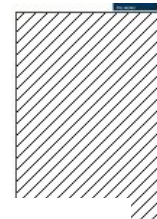


Tom Costello gets up to beat Jason Titley in a thrilling finish \ Healy Racing

Jason Titley, Ken Whelan,
Paul Carberry and Sam
Curling ahead of taking part
\\ Healy Racing



Tom Costello with his trophy after winning the Bellharbour
2020 charity race sponsored by Plusvital \\ David Crimmins



Pink & Blue Power campaign hugely successful in raising cancer awareness

At the start of the year, with health at the forefront of many minds, it seems fitting to update members on the final results of the powerful health initiative facilitated by Cornmarket for TUI members last year.

Breast cancer and prostate cancer are two of the most common cancers in Ireland. One in seven Irish men are diagnosed with prostate cancer during their life, while one in nine women in Ireland are diagnosed with breast cancer. In response to indications of a high level of cancer in analysis of the TUI Income Continuance Plan, TUI teamed up with Cornmarket last year to launch a potentially life-saving prostate and breast health programme for members of the TUI Income Continuance Plan under the banner Blue Power for men and Pink Power for women.

Thousands reached

The campaign has concluded and we are now in a position to share the final results:

- ▶ Just under 4,000 TUI members were invited to avail of the programme
- ▶ Almost 1,000 members subsequently booked a GP appointment
- ▶ Members received vital education on the signs and symptoms of breast and prostate cancer, and a once-off physical examination
- ▶ Where further investigation was deemed necessary by the GP, a referral to a private hospital was organised as part of the programme.

Over 200 TUI members were referred for further tests and met by consultants and radiologists in Beaumont Private Clinic and Bon Secours Private Hospital for a consultation, MRI, mammogram, ultrasound and/or biopsy. Unfortunately, breast cancer and prostate cancer were found in a very small number of the TUI members who availed of this service. Swift intervention is always key and the programme's medical professionals strongly supported members throughout the journey.

Participants said:

"They found something abnormal during the assessment. It's early and hopefully caught in time."

"There was no waiting time. The GP was kind and attentive and listened to my questions."

"Very worthwhile. Simple, quick and painless. Every man should avail of this."

"The exam was done professionally and the GP explained each part as it was done."

"Many thanks for the appointment. I would never have gone otherwise."

"The whole process was easy and effortless, this is particularly important for men who might have a tendency to postpone dealing with the issue."

"No waiting around, straight in and out and results back very quickly. Got peace of mind from whole experience"

"Like most men of my age I have avoided the prostate exam, or put off making an appointment. This encouraged me to proceed with it and I am grateful I did"

50% increase in awareness through education

The main aim of the programme was to increase awareness (and promote regular self-checking in women). We certainly achieved that with an impressive 50% increase in awareness recorded. From a survey of participants, 90% said they were confident to self-check after their Pink Power appointment, compared to only 40% before.



Thank you for your support

Thanks to TUI members for spreading the word and encouraging fellow members to participate. Together, we made a difference in the fight against cancer. Pink Power and Blue Power has the potential to save many lives going into the future through the education provided. If one life can be saved, it will all be worthwhile.

Don't forget about prostate and breast health in 2020!

Find out more about breast cancer signs and symptoms and download the free Breast Cancer Ireland App at www.breastcancerireland.com for useful reminders and tips on how to self-check. Read more about prostate health at www.cancer.ie

Please note: this was a once-off programme and was available for a limited time only. Booking is now closed. If you have any concerns or symptoms around breast or prostate health, please contact your own GP without delay. Early intervention helps save lives. For info on the TUI Income Continuance Plan, visit cornmarket.ie/tui

Sources: statistics from Breast Cancer Ireland and the Irish Cancer Society, 2020. Results of TUI campaign and survey results sourced from Cornmarket, January 2020.

Book your breast health awareness and education programme today

The INTO in partnership with Breast Cancer Ireland and Cornmarket launched a Breast Health Awareness and Education Programme for teachers and support staff about the importance of breast health education. Qualified Breast Cancer Ireland outreach coordinators have been delivering presentations in primary schools throughout the Republic of Ireland. Using a medically induced mannequin, the outreach coordinator explains the eight signs and symptoms of breast cancer, as well as explaining how to perform a self-check examination.

We have six Breast Cancer Ireland outreach coordinators delivering the programme, travelling the length and breadth of the country. Since the launch in September 2019, over 450 expressions of interest from schools have been received and almost 90 school presentations had been completed by the end of 2019. Of the six coordinators, four are breast cancer survivors and two are nurses, and they have a genuine passion to educate others and share their stories. The feedback so far has been really positive.

We are encouraging all staff, both male and female, working in schools to come along to the presentation, not just teachers or INTO members. Educating on the importance of self-checking is the main focus of this programme.

Presentations can be arranged for 20-25 minutes during lunch time or 45 minutes after school hours (Croke Park hours). The programme will be rolled out over the next five years and a presentation can be arranged at a time/date that suits staff in your school.

To find out more or register your interest in a presentation, visit: <http://bit.ly/CornmarketBreastHealth>.





Busy time for Carrigallen Macra club

AIB NORTH WEST KINGS & QUEENS

On January 18 last a large number of Leitrim Macra members attended the AIB North West Kings and Queens event in the Sligo Park Hotel.

We were very privileged to have our PRO, Eimear Brady, represent Carrigallen and Leitrim Macra as Leitrim's Queen entrant and we are very proud of all she achieved.

Congratulations must go to Dillon Beirne from Roscommon and Lisa Brennan from Monaghan who were crowned King and Queen on the night. Well done to all.

LADIES PAMPER EVENING

On Friday evening January 24, some of our local ladies attended Carrigallen Macra's Pamper evening in Bredagh Old School House.

Chloe Pratt was there to show some make up looks and tips, while Leanne McKiernan and Christina Gorby showed the ladies a variety of hairstyles.

And finally Jessica O'Rourke informed the attendees about essential oils and how she juggles being a mother while blogging.

Thank you to everyone who attended this event.

€140 was raised on the night and this money will

now be donated to Breast Cancer Ireland.

BASKETBALL COUNTY ROUND

The county round of basketball will be held on February 9 in the Mayflower, Drumshanbo at 2pm.

All members welcome.

New members are encouraged to attend to see what Macra na Feirme can offer.

CARRIGALLEN CLUB MEETING

Our next club meeting will be held on Thursday, February 6 at 8.30pm in Pat Masterson's. All members welcome.

New members are very welcome to join us and be a part of our vibrant club.

CARRIGALLEN MACRA ANNUAL POOL COMPETITION

It is that time of year again, the time when our very popular annual pool competition will take place in MJ's Bar, Carrigallen.

This event will take place over February 7 and 8 with 32 players taking part.

The event will kick off with the first round on Friday, February 7 at 6.30pm.

It is promised to be a great weekend of entertainment and make sure and pop in to watch a game or two over the two days!

Publication:	Kildare FM	Media Cost (€):	236	
Date:	Wednesday, February 5, 2020	Reach	78,000	
Page:	Link	Size (Sq. Cm)	925	

Kildare FM @ 05-Feb-20 01:06 - (breast)

autumn RTE television at the moment as well regarding that opinion poll by the way in the independent as well its shores Sinn Féin a 25 % off for Fianna Fáil at 23 % down to Fine Gael 20 % down 3 we have the Green Party 8 % no change there Labour is down one to 4 % and others at 20 % up to

reflecting on that more later in the second hour of the programme against arguing the Irish Times healthcare for trans Irish people has been described as inadequate this is an international report into human rights of LGBTI people across Europe so concerned about the ability of Irish people under 16 years of age to be legally recognised the Strand was also expressed

in the annual review and the umbrella body which represents about 6 and organisations from across Europe and Central Asia says the review also highlights the need for legislation which would enable an LGBTI couples to register as a parent when a child is born through surrogacy has still to this day not all of us are equal in this country elsewhere in the EU journal AIB has

said this morning that it has created a provision of 300 million euro within a 2019 financial results this is for a group of people affected by the tracker mortgage scandal so as many people do another tracker mortgage controversy that tens of thousands of customers being overcharged by the lenders said the EU there were denied a tracker rate they were entitled to were charged the wrong rate of

interest on their mortgage AIB are setting aside 300 million to move address for previously identified tracker my 5th victim fan well they might because they can well afford it the could feature in the independent living is on the front page it's okay to say you're not okay on world cancer the mother of 3 Fran Brennan is telling her story to encourage the public

to deny agent fundraise for **breast** Cancer Ireland she is determined to help in whatever way she says she can now there's there are two pictures of her always beautiful long hair and then in the other picture still a beautiful picture I have to say her a long here has been cut short she says what every your age

see your GP if you have worries Laura limit with the story at just 27 Jill Murphy had a double mastectomy and her eggs frozen after being diagnosed with **breast** cancer today she's asking everyone regardless of age to visit your GP if you have any concerns the 28-year-old now had been a gym Core who loved

to look after his best to look at best and didn't worry too much about the future but after enduring the toughest year of her life the well as more Worker from Killiney Dublin has managed to come out the other end and stronger and more reflective of World Cancer Day then anybody with concerns not just women with **breast** cancer but remember

men lads up there we're very bad at this you should also check your jewellery and if there's anything that is a rather untoward in that area or indeed if your water what's not working too well early intervention the whole thing can be dealt with prostate cancer can be dealt with

and treatment the 100 % successful if in time **breast** cancer the air obviously the emphasis is going and time as well so we send out a message clearly hear from us in KFM and Fran Brendan and Julie Murphy and all those other women who have been impacted also YouTube has said it would remove election related videos that are manipulated or doctored

to mislead voters this is part of its efforts to stem online misinformation the the journal today YouTube owned by Google and said that it's taking the measures as it strives to become a more reliable source and to promote a healthy political discourse said this is obviously in advance of the November election of the US president but as we know elections take place worldwide and all different times

and it seems as if all focus is on the US election so that's a bit annoying for us here in Ireland and obviously the UK just had a general election also that we want obviously are online platforms to look out for us when we are beginning to about day message regarding crashes Kingswood thanks what's up with houses that is now cleared but there

is still pretty much contested around the region as well by the wayside was on course to chip election in Tipperary is now 100 was born following the death of one of the independent candidate said yesterday saw I think we're

looking at to air it could be by the end of February 28 and 29 the audience every night for happens and the interesting thing for Tipperary that stage

is the voices of Tipperary will have a picture of how the country the result has turned out nationwide and that might influence the way people would vote was another little spanner into the works of what kind of Government we might have is going to take longer than we thought the formalised just remind you again myself narrowly missed their Ciara will be along with current peace

computers we will be the Punchestown count Highlights: [Breast Cancer Ireland](#).

Publication:	South East Radio FM	Media Cost (€):	206
Date:	Tuesday, February 4, 2020	Reach	69,000
Page:	Link	Size (Sq. Cm)	447



South East Radio FM @ 04-Feb-20 08:24 - (breast)

also world cancer day today and there's a mother-of-three Brown bread and telling her first Tory to encourage the public to donate to the fundraiser for **breast** cancer Ireland and is determined to help put it away she can't with research and turn to page 14 in the Irish Independent this morning and you get for storage systems find now

unsure with it she aims to help anyway with cancer research to protect her daughters in the future as she prepares to undergo chemotherapy the this week a regular runner I suddenly became exhausted and finally almost collapsed before she was diagnosed with **breast** cancer 38 years of age

and mother of Ruby page 7 Molly 5 and Jack aged 3 and knew she had the BRCA two gene which meant she had a higher chance of developing **breast** cancer and she was monitored as a result and is from Dublin and said the is started feeling tired shaking and then nearly collapsed after a long run but

I put it down to that wasn't eating enough before I went for long run I came home I didn't feel well I wasn't aiming called an ambulance and was brought to hospital and told a virus I felt I felt silly saying would be cancer so they sent me off on but 3 weeks

later I was diagnosed and the story goes from there read it yourself it's on pages 14 15 get to story there well look your best bits from the Irish Independent this morning pages 14 & 15 blood Brothers is the headline from the Irish Daily Star we get the details and all of that for yourself

he tried to get some rest of Super Bowl halftime act which should clear the one Jenny lovely J-Lo new one from the bloc and delivered a colourful display of flat and pride during the much anticipated Superbowl half now that it's got to be are we calling you a headline rate of more strikes before . 7.7 3.6 with David

address given the answer and I could just send you off to the races when bills race days Donegal part of Kerry Saturday's 50 okay one cent of that and one of our winners across the week will be upgraded to a pair of gold tickets which includes admission racecard drink of a core part you want more details of today's headline with the banks word threat of more

blank strike all 8.3 7.7 and for us it's getting there with the lads you could be winners on the day it's a 26 cold wet bottom side Leeds She's Highlights: **Breast Cancer Ireland**, World Cancer Day.

Publication:	Shannonside	Media Cost (€):	34	
Date:	Tuesday, February 4, 2020	Reach	43,800	
Page:	Link	Size (Sq. Cm)	766	

Shannonside @ 04-Feb-20 08:16 - (breast)

Former member of the band one direction from Mullingar Niall Horan and that is nice to each year on Shannonside FM Minella is and first one to hand is the Irish Independent and there this morning reading a the pupils could be hit by more teachers' strikes before the school year is out a one-day stoppage by the Teachers Union of Ireland have closed more than half of second-level schools

in the country today forcing about 200000 students to stay on it's also causing severe disruption and colleges of further education institutes of technology and Technological University Dublin but it may also be the start of a wave of strike action by union designed to maximise pressure on the new Government to end two-tier pay scales full story is on page 10

also today is World Cancer Day and make sure the front page a mother of 3 from Brennan who is telling her story to encourage the public to donate fundraiser for **breast** Cancer Ireland and is determined to help in whatever way she and with research page 14 for more on this story the Irish Independent in the Irish Times this morning Sinn Fein lead way in

Irish Times Ipsos MRBI poll with highest ever support Sinn Fein has surged into first place in the general election race with a quarter of all likely voters now say they intend to vote for the party according to the final Irish Times Ipsos MRBI opinion poll of the campaign the poll put Fine Gael back in third place 20 % behind Fianna Fail on

23 % and Sinn Fein on 25 % the findings of the poll which was taken on Thursday Friday and Saturday of last week was shocked the Government party in suggest that Ireland is on the brink of an historic general election result on Saturday However Fianna Fail remains the most popular choice for Government

with more voters expressing a preference for a coalition Government involving that party than any other while Sinn Fein is a party that the highest number of voters do not want to see government addition Sinn Fein is limited by running just 42 candidates in 38 constituencies and is unlikely even on these figures to be the largest party in the next Dail but the

findings add further momentum to Sinn Fein's campaign of tomorrow's final televised leaders debate thought RTE today invited party leader Mary Lou McDonald you turn prompted by the parties in recent anyone in the opinion polls and also in the papers this morning hundreds of schools shut today due to strike over pay

several 100 schools across the country are closed on Tuesday as part of the ongoing campaign against the two-tier pay system by the Teachers Union of Ireland the one-day stoppage also affected cities technology and centres of further education and finally the Irish examiner today thousands of teachers lecturers have vowed to ramp up the campaign of industrial action in a bid to

end pay discrimination morning there will be no honeymoon period will the next government as 19000 members of the Teachers Union of Ireland take action today union says its campaign will continue until the two-tier pay system is eliminated Jess Casey's the full story in today's edition of the Irish examiner Newspaper the Breakfast Show on Shannonside FM rock you might burn Carolan Cunningham solicitors

Athlone Road Lanesborough and Galway club making a will his boozy Byrne Carolan Cunningham central line Oh 9 Oh 6.7 Oh 4 double Oh 3 is listen up Aldi's play rugby stake promotion is kicking off again collect official Irish rugby's figures every time he spent 30 euro An Aldi till your primary school's poster for a chance to win one to 15000 euro would attend 10000 euro

prices for the school's playing facilities plus receive a 3 0 lead playing rugby kit for every completed Post submitted start collecting now official fresh food partner of the IRFU details allow the .ie flat they beat promotion runs until April 24 | Shannonside Northern sound we love it when we get out and about to visit your area and meet you from Castlereagh to Virginia from see two

things courts to have the Shannonside FM broadcast team visit your town or business contact us today Yours least in the midlands West and border counties and Shannonside Northern sound wake up with Shannonside FM breakfast show every weekday morning from 7 days the Shannonside FM at 19 minutes past 8 now

Highlights: **Breast Cancer Ireland**, World Cancer Day.

Publication:	South East Radio FM	Media Cost (€):	54	
Date:	Tuesday, February 4, 2020	Reach	69,000	
Page:	Link	Size (Sq. Cm)	786	

South East Radio FM @ 04-Feb-20 07:21 - (breast)

Chicago you're the inspiration for the event displaying everything like that they are backing the thing live music at the agility with little doubt that he is ready from 9 o'clock again the saving aged 17 after 7 p.m. KP travel as the girl had arrived just on that and the south-east the market could be Lynch once again

of the girls not too bad not too bad Well I think it's easy and dupe weather-wise today any remaining showers good diet in the rest of the day will be dry breezy at first but fresh southwest winds not as twins I beg your pardon will ease during the afternoon temperatures today 7 9 degrees

it just turn bitterly cold night yesterday evening but anyway it's gonna turn cold again tonight a widespread sharp frost any under any clear skies and temperatures around minus two to plus one tomorrow Wednesday dry mixture of cloud and sunshine quite cool again temperatures to 9 degrees now let's have a Peep at the Park Mary

for you this morning all look there's the Irish News was a reason let's see what's going on there and we have a look at that it's just a little while Irish Times Sinn Féin leading the way in two election Sinn Féin has surged in the first place in the general election race will With a quarter of all likely voters

now saying they intend to vote for the party according to the final Irish Times Ipsos MRBI opinion poll of the campaign and the the the poll put Fine Gael back in third place 20 % Fianna Fáil at 23 % and Sinn Féin their on 25 % there was also a laugh Yes they

the Journal.ie did a very quick call on who would you like to see is the next Taoiseach the course Mary Lou McDonald was out front as well like for them and people thought the Journal.ie that if they go what we've got this myth that falls well anyway alleged abusers could interview complaining people under investigation for child abuse including sexual abuse will be permitted to Presley

interview their alleged victims in certain circumstances under new truce investigator really procedures a child protection experts have expressed serious concerns that the guidelines which contained in Tusla's new Child Abuse substation procedures their overly weighted in favour of the rights of alleged abusers and risk read traumatising alleged victims of abuse in particular to watch this space that Sinn Féin's

stumbled over tax as IRA murdered casts shadow Mary McDonald Mary Lou McDonald also floundered when questioned about her party's links to the provisional IRA and particularly its treatment of the family of murdered Paul Quinn she refused to ask a Finance Minister in the Northern Assembly Conor Murphy to apologise to Mister Quinn's grieving mother for suggesting

he was involved in criminality IRA gang is believed to be behind the brutal killing of the 21 year old in Monaghan every bone in his body was broken after he was lured into a shed in Castleblayney last night Breege Quinn pleaded with falterers I'm saying to people remember Paul Quinn when marking your ex

on world cancer day today the mother of 3 from Brennan's telling her story to encourage people to donate and fundraise for **breast** Cancer Ireland and is determined to help in whatever way she can and she speaking today in the papers will talk more about that in just a little while pupils could be hit by more teachers' strikes before the school year is out

a one-day stoppage by the Teachers Union of Ireland close more than half of second-level schools in the country today forcing about 200 student day at all and maybe there's a saying today is well aware that the Irish news here as well and their lead story mom is telling of relief I killers late guilty plea

to murder his mother of Joe Deane Cork has said she believes she's finally got justice for her daughter after a Belfast man pleaded guilty to her murder that this morning as their lead story well came in today for some bizarre reason so we've we give you what they're saying on the front pages there the Irish Daily

Star Love Brothers is the headline there and jailed cartel murderers murderer Fat Freddie Thompson and pictured with his cousin Liam Brannigan was yesterday found guilty of conspiring to kill Hutch pal Gerry and me there is a very complicated but that's their and Linda Hall the one of the infamous Scissor Sisters cheese their legally changed

Highlights: **Breast Cancer Ireland**, World Cancer Day.

Publication:	Shannonside	Media Cost (€):	43
Date:	Tuesday, February 4, 2020	Reach	43,800
Page:	Link	Size (Sq. Cm)	424



Shannonside @ 04-Feb-20 07:14 - (Ireland)

and we are also available on the the all landlines as well Oh 1.2 to 7.7 set she works and it's about love it she just vanished East of Faro it from a file is just one so far is that Oh Yeah sure you'll do Yeah I do not think you like them and that's all that matters like the move

he tells me I think that if you're a good lad and he'll do why it still you' D left Alliance about to get really scared I know there are still huge Hi think he ran into the pub when he looks dazed as she stares at it and think he added that it I think that you're trying to keep on trying keep about though when he

looks in their eyes came down now he is safe when she's it's chic cool isn't all that bad man in rather live from Clean Bandit on Shannon and today's papers now we start with the Irish Independent where we really read there that's a threat of more teachers' strikes before summer Katherine Donnelly easy education Editor with the paper and

she writes that pupils could be hit by more teachers' strikes before the school year is out a one days to Copied by the Teachers Union of Ireland has closed more than half of second-level schools in the country today forecasting about 200000 students to stay at home it is also causing several severe disruption in colleges of further education institutes of technology

and Technological University Dublin but it may only be at the start of a wave of strike action by union designed to maximise pressure on the new Government to end the two tier pay scales also the paper this morning on World Cancer Day mother of 3 Brian Fran Brennan is telling her story to encourage the public to donate fundraise

for breast Cancer Ireland and is determined to help would everywhere a she can with research with the caption it's okay to say you're not okay the full story page 14 Paul but today's Irish Independent newspaper the Irish times today as several 100 schools across the country are closed on Tuesday as part of the ongoing campaign

against the two-tier pay system by the Teachers Union of Ireland the one-day stoppage also affect Institute of Technology and centres of further education also feature in the paper this morning A Sinn Fein lead way in Irish Times Ipsos MRBI poll highest support ever Highlights: Breast Cancer Ireland, World Cancer Day.

Publication:	RTE Radio 1	Media Cost (€):	566
Date:	Tuesday, February 4, 2020	Reach	901,200
Page:	Link	Size (Sq. Cm)	836



RTE Radio 1 @ 04-Feb-20 06:13 - (breast)

Garda surveillance operation secret bugging devices and CCTV used the case against Brannigan a cousin of convicted feud killer Fat Freddie Thompson and part of the cartel's Dublin operation for nearly two decades extraordinary event police work went into the us and the techniques used for surveillance as well extraordinary heard a report yesterday on RTE radio

in the Irish Daily Star also leading with that senior cartel criminal guilty of murder plot blood brothers headline initial the connections between the various people convicted of a conspiracy that's on the front page of the Irish Daily Star this morning nearly every other headline newspaper it refers to shin Fein actually that's a reference to the Paul that leads them to believe them showing on top

of the recent of the race for Saturday's course February 8th when the election is on the front page of the Irish Daily mirror page the Irish Sun the Irish examiner the Irish Independent and the Irish Times which published the polls well Sinn Fein surged into first place in the general election

with a quarter of all likely voters now saying they intend to vote for the party according to the final Irish Times Ipsos MRBI opinion poll a on the campaign and all the parties are covered on the front page of the Irish Times this morning that Paulson Fein 25 % plus for Fianna Fail 23 % minus two Fine Gael 20 % minus

3 Green party 8 % no-change Labour 4 % down one and Independents and others 20 % plus two satisfaction ratings Government 20 % down 6 Mary Lou McDonald for 41 % plus 7 Micheal Martin 30 % minus 3 in Leo Varadkar 30 % minus 5 52 of say many of the newspapers this

morning other stories on the front pages of the newspapers the Irish Daily mirror pictured colleague Lottie Ryan stop making me feel guilty for being Gerry Ryan's daughters the front page story there the Irish mirror this morning and the front page of the Irish Sun as well as that opinion poll they also have a UK police yesterday

urged TV star Michael Barrymore to come clean over the death of Stuart Lubbock in a swimming pool 19 years ago they said they were now investigating a cover-up and insisted Stewart 31 was assaulted and murdered at 67 year-old Essex mansion in the Sun this morning the front page of the Irish examiner the stories teachers to ramp up industrial

action thousands of teachers and lecturers vow to ramp up their campaign of industrial action in a bid to end pay discrimination morning there will be no honeymoon period for the next Government to 19000 members of the TUI the teachers Union of Ireland take action today and the union says the campaign will continue the until the two-tier pay system

is eliminated if the majority of teachers your secondary school children secondary school are members of the TUI and likely that your school will be closed today because many schools this morning where but still open if many members and members of the union the ASTI by a high-visibility garda patrols plan for Cork and from page the examiner as well

Wednesday's World Cancer Day and as the picture it's on the front page of the young woman says it's okay had to say you're not okay on world cancer day mother-of-three Fran Brennan is telling her story to encourage the public to donate fundraiser for **breast** Cancer Ireland is determined to help in whatever way she can sit on the front page of the newspapers

this morning lots of events happening around the country to mark World Cancer Day today Irish the Irish Independent and Irish times of the stories on the front page of the Irish times people under investigation for child abuse including sexual abuse will be permitted to personally interviewed the alleged victims in certain circumstances under new Tusla Investigators procedures child but

Section experts have expressed serious concerns that the guidelines which contained in Tusla's new Child Abuse substantiation procedure and has used the axe ask backwards and Casper are overly weighted in favour of the rights of alleged abusers and risk really traumatising alleged victims of abuse health news inside the Irish Times this morning up to 12 women suffered delayed diagnosis of

the cancers at Letterkenny University Hospital it's been claimed in Britain UK prime minister Boris Johnson called on the European Union to give Britain a Canada-style free trade agreement and businesses today and Goodbody

Stockbrokers scrap cash bonuses for staff last year to save millions of euro and underpin the group's earnings picture on the front page of the Irish Examiner nothing to do with politics what's cynical

about politics but a picture of Declan Holland from East Cork a hobbyist sheep farmer and his picture of him holding 5 lambs expended then Mister Cameron his Highlights: [Breast Cancer Ireland](#), World Cancer Day.

‘I was doing long runs, but I almost collapsed — disease was in my body, eating up my energy’

Laura Lynott

MOTHER-of-three Fran Brennan aims to help with cancer research to protect her daughters in the future, as she prepares to undergo chemotherapy this week.

Fran, a regular runner, suddenly became exhausted and finally almost collapsed before she was diagnosed with breast cancer.

The 38-year-old mother of Ruby (7), Molly (5) and Jack (3) knew she had the BRCA2 gene, which meant she had a higher chance of developing breast cancer, and she was monitored as a result.

Fran, from Dublin, said she started feeling “tired, shaky and then I nearly collapsed after a long run.

“But I put it down to I wasn’t eating enough before I went for a long run. I came home, didn’t feel well and my husband, Damien, called an ambulance,” she said.

“I was brought to hospital and told I had a virus. I felt silly saying ‘Would it be cancer?’ so they sent me off home but three weeks later, I was diagnosed.

“Cancer was in my body, eating my energy, which is why I was feeling shaky and tired. I was doing long runs, so there wasn’t enough energy in my body to do it and feel well after it.

“I had a mammogram in late September and I was diagnosed on October 7, 2019.”

Tests later found Fran had “an island of tumours” and pre-cancer in the left breast, which would have turned into cancer.

“It was a rollercoaster, finding that I’d be losing my hair, losing my two breasts and ovaries. I went into menopause after surgery at 38,” said Fran, who runs Wow Brown Tan.

“I had days when I just felt this is rubbish, but I had

to keep telling myself this will last a year or two and hopefully life will be OK for 30 or 40 years.

“I just have to hope the chemo helps. But some days I have trouble even breathing with stress or anxiety.

“But I’m not productive when that happens, so I put my runners on, take a deep breath and it clears my head.”

Fran is encouraging the public to donate and fundraise for Breast Cancer Ireland this World Cancer Day and she’s determined to help in whatever way she can with research.

“My children could inherit the gene, so I have to worry about my kids,” she said. “I don’t want them to have to

have preventative surgery, removing their ovaries before they have kids, or finding out they have the gene.

“It’s a big thing and I’d like to encourage people that if BRCA is in their family, they need to get tested, even if

they feel fine.

“If you’re eligible, it’s free and it could save your life and a lot of hassle.

“I’m starting chemotherapy this week and it’s a long journey ahead but I do feel lucky because I knew the gene was in my body and it was being monitored.

“If it hadn’t been watched, the cancer could have spread in my body. And I was training for a marathon with three kids.

“Breast cancer is a huge thing for a woman to go through. And it’s OK to say you’re not OK, to ask for help.”

‘Breast cancer is a huge thing. And it’s OK to say you’re not OK and ask for help’



Determined: Fran Brennan (38) wants to help in whatever way she can with research.
PHOTO: STEVE HUMPHREYS



Surgery for breast cancer could be a thing of the past within next 10 years

Laura Lynott

A LEADING Irish surgeon believes Her2 positive breast cancer may be treatable with drugs within 10 years, saving patients from surgery.

The drugs will be able to "evaporate the tumours", according to Professor Arnie Hill.

Prof Hill, a general breast and endocrine surgeon at

Beaumont Hospital in Dublin, says surgery may not be necessary for patients who are Her2 positive within a decade.

And he has also claimed that new blood research could eventually help prevent cancer from recurring.

Her2 accounts for about 20pc of breast cancers.

Prof Hill said currently the drugs used in 50pc of cases "obliterate the tumour".

However, for many patients, the disease returns.

"The drugs can evaporate the cancer, that's where we're at," Prof Hill said. "We're working hard to target other pathways but that's the group we're making a real difference in."

"Patients might not be operated on, and rather may hopefully be treated with drugs, in around 10 years."

"Eventually we'll make Her2 positive into a chronic disease and more women will survive."

Currently about 15pc of Her2 positive patients develop metastatic disease – meaning the cancer spreads to other parts of the body.

Prof Hill, who is also chair of surgery at the Royal College of Surgeons in Ireland (RCSI) and at Breast Cancer Ireland (BCI), said: "We've also identified a marker that's expressed

in the bloodstream that predicts if cancer will return and we're hoping we can stop it happening."

"It's in discovery phase at the moment."

S100Beta is a protein which, if found in high levels in the blood, can offer a warning that cancer is likely to return.

Scientists have been testing drugs to block signals linked to the protein and have found

tumours have reduced. "It has a way of predicting early recurrence of breast cancer – we think it has potential," Prof Hill said.

Researchers are also investigating the role of another protein, Adam22, in breast cancer, to further protect women into the future. "We're looking at the role of Adam22 in the spread of breast cancer," Prof Hill said. "It's a specific pro-

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The focus has been on breast cancers that spread to the brain. This advanced type of breast cancer is becoming more common, and is associated with extremely poor outcomes for patients.

Significant clinical advancements will require a new understanding of how breast tumour cells can adapt to travel to the brain, survive and thrive.

New insights have been provided by Irish researchers

funded by the Emma Hannigan award, named in honour of the best-selling author, who died in 2018.

Today, Breast Cancer Ireland (BCI) marks World Cancer Day and experts will be highlighting their work and education programmes for women.

"But the difficulty is we meet nearly 400 women a year at Beaumont Hospital and we still have to tell them they have breast cancer," Prof Hill said.

"Sometimes we pick it up early and it's frequent that patients do well. We see them in a follow-up and they're the patients that fundraise for us. There's a lot of trust there from our patients."

Some 3,100 women are diagnosed with breast cancer a year and fundraising is vital through BCI to assist in updating ~~research to help~~ combat

cancer. With funds raised from the 2019 Great Pink Run with Glanbia and a collaboration by the RCSI with The Ludwig Breast Cancer Centre at the University of Chicago, two major cancer research centres have been working together to share information.

If you would like to donate to Breast Cancer Ireland, log on to breastcancerireland.com



Prof Hill with Emma Hannigan, who died from the disease

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Page: 1

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'It's OK to say you're not OK'

On World Cancer Day, mother-of-three Fran Brennan is telling her story to encourage the public to donate and fundraise for Breast Cancer Ireland, and is determined to help in whatever way she can with research. SEE PAGE 14

PHOTO: STEVE HUMPHREYS





Drugs may 'obliterate' certain breast cancers in 10 years – surgeon

Laura Lynott

A LEADING Irish surgeon believes Her2 positive breast cancer may be treatable with drugs within 10 years – while new blood research could eventually help prevent cancer from recurring.

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Her2 positive cancer accounts for about 20pc of breast cancers, Prof Hill said, and currently the drugs used in 50pc of cases "obliterate the tumour".

TARGET

However, for many, the disease returns. "The drugs can evaporate the cancer, that's where we're at," Prof Hill said. "We're working hard to target other pathways, but that's the group we're making a real difference in."

"Patients might not be operated on and rather may hope-



Jill Murphy was diagnosed with breast cancer at age 26

fully be treated with drugs in around 10 years. Eventually, we'll make Her2 positive into a chronic disease and more women will survive."

Currently, around 15pc of Her2 positive patients will develop metastatic disease – meaning the cancer spreads to other parts of the body.

While the treatment options for patients where this disease has spread are successful for

some, for many patients the disease recurs. Prof Hill, who is also chair of surgery at the Royal College of Surgeons in Ireland (RCSI) and at Breast Cancer Ireland (BCI), said: "We've also identified a marker that's expressed in the bloodstream that predicts if cancer will return, and we're hoping we can stop it happening."

"It's in discovery phase at the moment."

S100Beta is a protein which, if found in high levels in the blood, can alert if cancer is likely to return.

Scientists have been testing drugs to block signals linked to the protein and have found tumours have reduced.

"It (S100Beta) has a way of predicting early recurrence of breast cancer – we think it has potential," Prof Hill said.

It comes as patients speak out today on World Cancer Day.

Jill Murphy (28) was diagnosed with breast cancer, had a double mastectomy and her eggs frozen.

She had been a gym goer, who loved to look her best.

Like most young women her age, she didn't place too much emphasis on the future. But the wellness worker from Killiney has endured the toughest year of her life and has managed to come out the other end stronger and reflective about life.

As part of World Cancer Day Jill reminded all young women to examine their breasts regularly for lumps and to be mindful of any symptoms, such as tiredness, indicators that something could be wrong.

CHECKED

"In 2018, I found a lump around April or May," Jill said. "I got it checked with a GP, but I was 26 at the time, so I didn't think cancer would affect me."

"But I was also feeling really tired. I was a gym-goer and I ate really well, so it didn't make sense why I was so tired."

"I almost didn't ask my GP to check the lump, as I was feeling embarrassed about it. I felt silly, due to my age. It was literally towards the end of the appointment, when I asked if she could check the lump."

Publication:	Herald.ie	Media Cost (€):	434
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If you would like to donate to [Breast Cancer Ireland](https://breastcancerireland.com), log on to breastcancerireland.com



Ballyshannon, Cloughaneely, Manorhamilton

BALLYSHANNON

ACTIVE RETIREMENT GROUP AGM

The A.G.M of the Ballyshannon Active Retirement Group will be held on the 10th of February at 2p.m in Killbaron Pastoral Centre. All members invited to attend.

PIANO LESSONS

Classical piano and keyboard lessons will take place at An Seomra Ceoil.

The studio is based above Erin Tiles, Market Street. Ballyshannon.

Beginners to advanced levels catered for. All welcome.

Contact Marie at (086) 8909392 for further details.

COFFEE MORNING

Ballyshannon Youthreach are holding a Coffee Morning fundraiser & information session for Breast Cancer Ireland in the Further Education & Training Centre, College Street, Ballyshannon, Co. Donegal, F94 DN30 on Thursday 30th January 2020 at 10:30am to 12pm.

QUIZ

A fundraising quiz in aid of Ballyshannon, Bundoran, Creevy first responders, known as Donegal Bay First Responders, will be held in Owen Roes Lounge, Ballyshannon at 9.30pm tonight, Thursday, January 30.

ASKILL WHIST DRIVE

Whist Drive is on in Askill Community Centre every Sunday night at 8pm, supper served, everyone welcome. Winners of last week Whist were: Top Score - Christy Ovens;

1st Lady - Mary McNelist;
2nd Lady- Una McGarrigle; 1st Gent - John Gallagher; 2nd Gent - Bridie Carty.

ABBEY CENTRE BINGO

Last week's €400 Bingo Jackpot was shared between Roseanne Martin and Margaret O'Connor. The €140 stand-up game prize of €140 was won by Mary Connolly. The €100 house winners included Regina Dolan, Kathleen Flanagan, Deirdre Clarke, Agnes Ryder and Ann O'Neill, with €70 houses going to Chloe McGee Gilmore, Teresa Anderson, Kevin O'Connor and Marie Gormley. The winter snowball survived

another week so rolls to €850 next week.

AODH RUADH LOTTO

There was no winner of last week's Aodh Ruadh Lotto jackpot of €1,100. The winning numbers drawn were 1, 3, 4, 6, 9 and 11. In the lucky dip €20 went to Thomas A Laughlin; John Gallagher; Margaret McCauley; Eoghan McKee; and Ann Kirwan. Next draw is in Owen Roe's Bar with a jackpot of €1,200 on Sunday at 8.30pm. Lotto sellers on Saturday at Centra are Senior Footballers.

CLOUGHANEELY

POBAL EASCARRACH

Oíche Fhéile Bríde: Beidh Oíche Fhéile Bríde ar siúl san ionad anseo ar oíche Dé hAoine 31 Eanáir 2020, idir 8.00 - 9.30i.n. Bígí linn. We will be having our annual St. Bridget's Night Cross Making here on Friday 31st of January,

2020 between 8.00 - 9.30 p.m. Everyone welcome.

Cloughaneely Men's Shed

Men's Shed Falcarragh would like to acknowledge a donation of old wood-working benches from Rosses Community School. These benches are over 40 years old and the members of the Cloughaneely Men's Shed are looking forward to refurbishing them and bringing them back to their original state.

Many thanks to the principal Mr John Gorman and his wood working teachers Martin and Éamonn. Cloughaneely Men's Shed operates on Mondays and Thursdays from 10.00am-1.00pm in the Ballyconnell Industrial Estate. New members are welcome. Tá fáilte roimh bhaill nua.

Callum Friel Fundraiser

Tá CLG Chloich Cheann Fhaola i gcomhair le Coiste Forbartha An Fháil Carraigh ag eagrú comórtas astro (seachtar an taobh) le airgead a bhailiú do Callum Friel as club CLG Naomh Mícheál sa chomharsanacht. Tá aithne

forleathan ar Callum agus a theaghlach anseo sa pharóiste agus ba mhaith linn tacaíocht a thabhairt daofa ag an am seo. Beidh teorann de 8 foireann sa chomórtas (uasmhéid de 10 imreoir ar gach foireann) le táille iontrála de €100. Beidh sé ar siúl ar 01 Feabhra ag Ionad Naomh Fionán. Le foireann a chlárú, nó má tá ceist agat cur glaoch

ar 086-6031176 le do thoil. CLG Chloich Cheann Fhaola in conjunction with Coiste Forbartha An Fháil Carraigh (Falcarragh Parish Development Association) are organising a 1-day Astro Tournament to raise funds for Callum Friel from our neighbouring GAA club Naomh Mícheál (St. Michaels GAA club). Callum and his family are well known to many of us here in our parish and we'd like to support them in any way we can during this time. The tournament will be limited to 8 teams (max of 10

players per team) with an entry fee of €100 per team. The tournament will be taking place on February 1st at Ionad Naomh Fionán. To register a team, or if you have any further queries, please contact 086-6031176.

Fundraising Event

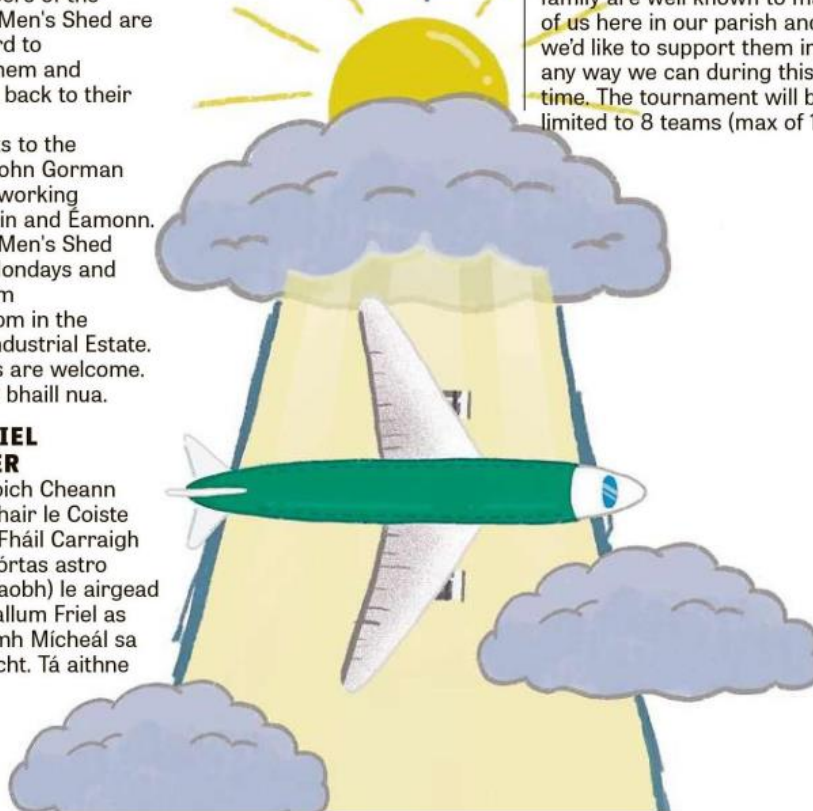
Cloughaneely GAA and Falcarragh Parish Development are running a fund-raising weekend for Callum Friel. On Saturday 1st of February a 7-side Astro Pitch Tournament competition takes place at Ionad Naomh Fionán.

The next day – on Sunday the 2nd of February a 5k Walk/Run will take place at 2.00p.m. from the centre and back to the centre. Refreshments will be provided afterwards, everyone is welcome. All proceeds will go to the Callum Friel Fund.

Church Gate Collections

Bluestack Special Needs Foundation will hold their Annual Church Gate Collection this coming weekend of 1st/2nd February 2020. The Annual Church Gate Collection in aid of Alzheimer's Society of Ireland, Donegal Branch Church Gate Collection will take place on the 8th/9th February 2020. All support is very much appreciated.

MANORHAMILTON



HANDBALL RETURNS TO MANOR

The ancient Irish game of handball returns to Manorhamilton this coming week after a gap of many years; probably well over a half a century now.

On this Friday from 4pm to 6pm, the Glencar Manorhamilton Handball Club will be hosting an introduction to handball in St. Clare's Comprehensive School, just off the Carrick Road.

The age groups will be as follows: 8 to 10 year olds from 4pm to 4.40pm, 10 to 12 year olds from 4.40pm to 5.20pm and 12 to 15 year olds from 5.20pm to 6pm.

The cost is €3 per session and the Glencar Manorhamilton Handball Club will be gauging how much demand there is before finalizing times for the future, but the Club will certainly hope to run it from 4pm to 5pm on Fridays.

The Club will also be starting an adult session in the next few weeks. There will be two courts available and the form of handball will be the growing sport of one wall

Handball played up against a specially constructed wall inside the Comprehensive School Hall (The Gym); so we can play whatever the weather.

The sport of handball is popular with both men and women, and both boys and girls are welcome to the training. If you are interested just show up this Friday at the relevant time or contact Joel Smith – email: polosmith@hotmail.com

BRAVED WEATHER FOR CARDS

A good crowd braved the inclement weather conditions on Sunday night to participate enthusiastically in the North Leitrim Men's Group progressive '25' card drive night in the Bee Park Community Centre.

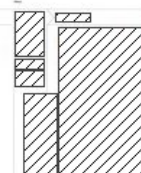
When the exciting action came to a conclusion the hard fought for first prize was shared between Molly O'Hagan, Gerry Keaney and Blain Feeney after six games. Three more contenders shared the progressive '25' card drive's runner-up prize on five games, namely Rita Cullen, P. J. Travers and Phil Glancy. .



Winner of ESB Kathleen's Fall Cup James Cummins receives his prize from the chairman of Ballyshannon Anglers, Harry Lloyd

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Out and about

Our resident diarist calls into the best parties and events around the country

BAIRBRE POWER

One of the nicest parts of my job as fashion editor is meeting the makers and designers. A new series of 'makers' dinners feeds into my interest in wine. Wilde at The Westbury is hosting winemakers dinners throughout the year and last week I had the pleasure of meeting (1) Tarek Sakr (pictured right, with Katie Farrell, director of sales at The Westbury) from Château Musar in Lebanon.

Californian wines have grown in popularity here and I can't wait to hear what Bruce Cakebread, chief winemaker and owner of Cakebread Cellars in Napa Valley, has to say when he takes part in the second dinner in the series on February 5. His parents, Jack and Dolores Cakebread, were on a photographic shoot when they offered to buy the Sturdivant Ranch in Rutherford. Now, 47 years later, their winery is one of California's iconic family-operated wineries and is certified green.

From vino to dancing, I can reveal who is lining out for this year's Battle of the Stars which takes place on April 4 in the Clayton Hotel on Dublin's Burlington Road in aid of Breast Cancer Ireland.

The fundraiser is proving to be quite a launch pad. Last year's winner, *Fair City* actor Ryan Andrews, is now one of the most exciting contenders on RTE's *Dancing With The Stars*.

(4) Lorraine Keane (pictured here at the *Image Business Awards*) confirmed she is throwing her legs into the ring and you can expect to see *Ireland AM*'s Claire McKenna and (3) Michele McGrath, who has just finished panto. She was photographed with Ciara Leonard (on the left) at the opening night of *The Sound of Music* at the Bord Gáis Energy Theatre. Former international rugby referee Alan Lewis, whose sister, Nicola Walker, sadly passed away from breast cancer last year, will be one of the gents taking part. The full list of dancers will be revealed next week on World Cancer Day on February 4.

[@bairbrepower](#)



PICTURE: GERRY MOONEY



PICTURE: LEON FARRELL/PHOTOCALL IRELAND

(4) Congratulations to Eddie Shanahan, the new chair of Showcase, the annual creative expo at the RDS. Eddie was pictured at this year's launch with (from left) Dr Orlaigh Quinn, Secretary General of the Department of Business, Enterprise and Innovation; Louise Allen, Managing Executive; and Breege O'Donoghue, the dynamic chair of the Design & Crafts Council Ireland.



PICTURE: KIERAN HARNETT

PICTURE: BRIAN MCEVOY



Mystery tour and farm walk - Leitrim Macra notes

Leitrim Macra "special theme" Mystery Tour takes place on Saturday, March 28 departing at 5pm. Anyone who's interested contact Ciaran Clancy on 0860746413.

Leitrim Macra YFDG Beef Farm Walk is being held on Sunday, February 2 on Logan's farm, Drumshanbo

at 1pm.

Speakers are:
Arthur Bredin - Western Live Exports;
John McDaniel - Progressive Genetics;
Michael Oliver - Irish Limousin Cattle Society.
Contact Ciaran Clancy or Liam O'Donnell for details.
South Leitrim club

meeting in Jackie's Bar, Ballinamore on January 28. New members welcome on the night to see what Macra is all about.

CARRIGALLEN MACRA NOTES

Upcoming Events:
Carrigallen Macra are busy planning four events over the coming months. As

part of the Rural Youth Calendar, January is Mind Our Women. Carrigallen will host a Ladies Pamper Evening in aid of Breast Cancer Ireland on Friday 24 at 8pm in Bredagh School House. Next up is the bannual Pool competition taking place in MJ's Bar on February 7 and 8. Then for

the first time they will run Mr & Mrs with local couples and Macra couples. This will take place in the Kilbracken Arms Hotel on February 15. And finally they will host a Themed Quiz in Creegans Bar, Cloone in aid of The Luby family on March 7. Stay tuned to the page to keep up to date with all events.



BALTINGLASS JOTTER

Compiled by Orla O'Sullivan

baltinglassjotter@gmail.com | 059 6482175

'Build a Burger'

The Home Economics Department in Scoil Chonglais is currently running a "Build a Burger" cookery competition. This competition is a collaborative initiative between Scoil Chonglais and Patterson's Butchers. Students were required to create and submit a recipe for a home-made burger. From these recipes, 12 finalists were selected, and they will now take part in a 'Burger cook off' on Thursday, January 30. The competition will be judged by a local chef/food technologist and a food entrepreneur. Generous prizes are sponsored by Patterson's Butchers for these budding, creative and innovative chefs.

One of the aims of this initiative is to highlight the benefits of using good quality locally sourced ingredients to make nutritious home-cooked meals. The winning burger will be available to buy in Patterson's Butchers following the competition.

The best of luck to the finalists: Caoimhe Beggs, Rose Healy, Abbie Byrne, Ciara Carmody, Angelena Prakash, Emma Doyle, Liliyah Waters, Chloe Kavanagh, Leah Wall, Ben Lawless, Devin Hayes and Sarah O'Donnell.

Further Education and Training Centre

Baltinglass Further Education and Training Centre will be running a new part-time maths course – starting this month.

The course will help you gain

confidence using maths for everyday situations such as taking measurements for your home, understanding

the language of maths to be able to assist children with homework and getting better value when shopping. The contents of the course will cover understanding your payslip, understanding the tax system or interest rates. It will also equip you to plan a budget, prepare a weekly spending plan and even to know your rights as a consumer and how to exercise them.

The classes are all free of charge, friendly and flexible. Learning takes place in small groups to make the experience a better one. Take time out for yourself. Contact Annette or Maeve at 086 846 2771 or 059 648 2642 or email abebaltinglass@kwetb.ie.

Historical Society anniversary

In 2020, the West Wicklow Historical Society is celebrating 40 years of promoting local history. Founded in 1980, the WWHS concentrates mainly on the four western baronies of Co Wicklow as well as adjacent areas of Carlow and Kildare.

A full line-up of events is planned for the year. The Spring lecture programme is as follows: Wednesday, February 19 at 8 p.m. – Lalor Centre (near St. Joseph's Church), Baltinglass: Conchubhar Ó Cruaiaich: 'Some Aspects of Surnames and Personal Names in Wicklow as found in sixteenth century Fiants'.

Thursday, March 19, at 8 p.m. – O'Toole Memorial Hall, Rathdangan: Oliver Whelan: 'Evolution from Land-

lords to Tenant Proprietors: the story of Hacketstown's new English settlement over 250 years'.

Wednesday, April 29, at 8 p.m. – The Courthouse Arts Centre, Tinahely: Colum Ó Ruairc: 'The Coolkenno Area Throughout the eighteenth and nine-

teenth centuries'. All are welcome.

Michael English in concert

Michael English and his band will be performing in concert at Moone Church on Sunday, January 26, at 8 p.m. (doors open at 7 p.m.). The Kildare Rose of Tralee, Emer Fogarty, will also make a guest appearance. Tickets are €25 and are available from Mick Kehoe in Grangecon.

Family Carers Ireland

Family Carers Ireland is a national voluntary organisation that represents Ireland's 'family carers' in the home.

The organisation is looking for volunteers in Baltinglass and the surrounding area to give one or two hours a week to visit an elderly person in their own home who are experiencing loneliness and isolation. Full training will be provided. 'A simple gift of time can make a huge difference in a person's life.' For more information contact Maggie on 086 0213749 or email: mlally@familycarers.ie.

Stratford

School official opening

The official opening of Stratford Community School will take place this Friday, January 24, by Bishop Denis Nulty of the Diocese of Kildare Leighlin. He will celebrate Mass in Stratford Church at 10a.m. This will be

followed by the opening and blessing of the new school. Refreshments will be served in the school afterwards. All are welcome to attend.

Health talk in the library

Baltinglass Library is the venue for a talk by Healthy Ireland on 'Breast Awareness' that takes place this Friday, January 24, at 11.30 a.m. The talk will be delivered by nurse Catherine Wallace RGN.

The aim of the 'Breast Health Education and Awareness' presentation is to encourage women to become more aware and to know what changes may indicate a problem.

The talk consists of a short PowerPoint presentation, giving information on Breast Cancer Ireland and outlining the present statistics, risks and warning signs of breast cancer. This is followed by a demonstration on how to do a self-examination using a mannequin.

Breast cancer facts: over 3,200

women were diagnosed with breast cancer in Ireland last year; early diagnosis is the key to more positive outcomes in breast cancer; The survival rate for breast cancer in Ireland is now 85%.

'Mellow Mindfulness' morning

Book your place for the 'Mellow

Mindfulness' morning with Fidelma Farley this coming Sunday, January 26, from 10 a.m. to 12.30 p.m. upstairs at The Perch café. Call Fidelma on 087 6834717. The cost is €20.

Mindfulness reduces stress, improves sleep, helps you to be kinder to yourself, and quiets your mind. This morning session will introduce you to mindfulness exercises and meditations that will help you to relax and be calmer for the rest of the day, as well as equipping you to reduce daily stress.

Spinologist

A new practice has recently opened in Baltinglass. Jimmy Kelly is a spinologist and has set up his practice in Weaver's Square, beside the Credit Union. A neuromuscular therapist, Roisin Ellis, is also available by appointment.

We wish them both well.

Child bereavement support evening

Following on from the domestic violence support evening held in November, the Church of Ireland will have another public information and support evening in St. John Baptist Church Stratford on Slaney on Wednesday, January 29 at 8 p.m., with a special Eucharistic Service. This support evening is in relation to child bereavement. There will be a speaker from Anam Cara, who support parents after a bereavement. Local counsellor Barbara Condell will also be in attendance. All are welcome.

Baltinglass Fairtrade Fortnight

With Fairtrade Fortnight coming up from February 24 to March 3, the Baltinglass Fairtrade+ group is looking for volunteers to join them to help out at events and to promote Fairtrade products.

Baltinglass has been a Fairtrade

town since February 2008 when Baltinglass met the criteria for Fairtrade Town status. This means that local shops stock a selection of Fairtrade products, local catering outlets offer Fairtrade tea and coffee as part of their menus, and that the school communities are looking towards making their schools 'Fairtrade Town Schools'. Grange Con National School achieved Fairtrade School status in 2019 and this year another school will be coming on board as a Fairtrade School (watch this space).

The group would love more willing pairs of hands to promote Fairtrade products, thereby showing solidarity to Fairtrade farmers and their communities. If you are interested, they would love to talk to you. Contact Annette Mangan on 087 0644241 or Therese Doyle on 087 8505718.

'25' card night

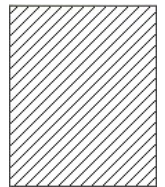
Baltinglass Golf Club will be holding a '25' Card Night every Thursday evening from 8 p.m. to 10 p.m. in the Club House. Entry is €5. Everyone is welcome, including non-members.

Baltinglass Mart

Entries are invited to the 45th Fatstock Show and Sales of Bullocks and Bulls on Wednesday, January 29 at Baltinglass Mart.

Entries are also invited to the Show and Sales of Heifers and Cows on Wednesday, February 5.

Contact Tom on 086 4532030 or Joe on 086 2557809.



Healthy Living

Podcasts covering everything from virtual retreats and moments of mindfulness to the latest fitness trends have never been more popular. Aoife O'Regan looks at just a few

Stay . mindful

Irish

The Good Glow – Georgie Crawford

This podcast looks into how broadcaster and Breast Cancer Ireland ambassador Georgie Crawford put her life back together after a breast cancer diagnosis that changed her perspective on pretty much everything.

Owning It: The Anxiety Podcast – Caroline Foran

Author Caroline Foran shares her story, along with some expert input, in an attempt to help you show your anxiety who's boss!

Where is my Mind – Niall Breslin

Lead singer with The Blizzards and mental health advocate Niall 'Bressie' Breslin talks about the impact society has on us, and how we can deal with it by introducing mindfulness practice and meditation.

The Blindboy Podcast

Limerick's most famous plastic bag recycler, Blindboy Boatclub's podcast, currently the most-listened to podcast in Ireland, covers a wide range of topics from music to art history, but has mental health awareness at its core. Blindboy often talks about his own experiences of anxiety and depression, and how he manages them by studying psychology and using CBT techniques.

UK-based podcasts

Happy Place by Fearne Cotton

TV presenter Fearne Cotton talks to incredible people about life, love, loss, and everything in between as she reveals what happiness means to them. officialfearnecotton.com

How to Fail with Elizabeth Day

This is a podcast that celebrates the things that haven't gone right. Every week, a new guest explores what their failures taught them about how to succeed better. howtofail.podbean.com

How Do You Cope? with Elis James and John Robins

BBC Radio 5 live presenters Elis James and John Robins talk to famous names about the challenges they have faced in life. bbc.co.uk/programmes

Griefcast by Ciarad Lloyd

Best known as a comic and regular on panel shows, Ciarad Lloyd talks to other 'funny people' (including Aisling Bea) about death and grief.

Switch Off with Konnie Huq

TV presenter Konnie Huq's guests go cold turkey on social media for a week, and reflect on the experience. Did it change the way they saw the world? Will they go back?

Mental Illness Happy Hour

A weekly podcast that interviews comedians, artists, friends and the occasional doctor. Each episode explores mental illness, trauma, addiction and negative thinking. mentalpod.com



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Irish Legal News readers invited to own collectable exclusive to just one per cent of lawyers

The print has been published to mark the centenary of the Sex Disqualification (Removal) Act 1919, which enabled women to become barristers, solicitors, jurors and magistrates, and to honour and celebrate the role and contribution of women to the legal profession in Ireland over the last 100 years.

Every print in the edition has been individually hand-signed by Mary Robinson, first woman President of Ireland, and Mrs Justice Susan Denham SC, first woman Chief Justice of Ireland, to create an important and historic Irish legal collectable, which is already being referred to as the most significant and valuable print in the history of the Irish legal profession.

Left: Ms Justice Susan Denham signing the prints. Right: Mary Robinson signing the prints.

The print will raise funds and awareness for [Breast Cancer Ireland](#) and The Denham Fellowship.

To preserve the value and exclusivity of the print, it has been issued in a limited edition of only 250 prints, which are available exclusively to members of the legal profession.

No further prints will ever be published or signed, making this Irish Legal News issue a one-off guaranteed opportunity for advertisers and readers of the ILN to be among less than one per cent of the entire legal profession in Ireland to own this rare and highly-collectable legal artwork.

The cost of the double-mounted and framed print (25 X 29 inches), bearing the original signatures of Mary Robinson and Mrs Justice Susan Denham SC, is £395.00, including delivery to your home or office address.

This special Irish Legal News issue from the edition will consist of only FIVE prints, which are being offered exclusively to advertisers and readers of ILN on a first-come, first served basis.

If you would like to reserve a print, please contact Maria Hanna on 085 112 2388 (including evenings or weekends) or maria@hannafineart.co.uk, quoting "Irish Legal News" to guarantee your order.

As there is exceptional demand for this print prompt reservation is recommended to guarantee your order.



PORTLAW



Death

The death has occurred of Mrs Alice Dunphy, Vallican, Portlaw on the 25-12-2019.. Her remains were removed from her residence to St Patricks Church Portlaw on the 26-12-2019. Requiem mass was celebrated on the 27-12-2019 by Fr. R O Halloran assisted by Fr. W. Byrne and Fr L O Callaghan with the parish choir in attendance . Alice was a kind and gentle lady ,a great neighbour and friend loved neighbours and friends calling in ,a great cook also had the motto of too much rather than too little. Lived in England for a short period where she met and married her husband before moving back to take up farming in Ballyvallican, Portlaw . Loved the simple things in life ,a great supporter of Waterford hurling and had an interest in all sports . The huge cortege at her removal and funeral mass was a fitting tribute to her memory . Sincere sympathy to her Daughters Mary and Ailish, Sons Patsy, Michael and Sean ,Brothers Maurice and Ned and all her many

other relatives and friends.

Portlaw GAA

A group of Portlaw GAA lads got together to clear some of the Christmas Day cobwebs away with our annual Stephens Day soccer Tournament where we raise funds for a chosen charity, this year we have chosen **Breast Cancer Ireland** and we raised €71 between us, every little helps so well done all.

Portlaw Soccer club

U13C Portlaw 4-0 Piltown. Our U13s finished the year with another good performance and great result in tough conditions. Playing against the wind in the 1st half we soaked up the Piltown pressure and hit them on the break with Samuel Deevy finding the net, leaving us 1 up at half time. With the wind in the 2nd half we took control of the game. Theo Meagher made it 2-0 (fresh from scoring two for our U11s earlier in the morning) Samuel Deevy added a third before the fairytale ending.

Our keeper Oriol on his last game before returning to Spain turned striker and when Samuel crossed Oriol smashed the ball to the net to make it 4-0 to wild celebrations. Best of luck Oriol we look forward to seeing you in goal for Barcelona in a couple of years. Man of the Match - Conor Foley brilliant performance today playing in a new position, controlled the game from left full.

Thanks to Kevin Rockett who made a lovely presentation to Oriol of a Trophy and a Man City Jersey (just a pity it wasn't a Liverpool jersey)

Club gear update!

Anyone who ordered new club gear please collect the gear ASAP! Full payment on the day as gear will not be handed out without payment.

Portlaw Camogie Club

Thank you to all the parents and players who turned up for our juvenile awards ceremony to make it a huge

success. From U10 to U6 our girls received certificates and selection boxes for their participation throughout the year. Our U12 girls received their medals for winning the U12 shield final. Player of the year went to Emma Walsh and most improved player went to Gillian Mullins for their outstanding performances throughout the year. We were very lucky to have Niamh Rockett (Waterford Senior Camogie Captain and two time All star nominee) on hand to help with the presentations. We want to wish Niamh all the best for her 2020 campaign. Also on display on the night were the two county U14 A shields and two B shields, the u16B Munster and All Ireland Shields. We are very lucky to have a large number of players from Portlaw on all of these teams. We also had the Tom Stone (U8) and Sonny Sullivan (u12) trophies which will stay with Portlaw this year due to the great performances our girls put in on the day. Once the formalities were over the kids hit the floor to enjoy the disco with their friends. The future is bright for this club with so many talented young girls taking up or sticking with the sport. Thanks to everyone involved in making this possible.

Dr Martin Day Care

The Centre will re-open Tuesday the 7th January 2020. We would like to wish all our members and families a very happy Christmas and looking forward to seeing you all in the New Year. If you would like to volunteer call into the centre or ring Alice Kiersey on 087-4611309-051387111. Opening Hours: 10.00am - 4.00pm Tuesday, Wednesday, Thursday.

Annual Christmas Walk

On Sunday 29th December at 1.30pm the Portlaw Heritage Committee, with the kind permission of Lord and Lady Waterford, held their annual Christmas walk through Curraghmore estate with all proceeds going to Portlaw Heritage Centre. This walk has been described as a charming loop walk on estate paths and minor roads, easy going, approx 8km. Accompanying us on the day were local historians to highlight interesting facts along the way. The walk started and finished at the Portlaw Heritage Centre where tea and coffee was provided afterwards. Thanks to all who participated and the ladies who looked after the refreshments.

Parish Notes

First Friday calls give the Parish a great opportunity to visit our sick and housebound and keep up our connection with them. However, it also happens that many parishioners spend some time in hospital or nursing homes. We do not always hear about parishioners who may be in hospital and who may appreciate a call from their Priest and due to changes in structure within the HSE under Data Protection and Privacy laws, it is now not possible to ask who from our parish may be in hospital and other places. If a family member is housebound, in hospital or a nursing home and they would like a visit, please let me know and I will be happy to call to see them. If we happen to miss them in hospital, I can always call to see them at home. Fr. Richard O'Halloran 051 387227.

SVP

For further information on SVP Portlaw contact Kathleen (087) 3824244.

Christmas Lights

The Square was a lovely sight with lights on high and the Fountain Centre as well as the other decorations, also some houses had lovely festive attractions.

DSBA President at Four Courts Event



Tony O'Sullivan, President of the Dublin Solicitors' Bar Association, was delighted to represent the DSBA, Ireland's Largest Bar Association at the launch by Hanna Fine Art of the print of Stephen McClean's original work - "Entering the Four Courts". The painting marks the centenary of the Sex Disqualification (Removal) Act 1919, which enabled women to become barristers and solicitors. As Tony highlighted on the night the DSBA's primary purpose is to be the voice of solicitors, driving excellence in the solicitor's profession and safeguarding the rule of law. A key element of this is the promotion of gender equality, diversity and inclusion. In addition to celebrating 100 years of women in the law the sales will provide contributions to Breast Cancer Ireland and the Denham Fellowship.

Photo: DSBA President Tony O'Sullivan, Former Supreme Court Judge, Ms. Justice Susan Denham and President of the Law Society, Michele O'Boyle



LOCAL NOTES

Dunmore East

DUNMORE EAST RNLI QUIZ

The Annual Christmas Table Quiz in aid of The Dunmore East RNLI was held in Power's Bar Dunmore on Friday December 27, 2019 and it was a great success with 34 tables of 4 taking part which created a fantastic atmosphere. The winners were as follows 1st: The Gingle Belles. In 2nd place was The Real Thing. Best Team name was Kiss my Transom. Thank you to Powers Bar for their warm welcome as always. A big thank you especially to Quiz Masters Tom and David Ryan who never make it easy and to all who donated raffle prizes.

CARD NIGHT

The Carbally Community Development Project held a very successful Card Night in Whites Bar Ballymacaw on Saturday December 28. The group would also like to thank everybody that participated in any way in this event, especially our sponsors. There were almost prizes for everyone in the audience. All of the proceeds of this raffle will go towards the re-roofing of the Community Centre. No doubt as always there will be plenty of activity in the Carbally Community Centre and indeed the area in 2020.

KILLEA ROAD BOWLING

The Killea Road Bowling had their Becky Taylor Memorial Shield competition on New Year's Day and the proceeds of €400 was presented to the Dunmore East First Responders. Joe Taylor organiser presented the cheque to Paul Cambell from the Responders.

XMAS DAY SWIM

It now seems that the Xmas Day Swim 2019 in aid of The Waterford Alzheimer Society will see a record amount of money raised for a charity since the event began with monies still due in from Sponsored Cards. Anyone with a card please send it

into Sharon Kelly ASAP to enable the exact amount to be confirmed and made public.

Overall the feedback from the event has been very positive indeed. As one swimmer who was doing it for a family member with Dementia put it so well, "The few minutes delay in starting the event to facilitate all who arrived bears no comparison to the 24 hours a day, 365 days of the year families have to cope with caring for someone with Dementia." That in a nutshell puts the whole lot into perspective.

Again on behalf of the organisers and the Waterford Alzheimer's Society who provide Services and help out families in the Waterford area including those around our own area a sincere thanks to all who took part and to those who came along to support it and to all who helped in any way, in essence that's what Charity and life is all about, helping those who cannot help themselves.

GAULTIER GAA

The Annual Gaultier Married v Singles game took place on December 27 in the new Gaultier Astro pitch under lights. Despite playing against an extra man, and opposition almost 25 years younger on average and giving the singles team a 6-0 head start, the married side put in a spirited performance losing by a single "golden goal" if it wasn't for the heroic "man of the match" display from Singles keeper Tom Dalton, this could have been the shock of the century so far. Thanks to everyone who came along. A reminder that anyone wishing to book the new club Astroturf for their team or otherwise are asked to contact Robin Croke on 087 1277132.

Kill

SOCIAL DANCING AT KILL COMMUNITY CENTRE

We are looking forward to an exciting year in the world of social dancing at Kill Community Centre. Join us for the music and a dance in January with Peter Burke on stage on Tuesday, January 7, Michael Collins on January 14, 21st Stuart Moules for January 21 and on Tuesday, January 28 Teresa & The Stars. A big thank you for all

the support in 2019 and we looking forward another great year of dancing.

BEGINNER GUITAR LESSON

Beginner guitar lessons commence again in Kill Community Centre on Wednesday evenings starting on Wednesday, January 15. Please contact Michael on 087 9050190 for more information or to book a place.

KILL GAA LOTTO

At our last lotto draw of 2019 which was held in Dunphy's Bar, there was no winner of the lotto jackpot worth €10,000. On the night there was one match 3 winner, who was Alex Power. The numbers drawn were 6, 18, 20 and 21. The lotto draw was sponsored by Dungarvan Nissan. The third of our Christmas draws also took place last week, with five €100 prizes up for grabs. The five winners were Michael and Heather Power, Kieran Murphy, Olive Guest, Anne Torpey and Alan Hogan. Kill GAA Club would like to thank all our club members, players, supporters any anyone who helped out the club in any way in 2019, and wish everyone a happy new year.

Passage East

DEATH

The death occurred of Mrs Patricia Kervick formerly Kavanagh (née Upton) Woodbrook, Woodstown on December 29, 2019. She had been unwell for some time. Her Requiem Mass was on Wednesday January 1 in St. John the Baptist Church, Crooke, Passage East, followed by her private cremation. She is survived by her husband Freddie Kervick, daughters Michele, Lorraine, Suzanne, Patricia and son William, sons-in-law Tim, Dermot, Jason and Liam, daughter-in-law Kathy, grandchildren, Tom, Fred and Anne, Tessie Kelly, nephews, nieces, extended family, neighbours and many friends. Sympathy is extended to her husband and family from all in the Woodstown area.

SENIOR CITIZENS XMAS PARTY

On Friday December 20, 2019 one

hundred and sixteen attended the Annual Passage East and Crooke Senior Citizens Xmas Party in The Woodland's Hotel and as usual it was a most enjoyable event. Michael Connors Chairman of the Senior Citizen's Committee thanked Burke's Daybreak in Crooke and Sean Mullen in

Furlong's New Geneva for promoting the weekly bonus ball lotto and all who support it. He also thanked the management and staff at The Woodland's for the wonderful meal served up, and the coach management and drivers for their input also. Lots of spot prizes were given out on the night, and a great evening's entertainment of music and song was laid on by Eugene Kavanagh. Again, well done to the small, but very dedicated committee who make such a difference to the lives of the senior citizens of the area.

XMAS DAY SWIM

Quite a few from the area took part in the very successful swim in Dunmore East on Xmas Day in aid of The Waterford Alzheimer Society.

HURLING

Two dates coming up in January, Club AGM Friday January 17 in Clubhouse, Sunday January 19 Juvenile Awards and u 19 County medals Presentation Event in Community Centre at 6 pm. All in the club send their sympathy to Mrs Susan Connors Crooke on the death of her aunt Mrs Teresa Westman (nee Power) Dunmore who died on Xmas Eve.

NOEL ON TEAM OF DECADE

Heartiest congratulations to Noel Connors Passage Hurling Club on being chosen by the National Journalists on the Hurling team of the Decade at corner back, the sole Waterford player to make the team. The Irish Examiner wrote, "to think he is currently surplus to requirements in Waterford is mind-

boggling having just served as Waterford captain last year. The likes of Patrick Horgan, another selection, and Conor Whelan have been bested by Connors at crucial junctures. A shutdown expert." This latter description fits him to a tee.

Portlaw

PORTLAW MUSICAL SOCIETY

We would like to wish all our cast, committee, members, family and friends a happy New Year. As a new year renews all the happiness and good tidings, we hope the joyful spirit keeps glowing in your hearts forever! Happy 2020 to you all.

CLODIAGH HOUSE

We want to re-ignite the Toddler Group that used to run every Monday 10.30 to Midday in the New Year! We are hoping to get at least 10 names of those interested before starting again. It's for all children aged 0 to 4 years and of course it's not just confined to parents/guardians - grandparents, childminders, Aunties etc are of course welcome too. It's entirely free and coffees/teas provided. If you're interested please either private message us or give us a call.

PORTLAW GAA

Portlaw GAA Club would like to wish all our players, members, supporters and their families a Happy New Year. 2019 was a good year for our club with a selection of photos below to remember the year gone by and we are looking forward to an exciting 2020 ahead. Also a special

mention and thanks to the parents, all our coaches, committee members and everyone that helped and supported the club during 2019, it's people like you who make Portlaw GAA such a great club to be a part of. A group of Portlaw GAA lads got together Stephen's Morning to clear some of the Christmas Day cobwebs away with our annual Stephens Day soccer

Tournament where we raise funds for a chosen charity, this year we have chosen Breast Cancer Ireland and we raised €71 between us. Every little helps so well done all

CARE OF THE SICK

The first Friday of the month calls give the Parish a great opportunity to visit our sick and housebound and keep up our connection with them. However, it also happens that many parishioners spend some time in hospital or nursing homes. We do not always hear about parishioners who may be in hospital and who may appreciate a call from their Priest and due to changes in structure within the HSE under Data Protection and Privacy laws, it is now not possible to ask who from our parish may be in hospital and other places. If a family member is housebound, in hospital or a nursing

home and they would like a visit, please let me know and I will be happy to call to see them. If we happen to miss them in hospital, I can always call to see them at home. Fr Richard O'Halloran (051-387227).

DR MARTIN CENTRE

The Dr-Martin Centre will be closing today for Christmas Holidays and will

re-open on Tuesday, January 7th. We would like to wish all our members and friends a very Happy Christmas and Best wishes for 2020.

St. John's Park/ Kilcohan

BEREAVEMENT

The Death has sadly occurred on Thursday, January 2 of Mrs. Evelyn (Ann) Hayes, "Leaca", Grange Park, Waterford. She is survived by her loving husband Sean, daughter Audrey, Sons John Paul & Emmet, Son-in-law Brendan, daughter-in-law Ellica & Gillian, grandchildren Lorna, Isobel Anneli, Linnea, SaidhbhÁn & Willow, brothers, sisters, brothers-in-law, sisters-in-law, nephew, nieces and friends. Evelyn will be sadly missed by all her family relatives and friends. Her removal took place from her residence to the Church of the Sacred Heart. Following requiem Mass on Sunday, January 5 at 11.30am, Burial afterwards in the adjoining cemetery. Condolences are extended to Evelyn family, relatives and friends. May she rest in peace.

MENTAL HEALTH MATES WATERFORD WALK

Mental Health Mates Waterford Walk Our first walk of 2020 is back in the People's Park on Sunday, January 12 at 10:30am - 11.30am for a couple of rounds of walking off the Christmas dinners. A peer group for a walk, a talk, a tea or a coffee, bring a friend, your pet or come on your own to meet new people.

**SOLAS UNWANTED
CHRISTMAS PRESENT APPEAL**
Unwanted Christmas Present Appeal We are giving a shout out for any unwanted

Christmas presents. We make up hampers as raffle prizes during the year and these items are great fillers. Which can raise significant funds so donations like this is a great way to support our charity and services. Please drop off donations to Solas Cancer support services Williamstown Waterford Monday to Friday 9am - 5pm Wednesday 9pm please spread the word to family & friends. Many thanks for your continued support.

THE DEVINE MERCY

The Devine Mercy is held every Friday at 3:00pm in The Sacred Heart Church, The Folly. On the last Friday of each month there will be a special Mass for the Devine Mercy at 3:00pm and light refreshments

will be served afterwards in the church hall. All are welcome.

CHARITY WHISTLESTOP TOURNAMENT FOR IRISH GUIDE DOGS

St Anne's Waterford Tennis Club On Saturday, January 18 2020 are hosting a Charity Whistlestop Tournament for Irish Guide Dogs Times: 5.15pm, 6.30pm, 8pm, Entry Fee €15

Food & entertainment Sponsored by Minister John Halligan TD Contact Sarah McBride 087 2792612

Enter Here: <http://www.stannestennis.com/index.php/sub-nav/social-tennis/>
PLEASE NOTE

If you enter and then cannot make it on the night for whatever reason, please contact the club to let us know so someone else can take your place.

BUTLER COMMUNITY CENTRE

H.S.E Baby Clinic

The H.S.E. holds a Baby Clinic in Butler's Community Centre for children 0 - 4 years drop in clinic on Tuesday 2pm. - 3.30 pm each week of the year and every second Wednesday 2pm - 3.30pm Contact Tuesday or Wednesday's Clinic on 051 842888

H.S.E WEANING CLINIC

The H S E operates a baby weaning clinic for babies from 3 to 9 month of age at the Butler Community Centre on the first Thursday of every month from 10am to 12noon. Contact your public health nurse for further information.

IN-DOOR CRICKET

In-door cricket continues and new members are always welcome on Saturdays. Call the centre for more details on (051) 876 907

BUTLER COMMUNITY CENTRE BOWLS CLUB

The Butler Community Centre Bowls Club use the hall every Monday morning (except Bank Holiday's) from 10:00a.m. to 12:00p.m. New members always welcome. Tuition provided for beginners. Contact: Butler Community Centre: 051 876907

FOROIGE YOUTH CLUB

The Foroige Youth Club operates from the Centre every Thursday night for Boys and

Girls 10 to 18 years.

JUNIOR FOROIGE CLUB "WARRIORS"

The Warriors junior Foroige club are looking for new members boys or girls aged between 10 to 12. We run every Thursday from 7pm to 8pm and are a very active club going on many trips from cinema to adventure centre if you would like to join come along any Thursday and see if you like it. Contact: David Guilfoyle; 087 6542297 Email: davfoyle72@gmail.com

SACRED HEART FAMILY RESOURCE CENTRE

Parenting Programme
Parents Plus Parenting Programme
Tuesdays 10.30am - 12.30pm in the Sacred Heart Family Resource Centre. For more information contact: (051) 306728
Parent & Toddler Group Wednesdays 9.30am - 11.30am in the Sacred Heart Family Resource Centre. For more information contact: (051) 306728

WOMEN'S DEVELOPMENT GROUP

Women's Development Group, Mondays 6.45-8.45pm, ongoing €3 per week, The group engages in a range of activities from arts and crafts to cookery to group discussions, guest speakers and field trips.

All women over 18 are welcome. if you are looking to get away from and it all and have some you time for a couple of hours

a week, call in any Monday to the centre in Richardson's Meadow or contact Heather on 0868348764.

For further information or to register for any of our programmes, ring, e-mail or call to the centre, Contact details below, Richardson's Meadow, Old Tramore Road, Waterford Tel: 051 306728, Email: info@sacredheartfrc.ie Find us on facebook: Sacred Heart Family Resource Centre.

Touraneena

TOURANEENA RUNNERS CLUB

Well done to the winners of the spot prizes at our Ifac sponsored 5K winter league. The lucky winners were Stacey Kennedy, JP Blanchfield and Laura Barry. Thanks to everyone that supported us. Also a huge thank you to Mairead Lynch who donated badly needed hi-vis vests. The club extends congratulations to Joe Gough who won the European Master Middle Distance Athlete of the year for 2019. This makes it two years in a row for Joe to win the title and is a first for Waterford and Irish Athletics. The award will be presented at a ceremony at the European Championships in Braga, Portugal in March. Well done to Joe on a fabulous

achievement. Also congratulations to our good friend Lorna Murphy who married Shane Kelly last weekend. We wish Lorna and Shane a lifetime of love and happiness from all at Touraneena Runner's Club.

SLIABH GCUA LOTTO

No lotto draw last Sunday night. Normal lotto service will resume on Sunday, January 5.

SLIABH GCUA/ ST. MARY'S GAA CLUB

The clubs annual general meeting will take place on Sunday, January 19 at 4pm in Kirwan Park. More details to follow later.

SYMPATHY

It was with sincere sorrow, shock and regret that news of the untimely and tragic death of Danny McGrath, 47 Towncourt, Dungarvan and formerly of Cappoquin was received in the Parish. Danny was extremely well known and liked in the

county of Waterford and far beyond the Irish shores. He was genuinely one of life's true gentlemen and his presence will be sorely missed by so many. The number of people at Danny's wake and burial was a testament to how popular Danny was with so many people. Danny was predeceased by his father Danny and mother Esther. We extend our sincere

sympathy to his partner Lijana (nee Kudzmaite), his beloved daughter Olivia, brothers John and Albert, sister Ann, mother in law Vanda Kudzmiene, aunt Patricia Edwards, uncle Tom Butler, sister in law Inga, brother in law Lytis, nephews, niece, relatives, neighbours and many many friends. Funeral mass was in St. Mary's Church, Dungarvan followed by burial in St. John The Baptist Cemetery, Affane. May Danny, one of life's true gentlemen, rest in peace.

NEW YEAR

Happy New Year to the readers of this column and to the editor and staff of this newspaper. The writer of this column would like to take this opportunity to sincerely thank the people who contributed so generously to this column over the past 12 months and to wish everyone a peaceful and happy 2020.

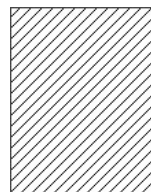
BIG BREAKFAST

The Sliabh gCua/St. Mary's annual big breakfast was very well attended on St. Stephen's Day. A big thank you to all who supported it and to the players for cooking up a storm - off the pitch this time! We would like to also thank our sponsor the 'Local Bar' and Trevor Power for donating the many eggs that were required on the day. Overall it was a great success and we are already looking forward to next year.



Think Pink and drink champagne for charity

To celebrate women or yourself and do some good, head along to the **Think Pink Nollaig na mBan** lunch at 1pm today in the Bridge House Hotel in Tullamore, where all proceeds go to Breast Cancer Ireland. There'll be a reception of pink champagne and gin and tonics before a four-course lunch in a suite decorated in pink. Tickets are €45 and available by calling 057-9325600 or by going to bridgehousehoteltullamore.ie.



BREAST CANCER SURVIVOR AND WELLNESS ADVOCATE
GEORGIE CRAWFORD

“We all have amazing stories to tell...”

We're watching as Georgie Crawford laughs and manages to perfect the perfect shot, with her husband Jamie and their adorable puppy Piper. Not to mention the gorgeous shots we snap of herself and their sweet little girl Pia (3). It's a lovely day, the sun is streaming into their beautiful home, and Georgie's equally fabulous mum Siobhan pops by so we even manage to ask her to jump in for more picture perfect moments. If you were looking from the outside in you wouldn't have a clue that this gorgeous little family had ever experienced so much as a blip. But they have. We're chatting to Georgie today almost two years since the fateful day she found a lump in her breast and was later diagnosed with breast cancer. A moment that changed her life forever. But here she is today, sitting before us having come through some of her darkest days, the picture of health. In fact she's glowing. Very on brand as the creator of the beloved *The Good Glow* podcast, something that came out of a really trying time and went on to capture the hearts of the nation with its messages of encouragement on just how strong we as humans are, what we can overcome, and to remember to put ourselves on top of our own to-do list. And Georgie has managed to do just that, making the huge decision earlier this year to go with her gut and leave her job of ten years in radio. Now she focuses on her health, her family, her podcast (it's going live this month!) and her work as ambassador for Fitbit UK and corporate speaker for VHI Ireland. And while she has managed to pop herself higher on her own to-do list, she is also utterly passionate about others and advocating for us to remember to check ourselves. She's just one of those people you gravitate towards. You can't help it. She's lovely, inspiring and gives us all a real boost when it comes to navigating the most difficult of times. We sit down to find out about the day that changed her life, coming through the hardest of times to blossom into the happiest healthiest version of herself.

Georgie thank you for sitting down with VIP. We have to begin by taking you back to the day that changed your life, the day you found a lump.

We had only moved into this house about six weeks before, so in the week leading up to me finding a lump in my breast we got Pia christened and we had this beautiful house, a beautiful baby, and it was really like new beginnings. I tried to be really positive as I waited for my results but I just knew that it was cancer. When I found out that I was right, I suppose we just rallied the troops. That was the day of “Yes ok now I have my diagnosis, let's deal with it.”

And of course you were on your maternity leave as well. You had just brought a little human into the world and your world was completely shaken.

I didn't feel well. I just didn't feel right. On reflection it was so obvious that I was sick but at the time I was thinking maybe I am feeling off because I've just had a baby. When I look back at pictures of that time... I look so different. Now I always trust my gut.

Now you are a passionate advocate for checking ourselves regardless of age because you at 32 were (and still are) so young.

Yes, Breast Cancer in the under 50s is becoming more and more common so if you go into them with a lump they are going to send you to the Breast Clinic to get it checked. But its the people around you who may try to reassure you, “No you're too young, you're fine.” But if that little voice in the back of your head is telling you that something isn't right, as scary as it is to face it, you will never regret it because early detection saves lives. It's just really important to address things and face them head on. I found the lump on the Thursday morning, the following Tuesday I was told I had breast cancer.

How important has support of your family and friends been?

When I think back to my time of having cancer, I don't think of the cancer, I think of all my friends and family carrying me through it. I have an amazing family and my husband Jamie has an amazing family. It's one of the things I always loved about him is that he was just as close to his family as I was to mine. So we really went on lockdown with the two families, and then my best friends Audrey and Rebecca were amazing. Jamie arranged this night in the back garden when the chemo finished and we all let balloons off in the garden to mark the end of chemo and the new chapter for me. Support and the human connection, I can't say how much it helped me.

Speaking of human connection... before all this happened, you were on social media but you didn't really use it in the way you do now? From this, you just began sharing online.

I think it was about eight weeks in that I began sharing on Instagram. I wanted to really know where I stood with my cancer before I told people that I had cancer, I had my surgery and it was confirmed that my cancer was not in my lymph nodes and I said to Jamie, “I think I am ready to say it.” The more I thought about it... there was no breast cancer in my family, I breast fed, I didn't really



(Previous page) Georgie wears a top, €225, and a skirt, €280, by Malene Birger at Harvey Nichols. (This page) Georgie wears a jacket, €75, and trousers, €40, by River Island. (Inset) Georgie wears a jumpsuit, €75, by River Island. (Below) Georgie wears a dress by Ganni, €325, at Brown Thomas. Jamie and Pia wear their own clothes throughout

think breast cancer could happen to women under 50. I felt like it was my duty to warn my friends to check their breasts. So I wrote a post for Instagram and I got such an amazing reaction. Then the day before chemo, I knew I was going in to lose my hair, and that my first Christmas with my baby was also my first Christmas with cancer. And I just hopped on to Instagram Stories and said, "Look I am going to keep on a brave face, I am starting my first Christmas with cancer and I am putting everything in it, I am going to be back and I will feel like myself again one day." I went into chemo the next day and 10,000 people followed me overnight and I felt like I was going in to that oncology unit with an army of support. It was just hundreds of messages from people telling me to keep going and stay strong and it was lovely.

And so you just flung yourself into it.

Yes. And Jamie my husband was my absolute rock through this. Every night when I put Pia to sleep the tears would flow and he would always just bring me back to the facts because he was in all the meetings with my doctor, so he would say, "Your cancer hasn't spread, you are getting your chemotherapy. You are going to get radiotherapy," just saying those things to me really helped me get through it. He would always acknowledge when I felt sad. It wasn't like he would

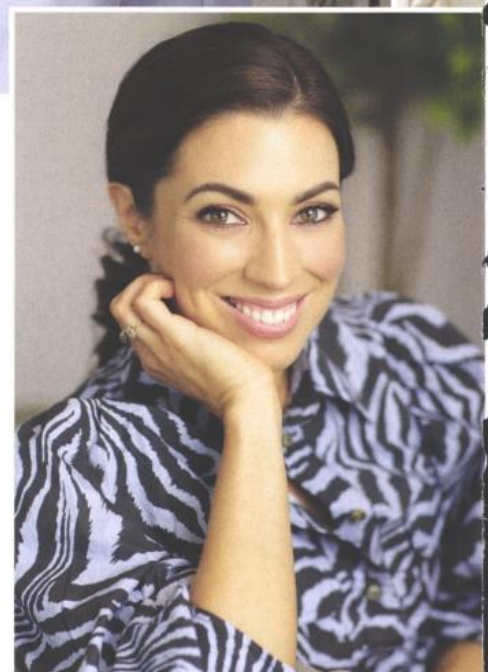
say, "Oh you will be fine don't worry." It was like "Ok turn off the tv and sit down and tell me what's wrong." He could see on my face when I was going to that dark place. And when he would go to work my Mum was with me and we would go out for walks every single day. I can't tell you how much nature and the outdoors did for my mental health at that time.

We're in your beautiful home today. This environment must have been very important when you were recuperating?

Yes so when I was in recovery, Pia was still napping during the day. I would have two hours everyday where I would just have complete silence. I would always take a few minutes to sit outside or sit in her room when she was sleeping and just connect with myself and try make sense of it all. I just looked at it like, "This is the place that I am going to get better."

And get better you did. From your first insta-story to launching *The Good Glow*, a hugely successful podcast. Tell us about this?

It was October 2018, I had finished treatment, it was the week after I went back to work in 98fm and I was sitting at my desk and my phone vibrated with yet another message; all these amazing women supporting me telling me that they had overcome cancer and I just



"Jamie, my husband, has been my absolute rock throughout."



thought "Jeez how lucky am I that I shared my story because I got these reassuring messages all the time from people to say, you will laugh again. You will be happy again, it just takes time." And then I started to think of people who suffer in silence, and who are maybe at home and scared. So I said "How can I reach these people, how can I share these amazing stories with them to let them know to keep going?" and that's when the idea of a podcast came to me. And I knew that I wanted the word glow to be in it, for me that represented all it is to be glowing and healthy and alive. So we came up with the idea of getting inspirational people on

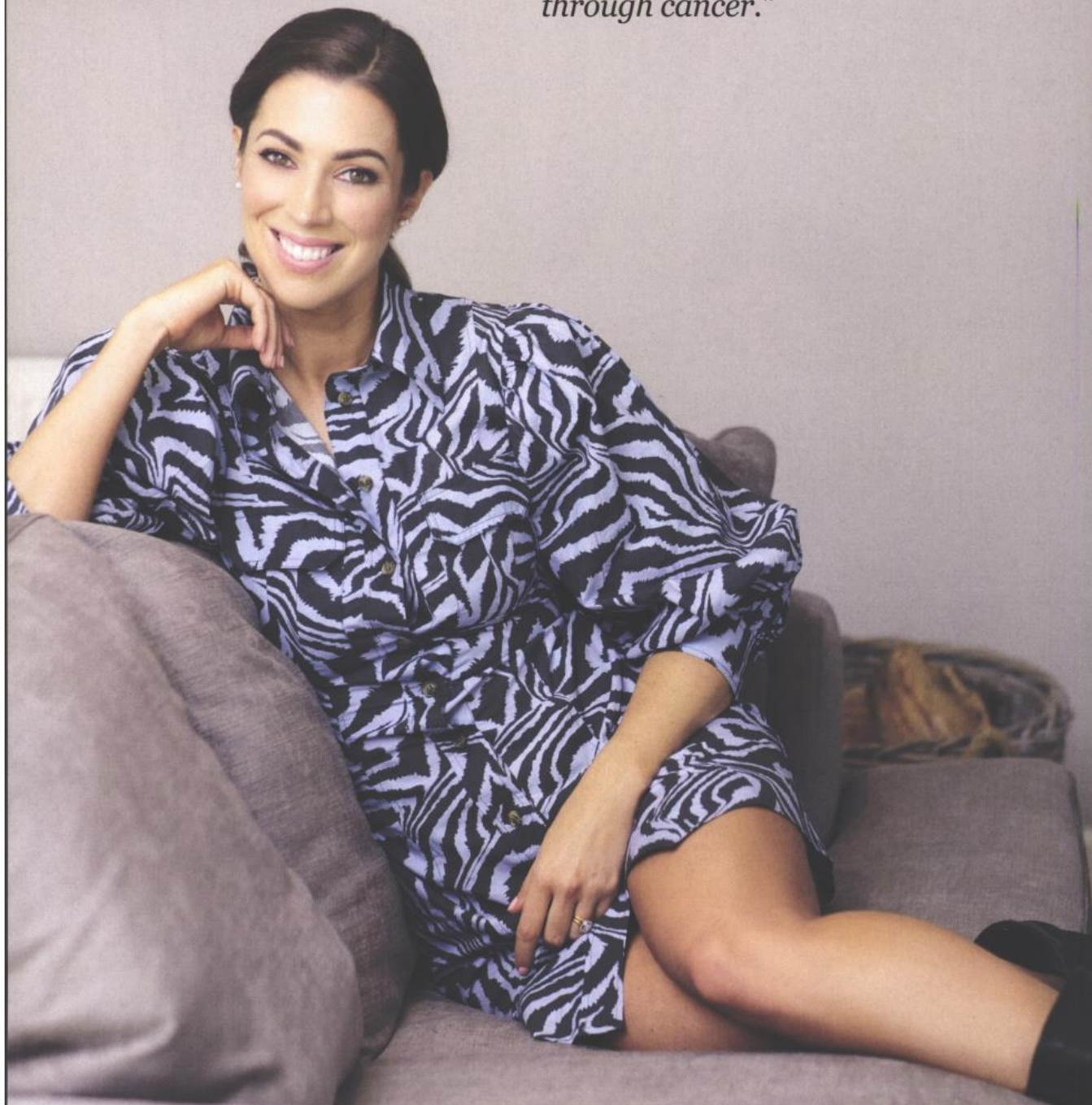
to tell their stories of overcoming

And for people who may not have listened to *The Good Glow*, it's not solely about cancer or illness, it's about navigating whatever life throws at us.

Yes and I think we all have amazing stories to tell. I had the amazing Jenny Miller on who adopted a baby from Sri Lanka, Sinead Hingston who went on to get married again after losing her husband on their honeymoon and Giaran Byrne who is just an amazing guy who was burning the candle at both ends and got leukaemia and has now transformed



*"I know how lucky
I am to have been
able to come
through cancer."*



his entire life. He is one of the most inspirational people I have ever met.

It is a mix of people from all walks of life. Is there a stand-out?

I think when I had Dr Doireann O'Leary who came on and spoke about having cervical cancer and everything she went through. That was a moment for me when I thought, "Whoa, I have a community where people know they can come on to my podcast and tell their story and they won't get trolled, they will get supported. It's kind of almost self-care listening to a podcast, it's your you-time".

Has it changed your life?

I feel incredibly lucky to be able to say this because I know how everyone's cancer journey is different. For me it has allowed me to walk away from my job in radio, to focus on the podcast, which also gives me so much more time with my baby Pia, but I do know how lucky I am to have been able to come through it.

That was a huge decision to walk away from a job you'd been doing for ten years.

I don't think there is a lot of support for people who have had cancer and gone back to work and for me I really struggled. I was very lucky that my colleagues were so supportive but deciding to leave was the best thing that I ever did. The universe was pulling me in that direction and I listened.

This whole experience has highlighted to you what's important...

It's like going from existing to living. I wake up every day and I say, "Mondays aren't so bad when you have beaten cancer." I wake up everyday and I just want to be happy and I am blessed that the podcast has given me the time to build my own brand and my own company which has been a dream come true.

We have to talk about Pia, the light of your life. How has her being here helped you through?

I always say I woke up every day with a smile on my face because she was the first person I saw. I never had a duvet day. I wanted to be the best mum I could be to her so I was going outside and bringing her to the park and for walks twice a day; it was an absolute tonic for me. I was so blessed to have a little one who helped me get out of bed.

And do you ever think you will stop your work as an advocate?

It must also dredge up really difficult memories for you?

I work a lot with Breast Cancer Ireland and I think being that close to that charity and seeing the work that goes into finding a cure and to feel so connected with women who have been through the same is all really positive. People often ask me do I want to leave it all behind and I don't know is the



answer. My focus now is just to keep raising awareness and spreading that message to check yourself.

And something that began in recovery and has become a huge part is running and marathons?

Yes. [laughs] I have done three 10k runs. I started off with the park runs and worked my way up. This month Jamie and I are doing a run in the alps... a 10k in the snow so that is our next big challenge. And becoming a Fitbit ambassador was a huge moment, to grow from someone who

hated exercise to it now being such a huge part of my life is amazing!

And what else is on the cards?

2020 is going to be a great year for *The Good Glow* as we are going to get out and take *The Good Glow* live and obviously I



(Here and inset) Georgie wears a dress, €280, and belt, €150, both from Pinko at Brown Thomas. (Inset) Georgie's Mum Siobhan wears a coat by The Kooples at Brown Thomas with her own top and necklace. Pia wears her own clothes.

will keep up all the fitness and set myself challenges every month.

So really nourishment and wellness and putting yourself at the top of your own to-do list has become of the utmost importance to you?

I think I learned the hard way that you can't treat your body like that. You can't stress all day and work all week and be always on. You need to rest, digest and repair and I learned a lot about stress and the importance of stillness and I have seen firsthand the benefits of it.

You had some scans recently that you got the

all-clear for... but those moments must still be daunting?

I think I will always be nervous of scans and I think a lot of the time I'll think "Oh I'll feel calm when I get that scan" and you just don't. It is something that I have learned to live with and something that counselling has helped me with.

Counselling has been a case of acknowledging your feelings instead of pushing them away?

I've been lucky enough to find a councillor who deals a lot with trauma and understood just how I was feeling. They have given me a lot of courage to do things that make me happy and to leave my job and not be so

"Mum walked with me everyday during my illness. Being with nature helped, massively, too."



scared. Counselling has really transformed how I have dealt with the cancer.

You were a huge fan of Oprah's acclaimed book *What I Know For Sure*, while you were unwell. So Georgie, looking back on the past two years, what do you know for sure?

What I know for sure is that I am happy right now. That I love my family. That I feel very complete despite everything bad that has happened to me, I do feel joy again and that means so much to me. It is possible to feel joy again! ♥

INTERVIEW: Elle Gordon

PHOTOGRAPHY: Emily Quinn; emilyquinn.com

STYLING: Fiona Fagan; fionafagan.com

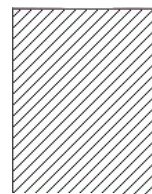
MAKEUP: Michelle Field; michellefield.mua@gmail.com

HAIR: Hillary O'Reilly; [@hillaryie](mailto:hillaryie)

For more from Georgie and The Good Glow check out her Instagram @georgie.crawford

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VIP Guest List

BREAST CANCER IRELAND CHARITY LUNCH

THE ADDRESS:

Courtyard Bar and Grill, Dublin 4

THE DETAILS:

Guests turned out in their droves for the Breast Cancer Ireland Christmas lunch. Virgin Media's Elaine Crowley, stylist Cathy O'Connor and beauty expert, Triona McCarthy were on hand for the day for an afternoon of inspirational chat, fun and fashion. Glam and fab!



Cathy O'Connor



Aisling Hurley and
Georgie Crawford



Jodie Wood



Samantha McGregor



Ann Eble



Elaine Crowley and
Gill Murphy



Annie Cribbens

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Limerick's 95 FM @ 03-Jan-20 01:43 - (cancer)

Hogg what will you be talking about at the way lives event I will be talking about essential oils that really help for anxiety and for sleep in my's psychotherapy practice the biggest issues that I would see would be issues with insomnia and also with anxiety that would be with teenagers and also adults and I do like the European

year ft with people from my practice at home in Ballingarry but this event on the 12th January in India were going to be talking about oil is essential oils that really help for anxiety and for stress and sleep as well there's actually mounting scientific research now showing a certain essential oils are really really helpful

for bringing down stress levels in our blood so there actually proven to bring down the cortisol the stress hormone in her blood when inhaled certain essential oils and you can put them into a plug-in diffuse or you can put them on your skin and really really helpful for people so a lot people are not wearing that there are a

lot while essential oils so they are axed extract made from plants for example lavender oil which everybody will have heard for sleep lavender is very good to bring down your stress hormones when you inhale it and need to really high quality oil that's really and this is all perfectly safe all perfectly safe Yeah and you like lavender Royal mews with babies very

safely and see would dilute for small children but the easy way to use really is by adding an end to defuse the to plug-in and it gives a lovely aroma in the room but it's scientifically proven to bring down your stress Ormonde and find lots of women now are looking for natural alternatives Finally talking lots on the day about how to

use essential oils because it's a big mystery I think we got good at anything about essential oils it's a minefield we don't know what's safe to use so I would be making it very easy for men to get started using essential oils and I think you'll find that more and more people want to come to somebody like yourself to a psychotherapist to

we look at their mental health the do I think everybody needs a tool for managing stress our lives have got so much more busy and I think everybody needs a tool in their handbag that they can use for whenever there are feeling a bit stressed or of having difficulty sleeping and I find that EFTA year Tapping emotional

freedom techniques if you've heard of that that's a very simple tool that somebody can use a Horn very easily in the learner in one hour session with me and then that that's something that I love I love to teach my clients isn't it bizarre that often the hard you try to sleep the less effective it is a strange one it

it is and you know what the best thing to do if you can't sleep is to focus on relaxing your body not trying to get to sleep and the mistake we make is trying to force herself to sleep you're better off trying to read a book for a while are just focusing on relax your body rather than trying to get to sleep

the other thing of course is over the holiday period sleep patterns go out the window trying to get back into a more regular yet approached as well and I was at that point he illustrates everything else about the event that happening you have a lot going on any ease in all overall sense of well this isn't it absolutely sure we've lots of different

speakers we've got a great opportunity really for women to meet up with friends on the day get dressed up having your feelgood factor you know we all love a day out and that's exactly what this afternoon it's all about you know we've a lot to offer we've different or exhibitors all around the room all professional people all in the different

areas of all professions and wellness enough people to meet up with the guessing game Oh Yeah was that good cooking demo from would then how Sheppard's doing a cooking demo we have different speakers then we have some from breast cancer Ireland coming to have a little chat we have Deirdre Murphy from horns health store will be talking about detox and

stuff like that we had Barry Hennessy from Revive Active we also have a delicate lingerie boutique Newcastle West are going to have to talk about the current body Shaper that women should be wearing he also is under great tips given of the year we also have done She's one of our own members in her weekly weight-loss classes

she's gonna talk about the impact that her weight classes made to her wellness and well-being you know which is which is very important also saw we've also too many fashion show's vignettes boutique in Adare and Sinead's Annacotty so there's a little bit of everything really the one evening and do good to see you well that it's certainly

not all work and no player is a

prosecco reception as well there is yet the the tickets 20 euro & edge of it people want to get in touch with you how can they do that and they can look it up on Facebook which might be very easy for people it's cent retail wellness which has 3 different words OK day are full numbers are my number

is zero each 7 6.1 8.7 7 beds 0.7 6.1 2.3 7 7 beaters number is zero age 7 10 12 won 7 4 but Rita is 0 page 7 10 12.7 for we're also giving donations from this event to Butterfly Club in Rathkeale

which will likely be a non-event very good OK well isn't it was like to be very very entertaining and educational day out for everyone who attends that Highlights: [Breast Cancer Ireland](#), Psychotherapist Nicola Hogg.

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At a recent coffee morning at Portumna Community School held in aid of Breast Cancer Ireland were, left, Juliette O Connell, Outreach Co-Ordinator, and Alisa Williams, Portumna Retirement Village.