



Clip Book

(January 21, 2021)

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A DAY IN THE LIFE - Paul Beehan, Newpark Hotel



SIOBHAN DONOHOE

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Paul Beehan, the host with the most and General Manager at Kilkenny's Newpark Hotel, would put a smile on anyone's face.

I had the pleasure of meeting him in the empty foyer of the Newpark Hotel, just before their long awaited reopening. It was my first face to face interview since mid-March and it felt so good to sit down to have a good old fashioned conversation, one which wasn't on Zoom!

Paul became General Manager of the award-winning family Newpark Hotel in January 2019. He is 35 years old, from the Curragh in Co Kildare and resides in Laois.

He studied at Shannon College of Hotel Management and has worked in Switzerland, France, London and Dublin. Before coming to Kilkenny he was General Manager of Bellinter House.

He did competitive Irish Dancing for 20 years, speaks almost fluent French. He is also single and a very eligible catch, but a bad golfer!

Here is a glimpse into Paul's world...

Paul, how are you feeling about reopening the doors of the Newpark Hotel?

We are really excited. The pressure is on as we have a lot to do after being closed for three months. We decided to take on a big project on our farm and we are enhancing our offering to

guests. There's 20 guys outside with the animals getting everything ready to go for when the doors open.

We plan having a little ceremony on reopening, so yes it's really exciting.

Have you a full house of guests booked in already?

Business has picked up over the past two to three weeks. We are not full - I guess we need to learn how to walk before we can run with regards to Covid-19 restrictions, in order to keep our guests and team safe. The first three weeks are not as busy as the rest of the summer.

What should guests expect?

The place still looks the same, with our beautiful chandeliers and curtains. We have spent the past few months cleaning our carpets, painting and washing all the windows and curtains. We didn't have time to do all that before, we were always so busy - even the carpark was painted!

What the guest will see in terms of social distancing is signage, with plenty of hand sanitation units throughout the hotel. We will have perspex partitions at reception and on booths in the Brasserie and

on the Terrace. The restaurants will also have a one way system, so our guests will feel safer.

The ground floor of the Newpark Hotel is big enough to allow social distancing, as opposed to the ground floor in a skyscraper hotel. So we are lucky in that regard as it allows us to cater for full occupancy.

Breakfasts will be served in the dining room, but not as a buffet style anymore as guests cannot touch off the same utensils. We are very lucky as we still have our carvery so the chefs can serve you breakfast and you don't have to touch anything.

We have also introduced a

policy called 'because we care'. In the bedrooms we have invested in fogging machines which disinfect the rooms. On top of that, we introduced new cleaning schedules and identified all the touch points like the light switches, the remote controls, the telephone; these all get extra attention.

We are also putting in individual disinfectant wipes in the bedrooms, so if guests are feeling a little bit nervous they can give an extra wipe themselves.

We will have a seal on the door, saying that no one has been in there since it was cleaned. We are looking into the serving of the room for people that are staying over for a number of days - do these guests want other people in the room cleaning while they are there? This is something we are figuring out, I think we are going to give guests the option.

We have had to buy hundreds of new pillow cases, pillow protectors and mattress protectors. Apart from that, it's business as usual.

The Wildlife Farm also got a facelift during the lockdown.

Yes our farm benefitted hugely during lockdown. It was always so busy there but these past few months allowed the grass to grow again. We've built a beautiful pond for the geese and the ducks to have a little swim.

The Friary Trail has been really enhanced. John Flynn, the owner was in New Zealand at the beginning of the year and he visited the Lord of Rings studios and came back with some amazing ideas.

We built a Friary Village, with extra benches for the kids to have picnics on - actually Mark, one of our chefs from the kitchen, is outside painting them as we speak! It's been all hands on deck.

Speaking about chefs and the fabulous food at the Newpark Hotel, what is your favourite dish?

I'm going to say two dishes. I was trained in Switzerland where Croque Monsieur is very popular, so I insisted that we have a really epic Newpark Croque Monsieur on the menu. That's my number one dish and it's available on the Terrace menu.

In Scott's Brassiere we have a beautiful lamb cutlets dish with baby new potatoes. This is really tasty.

You replaced another Kildare General Manager Mark Dunne

in January 2019. You actually knew Mark from a previous life?

Mark was excellent and was here for a long time. He handed over a really good ship before joining Mount Juliet. Our paths had crossed before; when I was 15 I was working in the Westbury Hotel and Mark was my manager there.

At the beginning I used to get the bus up and down every day from the Curragh to Dublin. Eventually they said just stay in the hotel, so I worked breakfast, lunch and dinner and I stayed in the Westbury four nights week. Mark was my Duty Manager at the time and we have stayed in touch on a regular basis to see what's going on and if there is anything we can do for each other.

What do you like about Kilkenny?

One of my earliest memories is coming on a school tour here. We went to the Dunmore Cave, which I loved, as well as hearing the stories about your witch Alice Kyteler. I was always fascinated about castles so a visit to Kilkenny Castle was mind blowing for me.

Kilkenny really is one of the most beautiful cities in the country.

What did you do to keep yourself occupied during lockdown?

I was working during lockdown, so I was in the hotel most days. Away from that I spent time

doing up my house. I bought it three years ago and it's a fixer-upper - it's a gate lodge of a country estate, built in the 1860s - so I did a lot of painting and gardening.

We have all had time to pause and reset our lives over the past three months. What are you going to bring forward with you?

For the past month I have taken on a challenge with my friends to run 100k in 30 days, in aid of Breast Cancer Ireland. I was not into running before, but I am definitely keeping that on as it's really good for the mind. I'm now

up to 6km a day which I thought I would never do.

At the start of the pandemic I really thought that people would be nicer to each other as we go through this. I'm not sure I still believe it, but I am going to make sure that I am nicer because of it.

Your staff were also busy during lockdown making some incredible videos with the hotel's farm animals.

We wanted to make a video and

our Operations Manager Niall Dunne came up with the idea of using the animals as guests in the hotel.

I have to say when we started shooting it, it was absolute chaos trying to organise the animals. It was all done in house on two mobile phones, a little tripod and a selfie stick.

Peter (Cullen, Duty Manager) and Niall really went out of their way to pull it all together and we never expected it to go viral. Sky News picked it up, as well as RTE, the Independent, the Daily Mirror and, of course, the Kilkenny People.

My last question is back by popular demand! Tell us something that people wouldn't generally know about you?

I worked as a Personal Assistant

for Christina Aguilera, albeit for 10 days! I wasn't in LA with her, but she did take me up on stage and sang a song to me at her concert in the Point Depot.

Paul would like to give a special mention to Marie Bridget the Head of HR and Compliance at the Newpark Hotel. During the three months of closure period she has gone above and beyond to make sure everyone was safe and kept constant communication with the team.

You can hear the full interview on www.kilkennypeople.ie



Paul Beehan, General Manager of the Newpark Hotel

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CARRIGALLEN MACRA'S YEAR IN BRIEF

2019/2020 has been an extremely busy yet enjoyable year for the committee and members of Carrigallen Macra. It all started off back in June 2019 when Carrigallen Macra hosted the farm skills county round. From there, Carrigallen progressed to the national semi finals in Gurteen. If that wasn't

enough, they qualified for Carrigallen's first National Finals of the year which took place at Tullamore Show. Unfortunately it wasn't our day but we are extremely proud of what the boys have achieved. Over the year, Carrigallen raised and donated €5,748.50 to local charities. These charities included SOSAD Cavan, Chloe Greene and Breast Cancer Ireland just to name a few. A portion of this went towards buying baby monitors for Cavan General Hospital during the Covid-19 pandemic. In October, Carrigallen hosted a dairy farm walk which was attended in high numbers. We also had our second entry in a national final when we competed in the bowling national finals. Unfortunately, there was no success there either but some members made the most of the trip!! For the first time, members from Carrigallen Macra attended the Macra Rally hosted by Avondhu Macra in Little Island CoCork It was a great highlight for the club with entries in a number of competitions throughout the weekend. One of the highlights of the weekend was when our very own Fergus O'Rourke brought home gold in the senior sheep stock judging and a first national title for Carrigallen Macra. Carrigallen Macra bought a

set of jerseys which got plenty of exposure when they were worn at the National 5 aside soccer finals in Dublin. Carrigallen had both a men's and ladies team but it was the ladies who did the job and won another national title for Carrigallen.

We hosted a number of events in the club which included a 'Mind Our Men' health talk with a number of speakers, a pamper evening, table quiz, pool competition and most successfully our Mr and Mrs Event. This event took place over valentine's weekend with 6 couples taking part. The success of the night led to a large amount of money being raised. Because of this, the club purchased jackets for members as a token of gratitude for all the hard work they did over the year. On that note, we would like to thank the committee and all the members for all their hard work over the last 12 months. It was a year to remember and hopefully we can build on this as a club for the year ahead.

#carrigallenmacraabu

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100k in 30 Day challenge raises €1.2 million in aid of Breast Cancer Ireland

Almost €1.2 million has been raised so far from the 100k in 30 Days Challenge which took place throughout June. Organiser Niall Carroll, who set up the event in support of **Breast Cancer Ireland** after his wife Cara was diagnosed with breast cancer last year, revealed on Facebook last night that the total raised so far was a massive €1,159,473.

The aim of the event was for people to clock up 100km of walking, cycling or running throughout the month and while primarily involving local people there were a massive 14,500 taking part from 34 countries around the world.

The pink army contributed another €70,000 on the final day of the month yesterday but with further funds expected, the final total is expected to be much greater than it currently stands.

Niall said of the sum raised: "It's phenomenal. We're blown away by it all. I just can't believe it.

"JustGiving is going to stay open for two more weeks because traditionally 20% of all donations come in after an event. We're going to leave it open for two weeks and then cut it off. The website will be open until the 19th July and then we're going to close the website down."

You can still donate here.

Funds raised will go towards what will be the first 3D mammography machine in the country, which will help improve the diagnosis rate for breast cancer. It will be installed at Beaumont Hospital in Dublin where a new suite is also being established.

Niall said: "Thank you to everybody for making this event extremely special. I will never forget this. I don't know if I'll repeat it but we'll see.

"To all of the breast cancer survivors or those going through breast cancer and for those who didn't make it, this is all for you. You have been in our thoughts every step of the way.

"It has been a massive success and bigger than anything I could ever imagined it was going to be," he said.

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100k in 30 days for Breast Cancer Ireland

Breast Cancer Ireland's 100k in 30 Days challenge wasn't just successful in raising much-needed funds, it also got the nation out and active, writes Janine Kennedy.

When Niall Carroll and his wife Cara decided to organise a 100k in 30 Days challenge for Breast Cancer Ireland for the month of June, they had considerably lower expectations compared with the fantastic results we can now see.

Cara, who was diagnosed with breast cancer in late 2019, and Niall have two small children and organised the challenge to raise much-needed funds and also to thank those who have helped them along Cara's road of recovery.

They could never have imagined over 15,000 people signing up for the challenge and raising over €1m.

"We are just delighted at how big a success it's been," Niall says. "Our goal was for 1,000 people to sign up and our monetary goal was €100,000 - now, we're well on our way to €1.2m.

"Traditionally, around 20% comes in after the event [finishes]. But we can't believe it and we're delighted with how much the country has taken it on board."

Right timing

The timing was right for a fitness challenge. With lockdown restrictions just starting to ease, many were ready to get some fresh air and exercise after weeks of staying put.

With the added encouragement of being part of a team (or league) and raising money for a cause that has touched many of our lives, taking part in the #100kin30days challenge was a great way to exercise while making a difference.

"The funds raised are going towards research into cures for early-stage diagnoses and a new unit in Beaumont Hospital, which is to open in 2021," Niall says.

"We're purchasing a new 3D mammogram machine and are going to (put funds towards) fitting out the unit."

Five years ago it was a 75% survival rate and today it's an 85% survival rate

While a breast cancer diagnosis is extremely scary, Niall says that survival rates are steadily increasing and the funds raised through the 100k in 30 Days Challenge will, hopefully, help guide the trend further upwards.

"In the last five years so much has changed," he says. "Five years ago it was a 75% survival rate and today it's an 85% survival rate. Wouldn't it be wonderful if we could help bring that up to 95%?"

"[Throughout the month] We've had sufferers and survivors taking part - even through their treatments," Niall continues.

"Having the leagues was great, because really, inside, everyone is a competitive person. We wanted to make it achievable for mass participation - there was a five-year-old who completed it, while one guy walked 100km in one day and another ran 100km in one day! There have been brilliant stories coming out of this."

Organised by editor Amii McKeever, Irish Country Living took on the challenge as a team. As a group of 11, we completed a total of 2,101.31km over the month. Here are a few of our personal experiences:

Amii McKeever - 243.96km completed

I now have a contact in my phone 'Wedge'. I have this courtesy of my friend James, who asked me could we cover "something" in Irish Country Living that his friend was organising.

This "something" turned out to be the #100kin30days challenge for Breast Cancer Ireland. And, well, if you don't ask, you don't get, so I duly called him 'Wedge' (real name - Niall Carroll).

I was inspired by this regular guy, who with his own company to run, young kids and a wife, Cara (real name - legend) in treatment for breast cancer, who, when asked to do something for charity, just said yes.

Team Irish Country Living has been working from home across the country now since March, from Dublin to Limerick, Kerry, Wexford, Tipperary and Kilkenny.

No coffees in the kitchen, no planning meetings in the board room, no one popping their head in for the usual "have you a minute?"

So aside from the charitable aspect, I thought of it as a chance to get our little team up and moving, too. It was great to do something together while we were apart. Emily, of course, ruined us with her mega mileage, but that

didn't surprise anyone.

Maria Moynihan - 105.9km completed

When lockdown began, I found it very hard to motivate myself to exercise. Over the last few years, I've done a lot of long-distance running, but the main attraction for me was always the time spent with friends, encouraging each other along and the excitement of the various events. Shuffling solo around a 2km loop did not exactly appeal!

I've also found I've spent a lot more time on screens, both with work and socialising with Zoom calls, family quizzes, etc. So this was a very welcome challenge to get moving each day.

Unlike most of my colleagues, I did not achieve huge mileage. I only hit the 100km mark on 28 June. However, I found it was a great incentive to get out at lunch time for a walk around the block or in the evening time after work, and the kilometres slowly clocked up. I'd recommend this challenge to anybody.

Emily Crowley - 471.47km completed

A couple of weeks into lockdown, I wanted to challenge myself, so I decided to start training for a half marathon. When our editor Amii mentioned the challenge to me, I thought it would be a great idea to marry the two of them so I asked her to include me in the Irish Country Living team.

My running took a backseat for the first two weeks of the challenge on doctor's orders, so for that period I walked most of it.

Once I was allowed to return to running, knowing that I was doing it for the #100kin30days challenge made it more worthwhile and gave me an extra little kick of motivation to get out of bed in the morning and clock up the miles.

Janine Kennedy - 104.65km completed

With three small kids and a full-time job (not to mention the farm!), I'm seriously busy. Usually, the only time I have to exercise is in the evening when the kids are in bed and my husband's home from milking.

By that time, I'm generally exhausted and have a million and one reasons for staying in. This challenge got me up off my butt and, even on the days I felt most tired, my 6.5km route left me feeling happy and energised afterwards.

Knowing the challenge was supporting a fantastic cause made it even better. I didn't achieve very much over the 100km, but I'm going to keep at my special route because I've really enjoyed this time with my Spotify playlist.

Life can get in the way of getting fit, but it's important to remember that cancer also gets in the way of life - and we've all been touched by the disease in one way or another.

Odile Evans - 123.75km completed

I didn't think 100km would be as big a challenge as it was. If you don't keep on top of your walking, you'd be surprised how quickly you would fall behind.

Rather than doing 3km a day, you end up trying to get in a 15km walk at the weekend to make up for a lack of activity during the week.

But between grass walks, moving strip wires on the dairy farm at home and a few walks around the block, I clocked up the miles.

It was good to have a goal to focus on. Thank you to the friends who joined me along the way.

Mairead Lavery - 140.08km completed

I was very happy to clock up 140 kilometres in this 100k challenge for breast cancer research. It seems like a shocking long distance, but, like everything else in life, if you take it in little bites, the job gets done.

In the early weeks, I ended up meeting neighbours every evening. We had the chats and observed social distancing. It was so much nicer than saluting them from the car.

Given that it was the month of June, you'd think the weather would be somewhat consistent. But no way.

Some evenings I was wearing a summer dress, while on others it was a fleece, raincoat, hat pulled tight around my ears and gloves. I kid you not.

Thanks to this fundraising initiative, I was motivated to hit the road most evenings. I even went down a jeans size in the process, so not so bad at all.

Anne O'Donoghue - 200km completed

Fundraisers and appeals are funny things, aren't they? They're all in aid of super causes, but sometimes to catch the imagination among the rest you need to think outside the box a bit.

The #100kin30days is an idea befitting of [Breast Cancer Ireland](#). We all know there's isn't a person that breast cancer hasn't touched, whether it be themselves, their family or their friends.

And challenge is always a great way to focus the mind, and the pockets! I have never moved so much in a month, that's for sure. And even if I never reach such mileage on foot again, I can always say I was spurred on by a great cause.



CASTLETOWNROCHE GAA

You can still contribute to 'Dawn Until Dusk Relay' fundraiser

Castletownroche GAA held a fundraiser last Saturday in aid of two great charities - Breast Cancer Ireland and Pieta House. The theme was a 'Dawn Until Dusk Relay', with participants from across the entire community signing up to run, jog or walk across the whole day starting from 4.30am and finishing at 10.30pm. Our target was to cover 440 kilometres, which matches the distance our junior B hurlers covered in their victorious run to county championship glory last season. We also set a target of €2,500, with all proceeds to be divided equally across the two charities.

As always, the community got behind this wholeheartedly and before a step had been taken, donations were already coming in. The event began in style, with 16 ladies turning out at the crack of dawn calling themselves "Hillstop on Heels" to cover 5k each. Our physio Denis also played his part in the first hour covering 10k.

Throughout the day, we had a constant relay of people doing their bit, with club players past and present, club officers, the school principal, club supporters, members of Doneraile AC and the younger generation (many of whom play with Ballycastle Gaels) amongst those playing their part.

By early afternoon, we had exceeded the distance and fundraising targets, but there was still no let up. The weather was mixed throughout the day but this did not dampen spirits and, by late evening, when our final pair of Justin and Danny completed their walk, our expectations had been surpassed.

In total, there were 90 participants who covered a staggering

717 kilometres between them! Not only this, but in doing so, they generated huge awareness for Breast Cancer Ireland and Pieta House, with a whopping €4,485 raised at the time of writing!

This was a fantastic achievement and a huge thank you to everybody who took part in the event and in particular, to everybody who donated so generously.

The donation link will be active for another couple of weeks, so if you want to show your support for these two charities and show your appreciation for the efforts by all of the participants, simply donate on www.idonate.ie/CastletownrocheGAAClub.

CLUB LOTTO COMING BACK

Due to the situation with the coronavirus in the last few months we had to, like all clubs, suspend our fortnightly lotto. We have decided that it is now time to restart the lotto once again. Our next lotto draw will be held on Monday, July 6 in the community hall, as our local publicans have yet to open their doors. The lotto jackpot still stands at €7,000. After a meeting between club officials it was decided to reduce the lucky dip prizes from five down to three €20 prizes. The reason being that lotto sales are expected to drop off by some amount due to the current situation with Covid-19. Our lotto sellers may find it a little more difficult to meet people on a regular basis like they used to pre-Covid. We will return to the usual five lucky dips when hopefully things get back to normality again. We would greatly appreciate your continued support for the

club lotto as in the current climate it is our only source of income. Tickets are €2 each and can be purchased at all business outlets in the village or from any of the usual lotto sellers.

PITCH PERFECT

During the Covid lockdown a survey was put together to vote for the best pitch in the Avondhu region. This was all a bit of fun and some entertainment while all pitches were out of use. After coming through a few rounds our pitch made it to the final against the pitch of Buttevant. It was the pitch of Castletownroche that came out

on top. While it can be said that there is no pitches in a poor state in North Cork, most will agree that the pitch of Castletownroche is one of the finest around. A big thanks must go to our groundsman Gerry O' Keffe, our club chairman Tom Barrett and Willie Magner for the endless hours of work they put in to keeping up a high standard of workmanship. We would like to thank everybody that voted in this survey.

CLUB SPONSOR

The Hill Stop In



Participants in last Saturday's Castletownroche GAA Club 'Dawn Until Dusk Relay' fundraiser. A big thank you to all that participated and supported the event, with proceeds going to Breast Cancer Ireland and Pieta House. There is still time to contribute.

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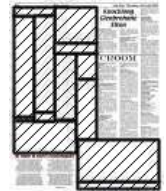
LM FM @ 02-Jul-20 12:45 - (breast)

Hard to gorges bears an Irish women in her arm need that is agreeable pretty much the cream of the crop when it comes to Irish female talent altogether in a fantastic song there Irish women have me dreams now this is fantastic because almost 1.2 million has been raised so far this is all the to do with 100 k in 30 days challenge which took place in the month of June and organiser Niall Carol who is from

dog Blackrock and dog he set up the event to support **breast** Cancer Ireland after his wife Keira was diagnosed with **breast** cancer last year and this is just fantastic one point if you like is just exploded altogether the aim of the event is for people to clock up 100 kilometres of walking cycling or running throughout the month while Primark Mary involving local people there was a massive 14500 taking part from 34 countries around

the world it was a phenomenal pink Kenny their call themselves and absolutely great I know so many local people got involved in this you can still donate by the way if you like to help support 100 K in 30 days that the website you have a link to the heads of the JustGiving page and everything else phenomenal they are blown away they can't believe their support for this all no real support for and fair play to Niall and

Highlights: **Breast Cancer Ireland**, 100k in 30 days, fund raising, Niall Carol.



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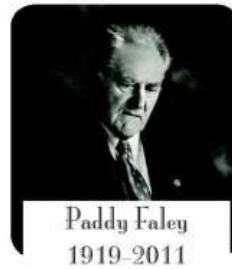
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Jim (Twin) Lynch Memorial Cup Hurling Tournament Final will be held at Ballingarry on Sunday July 5th at 12 noon. Granagh Ballingarry v Feenagh Kilmeedy. Proceeds from game to Pieta House.

Below is a copy of the beautiful song 'My Home In Sweet Lyreacrompane' by Paddy Faley as published in the *Weekly Observer* on the 10th June. The late Michael Church of Mourneabbey, Co. Cork used to sing a great version of the song at Rambling House sessions. With the composer from Limerick, the song about Kerry and the singer from Cork, it was a great combination in entertainment, involving three counties in a newly composed ballad.

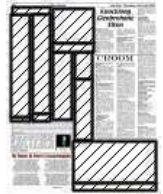
The song was written by Paddy Faley who had never been to Lyreacrompane. He based it on the stories and recollections of his friend, Jack Molyneaux who was born and reared in Lyreacrompane.



The historic ruins of Manister Abbey near Manister village, so impressive in the mid-day sunshine.



The beautiful Church of the Immaculate Conception, Ballingarry as the shades of evening were falling.



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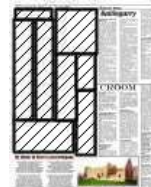
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DID YOU KNOW

29th June, 1997: "London Assurance" closes at Criterion Theatre NYC after 72 performances.

30th June, 1937: 999 emergency service is started in London.

1st July, 1908: "SOS" (· - - ·) distress signal becomes the worldwide standard help.

2nd July, 1921: World heavyweight champion Jack Dempsey KO Frenchman Georges Carpentier in round 4.

3rd July, 1886: In Germany, Karl Benz drives the first automobile.

4th July, 1776: United States Declaration of Independence Signed.

5th July, 1946: The Bikini swimsuit was introduced by French designer Louis Reard at a popular swimming pool in Paris.

BALLINGARRY

TOURNAMENT FINAL

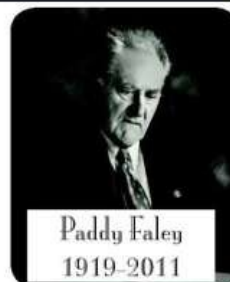
Jim (Twin) Lynch Memorial Cup Hurling Tournament Final will be held at Ballingarry on Sunday July 5th at 12 noon. Granagh Ballingarry v Feenagh Kilmeedy. Proceeds from game to Pieta House.



The beautiful Church of the Immaculate Conception, Ballingarry as the shades of evening were falling.

Below is a copy of the beautiful song 'My Home In Sweet Lyreacrompane' by Paddy Faley, as published in the *Weekly Observer* on the 10th June. The late Michael Church of Mourneabbey, Co. Cork used to sing a great version of the song at Rambling House sessions. With the composer from Limerick, the song about Kerry and the singer from Cork, it was a great combination in entertainment, involving three counties in a newly composed ballad.

The song was written by Paddy Faley who had never been to Lyreacrompane. He based it on the stories and recollections of his friend, Jack Molyneaux who was born and reared in Lyreacrompane.



Paddy Faley
1919-2011

Publication: independent.ie/regionals/argus**Media Cost (€):** 29**Date:** Friday, July 3, 2020**Reach** 4,080**Page:** [Link](#)**Size (Sq. Cm)** 294

€1.1m raised in 30-day challenge

Jackie Agnew celebrates with a hard-earned pint after completing his 100km in one day

Walkers, runners and wheelers, in 34 countries around the world, have helped Blackrock businessman Niall Carroll and his wife Cara McAdams raise an amazing €1.1million for **Breast Cancer Ireland** and the breast cancer unit at Beaumont Hospital, by taking part in the 100km in 30 days during the month of June.

'We are delighted to get to €1.1million and we are delighted at all the effort people have put in over the last few days,' says Niall who took what had been a fun community challenge global after Cara, who teaches in De La Salle College, was diagnosed with breast cancer last year.

'We are so thankful to everyone, especially those in our local community who have supported us, from individuals and family groups, to corporate sponsors.'

He revealed that they have been getting messages of support and goodwill from people all over the world. 'They are saying that the challenge has made them feel closer to home and closer to their families.'

'One woman from Switzerland wrote that she felt she was being part of the cure by taking part in this.'

A host of sports stars and celebrities, including Rio Ferdinand, singers Mary Black and Nicky Byrne, have come out in support of this massively successful fund raising effort, which saw over 14,000 people run the equivalent of 28 laps around the globe!

As the challenge finishes today, June 30, Niall admitted that it had been a tiring but hugely fulfilling month.

'The last week has been very busy, as we've had a lot of photo shoots and presentations with corporate sponsors who making donations.'

Publication: independent.ie/regionals/argus**Media Cost (€):** 29**Date:** Friday, July 3, 2020**Reach** 4,080**Page:** [Link](#)**Size (Sq. Cm)** 272

Geraldine's personal goal

Geraldine Rogers (back right) with fellow walkers Anne Rogers, Maria Dullaghan and Rita Doyle, and Betty Rogers (front)

For well-known Blackrock resident Geraldine Rogers the motivation in doing the 100km in 30 days Challenge for **Breast Cancer Ireland** was not just to support Niall and Cara but to challenge herself.

As a diabetic for 68 years, one of the oldest in the country, Geraldine was delighted to find that undertaking the 100km over the course of a month wasn't as daunting as she had feared.

'I'm not a walker but I wanted to do this as I know Niall and Cara and a lot of my friends were doing it. I decided that just because I'm a diabetic I wasn't going to let it stop me,' she explains.

Geraldine was the first child to be diagnosed with a diabetes in Our Lady of Lourdes Hospital when she was just four years of age.

She is insulin dependent and recalls the early days when she had to get an insulin injection with 'a glass syringe and a horrible steel needle'.

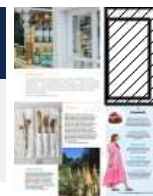
Back then, there was very little available in terms of specially produced sweets for diabetics and she remembers her father driving to Belfast to get treats for her.

'From an early age, I learned to be disciplined about what I could or couldn't eat,' she says, crediting her parents for instilling that in her.

'Of course, I did have the one sweet now and then when I was at school but I knew that I couldn't have more than that!'

Publication: Irish Independent
Date: Saturday, July 4, 2020
Page: 5

Media Cost (€): 4696
Reach: 83,900
Size (Sq. Cm): 160



Upwards

FACE MASKS THAT GIVE BACK

Breast Cancer Ireland's pack of three coverings is on sale, with all proceeds supporting the charity.



MICHEÁL AODH MARTIN

The Taoiseach's GAA star son goes viral as Twitter users are deem him "ridiculously hot".

VERA WANG'S AGE-DEFYING ABILITIES

Looking at her birthday pics, it's fair to say the designer looks better at 71 than most have in our entire lives.


KATE MIDDLETON'S 'COOL GIRL' EVOLUTION

Her stock is high, as indicated by her choice of influencer-loved label Faithfull The Brand.

PRE-LOVED HOMEWARES

The new GAFF Shop online is a go-to for secondhand interiors finds.



Publication:	East Coast Radio	Media Cost (€):	66	
Date:	Saturday, July 4, 2020	Reach	30,000	
Page:	Link	Size (Sq. Cm)	777	

East Coast Radio @ 04-Jul-20 11:25 - (breast)

The legend who just announced this week a classical concert series for YouTube I cannot wait for this scene twice in concert and both times amazing more just like Elton John tomorrow on Salah goal Sunday every Sunday from 10 am with Jim Nail Matthews been in touch I want to say a huge congratulations to his wife Nikki Verso from him and his 3 children Sam Hannah and Lucy Nicky has clocked 100 k in 30 days for [breast](#)

Cancer Ireland matches says she is now looking forward to a leisurely walks and a lot of cake congratulations Nikki that is actually really some achievement coming from somebody who can't even do a 5 k await 7 77 11 one Oh 3 is a number to text and WhatsApp East coast FM on entertainment on East cool still time my round of the best-selling and streaming on the box the this evening starting with something for the family

the live-action remake of the Jungle Book is on BBC one at 5 a boy raised by animals in the jungle of India's trapped by the return of affairs Tiger would have a grudge against humans to really well done it's a decent version of the cartoon now songs but Kilmurry banking's League managers out there provide the voices if you want a chuckle the final show of Michael McIntyre's Big glasses on BBC one and a quarter

past 8 he's looking back at the best moment of the first 5 seasons of the show Emma Bunton and Robbie savage centre of as well as that the brilliant timely turn one audience members grandad into a social media star if you haven't seen this give it what it's very good 3 movie picks 3 something for everyone the first of the popcorn Munster star wars the force awakens is

at 10 past 9 in 42 it was easily the best of all who receive calls it's nearly a copy to the very first hours but it's done with a lot of fun and a lot of love Daisy Ridley plays Daz a scavenger who may be something more she teams up with next storm trooper and set off to look for the legendary Luke Skywalker it works at the regard as it's good for the older kids to watch which another time if

you are in the mood for a movie which will give you a bit of a laugh It's complicated is on 31 according to turn a decent ram calm it's about a divorced couple Jane and Jake played by the brilliant Merrion Street and Alec Baldwin their first meet up again at their son's College graduation after 10 years apart and they end up doing the bold thing despite them being in relationships they have an affair Steve Martin's and as well it's

very good for a chuckle if you do want something with a bit more drama dog glass land a brilliant Irish indie movies on TD can are 5 past 10 Jack Reynor the amazing Toni Collette she's so good in everything and Will Poulter Ostara this one it's about a young Dublin taxi driver who gets mixed up in human trafficking while trying to get his mother to stop being an alcoholic heavy gun but it is terrific

last rallies if you're looking for something to acquire and stream Netflix are introducing say I do with a brand new a part wedding show starting this weekend for fans of love is blind and queer I'd really like this one the ideas that real-life couple's surprise with a special wedding day thanks to the help of 3 experts sound like a bit of a mix of Don't Tell the Bride my big day doesn't it but it must be very good

that's tonight's word and entertainment on East coast that fellow their stunning green here we go this is an anxious time for everyone especially if you're cocooned in so why not relax with me on a magic trip down memory Lane there every Sunday morning from 9 and joined our dedicated to music from the golden era of the American songbook plus Wheeler big band hits from the likes of Frank Sinatra Bing Crosby and Tony Bennett added sprinkling of classic movie memories

from the 50s and 60s plus I give you advice on how to stay well during all this and you got the perfect weekend wine down crooners war could schooners Sunday from 9 on Wicklow's self isolation station because steph a filmic all and this is the world some are Highlights: [Breast Cancer Ireland](#).



Mask up for a good cause

Yet to find a daily mask that works for you? There are plenty of colourful, reusable and sustainably minded face coverings out there. For example, **Breast Cancer Ireland** has a pack of three 100 per cent cotton pink masks with the trademark pink ribbon on sale for a tenner from breastcancerireland.com. Do good, look good and reduce the risk of transmitting Covid-19 in one swoop.

Publication:	droghedalife.com	Media Cost (€):	17
Date:	Sunday, July 5, 2020	Reach	2,108
Page:	Link	Size (Sq. Cm)	322



Boyne AC juveniles back on the track recently.

As the country starts to slowly get back to some sort of normality, adjusting to the 'new norm' is certainly a challenge for all. However, the hard-working team of committee, coaches and athletes in Boyne AC have all risen to the challenge to ensure a safe return for all to their training sessions.

With their own roadmap for a return for all age groups spread over the coming weeks, the Covid committee are ensuring that the plans in place are strictly followed and the cooperation and support of all the athletes has made their job much easier.

While the senior members of the club have resumed their training over the last few weeks, the older juvenile members have now returned to their planned sessions, with the younger juveniles due to return in the coming weeks.

Under the guidance of coaches Ken Meier and Keith Byrne and other members of the coaching team, the young athletes are all delighted to be back among their peers and enjoying the return to active training.

Advertisement - continue reading below

While most competitions for this year have been cancelled due to the pandemic, there are some planned national events scheduled for the older juveniles in the coming months, giving them a target for their training plans, and with the Lourdes Stadium now reopened they can really focus on their goals.

Keeping themselves active over the last few weeks, some of the senior members of Boyne have completed the 100k in 30 days challenge for [Breast Cancer Ireland](#). A fantastic initiative to get people out and about, to keep fit and to raise awareness and much needed funds for a worthwhile cause.

Pounding the roads over the month of June, club members Mairead Hallinan and Catherine Russell made sure that they reached their target well within the 30 days, keeping each other company along the way.



New posts for Joe and Charlie

As we went to press on Wednesday it was confirmed that Joe McHugh had accepted the post of Chair of the EU Affairs Committee while Charlie McConalogue became Minister of State for Law Reform.

By John McAteer

Earlier in the evening the Twitter feed went ballistic with comments that Jim O'Callaghan had turned down this post.

As the new Taoiseach puts the west coast into Cabinet Lockdown with his new team of ministers, the negative reaction from Fianna Fail grassroots has been fast and furious as their Deputy leader Dara Calleary failed to land a post at the top table.

Furious supporters in the West of Ireland have rallied to his support accusing Micheál Martin of splitting the party amid fears of losing

chunks of their membership.

Fianna Fail now has the dubious distinction with two of their deputy leaders having been excluded from Cabinet by Taosigh from Cork. Jack Lynch failed to select Donegal's Joe Brennan for a ministerial post in 1977 - instead he was made Ceann Comhairle.

Angry FF grassroots have claimed the 'snub' to Calleary is like Si-

mon Coveney and Catherine Martin being excluded from Cabinet posts. The row is seen to have had a destabilising impact on the first week of the new Government with record levels of horse trading reported to have taken place on Wednesday in the scramble to address the glaring imbalance of Cabinet positions across ten counties in the West.

For Donegal, the de-

motion of Joe McHugh as Education Minister is a real hammer blow given that he has been instrumental in delivering a wide ranging number of projects since his elevation to Cabinet in October 2018.

Micheál Martin's new Cabinet comes with a regional imbalance that no amount of spin about the role of junior ministers comes close

Contd. Page 9



Walking 100km in 30 days leads to €5k! Creeslough's Siobhan Bigger (centre), pictured along with her friends Gail Atkinson and Flo Williamson, after they completed their 100km in 30 Days challenge for Breast Cancer Ireland over the month of June. Siobhan initially set a target of raising €500 and says she was "blown away" at having reached a final tally of over €5,000 - ten times the original figure. She said she would sincerely like to thank everyone for their amazing generosity and support, adding that their walk was dedicated to the memories of Michelle Kelly, Callum Friel, Jane Gambie and Owen Farrell.

New posts for Joe and Charlie

From Page One

to addressing the vacuum that has been created.

This was reflected when McHugh spoke on Highland's Nine till Noon Show on Monday when he said the one thing he learnt is that the Cabinet table is the only real place where you can influence other Ministers and the Attorney General. He referenced in particular the importance of the Mica Redress Scheme and his input in finally making it a reality.

There is no doubt this is a Cabinet with an eye on keeping Sinn Féin from taking two seats in a number of key constituencies where they polled enough first preferences to be in the running for a second TD come the next General Election.

That is evident in Wicklow and Kerry where the new Education Minister Norma Foley managed to claim the last seat on the ticket. At the same time Sinn Féin will eye up Wicklow next time around to increase their numbers in Leinster House.

In the February election, the SF share in Kerry was predicted to collapse with the retirement of Martin Ferris - the opposite happened as Pa Daly increased their share by over 10% giving them a realistic shot at a second seat next time around having polled 20.3% on the first count.

Sligo-Leitrim Deputy Marian Harkin said she was extremely disappointed, telling the new Taoiseach that geography matters. And this is reflected in Wicklow where the political turf war between FF and FG made it an imperative to give this constituency and the town of Greystones two senior Cabinet Ministers.

FG lost a seat here in February as FF's Stephen Donnelly edged out Andrew Doyle by a mere 560 as he scrambled to win the last seat. In 2016, Donnelly topped the poll for the Social Democrats with a whacking share of 20% to give him a surplus of 2,880 on the first count. Contrast his fortunes in February when his appeal

as a FF candidate saw his first preferences collapse by over 13%.

Taoiseach Micheál Martin's new-look Cabinet with eleven Ministers from Dublin, Cork and Wicklow has sensationally left the North West, Midwest and the West without a Cabinet seat and the decision has sparked widespread anger in Mayo. This is the home turf of the FF Deputy Leader and the decision to omit him from Cabinet is akin to Simon Coveney and Catherine Martin being excluded by their party leaders.

While it took twenty weeks to form a government there appears to be no real enthusiasm among the public apart from Cork and Wicklow predictably.

The big losers in the Cabinet is Fine Gael

with some of their lead players demoted to the backbenches forever. Along with McHugh, the others include Richard Bruton, Charlie Flanagan, Michael Creed and Michael Ring.

And as the West of Ireland is left without a voice in Cabinet, there are reminders of the seminal book written by John Healy in 1968.

Healy was Ireland's best known political correspondent and his Saturday column in the Irish Times dictated Cabinet debates the following week. His legendary book, 'The Death of an Irish Town' spoke to a nation where emigration, poverty, rural decline allied to any ability of the Government to put a plan in place to save the west is being read again this week as if nothing has changed for the western seaboard in over fifty years.

This theme has been taken up by President of the INHFA Colm O'Donnell with serious concerns being raised in farming with the policies being pursued by the Green Party agenda on carbon emissions. In recent times there has been a drive to increase farm size and the level of production which has not delivered in terms

of improved income for farmers and the wider rural economy, he said.

Colm O'Donnell says farming has been the mainstay of rural communities for the last hundred years. In addition to existing problems in the farm sector, there are concerns around the drive for more forestry in many western counties to off-set the greenhouse gas emissions from other sectors. Also through current CAP proposals and the EU Biodiversity Strategy we could be looking at further restrictions on extensive farming practices and farmers currently farming on blanket bogs and reclaimed peatlands.

He said: "As both Agriculture Ministers take up their portfolios it is he maintained "vital that they ensure no farmer or sector of farming is sacrificed for what some may perceive as the greater good. Both Ministers should be aware of the predominance of peat soils in Offaly and will we hope see the immediate danger that some of the outlined proposals could have in Offaly and many other counties especially from Donegal to Kerry."

Deputy Harkin said: "The most recent report from the Northern and Western Regional Assembly shows the economic gap between the regions, with lower levels of per capita investment in health infrastructure, in third level education infrastructure, in local, regional and national road infrastructure, in high value job creation and in research and development.

"A balance of development allows the re-

gions to play to their strengths, and it's very hard for that to happen if there's now voices around the Cabinet table representing those regions that have spilled behind," she added.

Roscommon Independent Deputy Michael Fitzmaurice told the Dáil he was baffled to see no senior ministers representing counties in the west of Ireland from Donegal to Limerick.

"There are 1.2million people there – the same as in the city of Dublin, that has six senior Ministers," Deputy Fitzmaurice said.

The new faces at the Top Table!

Micheál Martin (FF): Taoiseach. Leo Varadkar (FG): Tánaiste and Minister for Enterprise, Trade and Employment.

Stephen Donnelly (FF): Minister for Health. Darragh O'Brien (FF): Housing, Local Government and Heritage portfolio. Barry Cowen (FF): Agriculture and the Marine. Norma Foley (FF): Education. Michael McGrath (FF): Public Expenditure and Reform.

Paschal Donohoe (FG): Finance. Helen McEntee (FG): Justice. Simon Coveney (FG): Foreign Affairs and Defence. Eamon Ryan (Greens): Climate Action, Communication Networks and Transport.

Catherine Martin (Greens): Media, Tourism, Arts, Culture, Sports and the Gael-tacht. Roderic O'Gorman (Greens): Minister for Children, Disability Equality and Integration. Heather Humphreys (FG): Social Protection. Community Rural Development and the Islands.

Simon Harris (FG): Higher Education, Innovation and Research.

Super Junior Ministers

Hildegard Naughton (FG): Minister of State at the Department of Climate Action attending Cabinet. Pippa Hackett (Greens): Minister of State at the Department of Agriculture attending Cabinet. Dara Calleary (FF): Government Chief Whip and Minister of State attending Cabinet. Paul Gallagher: Attorney General.

The Taoiseach's 11 for the Seanad include: Regina Doherty (FG) as the new leader of the House. The remaining senators are: Mary Fitzpatrick, Lorraine Clifford-Lee, Erin McGreehan, Timmy Dooley, Aisling Dolan, Emer Currie, Mary Seery Kearney, Vincent P Martin, Róisín Garvey and Eileen Flynn, the first ever advocate for Travellers' Rights activist in the House. She resides in Ardara and was given a standing ovation in the Convention Centre after her maiden speech on Tuesday.

Publication:	limerickleader.ie	Media Cost (€):	247
Date:	Monday, July 6, 2020	Reach	21,420
Page:	Link	Size (Sq. Cm)	435



Limerick women's marathon to go virtual in 2020

THE annual Cook Medical Women's Mini Marathon will take place this September – as a virtual event – it has been confirmed.

The event, which would normally attract thousands of women (and some men), will take place over the weekend of September 26 and 27.

Participants, who can register from this Thursday, will be encouraged to run either 5k or 10k, at a time and location that suits them. They can then post details of their times online if they want.

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Organiser John Cleary says proceeds from this year's event will be donated to 12 nominated charities.

"This has been a very difficult time for everyone, including charity groups. At a time when their services are needed more than ever, their traditional fundraising streams have been drastically reduced. The staging of Cook Medical Women's Mini Marathon in this virtual manner will be big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long standing Limerick sporting event," he said.

The nominated charities are

- ADAPT Domestic Abuse Services
- Barnardos
- [Breast Cancer Ireland](#)
- Clionas Foundation
- Daughters of Charity Lisnagry
- Limerick Animal Welfare
- Limerick Suicide Watch
- Mid-Western Cancer Foundation
- Milford Hospice
- NOVAS
- Pieta House
- St. Gabriel's School

All registered participants will have a quarter zip running top and bespoke medal posted to them in the week leading up to the event.

"We are thrilled that we can still go ahead with the Cook Women's Mini Marathon this year, in this new virtual format. While this is a change from our normal race day, we feel it's more important now than ever that activities like this go ahead with the focus on supporting local charities and raising much needed funds for them in their hour of need. Our local communities have worked really hard to comply with lockdown rules during what has been an extremely difficult and testing time for all. Thankfully, we are now starting to come out the other side and this race will give us all a positive focus to aim towards," said race ambassador Angela Moloney of Cook Medical.

The Cook Medical Women's Mini Marathon is the oldest mass participation event in Limerick and is now entering its 22nd year.

The event is the main fundraising event for Limerick AC and provides a much needed platform for many charities to fundraise each year.

For further details of the 2020 event click [here](#).

Read also: [Limerick motorists fined for blocking cycle lanes](#)

Publication:	thesun.ie	Media Cost (€):	635
Date:	Monday, July 6, 2020	Reach	60,520
Page:	Link	Size (Sq. Cm)	10



Arsenal and PSG in shock transfer battle for Newcastle star Allan Saint-Maximin after string of incredible performances

ARSENAL and Paris Saint-Germain could go head-to-head in a transfer battle for Newcastle star Allan Saint-Maximin, according to reports.

The French winger has been in scintillating form for the Magpies this season - especially since football returned from lockdown.

But having snapped up the Frenchman for just £17million from Nice last summer, the Geordies could be forced to do business again - likely making a huge profit.

Arsenal and Napoli are both keeping tabs on the 23-year-old, according to French outlet Le10Sport.

And PSG are also eyeing a big money move for the talented star, according to Yahoo.

ARSENAL NEWS LIVE: Follow for the latest Gunners news

The former Monaco man has started all four of Newcastle's Premier League games since lockdown and has bagged a goal and three assists in that time.

The assists all came in the Toon's 4-1 thrashing of Bournemouth last Wednesday but he failed to register a goal contribution during their 2-2 draw with West Ham at St James' Park yesterday.

Arsenal's strongest attack sees Pierre-Emerick Aubameyang and Nicolas Pepe playing either side of Alexandre Lacazette through the middle.

But with the latter being linked with Atletico Madrid as part of a swap deal for Thomas Partey, Aubameyang could move back into the main striker role and Saint-Maximin fill the void out wide.

It emerged last week the maverick wideman trains with his DOG, has an IQ of 145 and was expelled from school age 12, according to the Mail.

But having previously struggled with off-field problems, Saint-Maximin returned from lockdown a player reborn.

And that form has seen him nominated for the player of the month.

However, such is his improvent this season, he is said to be frustrated at earning just £36k-a-week plus bonuses - far less than many who rarely play.

But asked if Newcastle might cash in this summer, Steve Bruce snapped back: "No chance!"

"When you look at the money we bought him for, he is arguably the best pound for pound signing – show me another who is better.

"With what he has produced, we have probably got the buy of the season."

Publication:	live95fm.ie	Media Cost (€):	17
Date:	Monday, July 6, 2020	Reach	4,080
Page:	Link	Size (Sq. Cm)	188



Changes announced for this year's Cook medical Limerick Women's mini Marathon

Limerick's oldest mass participation fundraising event will take place virtually this year due to Covid-19. The Cook Medical Women's Mini Marathon is in its 22nd year of running this year and will kick off in September.

Live 95s Rebecca O'Sullivan Reports.

Organisers of the annual Cook Medical Women's Mini Marathon announced today that the 2020 event will now take place over the last weekend of September as a virtual event.

Participation will be staggered over two days to allow competitors to take part while adhering to all social distancing and mass gathering rules.

Proceeds from this years event will go to a number of Limerick based charities including ADAPT Domestic Abuse Services, Clionas Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Milford Hospice, Novas, The Mid-Western Cancer Foundation and St Gabriels School.

National charities Barnardos, [Breast Cancer Ireland](#) and Pieta House will also benefit from the event.

Online registration will open on Thursday July 9th.

Organisers announced the details on social media this morning:

Publication:	Limerick's 95 FM	Media Cost (€):	203
Date:	Monday, July 6, 2020	Reach	96,000
Page:	Link	Size (Sq. Cm)	518



Limerick's 95 FM @ 06-Jul-20 13:02 - (breast)

we have made great progress our challenge now is to avoid a resurgence so please be sensible be responsible be safe and look out for each other and their communities full details of the re-opening of Ireland are available at a gun of .ie thank you supported by the Government of Ireland look no further for premium beauty & fragrance from benefits to keep the DVD and beauty from Lankan to Marc Jacobs discover your favourite premium beauty

& fragrance brands at this shop in-store or online at boots ie the let's feel good subject to availability the largest choice of delivery charges may apply it's almost one o' clock today Ireland's best-selling car is a type of herself charging hybrid we're making it even easier to start your journey in a hybrid with excellent offers Finance packages Brian Geary Toyota Raheen Co Limerick tomorrow show tunes that we opened our online

classes deal all the rage there's been calls for emergency legislation to be fast-tracked giving GardaÃ extra powers to close down businesses responsible for selling alcohol to on street drinkers problems huge gatherings in recent days former Debenham's Limerick staff continue to picket outside the Department store for redundancy packages and a chance to win a Grand on tomorrow's show with Limerick today's 10 to one chance you will 9 your views your

or you lose your for Limerick today weekdays from 9 to 0 12 on live 95 base is one of Limerick's top stories changes announced for this year's Cork where the Limerick Women's Mini Marathon Cabinet ministers expected to delay the opening of travel holidays until July 20th and another Limerick shop announces it won't be re-opening good afternoon I'm Kelly Ann Devlin

Limerick's oldest mass participation fundraising event will take place in virtually this year due to cover 19 the Cook Medical Women's Mini Marathon is in its 22nd year running this year and will kick off in September like 25s Rebecca O'Sullivan has the details but organisers of the annual Cook Medical Women's Mini Marathon announced today that the Twenty20 event will now take place over the last weekend of September as a virtual event participation will be

staggered over two days to allow competitors to take part while adhering to our social distancing and Mass gathering rulers Proceeds from this year's event will go to a number of Limerick based charities including Adapt Domestic Abuse Services Cliona's Foundation two daughters of charity listing Grai Limerick Animal Welfare Limerick Suicide Watch Milford Hospice Belfast the mid-western Cancer Foundation and think Gabriel's school

national charities Bernardos **breast** Cancer Ireland mph house will also benefit from the event online registration will open on Thursday July 9th Cabinet ministers are expected to delay the opening of travel holidays until July 20th ministers are meeting this afternoon and are unlikely to recommend the unwinding of aviation restrictions identified political Correspondent Sean Farrell has for the Government had said it would publish a

Green list of countries safe to fly to from July 9th but now being kicked back Highlights: Cook Medical Women's Mini Marathon, fundraising event, COVID-19, social distancing, mass gathering rules, Adapt Domestic Abuse Services, Clionas Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Milford Hospice, Mid-western Cancer Foundation, St Gabriel's School, Barnardos, **Breast Cancer Ireland**, NOVAS.

Publication:	Limerick's 95 FM	Media Cost (€):	189
Date:	Monday, July 6, 2020	Reach	96,000
Page:	Link	Size (Sq. Cm)	564



Limerick's 95 FM @ 06-Jul-20 14:02 - (breast)

sale up to 70 % of all child up to 70 % off all flooring add up to 70 % off all Bath where everything is reduced in-store and online right price tiles of wood flooring 70 % off sale stores Nationwide sale ends it's your to o'clock thinking of changing your card Oh well look for their prime viewing time out of your local dealer Irish-owned Irish-registered quality used cars with 12 months warranty Brian Geary Toyota a

break with the lyrics I think you seem to forget the wider club real kidding you on the tax end of July maybe delayed I am clear about that and more than two years and that there will be a row back on what's already been rolled out the amount of people at the edge of the area the plan could see it we were very conscious about the way we work but I'm not sure that it we really week as we will be able to welcome the were dipping her toe in the water with it at the

minute but it is open then you start when you are you about 40 birthday party or whatever it's not going to be badly hit thank you for your views your news joy for Limerick today weekdays from 9 to 0 12 on live 95 your smart speaker and online to class good afternoon I Maxine Balmain Limerick's oldest mass participation fundraising event will take place on March 3 this year due to cope with 19 the Cook Medical Women's Mini Marathon

is now in its 22nd year running this year and will kick off in September but 25 Rebecca O'Sullivan reports organisers of the annual Cook Medical Women's Mini Marathon announced today that the Twenty20 event will now take place over the last weekend of September as a virtual event participation will be staggered over two days to allow competitors to take part while adhering to our social distancing and Mass gathering rules proceeds from this year's

event will go to a number of Limerick based charities including Adapt Domestic Abuse Services Cliona's Foundation daughters of charity listing Grai Limerick Animal Welfare Limerick Suicide Watch Milford Hospice Belfast the mid-western Cancer Foundation and think Gabriel's school national charities Bernardos **breast** cancer Ireland in P8 house will also benefit from the event online registration will open on Thursday July 9th further talks are taking place this week between

teacher unions and Department of education officials had safely reopened schools in late August concerned emerging about the number of substitute teacher is available to cover classes and how expensive cleaning bills will be paid teachers with cold and flu symptoms have to stay home my not going to schools from late August union saying that will lead to a dramatic increase in the number of substitute teachers being called

upon because classes won't be split it could mean schools won't reopen until a full panel a substitute teacher is available the Taoiseach has confirmed the re-opening of travel holidays has been delayed the Government had said it will publish a growing list of countries safe to fly to from July 9th but that's now been pushed back to July 20th the Cabinet will meet this afternoon to finalise plans but speaking to Red FM this morning the

hallmark income Highlights: Cook Medical Women's Mini Marathon, fundraising event, COVID-19, social distancing, mass gathering rules, Adapt Domestic Abuse Services, Clionas Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Milford Hospice, Mid-western Cancer Foundation, St Gabriel's School, Barnardos, **Breast Cancer Ireland**, NOVAS.

Publication:	Limerick's 95 FM	Media Cost (€):	17
Date:	Monday, July 6, 2020	Reach	96,000
Page:	Link	Size (Sq. Cm)	849



Limerick's 95 FM @ 06-Jul-20 15:01 - (breast)

Ireland subject to lending criteria terms and conditions apply visit Audi.ie /these 4 Twenty20 for further information tomorrow show tunes of we opened our online classes deal all the rage there's been calls for emergency legislation to be fast tracked give Garda's extra powers to close down businesses responsible for selling alcohol to on street drinkers problems huge gatherings in recent days former Debenhams Limerick staff continue to picket outside the

Department store for redundancy packages and a chance to win a Grand on tomorrow's show with Limerick today's 10 to one chance to win 9 your views your you lose your for Limerick today with days from now until 12 live 95 your smart speaker and online is 3 o' clock good afternoon I Maxine family Limerick's oldest maths participation in a fundraising event will take place for this year due

to covet 19 the Cook Medical Women's Mini Marathon is in its 22nd year running this year and will kick off in September 25 Rebecca O'Sullivan reports organisers of the annual Cook Medical Women's Mini Marathon announced today that the Twenty20 event will now take place over the last weekend of September with a virtual event participation will be staggered over two days to allow competitors to take part while adhering to our social distancing

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Thursday July 9th the health minister is being urged to re-examine the case of a Nursing home resident who died two weeks after being admitted to hospital with an infestation of maggots in a face wound 79_-year-old all tell me who was a resident at Kilbrew Nursing home Ashbourne County Meath he was brought to Hospital on may 29th two weeks after his wife phrase concerning about this condition while visiting him at the Nursing home

the man who had dementia and terminal cancer died from sepsis two weeks after being admitted to Hospital in a statement Kilbrew chief executive James Keeling says the Nursing homes submitted a report HIQA regarding the late Mister Maekin and is now awaiting the outcome of a further review by the health watchdog Garda's carried out more than 6000 cheques that licensed premises across the country over the

weekend operational navigation inspections began at 7 p.m. on Friday with the vast majority of pubs and restaurants found to be complying with public health guidelines However concerns have been raised after hundreds of people gathered to drink in Dublin city centre on Saturday night tour Commissioner drew Harris says this incident did come to their attention

we conducted a six-person visits licensed premises checks throughout the country the vast majority were compliant but we did find breaches of the regulations will also find breaches of the licensing laws as well in a minority of cases and we also found a situation which was highlighted on social media in the end the and were indeed that in fact was a public order Ideas and dealt with as such their 54 people waiting on trolleys at University

Hospital Limerick today that's an increase of 16 since Friday making it the highest number in the country It's followed by the Mater Hospital in Dublin were 15 patients are waiting for a bed 38 patients on trolleys in the emergency department with 26 waiting in other areas of the Hospital there are a total of 117 people waiting for a bed in Irish hospitals today Meanwhile there have been no new cases of Corbett 19 in Limerick in the past 24 hours

35 suspected cases of the virus are being treated at the Dooradoyle hospital and another Limerick store has announced it will not be reopening spice minted Chef's Fashion Show of which carried a vintage items from the 19 Sixties the 90 19th is located on Harvey's Quay opened by Greece colliery the chap had been identified in hot press magazine one of the best vintage shops in the country in May two months after lockdown Grace launched a new

website and of peace were all out on the first day with them 30 minutes Grace's then decided that the future of spice messages online and we will be using another shop front as a result I now agreed and an actual not real opening at all I'm going to be continuing on way to wedding night because after and I could never been beaten a

lot of people that are

buying of the website the banks is now about half an hour I really never would be I think its 3 minutes past 3 from Bournemouth news check out live 95 .ie you are covered 19 information source nationally Highlights: Cook Medical Women's Mini Marathon, fundraising event, charities, Barnardos, [Breast Cancer Ireland](#), Pieta House.

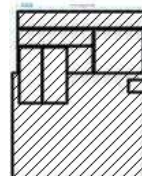
Publication:	wexfordpeople.ie	Media Cost (€):	8	
Date:	Tuesday, July 7, 2020	Reach	2,040	
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Thirteen family members walk 1,500km for breast cancer fundraiser

Left to right, Jessie Stafford, Louise Atkins Stafford, Joan Mackey, Kathleen Stafford, Anne Stafford, Breda Stafford Furlong, Margaret Maher, Denise Stafford, Leanne Stafford, Emily Jane Furlong, and Carrie Stafford. Missing from the group are Joanne Connick and Shauna Boyle. Photo: Lee Robinson Maria Pepper
Thirteen female members of a Wexford family walked a combined total of approximately 1,500 kilometres between them as part of a nationwide fundraising campaign which has realised over €1.2 million and counting for [Breast Cancer Ireland](#).

The Stafford family of Barntown, which includes a number of women who are breast cancer survivors, signed up for the initiative organised by County Louth couple Niall and Ciara O'Connor.

Joan Mackey, Joanne Connick, Denise Stafford, Jessie Stafford, Carrie Stafford, Margaret Maher, Breda Stafford Furlong, Emily Jane Furlong, Kathleen Stafford, Shauna Boyne, Louise Atkins Stafford, Leanne Stafford and Anne Stafford each walked 100km (and longer distances in some cases), mostly around the Forth Mountain area.



100km funds will make 'huge impact'

By MARGARET RODDY

THE whopping €1.2million raised by the 100km in 30 days will make a 'tremendous impact' in the search for a cure for breast cancer as well as in the diagnosis and treatment of those affected by the disease in Ireland.

The event, which was organised by Blackrock businessman Niall Carroll after his wife Cara McAdam was diagnosed with breast cancer last December, captured the imagination of the public, not just in Ireland but around the world.

'It has been a massive success, much bigger than anything I imagined it would be,' Niall told the Pink Army of walkers, joggers and runners, as he provided the final update on the progress of the 100km in 30 days challenge. He revealed that 1.3million kilometers had been clocked up participants, young and old, during the month of June.

As well as raising money for vital research and diagnostic equipment for breast cancer, Niall said that his aim in

organising the challenge was to encourage people to go out and exercise, and he urged them to keep it up, even after the challenge has finished.

'Keep going, don't give it up, don't stop,' he said.

'What really surprised me was how big it has grown and how successful it has been,' he said, citing some of the amazing achievements, such as Jackie Agnew running 100km in just one day.

But just as important were all the families, the elderly who had emerged from cocooning, and the young children who took part. Members of the Pink Army ranged from five year olds to legendary sports broadcaster Micheal O Muircheartaigh who turns 90 in August.

Cara joined him to say thanks to everyone who took part. She thanked everyone in the village for their support and also her colleagues in De La Salle college who had set up their own league.

'I have been blown away by all the support.'

Announcing the grand total

of €1.2million, Niall said that they had received €70,000 on the last day.

'It's amazing, phenomenal. We are blown away by it all.'

The CEO of Breast Cancer Ireland Aisling Hurley thanked Niall and Cara, the community in Blackrock, and the Pink Army for their support saying that they had 'made a tremendous impact.'

She had been present when they handed over a cheque for €1.2million to Breast Cancer Ireland which will have 'a huge impact for our race for a cure.'


She outlined how the money would go towards funding ground-breaking and pioneering work by research fellowships and for the purchase of 3D mammograms at the new Breast Cancer Research Unit at Beaumont which is due to open in August 2021.

The JustGiving page for 100km in 30 days for Breast Cancer remains open until July 14 so there is still time to donate.



A group of walkers from Blackrockmeet at the Sundial to mark the end of their 100km in 30 days challenge, and above, Niall and Cara.



Publication:	The Argus	Media Cost (€):	636.57	T 
Date:	Tuesday, July 7, 2020	Reach	9,307	
Page:	27	Size (Sq. Cm)	99	



Fundraising drive has been inspiration to us all

WITH all the talk of billions of euro that it is costing governments to fight COVID-19 we sometimes tend to think that a million euro is not all that much.

But try raising that amount by way of individual donations and you will soon discover that there is an awful lot of collecting on €1m.

For that reason alone great credit and recognition should be given to Niall Carroll and his wife, Cara McAdams in raising

€1.1m. for Breast Cancer Ireland and all in the space of 30 days.

It was an exceptional achievement and no wonder they are exhausted after their efforts.

Anyone involved in raising funds for charity, any charity, no matter how worthy the cause, knows that it is a very difficult task that requires exceptional qualities.

Their campaign revealed inspirational stories from people all over the world who

gave their support and the fact that 14,000 people ran the equivalent of 28 laps around the world in supporting the appeal is almost impossible to comprehend.

Well done to Niall and Cara and to all who supported them by wearing the distinctive pink shirts that were evident not just in Dundalk but throughout the country.

Their achievement was an inspiration to us all at a time when we most need a lift.



13 family members walk 1,500k for breast cancer fundraiser

By MARIA PEPPER

Thirteen female members of a Wexford family walked a combined total of approximately 1,500 kilometres between them as part of a nationwide fundraising campaign which has realised over €1.2 million and counting for Breast Cancer Ireland.

The Stafford family of Barn-town, which includes a number of women who are breast cancer survivors, signed up for the initiative organised by County Louth couple Niall and Ciara O'Connor.

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The group includes sisters, daughters, nieces and sisters-in-law, all members of the same family, who took on the challenge for the 'sake of giving back and paying forward', according to Joan Mackey (nee Stafford), whose granddaughter Cecelia

was born in the middle of the initiative on June 23.

'My niece Jessie, who is a garda in Cork, came up with the idea of doing it after seeing it on Instagram', she said.

'We did most of it on the Three Rocks Trail. We walked the legs off ourselves up the rocks, down beaten tracks and

over stony pathways. We went together sometimes and alone other times. We had to socially distance because we are all from

different households.

'Once the restrictions were relaxed, we started to go in groups, meeting afterwards at my house for a socially distanced cup of tea,' she said.

'I was cocooning and went on my own a few times because I was keen to get it done before my baby granddaughter arrived, in case she came early. I did 162 km in about 14 days. She was born on June 23.'

'Jessie did most of hers in Cork but she was home for a week and walked every day for

six days when she was here,' said Joan.

Each of them paid a registration fee of €30 and after every walking session, they posted a photo with a link asking people to donate. Individual members also made personal donations.

The 100km in 30 days challenge ran for the month of June

but the account has been left open to allow people to continue donating during July.

'We would encourage people to go online and donate at www.100kin30days.ie', said Joan.

The money raised is going to Breast Cancer Ireland to fund research programmes, in the hope that it will lead to breakthroughs in treatment options. It will also fund new state-of-the-art imaging equipment at the new Breast Research Centre, which is due to open at Beaumont Hospital in the autumn of 2021.

Organisers Niall Carroll and his wife Cara McAdam, who was diagnosed with breast cancer before Christmas 2019, ran the fundraiser for a number of years in their local community. This year, they decided to expand it and set themselves the target

of getting 1,000 people to run or walk 100km in 30 days, with the aim of raising €100,000. The couple have been 'surprised and overwhelmed' by the response, with over 14,500 people from every county in Ireland and 34 countries all over the world, registering for the event. 'It's incredible what has been achieved and we can't thank everyone enough for getting behind the campaign,' said Niall.



Left to right, Jessie Stafford, Louise Atkins Stafford, Joan Mackey, Kathleen Stafford, Anne Stafford, Breda Stafford Furlong, Margaret Maher, Denise Stafford, Leanne Stafford, Emily Jane Furlong, and Carrie Stafford. Missing from the group are Joanne Connick and Shauna Boyle. PHOTO BY LEE ROBINSON



Boyne members have risen to the challenge to ensure safe return for all

AS Ireland starts to slowly get back to some sort of normality, adjusting to the 'new norm' is certainly a challenge for all. However, the hard working team of committee, coaches and athletes in Boyne AC have all risen to the challenge to ensure a safe return for all to

their training sessions. With their own roadmap for a return for all age groups spread over the coming weeks, the Covid committee are ensuring that the plans in place are strictly followed and the cooperation and support of all the athletes has made their job much eas-

ier. While the senior members of the club have resumed their training over the last few weeks, the older juvenile members have now returned to their planned sessions, with the younger juveniles due to return in the coming weeks. Under the guidance of

coaches Ken Meier and Keith Byrne and other members of the coaching team, the young athletes are all delighted to be back among their peers and enjoying the return to active training. While most competitions for this year have been cancelled due to the pandem-

ic, there are some planned national events scheduled for the older juveniles in the coming months, giving them a target for their training plans, and with the Lourdes Stadium now reopened they can really focus on their goals.

Keeping themselves active

over the last few weeks, some of the senior members of Boyne have completed the 100k in 30 days challenge for breast cancer Ireland.

A fantastic initiative to get people out and about, to keep fit and to raise awareness and much needed funds for a

worthwhile cause.

Pounding the roads over the month of June, club members Mairead Hallinan and Catherine Russell made sure that they reached their target well within the 30 days, keeping each other company along the way.





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Cook Medical Women's Mini Marathon 2020 is virtual

Womens Mini Marathon 2020: Now entering its 22nd year, the event is the main fundraising event for Limerick AC and provides a much-needed platform for many charities. Picture: Don Moloney Cook Medical Women's Mini Marathon 2020 is virtual

Organisers of the annual Cook Medical Women's Mini Marathon announced today that the 2020 event will now take place over the last weekend of September as a virtual event. Participation will be staggered over two days to allow competitors to take part while adhering to all social distancing and mass gathering rules.

Proceeds from the new look Cook Medical Women's Mini Marathon will help nominated charities. All registered participants will have a quarter zip running top and bespoke medal posted to them. The charities benefitting from this year's Cook Medical Women's Mini Marathon are:

ADAPT Domestic Abuse Services

Barnardos

Breast Cancer Ireland

Clionas Foundation

Daughters of Charity Lisnagry

Limerick Animal Welfare

Limerick Suicide Watch

Mid-Western Cancer Foundation

Milford Hospice

NOVAS

Pieta House

St. Gabriel's School

Event Director John Cleary commented "This has been a very difficult time for everyone, including charity groups. At a time when their services are needed more than ever, their traditional fundraising streams have been drastically reduced.

The staging of Cook Medical Womens Mini Marathon 2020 in this virtual manner will be a big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long-standing Limerick sporting event."

Speaking on behalf of Cook Medical, Angela Moloney, Director of Ethics and Compliance EMEA, and the Cook Medical race ambassador said, "We are thrilled that we can still go ahead with the Cook Women's Mini Marathon this year, in this new virtual format.

While this is a change from our normal race day, we feel it's more important now than ever that activities like this go ahead with the focus on supporting local charities and raising much-needed funds for them in their hour of need.

Our local communities have worked really hard to comply with lockdown rules during what has been an extremely difficult and testing time for all. Thankfully, we are now starting to come out the other side and this race will give us all a positive focus to aim towards", The Cook Medical Women's Mini Marathon is the oldest mass participation event in Limerick and is now entering its 22 nd year. The event is the main fundraising event for Limerick AC and provides a much-needed platform for many charities to fundraise each year. Online registration will open on Thursday, July 9.

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Liquid biopsies for cancer: Hype or hope?

Hannah R. Markey, Emily J. Rutherford, Cathy E. Richards, Arnold D.K. Hill, and Ann M. Hopkins examine the promise and challenges of the evolving innovation of liquid biopsies as an accurate proxy of tumour profile. Invasive biopsies and surgical procedures remain indispensable tools for diagnosing and determining the treatment course for most primary solid tumours. However, such interventions continue to be commonly associated with patient discomfort, as well as rarer serious side effects. These adverse effects may include pain, bleeding, damage to the surrounding structures, and the potential to disrupt tumour cells which in turn may increase the risk of seeding local invasion and ultimately metastatic disease.(1)

These drawbacks alone make such interventions unattractive in longitudinal monitoring, with biopsies usually reserved for the diagnostic context.

Currently, invasive procedures remain the standard of care in the diagnosis of many solid tumours, and have evident benefit for patients in terms of treatment planning and understanding prognosis. However, they may provide an incomplete representation of the tumour, representing only a snapshot of a single time point and single sampling site.

As recognition of intra-tumour heterogeneity increases, it is increasingly clear that traditional biopsies may provide inadequate information to comprehensively characterise tumour genomes or proteomes.(2) This is of particular concern in an era when such information is commonly being utilised to guide precision medicine approaches to patient care.

Precision medicine

Personalised knowledge is of increasing interest to clinicians and patients alike in the era of precision medicine, whereby treatments are tailored to individual patients in order to maximise efficacy and minimise side effects. To this end, liquid biopsies have recently become highly topical in this emerging field.

As defined by the National Cancer Institute in the USA, a liquid biopsy is a test carried out on a blood sample to look for tumour cells circulating in the blood (or for circulating fragments of tumour DNA).(3)

The concept itself is not new, as liquid biopsies for use in the clinical setting have been under development since the discovery of cell-free DNA (cfDNA) in 1948.(4)

Increases in cfDNA levels have been described in many pathologic conditions such as cancer, sepsis, and autoimmune diseases.(5)

As a result, cfDNA levels have been studied as a potential biomarker for early diagnosis and prediction of disease progression.(6)

It is important to note that cfDNA can be derived from a variety of sources, such as physiologic programmed cell death or apoptosis, pathologic processes (for example, cell necrosis) and immune-mediated events such as ETosis (whereby neutrophils and mast cells act as “extracellular traps”).(7)

Thus it is logical that the majority of circulating DNA detected in the blood at any one time is not attributable to tumours.(8)

Nonetheless, improvements in detection technology have facilitated the practical development of circulating tumour DNA (ctDNA) as a diagnostic, prognostic and monitoring tool which may emerge as an important component of clinical oncology practice in years to come.

Development of liquid biopsies for patient-centred applications

As mentioned above, scientists have long known of the existence of cfDNA,(4) and in fact cfDNA measurements have successfully been used in prenatal diagnosis, for example in determination of sex and diagnosis of sex-linked genetic disorders.(9) However, it was not until 1994 that scientists were able to detect specific mutations in cfDNA pools.(10)

Specifically, breakthroughs in sequencing technologies facilitated by the Human Genome Project allowed researchers to characterise tumour-specific changes in cfDNA, such as microsatellite instability, gene amplifications and loss of heterozygosity.(11)

In 2000, Veridex introduced the first commercially available liquid biopsy assay.(12) In June 2016, the Food and Drug Administration approved the first liquid biopsy test, the cobas® EGFR Mutation Test, as a cfDNA test for EGFR gene mutations in blood from lung cancer patients. Patients who are plasma-positive for EGFR exon 19 deletions and L858R mutations are considered to benefit from targeted therapies such as erlotinib and gefitinib.(13)

In the era of increasing healthcare costs and debate regarding the efficacy of expensive targeted therapies, liquid biopsies offer an additional aspect of cost-benefit evaluation to ensure that limited resources are appropriately allocated. An outline of the potential value of liquid biopsies in oncology applications including guiding early diagnosis, treatment and longitudinal patient monitoring will now be provided.

Early diagnosis

A blood test developed at Johns Hopkins University called CancerSEEK was designed to act as a screening tool to identify early stage cancer. In a retrospective study of multiple cancer types published in Science in 2018,(14) CancerSEEK was shown to perform with greater than 99 per cent specificity and with sensitivities ranging from 69 per cent to 98 per cent for the detection of five cancer types — ovarian, liver, stomach, pancreas, and oesophageal — for which there are currently no widespread screening tests available for average-risk individuals.

Screening can also be tailored to specific cohorts, for example screening for the development of hepatocellular carcinomas in hepatitis B-infected populations,(15) or in populations that have a particular susceptibility to nasopharyngeal cancers, as seen in southern China.(16)

Treatment guidance and prognosis

Circulating cfDNA may have use in predicting patient benefit from specific therapies. For example, small studies have identified BRCA1/2 reversion mutations in circulating cfDNA of ovarian or breast cancer,(17) with implications for the utility of Poly (ADP-ribose) polymerase (PARP) inhibitor therapy. Given the high intra-tumour heterogeneity of both these cancer types,(18) individualised profiling of breast tumours could provide both increased insight for allocation of patient therapies based on predicted response rates, as well as potentially aiding the discovery of minimal residual tumours in patients following curative tumour resections (recently reviewed here :(19)).

More specifically, ctDNA carrying common mutations associated with breast cancers have already been demonstrated in liquid biopsies of certain patient cohorts, and have been highlighted as potentially advantageous for early detection, as well as prediction of patient response to therapies.(18, 20)

As an illustration of this, PIK3CA mutations, occurring in 20-40 per cent of all breast tumours, have been shown with great sensitivity and specificity to be detectable in ctDNA harvested from breast cancer patients.(21)

Moreover, it has been demonstrated that PIK3CA-mutated ctDNA was an effective predictor of poor recurrence-free survival and overall survival, as well as being an independent prognostic factor for one patient cohort.(21) Taken together, routine examination of ctDNA of breast cancer patients has the potential to positively impact predictions of therapeutic responsiveness and, therefore, patient survival.

Therapeutic monitoring

It can also be speculated that liquid biopsies have the potential to supersede traditional forms of monitoring treatment response in patients. In the setting of breast cancer, ctDNA (as opposed to circulating tumour cells) more closely correlated with changes in tumour burden than traditional biomarkers such as CA 15-3,(22) and others have shown the rise and fall of ctDNA in accordance with therapeutic interventions.(8)

Given that the half-life of ctDNA is much shorter than that of traditional protein biomarkers, and that by its very nature the fraction of circulating DNA shed by tumour cells is much more specific, liquid biopsies offer a possible “shortcut” to assessment of therapeutic efficacy. To illustrate this with a clinical example, there have been huge advances in recent decades for the increasingly targeted treatment of specific subtypes of breast cancer.

However, there remain “difficult to treat” subgroups within this population. For example, patients with triple-negative breast cancer (negative for expression of oestrogen receptor, progesterone receptor and the human epidermal growth factor receptor-2) typically experience aggressive disease which requires systemic chemotherapy and is unresponsive to hormone-blocking therapies such as tamoxifen. However, recent studies have raised the possibility of ctDNA monitoring, in conjunction with existing therapies, as a possible method of improving outcomes for this disadvantaged cohort.(23)

More generally, the combination of established biomarkers and liquid biopsies(24) may offer a compromise in the integration of this new technology into clinical practice.

Limitations

Although liquid biopsies hold promise as an accurate proxy of tumour profile, several theoretical and practical caveats persist. For example, it is unclear that all metastatic sites shed ctDNA at the same rate; while certain anatomical sites may predispose to easier access to the bloodstream.

Although the sensitivity of detection of ctDNA is ever-increasing in accordance with developing technology, it is possible that ctDNA from low-grade disease may be below currently detectable thresholds.

Additionally, not all genetic aberrations represent currently actionable targets,(26) though an argument may be made for their use in further translational research.

Furthermore, though the prospect of enhanced screening technologies is attractive, clinicians must remain mindful of the possibility of overdiagnosis and overtreatment. As per the principles of the “ideal” screening test, any investigation should have a high sensitivity and specificity (i.e., a low rate of false negatives and positives, respectively).(27)

Some authors have pointed out that for ctDNA testing to be consistently reliable, the tumour would need to be of a size that is currently detectable by standard of care screening, such as mammogram.(28)

Furthermore, variability exists in the amount of usable ctDNA following storage over time;(29) while standardised protocols for the processing, analysis and storage are only evolving and will require specialist training for laboratory staff.

Recent controversy in an Irish screening programme also highlights the importance of rigorous assessment and audit of screening parameters, as well as adequate communication to the target population regarding expected benefits and limitations.

Conclusion

While several significant technical considerations remain to be addressed in the field of liquid biopsies, this novel technology represents an exciting frontier.

In recognising the heterogeneous complexity of tumours, we also acknowledge the huge potential of liquid biopsies to exponentially increase our understanding of each patient's condition. Nonetheless, our optimism must be tempered by realistic expectations of this evolving innovation.

Acknowledgements

The authors thank the Beaumont Hospital Cancer Research and Development Trust (EJR), [Breast Cancer Ireland](#) and Science Foundation Ireland (grant 13/IA/1994 to AMH).

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Climbed Devil's Bit for breast cancer awareness

Betty O'Keeffe, her daughter Lisa, granddaughter Chloe, who is Lisa's niece, and dog Alfie from Cashel at the Devil's Bit, which they climbed on Friday, June 26 to raise awareness of breast cancer. Lisa did the hike as part of a 100km in 30s days challenge to raise fund for the charity Breast Cancer Ireland.

Publication:	Irish Medical Times	Media Cost (€):	4,788	
Date:	Wednesday, July 1, 2020	Reach	7,050	
Page:	26,27	Size (Sq. Cm)	10	

Liquid biopsies for cancer: Hype or hope?

Hannah R. Markey, Emily J. Rutherford, Cathy E. Richards, Arnold D.K. Hill, and Ann M. Hopkins examine the promise and challenges of the evolving innovation of liquid biopsies as an accurate proxy of tumour profile

Invasive biopsies and surgical procedures remain indispensable tools for diagnosing and determining the treatment course for most primary solid tumours. However, such interventions continue to be commonly associated with patient discomfort, as well as rarer serious side effects. These adverse effects may include pain, bleeding, damage to the surrounding structures, and the potential to disrupt tumour cells which in turn may increase the risk of seeding local invasion and ultimately metastatic disease.¹

These drawbacks alone make such interventions unattractive in longitudinal monitoring, with biopsies usually reserved for the diagnostic context.

Currently, invasive procedures remain the standard of care in the diagnosis of many solid tumours, and have evident benefit for patients in terms of treatment planning and understanding prognosis. However, they may provide an incomplete representation of the tumour, representing only a snapshot of a single time point and single sampling site.

As recognition of intra-tumour heterogeneity increases, it is increasingly clear that traditional biopsies may provide inadequate information to

comprehensively characterise tumour genomes or proteomes.² This is of particular concern in an era when such information is commonly being utilised to guide precision medicine approaches to patient care.

Precision medicine

Personalised knowledge is of increasing interest to clinicians and patients alike in the era of precision medicine, whereby treatments are tailored to individual patients in order to maximise effi-

cacy and minimise side effects. To this end, liquid biopsies have recently become highly topical in this emerging field.

As defined by the National Cancer Institute in the USA, a liquid biopsy is a test carried out on a blood sample to look for tumour cells circulating in the blood (or for circulating fragments of tumour DNA).³

The concept itself is not new, as liquid biopsies for use in the clinical setting have been under development since the discovery of cell-free DNA (cfDNA) in 1948.⁴

Increases in cfDNA levels have been described in many pathologic conditions such as cancer, sepsis, and autoimmune diseases.⁵ As a result, cfDNA levels have been studied as a potential biomarker for early diagnosis and prediction of disease progression.⁶

It is important to note that cfDNA can be derived from a variety of sources, such as physiologic programmed cell death or apoptosis, pathologic processes (for example, cell necrosis) and immune-mediated events such as ETosis (whereby neutrophils and mast cells act as "extracellular traps").⁷

Thus it is logical that the majority of circulating DNA detected in the blood at any one time is not attributable to tumours.⁸ Nonetheless, improvements in detection technology have facilitated the practical development of circulating tumour DNA (ctDNA) as a diagnostic, prognostic and monitoring tool which may emerge as an important component of clinical oncology practice in years to come.

Development of liquid biopsies for

patient-centred applications

As mentioned above, scientists have long known of the existence of cfDNA,⁴ and in fact cfDNA measurements have successfully been used in prenatal diagnosis, for example in determination of sex and diagnosis of sex-linked genetic disorders.⁹ However, it was not until 1994 that scientists were able to detect specific mutations in cfDNA pools.¹⁰

Specifically, breakthroughs in sequencing technologies facilitated by the Human Genome Project allowed researchers to characterise tumour-specific changes in cfDNA, such as micro-satellite instability, gene amplifications and loss of heterozygosity.¹¹

In 2000, Veridex introduced the first commercially available liquid biopsy assay.¹² In June 2016, the Food and Drug Administration approved the first liquid biopsy test, the cobas® EGFR Mutation Test, as a cfDNA test for EGFR gene mutations in blood from lung cancer patients. Patients who are plasma-positive for EGFR exon 19 deletions and L858R mutations are considered to benefit from targeted therapies such as erlotinib and gefitinib.¹³

In the era of increasing healthcare costs and debate regarding the efficacy of expensive targeted therapies, liquid biopsies offer an additional aspect of cost-benefit evaluation to ensure that limited resources are appropriately allocated. An outline of the potential value of liquid biopsies in oncology applications including guiding early diagnosis, treatment and longitudinal patient monitoring will now be provided.

Early diagnosis

A blood test developed at Johns Hopkins University called CancerSEEK was designed to act as a screening tool to identify early stage cancer. In a retrospective study of multiple cancer types published in *Science* in 2018,¹⁴ CancerSEEK was shown to perform with greater than 99 per cent specificity and with sensitivities ranging from 69 per cent to 98 per cent for the detection of five cancer types — ovarian, liver, stomach, pancreas, and oesophageal — for which there are currently no widespread screening tests available for average-risk individuals.

Screening can also be tailored to specific cohorts, for example screening for the development of hepatocellular carcinomas in hepatitis B-infected populations,¹⁵ or in populations that have a particular susceptibility to nasopharyngeal cancers,

as seen in southern China.¹⁶

Treatment guidance and prognosis

Circulating cfDNA may have use in predicting patient benefit from specific therapies. For example, small studies have identified BRCA1/2 reversion mutations in circulating cfDNA of ovarian or breast cancer,¹⁷ with implications for the utility of Poly (ADP-ribose) polymerase (PARP) inhibitor therapy. Given the high intra-tumour heterogeneity of both these cancer types,¹⁸ individualised profiling of breast tumours could provide both increased insight for allocation of patient therapies based on predicted response rates, as well as potentially aiding the discovery of minimal residual tumours in patients following curative tumour resections (recently reviewed here:¹⁹).

More specifically, ctDNA carrying common mutations associated with breast cancers have already been demonstrated in liquid biopsies of certain patient cohorts, and have been highlighted as potentially advantageous for early detection, as well as prediction of patient response to therapies.^{18, 20}

As an illustration of this, PIK3CA mutations, occurring in 20–40 per cent of all breast tumours, have been shown with great sensitivity and specificity to be detectable in ctDNA harvested from breast cancer patients.²¹

Moreover, it has been demonstrated that PIK3CA-mutated ctDNA was an effective predictor of poor recurrence-free survival and overall survival, as well as being an independent prognostic factor for one patient cohort.²¹ Taken together, routine examination of ctDNA of breast cancer patients has the potential to positively impact predictions of therapeutic responsiveness and, therefore, patient survival.

Therapeutic monitoring

It can also be speculated that liquid biopsies have the potential to supersede traditional forms of monitoring treatment response in patients. In the setting of breast cancer, ctDNA (as opposed to circulating tumour cells) more closely correlated with changes in tumour burden than traditional biomarkers such as CA 15-3,²² and others have shown the rise and fall of ctDNA in accordance with therapeutic interventions.⁸

Given that the half-life of ctDNA is much shorter than that of traditional protein biomarkers, and that by its very nature the fraction of circulating

DNA shed by tumour cells is much more specific, liquid biopsies offer a possible “shortcut” to assessment of therapeutic efficacy. To illustrate this with a clinical example, there have been huge advances in recent decades for the increasingly targeted treatment of specific subtypes of breast cancer.

However, there remain “difficult to treat” subgroups within this population. For example, patients with triple-negative breast cancer (negative for expression of oestrogen receptor, progesterone receptor and the human epidermal growth factor receptor-2) typically experience aggressive disease which requires systemic chemotherapy and is unresponsive to hormone-blocking therapies such as tamoxifen. However, recent studies have raised the possibility of ctDNA monitoring, in conjunction with existing therapies, as a possible method of improving outcomes for this disadvantaged cohort.²³ More generally, the combination of established biomarkers and liquid biopsies²⁴ may offer a compromise in the integration of this new technology into clinical practice.

Limitations

Although liquid biopsies hold promise as an accurate proxy of tumour profile, several theoretical and practical caveats persist. For example, it is unclear that all metastatic sites shed ctDNA at the same rate; while certain anatomical sites may predispose to easier access to the bloodstream.

Although the sensitivity of detection of ctDNA is ever-increasing in accordance with developing technology, it is possible that ctDNA from low-grade disease may be below currently detectable thresholds.

Additionally, not all genetic aberrations represent currently actionable targets,²⁶ though an

argument may be made for their use in further translational research.

Furthermore, though the prospect of enhanced screening technologies is attractive, clinicians must remain mindful of the possibility of overdiagnosis and overtreatment. As per the principles of the “ideal” screening test, any investigation should have a high sensitivity and specificity (i.e., a low rate of false negatives and positives, respectively).²⁷

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Photo: Getty Images

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Buttevant

CAHIRMEE HORSE FAIR CANCELLED

With the 12th July upon us, we once again appeal to all to keep our town safe. This year, the Cahirmee Horse Fair has had to be cancelled, as a necessary step due to the current pandemic. It is important that everyone co-operates with the Gardaí and the County Council in ensuring that the rules are kept in place. Many, many people have had to make great sacrifices this year and Cahirmee Horse Fair is just one of the hundreds of festivals and events that have had to be cancelled. Buttevant is our town and the safety of its residents takes priority over everything else.

BEREAVEMENT

Last weekend saw the passing of one of Buttevant's most respected and loved residents June Whyte. June was a native of Ballyclough, but spent her married life in Ballincurragh, Buttevant. She was very committed to the Community here in Buttevant and was involved in many organisations such as the Community Council, the St. Vincent de Paul and the Train Crash Commemoration Committee. She was also much respected by her former colleagues in Cork County Council. Her passing leaves a huge void. Deepest sympathy is extended to her husband Joe, her daughter Elaine and to the extended Whyte and Ducey families. Ar dheis Dé go raibh a anam dilis.

BUSINESS IS OPEN

With many businesses that had to close with the onset of the Covid-19 Pandemic some months back, now re-opening it is important that now more than ever we continue to shop local and support local industry. Whether that business is a restaurant, grocery, hardware, etc., if this service is in your locality, please use it. To make things easier and safer for everyone continue to ensure social distancing, to respect others and continue to hand sanitise. It is also important that we support business owners who have yet been unable to open.

CHIROPODY CLINIC

Chiropody Clinic will take

place at the Mercy Day Care Centre on Wednesday 15th July from 9am to 11.30am, by appointment only. Tel Chris 087-9252807, house calls on request.

BREAST CANCER APP

Breast Cancer Ireland is a charity that was established to raise vital funding to support breast Cancer Research. Their aim is to transform Breast Cancer from being a fatal disease to a treatable illness in the long term. The key to this is early detection. The earlier women known what is normal for them, the sooner any abnormality can be detected. They have now introduced a Breast Cancer Free App 'Breast Aware'. This offers a discreet monthly reminder to your phone. A step by step simulated video guide on how to perform a self-breast examination. An outline of the eight signs and symptoms to look out for, it is well to be aware.

Irish statistics show 1-in-9 women will develop breast cancer in the course of their lifetime. Incidence of male cancer is 1-in-1000. There are 3,100 new cases of breast cancer diagnosed each year, 30% of women are diagnosed between 20 to 50 years; 34% of women are diagnosed between 50 to 69 years; 36% of women are diagnosed over the age of 70 years. Only 5-10% of breast cancer cases are hereditary. More info - www.breastcancerireland.com.

SYMPATHY

Sympathy is extended to the family of Marian O'Callaghan who passed away during the past week. Marian was a popular lady and we extend our sincere sympathy to her husband Eddie and family.

SIGNS IN THE SKY

If you know how to read the clouds and other clues in the air, you'll have a very good idea of the local weather over the next few hours. Clouds, in particular, have very distinctive shapes and colours, which are associated with different weather types. 'If woolly fleeces strew the Heavenly Way, be sure no rain disturbs the sky'. These small patches of fluff, like a flock of

sheep, scattered over the sky, are cumulus clouds and a sign of settled weather. However, if the 'woolly fleeces' look tall or large and are bundled together, they're holding a lot of moisture and may mean rain. When they're small, in a sunny sky, it's fun to spot the different shapes or pictures made by these little clouds.

Not so welcome, at least out at sea, are the mackerel sky and mare's tails, which 'make tall ships carry low sails'.

Looking like the light and dark pattern of a mackerel's scales, alto cumulus clouds appear when there is a lot of moisture in the air. In winter, they can be an indicator of snow. The mare's tails are cirrus clouds, high up and shipped by the wind, foretelling rough conditions ahead.

The grey blanket that covers the sky and sometimes the ground, on dull days is a stratus cloud. It's flat, low and full of water, bringing rain, drizzle, fog or mist.

BESIDE THE SEA

*There's nothing like a seaside trip,
To brighten any day,
The salt, sea air dispels all care,
And blows the blues away,
There's nothing like the dancing waves,
That swish around your toes,
The water's crash, the diamond splash,
Will wash away all woes,
There's nothing like a good cream tea,
To make the world taste sweet,
Or, twice as nice, a strawberry ice,
Is just the perfect treat,
There's nothing like your own front door,
How fast the day has sped,
Our trips been great, but now it's late,
Goodnight, it's time for bed.*

CORK COUNTY COUNCIL County Development Plan 2020-2028

Cork County Council is currently seeking submissions for the drafting of a new County Development Plan. This is of importance to every community and it is vitally important that as many as possible make submissions to the County Council as soon as possible. One section concerns the area

of Rural Housing and the guidelines applied by the County Councils for planning permission in rural areas. It is important that as many as possible make their views known, if the present planning process is to be improved. It is also suggested that the new planning guidelines may have to be amended. To see the draft Development Plan, please go to the Cork County Council website and have your say www.corkcoco.ie/en/cork-county-developmentplan-2022-2028



Lauren Toohey and Nicole Scannell, Buttevant, were out and about in Charleville last Saturday.



LIMERICK WOMEN'S MINI-MARATHON GOES VIRTUAL!

The annual Cook Medical Limerick Women's Mini-Marathon will not take place as a group participation event this year, but it will be held as a virtual event over the weekend of September 26th and 27th. Participants, who can register from this Thursday, will be asked to run either 5k or 10k at a time and location that suits them, and they can post details of their times online, if they wish. Proceeds will be donated to 12 nominated charities; ADAPT Domestic

Abuse Services, Barnardos, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid-Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House, and St. Gabriel's School.

A quarter-zip running top and bespoke medal will be posted to all registered participants in the week before the event.



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Churchtown

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KIND REGARDS

Kind regards to all the residents and the staff of both the Padro Pio and the Windmill Retirement Homes.

GET WELL WISHES

Get well wishes are extended to all from the parish who are ill at present whether at home or in hospital.

CONGRATULATIONS

Congratulations to our former curate Fr. Tom McDermott, who celebrates his Silver Jubilee of his ordination. Fr. Tom was ordained on July 2nd 1995, in Holy Cross Church, Charleville. He spent 10 years with us here in Churchtown prior to his departure in 2013. During his 25 years of Ministry, he also spent time in Tullylease, Freemount, Castlelyons, Downpatrick, Cloghroe, Berrings and is at present Administrator. We wish Fr. Tom the very best.

MASSES

Weekday Masses with people attending resumed recently and weekend Masses resumed last weekend. Seats have been marked out as required and we continue to appeal for people's co-operation in maintaining social distancing. Families living together may sit together, while respecting social distancing for others. The religious obligation to attend Sunday Mass continues to be suspended by the Bishops. The two Masses on Saturday are Churchtown 6pm and Liscarroll at 7pm.

CROSSROAD BAR

The 'Crossroads' Bar at Bregogue Cross, which is

situated on the road between Churchtown and Buttevant was built on the same site where there was once a forge and for many years was known as 'The Shoe'. Ned Dillon, wit and poet, who lived at Windmill, near Churchtown village, decided one evening to stroll along to 'The Shoe' and had a pleasant evening there. He decided to pen the following lines. It was around the year 1910.

THE CROSS OF SWEET BREGOGUE

*On the eve of May, I happened to stray,
 To the cross of sweet Bregogue,
 What did I do but call into 'The Shoe',
 Where I met another old rogue,
 We drank our might right into the night,
 'Til Mick Dempsey shouted 'home',
 I struck back again, the same way that I came,
 As I had a long way to roam.*

*I headed down for Churchtown,
 The place from where I came,
 I sang with delight, having spent a good night,
 And I swore I would call back again,
 Passing by 'Biddy's Tree',
 I whistled with glee,
 I feared neither ghost nor pishog,
 I'm thinking yet of the good friends I met,
 At the cross of Sweet Bregogue.*

*My spirits were high as I passed by,
 That place called Buffer's Cross,
 I had not to rise next morning,
 Or answer any boss,
 I did not fear that I might hear,
 The Ballyadam Banshee,
 While the moon was high in the cloudless sky,
 And kept smiling down on me.*

My boots sounded loudly on the flags,

*Of my native village street,
 And all of my friends and neighbours,
 For hours were fast asleep,
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- 9 Undecided people lose half their energy, the energetic double it.
- 10 Health is not valued until sickness comes.



Birthday twins Jennifer and Katie Pinfield from Churchtown who recently celebrated their 18th birthday pictured with their mother Fiona.



Jennifer and Katie Pinfield pictured with their father Ted Kramer and godfather Kieran Kramer celebrating their 18th birthday recently.

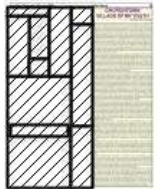


LIMERICK WOMEN'S MINI-MARATHON GOES VIRTUAL!

The annual Cook Medical Limerick Women's Mini-Marathon will not take place as a group participation event this year, but it will be held as a virtual event over the weekend of September 26th and 27th. Participants, who can register from this Thursday, will be asked to run either 5k or 10k at a time and location that suits them, and they can post details of their times online, if they wish. Proceeds will be donated to 12 nominated charities; ADAPT Domestic

Abuse Services, Barnardos, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid-Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House, and St. Gabriel's School.

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Buttevant

CAHIRMEE HORSE FAIR CANCELLED

With the 12th July upon us, we once again appeal to all to keep our town safe. This year, the Cahirmee Horse Fair has had to be cancelled, as a necessary step due to the current pandemic. It is important that everyone co-operates with the Gardaí and the County Council in ensuring that the rules are kept in place. Many, many people have had to make great sacrifices this year and Cahirmee Horse Fair is just one of the hundreds of festivals and events that have had to be cancelled. Buttevant is our town and the safety of its residents takes priority over everything else.

BEREAVEMENT

Last weekend saw the passing of one of Buttevant's most respected and loved residents June Whyte. June was a native of Ballyclough, but spent her married life in Ballincurragh, Buttevant. She was very committed to the Community here in Buttevant and was involved in many organisations such as the Community Council, the St. Vincent de Paul and the Train Crash Commemoration Committee. She was also much respected by her former colleagues in Cork County Council. Her passing leaves a huge void. Deepest sympathy is extended to her husband Joe, her daughter Elaine and to the extended Whyte and Ducey families. Ar dheis Dé go raibh a anam dilis.

BUSINESS IS OPEN

With many businesses that had to close with the onset of the Covid-19 Pandemic some months back, now re-opening it is important that now more than ever we continue to shop local and support local industry. Whether that business is a restaurant, grocery, hardware, etc., if this service is in your locality, please use it. To make things easier and safer for everyone continue to ensure social distancing, to respect others and continue to hand sanitise. It is also important that we support business owners who have yet been unable to open.

CHIROPODY CLINIC

Chiropody Clinic will take

place at the Mercy Day Care Centre on Wednesday 15th July from 9am to 11.30am, by appointment only. Tel Chris 087-9252807, house calls on request.

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SYMPATHY

Sympathy is extended to the family of Marian O'Callaghan who passed away during the past week. Marian was a popular lady and we extend our sincere sympathy to her husband Eddie and family.

SIGNS IN THE SKY

If you know how to read the clouds and other clues in the air, you'll have a very good idea of the local weather over the next few hours. Clouds, in particular, have very distinctive shapes and

colours, which are associated with different weather types. 'If woolly fleeces strew the Heavenly Way, be sure no rain disturbs the sky'. These small

patches of fluff, like a flock of sheep, scattered over the sky, are cumulus clouds and a sign of settled weather. However, if the 'woolly fleeces' look tall or large and are bundled together, they're holding a lot of moisture and may mean rain. When they're small, in a sunny sky, it's fun to spot the different shapes or pictures made by these little clouds.

Not so welcome, at least out at sea, are the mackerel sky and mare's tails, which 'make tall ships carry low sails'. Looking like the light and dark pattern of a mackerel's scales, alto cumulus clouds appear when there is a lot of moisture in the air. In winter, they can be an indicator of snow. The mare's tails are cirrus clouds, high up and shipped by the wind, foretelling rough conditions ahead.

The grey blanket that covers the sky and sometimes the ground, on dull days is a stratus cloud. It's flat, low and full of water, bringing rain, drizzle, fog or mist.

BESIDE THE SEA

*There's nothing like a seaside trip,
To brighten any day,
The salt, sea air dispels all care,
And blows the blues away,
There's nothing like the dancing waves,
That swish around your toes,
The water's crash, the diamond splash,
Will wash away all woes,
There's nothing like a good cream tea,
To make the world taste sweet,
Or, twice as nice, a strawberry ice,
Is just the perfect treat,
There's nothing like your own front door,
How fast the day has sped,
Our trips been great, but now it's late,
Goodnight, it's time for bed.*

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Lauren Toohey and Nicole Scannell, Buttevant, were out and about in Charleville last Saturday.



Boris the pig joins charity walk

Creeshlough charity walker Siobhan Bigger had special company for the final leg of her 100km in 30 Days challenge for Breast Cancer Ireland when she was joined by a number of special guests. Joining her were friends Carmel Ferry, Mary Harkin and Elaine Wilkin along with Boris the pig and Max the dog. The group enjoyed a stroll on the Back Strand at Drumatinney Beach, Falcarragh. Siobhan recently completed her 100km

in 30 Days challenge for Breast Cancer Ireland over the month of June having initially set a target of raising €500. She said she was delighted having reached a final tally of over €5,000 - ten times the original figure. She said she would sincerely like to thank everyone for their amazing generosity and support, adding that their walk was dedicated to the memories of Michelle Kelly, Callum Friel, Jane Gamble and Owen Farrell.







Aughnamullen / Corduff ladies raised €8,700 for Breast Cancer Ireland



Majella O'Sullivan, Catriona Burgess, Joan McNally and Sarah Fox

Majella O'Sullivan, Catriona Burgess, Joan McNally and Sarah Fox. Four ladies from Aughnamullen / Corduff who took part in a fundraiser for Breast Cancer Ireland to walk / run 100k in 30 days in the month of June.

Between them these ladies raised €8,700 for this worthwhile

charity and they should be very proud of their achievement and involvement in this fundraising campaign.

They would like to Thank Everyone for their generous donations and well wishes.

Publication: northernstandard.ie**Media Cost (€):**

0

Date: Friday, July 10, 2020**Reach**

340

Page: [Link](#)**Size (Sq. Cm)**

87



AUGHNAMULLEN / CORDUFF LADIES RAISED €8,700 FOR **Breast Cancer Ireland**

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Publication:	RTE Radio 1	Media Cost (€):	707
Date:	Monday, July 13, 2020	Reach	901,200
Page:	Link	Size (Sq. Cm)	873



RTE Radio 1 @ 13-Jul-20 15:09 - (breast)

Jack Chartton we were mourning who was some past version of ourselves the outpouring wasn't about so much about who he was it was about what happened it wasn't him it was a loss and it was then but he steered through it he steered through the Jack Chartton there's a lovely called there's well what people said about what he has said about himself for the years ahead he see businesses sort of his honesty and his sense of humour

and his self deprecating nature I wasn't very good playing football he said but it was very good at stopping other people playing football and our thoughts are with his family his wife Pat and his children and grandchildren and all the people you love them and and think and special but Paul McGrath scored years saying absolutely gutted father figure to me for 10 years thanks for having faith in me sleep well Jack lovelier thinking of Pat John and

Peter at this sad time that's Paul McGrath he your and there's a call where you'll thank Christ description of Jack Chartton who says Jack makes out he's not really interested in football and tells the world he's gone fishing but we know what he's thinking about when fission could course there was

Yeah you heard Lord you heard Lord Adonis meeting but there's loads of stuff and it's that sort of sad but joyous time as they bring us all back to the joy days 1988 1990 and allows us to swim around in that Yeah it's amazing this time UCD the power of good sports writer because often times sports writing is about cover an event tenure who scored we didn't score and all that sort

of thing but when they have an opportunity to write about human emotion and things like Jack Chartton on the effect he had on our little country you see a brilliant I love the sports writers we admit that we have I think we were blessed with so many good sports writers in this country and yet 5.5 5 one Ray RTE does they will be doing a little bit more remembering that chart control the problems then

view any memories has everybody got Jack Chartton story of the half and the others a book called everywhere everybody got Bon story I know I was on John Maxie around him 1988 89 90 when Jack was a movie star status in this country and everybody loved them everybody from young to old and everybody in between but he was on John Maxie which is Daily show for teenagers back in the day the exams have 5 and there are two

anyway the big news was that we had Jack Chartton on we invited in an audience of fans to ask questions and it was just one you just cut a sense that something special in the studio when Jack was there he was so nice and so giving and so honest and generous with his time and their stories that we hear over and over again so few funny stories what share 5.5 5 one rail RTE does the you have heard me mention on spot been monarch

over the last while their Taoiseach company based in the west of Ireland and all other logos are scale again as you would have probably worked out well now they're doing face masks and there they Injured not like change scale mission may pain Kate Russell is on another one and with 1000 over the package here selling these these face mask because as we know him from morning if you're on public transport

you have to wear a face mask its mandatory mission races that one officially I think it does I think her face masks have become good on something we have to live with so you might want to get onto on Spawell been on its website imported fuels I see a gap because I denied of those emails from gap and another holding company and Dave weakened by gap face masks network if you are interested if you're interested now we love the

stuff over the weekend which will be following upon and today's the day we start zooming around Ireland Yes and first Upper first port of call is Leighton and ideas we're inviting you to sell your wares because as we know from Government guidelines most of us will be holidaying at home this year stay antisera as coined by somebody on the show last week Stander Sera sorghum people an opportunity to sell their wares and first up today

his Leitrim and we have 3 or 4 people and meet him on his own call after 4 o' clock and if you want to be involved Ray at RTE Dart ie Ray at RTE does I E and just 4 were unmasked their forgot to mention that the **breast** Cancer Ireland are also selling masks with the lovely pink ribbon on them and there are an attractive looking mask and you can get them a **breast** Cancer Ireland .com there are

10 euro per pack of 3 Highlights: **Breast Cancer Ireland**, selling masks.

Publication: shemazing.net**Media Cost (€):**

86

Date: Tuesday, July 14, 2020**Reach**

9,180

Page: [Link](#)**Size (Sq. Cm)**

334



Check Your Boobs! How to conduct a self-examination at home

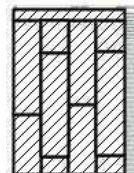
Checking your boobs is the one act of self-care you should follow regularly. It is vital to protect yourself and to ensure you notice any signs of breast cancer early.

But how exactly do you check for irregularities?

Check out the five step guide below and make sure to follow it once a month and encourage your friends and family to do the same.

1. Start by looking at your boobs in the mirror with your shoulders straight and your arms on your hips. If you notice any of the following, you should consider going for a breast screening: Dimpling, puckering, or bulging of the skin, a nipple that has changed position or an inverted nipple (pushed inward instead of sticking out) or redness, soreness, rash, or swelling.
2. Now, raise your arms and look for the changes mentioned above.
3. During your self-examination, look for signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).
4. The next step is to feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter. Cover the entire breast from top to bottom, side to side, all the way from your collarbone to the top of your abdomen, and from your armpit to your cleavage.
5. Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet, so a good time to do this step is in the shower. Cover your entire breast, using the same hand movements described in step 4.

For more information, visit [Breast Cancer Ireland](#) here



WEST WATERFORD

CONTACT INFORMATION

Please note items to be included in this the West Waterford Notes column are always welcome. Items for the notes can be submitted by email to westwatnotes@yahoo.co.uk or by call, text, whatsapp or viber to 087-2076704 or calling 024-92249. Thank you.

HAPPY 40th BRENDAN

A very happy birthday to Brendan O'Connell, Tinnock, who celebrated his 40th birthday during the week. Welcome to the 40's club "Brenda".

DEATH OF PETROESKA (OES) LOMBARD

Heartbreaking news this week as we record the death of young wife and Mother Petroeska (Oes) Lombard, Ballyheeney, Clashmore and late of Burgervreen, Holland. Oes died peacefully on Thursday last, July 9th, following a courageous battle against cancer.

Oes Lombard was a "Tour de force" and that's how she will be lovingly remembered by all of us. From the onset of her arrival in Clashmore, she and Micheal created a beautiful home for their family and everything revolved around their children Jack, Ben and Molly. Oes was a wonderful communicator who loved people and life. She was very passionate about sport and fitness, in the early years here she was a competitive team player with Clashmore Ramblers FC ladies soccer team. She and Micheal have also been very active members of various local community groups in the village, including inaugural playground committee. Oes was a very active member of this small group who did Trojan work securing a suitable site and raised substantial funds to build our village playground that we are now so very proud of. When it came to tidy towns, the committee's appeal for help never went unanswered in the Lombard household. Oes and Micheal took great pride in our village, she was never afraid to get stuck in to the job where ever help was needed.

Her illness like every thing in Oes Lombard's life was faced with courage and determination, she never allowed it control her life. In the weeks prior to her death Oes was part of a wonderful group of

walkers, who took on a 100k walk in 30 Days challenge in aid of Breast Cancer Ireland. A group which also included her sister in law Maire Mulcahy and other members of her family. Our memory of Oes will always be one of the ever-smiling brave Dutch Girl who brought a ray of sunshine in to a room whenever she entered. Oes will be so dearly missed by everyone, her absence leaves a huge void in their family home and in the lives of her beloved Micheal and their adored children Jack, Ben and Molly; her brothers Meinze and Gerrit; her mother-in-law Kit; sisters-in-law Shirley, Máire and Áine; nieces, nephews, relatives, neighbours and friends. Our deepest and heartfelt sympathy to you all at this very difficult time

A private cremation ceremony for Oes took place at the Island Crematorium Ringaskiddy on Monday last. May she rest in peace.

BIRTHDAY GREETINGS

Birthday greetings to popular Community Radio Youghal presenter Maura Joyce, Ballyheeney, who celebrated her birthday over the weekend. Best wishes from all "TJ'S Country Kitchen & Store" – staff, customers and friends.

TJ'S Country Kitchen and Store is open daily to eat in, or take away and deliveries (within reason) are available. Get your orders in by texting 087-6119798 to be sure of your order. Please continue to

support local to keep businesses open and jobs in our community.

CLASHMORE TIDY TOWNS ASSOCIATION

It is with a very heavy heart this week that we wish to express our deepest sympathies to our Treasurer Micheál Lombard, his children Jack, Ben and Molly and their extended family on the recent sad passing of dear wife and mother Oes (Petroeska) Lombard, Ballyheeney. Oes was heavily involved in the community over the years, whether it was being involved with the Clashmore Ladies Soccer team herself in her younger days or with the kids being involved in various groups such as the Juvenile GAA and Foróige Clubs in more recent times. It was always a pleasure to

meet Oes on any occasion as her personality shone through so strongly that every conversation was as memorable as the next and always filled with laughter. She will be sorely missed across all walks of life in our community. "Suaimhneas síoraí di - Mag ze rusten in vrede"

CLASHMORE-KINSALEBEG HERITAGE GROUP

On This Day - The Burning of Clashmore RIC Barracks

On Thursday, July 8th, 1920, the village of Clashmore witnessed a turbulent night of commotion as the RIC (Royal Irish Constabulary) Barracks was burned by the Irish Republican movement as part of a systematic effort to destroy abandoned barrack buildings during the War of Independence.

The RIC Barrack in Clashmore at the time was located at the corner house next to the present Decies Bar. It was reported later by The Munster Express that "The police vacated the barrack at 10 o'clock on Thursday night the 8th and before midnight the building was ablaze.

Previous to setting the house on fire, a number of men removed Sergeant Sullivan's furniture to the roadside, where it still lies. The attackers then poured petrol around and started the fire, but before all of them got away, cries for help were heard. One man shouted that he was badly hurt. Meanwhile Mr. Mernin's licensed premises next door was in danger, but help being available, the residents were saved.

The roof of the barracks escaped but the building was gutted. Along the road for a considerable distance there were blood marks, indicating that one of the raiders had been injured..."

It was later reported that the rear portion of the barrack building which escaped at the first attempt was afterwards set on fire again and was burned down. It was also 'rumoured' that the young man who was seriously wounded during the original burning had since succumbed to his injuries.

AGLISH, BALLINAMEELA & MOUNT STUART PARISH NEWS

The following are next weekend times for the celebration mass in the parish of Aglish, Ballinameela and Mount Stuart - The Sunday Mass for Mount Stuart Church Parishioners will be celebrated in Aglish Church on Sunday morning at 9.30 a.m. This will be reviewed again when the Government introduces the next phase of

the roadmap on July 20th.

Our other weekend mass times in the parish are Ballinameela Church Parishioners Saturday evening at 7.30 p.m.

Aglish and Villierstown Parishioners Sunday morning at 11.00 a.m.

All of our Churches are sanitised for every Mass - please follow the advice of all our volunteer assistants when attending mass. A special word of thanks to all of you

our Volunteers for your help to make our Churches safe for all of us. Thanks to all of you our parishioners for your patience and understanding during these unusual times.

(Stay safe all and we will keep you updated on any changes to the above times in these notes on a weekly basis).

THE FISH FELLAS Thursday, July 16th

The Fish Fellas are back with their beautiful range of fresh Fish on this Thursday, July 16th at the following venues:

Clashmore Grotto 10.00 a.m. to 11.30 a.m.

Piltown Church 11.45 a.m. to 12.30 a.m.

Ardmore (Church Area) 1.00 p.m. to 3.00 p.m.

Youghal bridge 3.15 p.m. - 6.00 p.m.

They will also be in Ardmore on Sunday at the farmers market - To pre book anything get your order in before 6.00 p.m. on Wednesday please. You can contact us through Facebook or phone us on 087-6901368. Thanks to everyone for you support

CLASHMORE, PILTOWN, ARDMORE & GRANGE PARISH NEWS

Masses have now resumed on Saturday evenings in Piltown Church at 6.00 p.m. and on Sunday mornings in Clashmore Church at 10.00 a.m. The church doors will open 30 minutes before Mass to allow people to enter. While the obligation to attend Sunday Mass has been suspended due to the pandemic, perhaps you, would feel more comfortable attending one of our weekday Masses in Clashmore or Piltown instead. The celebration of weekday masses is as follows:

Clashmore Church - Wednesday, 15th July 9.30 a.m.

Clashmore Church - Friday, 17th July 9.30 a.m.

Piltown Church - Monday, 20th July

7.00 p.m.

Piltown Church - Tuesday, 21st July
9.30 a.m.

Reminder that HSE and Government guidelines are still in place...social distance is still 2m. Please observe these guidelines when entering and existing the Church.

Important message!

After mass please be mindful of others safety - do not obstruct their path as they leave the church - giving them no choice but to step on to the wet grass and graves - when you congregate to chat. Just be kind and enjoy the chat!

Church donations

During these difficult times our parish also needs financial support more than ever and we would really appreciate your help. We will have containers at each door for your weekly offerings, envelopes, Easter Priests Collection and Needs of the Diocese.

If you need the services of our Co - P.P. Fr. Gerard O'Connor you can contact him by phone 087-2632796 or at the Parochial House 024-96110. You can contact our Parish Office where our secretary Bridget is available to answer your queries at any time, phone 087-3550252.

If you are following the mass on television or radio or on the Internet the following are the readings for this coming Sunday:

First reading

There is no god, other than you, who cares for every thing, to whom you might have to prove that you never judged unjustly.

Your justice has its source in strength, your sovereignty over all makes you

lenient to all.

You show your strength when your sovereign power is questioned, and you expose the insolence of those who know it; but, disposing of such strength, you are mild in judgement, you govern us with great lenience, for you have only to will, and your power is there.

By acting thus you have taught a lesson to your people, how the virtuous man must be kindly to his fellow men, and you have given your sons the good hope that after sin you will grant repentance.

Responsorial Psalm

Second reading

The Spirit comes to help us in our weakness. For when we cannot choose

words in order to pray properly, the Spirit himself expresses our plea in a way that could never be put into words, and God who knows everything in our hearts knows perfectly well what he means, and that the pleas of the saints expressed by the Spirit are according to the mind of God.

Gospel Acclamation

Gospel

Jesus put another parable before the crowds: 'The kingdom of heaven may be compared to a man who sowed good seed in his field. While everybody was asleep his enemy came, sowed darnel all among the wheat, and made off. When the new wheat sprouted and ripened, the darnel appeared as well. The owner's servants went to him and said, "Sir, was it not good seed that you sowed in your field? If so, where does the darnel come from?" "Some enemy has done this" he answered. And the servants said, "Do you want us to go and weed it out?" But he said, "No, because when you weed out the darnel you might pull up the wheat with it. Let them both grow till the harvest; and at harvest time I shall say to the reapers: First collect the darnel and tie it in bundles to be burnt, then gather the wheat into my barn."

He put another parable before them: 'The kingdom of heaven is like a mustard seed which a man took and sowed in his field. It is the smallest of all the seeds, but when it has grown it is the biggest shrub of all and becomes a tree so that the birds of the air come and shelter in its branches.'

He told them another parable: 'The kingdom of heaven is like the yeast a woman took and mixed in with three measures of flour till it was leavened all through.'

In all this Jesus spoke to the crowds in parables; indeed, he would never speak to them except in parables. This was to fulfil the prophecy:

I will speak to you in parables and expound things hidden since the foundation of the world.

Then, leaving the crowds, he went to the house; and his disciples came to him and said, 'Explain the parable about the darnel in the field to us.' He said in reply, 'The sower of the good seed is the Son of Man. The field is the world; the good seed is the subjects of the kingdom; the darnel, the subjects of the evil one; the enemy who sowed them, the devil; the harvest is the end of the world; the reapers are the

angels. Well then, just as the darnel is gathered up and burnt in the fire, so it will be at the end of time. The Son of Man will send his angels and they will gather out of his kingdom all things that provoke offences and all who do evil, and throw them into the blazing furnace, where there will be weeping and grinding of teeth. Then the virtuous will shine like the sun in the kingdom of their Father. Listen, anyone who has ears!

Publication:	thesun.ie	Media Cost (€):	571
Date:	Wednesday, July 15, 2020	Reach	60,520
Page:	Link	Size (Sq. Cm)	10



Virgin Media presenter Elaine Crowley reveals she had crush on 90210 star Jason Priestley when she was younger

VIRGIN Media presenter Elaine Crowley has revealed that she used to have a crush on 90210 star Jason Priestley when she was younger.

The chat show host was asking her panellists today who they fancied as teens before admitting she used to go "weak the knees" for Jason who played Brandon Walsh on the hit series.

Elaine explained that it was his "beautiful eyes" that made her fall hard for the star.

She said: "Jason Priestley 90210. I loved him. Even when you see them now, you still get that weak at the knees attraction.

"I keep saying weak at the knees but I was literally weak at the knees for that man.

"I loved him. He has the most beautiful blue eyes, absolutely gorgeous. ...I still wouldn't say no."

TATTOO TALK

The conversation moved to tattoos later on in the show and Elaine, almost showed off her unicorn ink before remembering she was on daytime TV.

The cheeky tattoo was gotten back in 2018 as a tribute to her late pal Emma Hannigan who died of cancer.

She said: "I got my bum tattooed and it wasn't that bad I have to admit so maybe they're all lying.

"I thought it was nearer the bone it hurts. Yeah, my unicorn. I'd show it to you there now but it's daytime telly."

Previously Elaine told how she became an ambassador for [Breast Cancer Ireland](#) for her friend.

She said: "Emma is the best person I know.

"I became an Ambassador for [Breast Cancer Ireland](#) because of her, and she's still determined to raise as much money as possible.

"We were supposed to get one done together, but as Emma says herself, cancer robbed us of that.

"We decided this was a good idea to raise funds for BCI, plus she knows I'm a big chicken and got a great laugh when I sent her the pic of my ass tattoo!"

Publication:	independent.ie	Media Cost (€):	9346
Date:	Thursday, July 16, 2020	Reach	809,200
Page:	Link	Size (Sq. Cm)	408



Teacher visits cancer lab to see how €1.2m raised will be spent

What a difference a year makes. Last July, Cara McAdam was on honeymoon in Italy with her husband Niall Carroll and their two young children, Jack and Laura.

Six months later, she was diagnosed with breast cancer and had surgery followed by chemotherapy.

A few weeks after celebrating her first wedding anniversary, Cara was in Dublin to visit the lab at the Royal College of Surgeons on a very personal mission.

Cara and Niall, from Blackrock in Co Louth, succeeded in raising €1.2m during the month of June in their '100kin30days' challenge which attracted the support of everyone from Rob Kearney to Rio Ferdinand.

The couple's donation is the largest fundraising total ever raised in one event for **Breast Cancer Ireland** (BCI).

"It's incredible what has been achieved together and we cannot thank everyone enough for getting behind the campaign," said Cara, who this week visited Professor Leonie Young who leads the Endocrine Oncology Research Group of the Royal College of Surgeons in Ireland.

All monies raised will go directly to research programmes into advancements in treatment options at the BCI-funded lab. It will also fund new state-of-the-art imaging equipment at the new Breast Cancer Research Centre due to open at Beaumont Hospital in autumn 2021.

"I was really interested to see where the funding will go, all the work being done on more targeted treatments and what new treatments are in the pipeline," added Cara, a biology teacher at the De La Salle College in Dundalk.

In the lab, Cara heard from Prof Young how research programmes are bringing us closer to transforming this disease from often fatal to an illness that can be maintained long term.

"Cutting-edge sequencing of genetic material from patient tumour tissues and blood samples is allowing us to investigate novel genetic changes that drive breast cancer progression," said Prof Young.

"Understanding these genetic changes holds the key to designing new treatment strategies."

In recent years, Niall had run the '100kin30days' challenge as a local event but with the Covid-19 lockdown, decided against organising it this year.

However, Cara asked him to do the challenge for breast cancer research as a way to give something back and safeguard women into the future.

As it turned out, more than 15,000 people from Ireland and internationally registered for the challenge.



HEALTHCARE

Teacher visits cancer lab to see how €1.2m raised will be spent

Bairbre Power

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Life lesson:
Biology
teacher Cara
McAdam
(right) with
Professor
Leonie Young
on her visit
to the Royal
College of
Surgeons in
Dublin.

PHOTO:
ANTHONY
WOODS

Publication:	Cork 96 FM	Media Cost (€):	328
Date:	Thursday, July 16, 2020	Reach	115,803
Page:	Link	Size (Sq. Cm)	421



Cork 96 FM @ 16-Jul-20 16:27 - (breast)

concede no I never think you like her to answer me this school I never said you could do me a hand here for I prefer to use a BT I knew from the start you read this freaky that day in a for what for me was I did not owe me a week so when did we start you see the are no one never forget

this about music makes scars 96FM this latest one from term account you I love it so much It's called giants Thursday's them they drive miles away Lorraine and looked like the re-opening of pubs and clubs in Ireland set to be delayed again until August 10th that's according to yesterday's announcement the Government also announced that its face coverings will now be worn in all shops and retail settings

and shopping centres of haven't got a face mask get her face covered and that once the unity now go into any shop which you can use it as a chance to support a local charity because they know there's loads of their brilliant work being done **breast** Cancer Ireland selling mask I love and cherish in Charleville there selling masts in aid of Marymount Hospice his mask being sold in aid of Penny Dinners a double-whammy you stay safe and keep everybody else save and helping the charity is well if

you know anybody that's selling face masks or making face masked CIRA Cork in aid of charity let me know I give them the shadow will get behind them get supporting them you can text WhatsApp always 3 3 96 96 96 0.1 seconds On that coming up in about 15 minutes for you and music from the flat of Bacon 8 7f bring me down like that one I'm telling you to go with 19 of the big are all of

but the biggest stars will still play the song were very good back garden festival continue online station that plays a non-starter festival hits from the ultimate superstars around the clock every day then back garden festival with Harvey Norman your destination has been found this summer and get down and listen to live on the course 96FM 96FM .ie called is ready and we are also ready to be reunited with each other and Crean need fresh pint

of Guinness so used to being together again it's good to be back please enjoy Guinness responsible 19 has had an enormous impact on Ireland Highlights: **Breast Cancer Ireland**, face masks.



Buttevant

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SUPPORT LOCAL BUSINESSES

We continue to ask that you support local businesses at this very difficult time. This year's pandemic has resulted in many businesses having to close their doors for up to 12 weeks (more for some, as they have yet to open).

Shopping local was never more important than it is now. Remember, supporting local businesses means supporting local jobs. Local businesses are the lifeblood of our town. Buttevant was always a town where people stood together and supported each other.

CHARITIES

With charities suffering so much at the moment, we remind people that Alan

Finn's DVD 'The Road to Crossfields' is for sale locally in Doherty's Centra. This DVD was recorded in the Booney House in Churchtown and in the historic surrounds of Ballybeg Abbey. It costs €20 and all proceeds go directly to Marymount Hospice. All support for this very worthy cause is much appreciated.

12th JULY

This year we here in Buttevant experienced a 12th July like no other in memory. On this date the town would normally be filled with hustle and bustle, renewing old acquaintances and meeting up with friends and family that many we may not have met 12 months previously, but this year there was a stillness about the place. I'm sure many stood at their doorways and reminisced and pictured in their mind's fair days of yesterday. They remembered the old caravan parades, the carnivals up on the green, the haggling, the spit and the shake of the hands to seal a deal. The singing, music and laughter that filled the town on fair day

created an atmosphere that was second to none. Many people have shared wonderful photos online of fairs in days gone by. We think back on the wonderful people who have been to the forefront and so present on the day and the wonderful stories they told of the horse fairs such as Cal Roche, John Spratt and John O'Connell, who have now passed to their eternal reward, but who I'm sure are still sharing some wonderful tales together.

Unfortunately for the safety of all this year's fair had to be cancelled. It is a credit to all, the Gardai, the County Council, the usual stallholders, traders, etc. and most especially the people of Buttevant that all adhered to guidelines in this cancellation. Roll on 2021.

WELL DONE

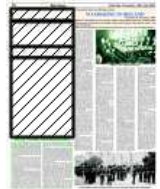
Well done to all involved

in making sure that the return to public Mass is a safe environment for all. The church seating has been arranged to ensure that social distancing is adhered to. It was a great relief to many to hear that the church was reopening for public attendance at Masses. We continue to appeal for people's co-operation in maintaining social distancing and the use of hand sanitisers provided. The religious obligation to attend Sunday Masses continues to be suspended by the bishops. We also acknowledge Fr. Eugene for continuing to stream Masses on the Buttevant/Lisgriffin Pastoral Council website.



DOWN MEMORY LANE - Billy Chawke, Connie Buckley and Richie Savage at the launch of the Adare Jazz Festival in years past.

Photo by the late Michael Hanley.



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KIND REGARDS

Kind regards to all the

residents and the staff of both the Windmill and the Padre Pio Retirement Homes.

GET WELL WISHES

Get well wishes to all who are ill at present, whether at home or in hospital.

SYMPATHY

Sympathy is extended to the family, relatives and friends of Margaret Cronin who passed away during the past week. Margaret was a kind and friendly lady and up until recent times loved her weekly attendance at the Wednesday Club. She worked hard and kept a lovely home in Rath. Margaret suffered a lot of hardship during the past number of years, she lost her three sons, Paddy Joe, David and Donal. She attended many local functions until her health started to fail. This she bore with a typically stoic manner.

We send our deepest sympathy to her family, Kathleen, John, Michael, Conor, her brother David, her sisters Kathleen, Liz, Mary and Diana, her grandchildren and her extended family. Ar dheis Dé go raibh a h-anam dílis.

CHURCH OPEN

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Members of the Ballyhoura Ramblers taken at one of their gatherings during 2019.



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'Understanding these genetic changes holds the key to designing new treatment strategies.'

In recent years, Niall had run the '100kin30days' challenge as a local event but with the COVID-19 lockdown, decided against organising it this year.

However, Cara asked him to do the challenge for breast cancer research as a way to give something back and safeguard women into the future.

As it turned out, more than 15,000 people from Ireland and internationally registered for the challenge.



Biology teacher Cara mcAdam (right) goes to see how the €1.2m she has raised with her husband for Breast Cancer Research will be spent. Photo: Anthony Woods



Cook Medical Women's Mini Marathon

ORGANISERS of the annual Cook Medical Women's Mini Marathon announced that the 2020 event will now take place over the last weekend of September as a virtual event. Participation will be staggered over two days to allow competitors to take part while adhering to all social distancing and mass gathering rules.

Proceeds from the new look Cook Medical Women's Mini Marathon will help nominated charities. All registered participants will have a quarter zip running top and bespoke medal posted to them. The charities benefitting from this year's Marathon include ADAPT Domestic Abuse Services, Barnardos, Breast Cancer Ireland and many more.

Event Director John Cleary commented: "This



Cook Medical Women's Mini Marathon 2020 is going virtual PICTURE: DON MOLONEY

has been a very difficult time for everyone, including charity groups. The staging of the Marathon in this virtual manner will be a big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long-standing Limerick sporting event."

Speaking on behalf of Cook Medical, Angela Moloney, Director of Ethics and Compliance EMEA, and

the Cook Medical race ambassador said, "We are thrilled that we can still go ahead with the Cook Women's Mini Marathon this year, in this new virtual format. While this is a change from our normal race day, we feel it's more important now than ever that activities like this go ahead with the focus on supporting local charities and raising much-needed funds."

The Cook Medical Women's Mini Marathon is the oldest mass participation event in Limerick and is now entering its 22nd year. The event is the main fundraising event for Limerick AC and provides a much-needed platform for many charities to fundraise each year. Online registration is open now. Register at limerickminimarathon.com.

Publication:	Woman's Way	Media Cost (€):	1,048
Date:	Monday, August 3, 2020	Reach	20,762
Page:	52	Size (Sq. Cm)	10



Protect yourself

Breast Cancer Ireland recently launched the Breast Cancer Ireland Barrier Mask. Made from 100 per cent cotton, €10 will get you a pack of three so you have one for your bag and one for the car while the other one is in the wash. All proceeds will be used to support the charity's research and awareness efforts.

Masks are available to purchase by logging on to www.breastcancerireland.com

REALITY :



Publication:	msn.com/en-ie/entertainment	Media Cost (€):	44	
Date:	Tuesday, July 28, 2020	Reach	500	
Page:	Link	Size (Sq. Cm)	3,136	

Fear and Loathing in the High Court: How the showdown of Johnny Depp and Amber Heard played out

Amber Heard et al. wearing a suit and tie© Provided by Evening Standard

The explosive libel battle between Hollywood star Johnny Depp and The Sun newspaper ended today, after three weeks of lurid accusations, dramatic revelations and confessions.

With the coronavirus pandemic curtailing movie releases, millions of people around the world have instead focused their attention on the twists and turns of the unfolding drama being played out inside court 13 of the Royal Courts of Justice.

Depp began dating his former co-star Amber Heard in 2012 and they married in 2015 on his idyllic private island in the Bahamas. But by May 2016, the romance had collapsed and Heard had dropped bombshell claims that she was the victim of violence abuse during the marriage.

The Sun's 2018 article by Dan Wootton called Depp a "wife-beater" and suggested there was a wealth of evidence to back-up the allegation, but the actor fired back by suing the newspaper for libel and insisting he has been wrongly accused.

The court battle has pitched Heard against her ex-husband, with both facing a grilling in the witness box. Depp, 57, says he is the victim of a well-planned "hoax" to destroy his Hollywood career while Heard, 34, insists she was violently abused so many times she has lost count.

In Wonderland

The couple met on the set of 2009 film The Rum Diary, after Heard was hand-picked for the leading female role by Depp himself.

Their romance blossomed while promoting the film - she says they bonded over shared love of red wine, art, and blues music, before he whisked her away to his private island in the Bahamas.

"It was like I was dating a king", she said.

Amber Heard, Johnny Depp are posing for a picture: The legals have landed: Johnny Depp and Amber Heard in 2015 (AFP via Getty Images)

© Provided by Evening Standard The legals have landed: Johnny Depp and Amber Heard in 2015 (AFP via Getty Images)

Depp's recollection of the early days of the romance was, however, rather different, saying there were "red warning flags" that he failed to spot.

"She bombed me with what appeared to be love", he said. "It was not until much later that I understood that she had an agenda, namely to get married to me in order to progress her own career and to benefit financially, and she knew how to bring it about."

They married in February 2015 in an intimate ceremony in the Caribbean, but Heard says their relationship by that point was already creaking under the strain of domestic violence.

Blow

Heard says the first act of violence from Depp was in early 2013, when he allegedly struck her three times across the face for laughing at his famous 'Wino Forever' tattoo.

"It felt like my eye popped out", she told the court, claiming Depp's love of wearing heavy rings had increased the impact of the blows. "The third hit knocked me off balance and I fell to the floor."

Depp called the allegation "patently untrue" and said he could not remember an incident of Heard laughing at his tattoo – originally a tribute to his ex-girlfriend Winona Ryder which was altered once they had broken up.

Johnny Depp, Winona Ryder are posing for a picture: Johnny Depp and Winona Ryder (PA/Getty)

© Provided by Evening Standard Johnny Depp and Winona Ryder (PA/Getty)

Ms Ryder herself was originally due as a witness in the second week of the trial, to support her former fiance Depp and say it was "impossible to believe" the allegations of domestic violence.

But Depp's legal team withdrew her evidence at the last minute, confidently asserting that no one had suggested

Depp was violent in past relationships and Ms Ryder - as well as his former partner Vanessa Paradis - did need not to be heard from.

Slow Burn

Depp's rock-and-roll lifestyle has been under the microscope in this trial, including over a very late appearance in March 2013 at a documentary filming shoot with Rolling Stone Keith Richards.

Heard says the star was in the midst of 36-hour bender at the time, and she produced a picture of lines of cocaine laid out next to a bottle of whisky to back-up her claims.

a glass of beer on a table: Lines of cocaine laid next to a whisky bottle (PA)

© Provided by Evening Standard Lines of cocaine laid next to a whisky bottle (PA)

She says Depp — drunk, high and jealous of her former partner Tasya Van Ree — hit her in the face, leaving blood splattered on the wall which he later allegedly referred to as a “disco bloodbath” as they argued over a painting.

Heard suggests Depp had also tried to set fire to the painting by Ms Van Ree, allegedly graffitng the signature so that it read “Tasya Van Pee”.

However in the third week of the trial the actress was accused of lying and “shifting” the date of the incident, after pictures emerged showing her apparently uninjured while posing with Keith Richards.

It was during this incident that Heard claims Depp held one of their pet teacup Yorkshire terrier - Pistol - out of the window of a moving car while “howling like a dog”. Depp called the idea an “utter falsity”.

a dog sitting in a cage: (PA)

© Provided by Evening Standard (PA)

Dark Shadows

During his career Johnny Depp has put in memorable performances as villains like Sweeney Todd, Gellert Grindelwald, and James 'Whitey' Bulger. But he is adamant there is no “Jekyll and Hyde” persona lurking in his real life.

In the first week of the trial, he talked extensively of his battles with drink and drugs since he was a boy, and was questioned about incidents of passing out while intoxicated. But he insisted the notion that he turns into a “monster” when drunk or high was wrong.

“The monster is something she (Heard) unfortunately grabbed on to as a way to define me”, he said. “It’s not Dr Jekyll and Mr Hyde ... I don’t believe I’m the monster.”

Depp has been accused of succumbing to his “alter ego” during a stay at Hicksville in New York in June 2013, allegedly smashing up their trailer when Heard was touched affectionately by another woman.

Heard’s friend Rocky Pennington said she saw Depp shouting “get off my woman” and the actor admits that damage was done to the trailer which his security team paid for. But he insists the extent of the damage has been exaggerated and denied flying into a jealous rage.

Amber Heard wearing a dress: (AFP via Getty Images)

© Provided by Evening Standard (AFP via Getty Images)

The Man Who Cried

Heard claims the “monster” re-emerged in May 2014 on a private jet flight from Boston to LA, when Depp was jealous of her working with actor James Franco.

“He got on the plane and his eyes were black, he had clicked into another space”, she said. Heard claims she was pelted with ice cubes and kicked in the back by a raging Depp who was drunk and high on drugs.

The court was then played an extraordinary recording – said to be of Depp on the flight moaning and groaning in agony, as his security team discuss what to do.

Depp, however, painted an alternative picture of the flight, saying he was sitting quietly on the flight sketching while Heard angrily shouted at him, and far from passing out in the toilet he went there voluntarily to sleep to avoid the row.

On the second day of this evidence, Depp initially denied taking cocaine before the flight but was then shown a text exchange with Mordecai co-star Paul Bettany, talking about a “blackout”, being “in a rage”, and having ingested “powders... half a bottle of whiskey, a thousand red bull and vodkas, pills, 2 bottles of Champers on plane”.

He later conceded it appeared he had taken cocaine and “overdid it”, calling it a “self-destructive moment”.

Irate in the Caribbean

Depp is accused of attacking Heard on his private island in the Bahamas in August 2014, when she was helping him to kick an addiction to prescription drugs.

Texts showed she had called for help from a nurse on the other side of the island paradise, saying Depp was “flipping”. However Depp denied violence and accused the actress of being “cruel” by holding back medication from him.

Tara Roberts, the estate manager of the Little Halls Pond Cay island, gave evidence in support of Depp and claimed she had seen an attack by Heard on one trip to the Bahamas.

She claims to have seen Heard screaming abuse at Depp, calling him “washed up” and “fat”, before witnessing the actress “lunge at Johnny, clawing, tugging and aggressively pulling him.”

Ms Roberts said she later saw Depp with a “red, swelling gash” on his nose, claiming Heard had “thrown a quart sized can of lacquer thinner into Johnny’s face”.

Scissorhands

Heard says there was an attack in a hotel room in Toyko, shortly before their February 2015 marriage.

Then in March that year she claims to have been subjected to a terrifying “hostage situation” over three days in Australia when joining Depp as he filmed *Pirates of the Caribbean 5*.

According to her account, Depp was downing booze and pills at their remote rented home, and on the second night he threw bottles at her “like grenades” before grabbing her round the throat and leaving her bleeding and naked on the ground, surrounded by broken glass and spilled alcohol.

“He was putting so much pressure on my neck, I couldn’t get any words out”, she said, fighting back tears in court. “I remember trying to get free, saying ‘Johnny, Johnny, it’s me, it’s me, you are really hurting me, please stop’. It’s like he couldn’t hear me.”

However, Heard faced claims she had made the whole thing up, even going to the extent of self-harming to create scars on her own arm.

The next morning, she claims to have found a scene of utter devastation in their rented home, alleging Depp had chopped off his own fingertip and gone on a destruction spree by daubing paint and blood on the mirrors, walls, and furnishings with the injured digits.

a graffiti covered wall: ()

© Provided by Evening Standard ()

But Depp says Heard was actually responsible for the wound, severing the tip with a hurled vodka bottle, and he told the court he had a “nervous breakdown” afterwards.

Ben King, the estate manager in Australia, told the court he had found the severed fingertip during 13 hours of clean-up later, but cast doubt on a claim that Depp had tried to write Heard’s name in urine shortly before being taken to hospital.

a person holding a tattoo on his head: (PA)

© Provided by Evening Standard (PA)

Fear and Loathing...

Whitney Henriquez, the sister of Amber Heard, played a pivotal role in one alleged incident at the star’s LA penthouse complex in March 2015.

Heard admitted punching Depp in the face, but insisted it was done in defence of her sister who, she says, was being attacked by the actor in yet another row.

In the witness box last week, Heard made the surprise claim that she had recalled a rumour that Depp had pushed his ex-girlfriend Kate Moss down stairs, at the very moment she lashed out to save her sister.

“I will never forget that incident, it was the first time after all the years that I actually struck him back”, she insisted.

The supermodel did not appear as a witness, but Heard was accused of throwing in the claim at the last minute to bolster her evidence.

Ms Henriquez backed up the account of the incident, but Depp’s team attacked her credibility as a witness by suggesting she was lying for her older sister.

On the last day of evidence, Depp’s lawyers dramatically produced a reality TV clip showing Ms Henriquez with a friend saying: “Amber beat your ass”.

Ms Henriquez insisted she was not scared of her sister, arguing the unearthed clip was an attempt to create a reality TV story line out of a verbal row.

Before Night Falls

The explosive libel trial gave millions of people an insight into the private life of Johnny Depp, taking them inside his penthouses and luxury resorts and film sets.

Depp opened up about being a “father worried about his daughter” and giving cannabis to his 13-year-old Lily-

Rose so that she would have a good experience with the drug.

He revealed he had contracted MRSA from the notorious fingertip severing incident; talked of going on the school-run with rocker Marilyn Manson; and swapped texts with Paul Bettany when they joked of burning Heard like a witch. He was also seen thanking Sir Elton John for helping him to stay sober.

The court saw videos from Thanksgiving in 2015 as Heard, Depp, and their family shared jokes and messed about - shown to counter a suggestion that Depp had turned violent that night.

Depp told a story about their pet dog Boo accidentally eating a ball of cannabis, which Heard feared had left the mutt with brain damage, and an incident when he poured ice cream over his lap when falling asleep was played out in court.

a person sitting on a bed: Johnny Depp photo spilt ice cream photo referred to in court (Amber Heard)

© Provided by Evening Standard Johnny Depp photo spilt ice cream photo referred to in court (Amber Heard)

And Heard accused Depp of being consumed by jealousy towards her male co-stars, claiming he had tried to control her career and stop her from taking roles with nude scenes.

She suggested Depp nicknamed Leonardo DiCaprio 'pumpkin-head', called Channing Tatum 'potato-head' and referred to 'Jim Turd Sturgess'.

From Hell

Heard says she was headbutted by Depp in December 2015, the night before she was due to appear on the Late Late Show with James Corden.

Make-up artist Melanie Inglessis recalled bruising on her eyes and swelling to her nose as they prepared for the show and told the court she had helped to cover the marks.

James Corden, Wanda Sykes posing for the camera: (PA)

© Provided by Evening Standard (PA)

However celebrity stylist Samantha McMillen said she had seen no visible marks on Heard's face and had been confused when the actress said to her: "Can you believe I just did that show with two black eyes?".

a person posing for the camera: (PA)

© Provided by Evening Standard (PA)

Heard says violence broke out again in April 2016, when Depp turned up late for her 30th birthday celebration.

Depp had been at a meeting where he had learned that his finances were in a disastrous state of disarray, and is accused of taking drugs before returning to the party for the birthday bash.

He said he went to bed to read to avoid a tongue-lashing from Heard, but she claims he turned violent and threw a magnum of champagne at her.

"Johnny then grabbed me by the shoulders, pushed me onto the bed, and blocked the bedroom door when I tried to leave", she said. "He grabbed me by the hair and pushed me to the ground. I scraped my knees on bits of broken glass."

Friends of Heard said they had been told of an attack, but were accused of lying to support their friend.

Black Mass

The day after the birthday celebration, Heard and her friends left for a weekend at the Coachella music festival, and 'poopgate' began.

Depp's housekeeper Hilda Vargas said she came across a pile of faeces in the marital bed, saying it had an "awful smell" and she knew it was from a human.

Pictures of the mess became court exhibits, and Depp placed the blame on Heard, saying in court he suspected her best friend iO Tillett Wright.

Heard recoiled in disgust when questioned about the soiled sheets, denying responsibility, and suggested one of their dogs might have done it.

She insisted that Boo had a problem with his toilet habits, and had an unfortunate habit of going while sat on Depp's lap.

Depp said the moment he learned of the faeces in the bed was when he knew the marriage was over.

Public Enemies a man wearing glasses talking on a cell phone: Johnny Depp geatures as he arrives to attend day 12 of the libel trial (AFP via Getty Images)

© Provided by Evening Standard Johnny Depp geatures as he arrives to attend day 12 of the libel trial (AFP via Getty Images)

Heard said 'poopgate' led to a confrontation at the LA Penthouse on May 21, 2016, when she claims to have been struck in the face by Depp with a phone.

“He wound up his arm back like he was a baseball pitcher and threw the phone at my face as hard as he could”, she said. “The phone hit me in the right cheek and eye.”

Six days later she filed for a restraining order at court, and the claims of domestic violence first caused a global sensation.

In the following four years, a bitterly fought battle has played out in the public eye, culminating in the High Court trial between Depp and The Sun's publisher News Group Newspapers.

Videos, pictures, and recordings from intimate moments of the relationship have been fed into the public domain, with multiple claims and counterclaims made on both sides.

Depp himself produced pictures of an injury to his face, accusing Heard of being responsible.

a close up of a man: (PA)

© Provided by Evening Standard (PA)

Heard has been accused of painting on a bruise for her 2016 court appearance, as part of a #MeToo “hoax”, and witnesses have been called to cast doubt on her claims of having injuries.

She has also been accused of having affairs with Elon Musk and James Franco. Depp too has been accused of infidelity during the marriage.

Mr Justice Nicol will now go away to pick over the arguments that have been made, to determine whether The Sun was justified in its “wife beater” jibe or the newspaper wrongly tarred Depp's good name.

Whichever way it goes, there are entrenched fans of both stars who will fight for their idols and there is a looming \$50million court battle in the US. An extraordinarily public destruction of a Hollywood romance that is not over yet.

[Read more](#)



PETROESKA LOMBARD Ballyheeney, Clashmore

It is with great regret that we record the passing of Petroeska Lombard, of Ballyheeney, Clashmore. Oes died peacefully in the presence of the husband and young family after a short but courageously fought battle against cancer on the 9th of July, a month short of her 49th birthday.



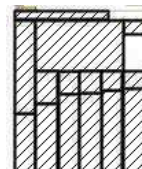
In a moving ceremony at the Island Crematorium details of Oes' life were recalled. Born in Burgerveen, a rural area in Northern Holland, she came to live in rural Ireland in 2003 with her husband, local man Micheál Lombard. Oes and Micheál, who married in 1999, had met in college. They lived and worked in London before deciding to relocate to West Waterford. Oes found fitting into life in Clashmore easy as she had great support from the Micheál's family.

Even though Oes was a very proud Dutch girl, she had Irish soul and really fitted into life in Clashmore, being involved with Clashmore Ramblers FC, the Playground Committee and the Tidy Town Committee. Indeed, anytime help was needed in the community, Oes was ready to answer the call. Oes was most proud of her family, husband Micheál, sons Jack and Ben and daughter Molly. She loved the special times with each of them, whether it was supporting them from the sidelines or going shopping or just having a lazy weekend morning at home, her children were hugely important to her.

Her illness was faced with courage and determination and in the final weeks of her life she had taken part in the Breast Cancer Ireland challenge to walk 100km in 30 days. Oes will always be remembered as the ever smiling Dutch girl who made Clashmore her home.

She will be greatly missed by Micheál, Jack, Ben and Molly; her brothers Meinze and Gerrit; her mother-in-law Kit; sisters-in-law Shirley, Máire and Áine; nieces, nephews, relatives, neighbours and friends.

Our condolences to you all at this difficult time.
(Funeral arrangements were by Egan Undertakers, Youghal).



AROUND THE COUNTY

KILKENNY GOLF CLUB NOTES

The qualifying round for Club Captain Anthony Cleere's prize will be held on the weekend of August 8 to 10 at Kilkenny GC with the final round on the following Saturday, August 15.

Full details for the competition will be printed in next week's notes.

INTER-CLUB: Kilkenny were drawn to play Borris in the Junior Cup last Friday. Borris had the advantage of three home games. Superb golf by the Kilkenny team paved the way for a three and a half to a one and a half victory.

Away, Sam Dunlop played superb golf to win 8&6 and Simon Cullen won two up. Whilst Liam O'Hara lost his match 4&3, he was only two over for the 15 holes he played.

At home Brendan Dowling finished his match on the 13th with a 6&5 victory.

Richie Guilfoyle, was level when called in from the 14th.

Kilkenny's reward is a match against Gowran on Thursday, August 6. Team managers are Luke Kelly and Aidan McDonald.

Carlow is never an easy challenge and in a very tight and hard fought Pierce Purcell match the Kilkenny team came out the wrong end of gigantic battle by a score of 3&2.

Kilkenny won the first two matches at home but Carlow took full advantage when they won their opening match on home soil.

The result was in the balance until the very end with the Kilkenny lads losing the final two matches in 'extra time'.

A big thank you to all involved for the huge effort and was very much appreciated by the Team Managers.

At home Kevin Lenihan & Charlie Brown won on 17th, while Alan Brett & Derek Kinahan won

on 16th. Derek Cleere & Brendan Cleere lost on 19th

Away Michael Whelan & Ger Busher lost. Paschal Connolly & Gary Delaney lost 20th.

Managers: Derek Shelly & Benny Cleere

SCRATCH CUP: Congrats to Kilkenny member, Ivan Brown, who won the Callan Scratch Cup earlier this month.

Ivan has been in great form recently beating SS by five in Mount Juliet and followed up with a similar score to win in Callan.

SCORE CARDS: Members still refuse to put their name, and handicap on their scorecard.

It is the responsibility of each person to ensure that they complete their score card correctly.

Despite last week's reminder, members continue to forget to ensure the basics are completed on their card.

There were a number of incidents again this week.

Failure to do any of the above will lead to disqualification and this is being implemented immediately.

A reminder that if you feature in the top three of an away

competition or Classic you must record you score on the sheet on the notice board in the foyer.

MATCHPLAY: The entry date for Scratch matchplay, category one golfers has been extended.

The entry sheet is on the notice board in the lobby.

A maximum of 24, lowest handicap, will go forward for the draw which will take place in early August.

The Kilkenny Honda Centre Golfer of the Year

With the Captains prize being held shortly, the full details of scoring for same will be confirmed in next week's notes.

The recent GOTY competitions,

(Monthly Medal & Smithwick's Cup) will be updated and posted on the notice board shortly.

RESULTS: Results, Ladies & Gents Open Singles, July 22: 1 Liam Kerwick (11), 41; 2 Chris Fitzpatrick (6), 40; 3 Paddy Deegan (16, Callan), 40; 4 Brian Orr (8), 40; 5 Cathal McDonald (8), 40; gross Mark Power (+4), 39.

Category 15-19: Niall Higgins (16), 39.

Category 20+: Tom Delaney (20, Rathdowney), 37.

Ladies Winner: Eileen Downey (22).

Results, Homecare Golf Classic, July 24: 1 Paul Carroll, Tommy Buckley, Gerry Rowe, Stephen Dawson, 94; 2 Brian Dowling, (Elm Green), Eoin Doyle, Joe Kelly, Conor Byrne (All Enniscorthy), 92; 3 Eileen Walsh, Keelin Walsh, Jim Walsh, Joe Forristal (All Gowran), 92; 4 Mary Ruth, Catherine Hughes, Collette Hickey, Breda Comerford, 91; 5 Robert Delaney, Terry Lyons, Syd Harkin, Pius Phelan, 89; 6 Derek Shelly, Pat Walsh, Eugene Deegan, Cathal O'Neill, 88; 7 Kieran Wall, Willie Leahy, Michael Kennedy, Eamon Brennan, 88; 8 Morgan Doyle, Phyllis Doyle, Frank Bradbury, Paula Bradbury, 87.

Results, July Monthly Medal, July 25 to 27: 1 Bryan Rodgers (16), 62; 2 Ian Meagher (8), 64

3. Richard Brennan (10), 64

4. Neville Coen (3), 65

Gross:- Graham Nugent (Scr.),

67

Cat 4-7:- Ronan Kelleher (6),

66

Cat 8-11:- Nigel Skehan (9), 66

Cat 12-15:- Gerald Fogarty (14),

66

Cat 16-19:- Joseph Greene (18),

67

Cat 20 + :- Ronan Morrissey (22), 65

Twos Club: David Maher, Pat Butler (Jnr), Tony O'Reilly, Graham Nugent, Martin Duggan,, Liam McCormack, Seamus Rochford, Neville Coen, Oisin Bateman, Joe Greene, James Young, Liam O'Hara, Sam Dunlop, Richard Brennan, Rory MacEneaney, Tony Murphy, Ian Meagher, Nicky Walsh, Morgan Doyle, Cathal McDonald, Simon Cullen, Eoin Cantwell, John Byrne, sixth hole.

Graham Nugent, Kevin Brennan, Tom Hickey, Stephen Galvin, Paddy Smee, 10th hole.

Aidan Boland, Fergal Cantwell, James L. Walsh, Reay Brandon, John O'Donnell, 15th hole.

Pat Butler (Jnr), Graham Nugent, Liam Merrins, Des Woods, Bryan Rogers, Tim Kealy, Brendan Power, John Byrne, 17th hole.

Each Two receives €11.90 credit in the Pro Shop.

SENIORS: Results, senior men's 13-hole stableford, July 23: 1 Noel Skehan (15), Geoff Meagher (18), Andy Hughes (21), Paul Brady (28), 70; 2 Paul Colfer (17), Richie Phelan (21), Ed Gray (18), Dick Cogan (28), 68; 3 Eddie Guilfoyle (19), Des Byrne (20), Pat O'Briain (23), Oliver Duggan (24), 65; 4 Michael O'Sullivan (22), Matt Ruth (18), Tom Dunne (19), Denis Carey (27), 63 B3; 5 Mick O'Flynn (17), Richard Butler (21), Eugene Orr (24), Sean Breathnach (24), 63; 6 Frank Bradbury (17), Tony Joyce (21), Martin Treacy (21), Gerry Power (26), 62; 7 Dom Murphy (16), Eamonn Everard (27), Eddie Geraghty (24), Bob Greany (20), 61.

Welcome to new members Edward Gray, Frank Heslin and Tony O'Reilly to our Society.

July Diary: Thursday: GOTY Rd. 1 for the Phil Lenehan Cup and usual Team Competition.

August Diary - Thursday, August 6: President, Michael Grant's Prize to the Seniors and GOTY Rd. 2 as well as usual Team competition.

Monday, August 10: Away

outing to Athy GC. Entry sheet posted on Seniors Notice Board.

Thursday, August 27: GOTY Rd. 3 for the Eamonn Molloy Cup sponsored by Reay Brandon and usual team competition.

PRO SHOP: Due to popular demand, a second Titleist custom fitting day will take place today (Wednesday). Contact the Pro shop to make an appointment.

BONUS BALL: Congrats to Alan Doran on winning this weeks Lotto bonus ball draw.

Alan receives a €230 voucher for the Pro Shop.

The next draw will be held on Saturday. Call into the Pro Shop to get your number. Cost €5.

LADIES CLUB: Ladies times for entering and playing Tuesday competitions are only as follows:-

08.30 - 10.00hrs

12.30 - 14.00hrs

16.00 - 18.00hrs

Times are specifically outlined on BRS Timesheet for Tuesday competitions.

Ladies 18 Hole Stableford and Ladies Nine Hole Stableford

Sign Into Computer or sign in via the Club V1 app. Do not enter in book.

Place entry fee in brown envelope (€3 for Nine Hole competition, €5 for 18 holes).

Clearly write name and competition on outside of envelope.

Put envelope in assigned box.

Please use sanitiser after using computer

'LADIES PINK DAY' - 'PLAY in PINK' - (Support Breast Cancer Ireland Research) 18 holes Open

Singles, Ladies Competition in aid of Breast Cancer Ireland will take place on Tuesday, 04 August. BRS Timesheet will apply.

Dress Code:- Whatever you like to wear but make it Pink- Prize for the Best Dressed Lady in Pink.

Entry Fee:- €10 for Members and Visitors

Lady Captain, Bridie and Lady President, Carmel are pleased to

announce their respective prize days which are as follows:-

Lady President's Prize:- Sunday, August 30.

Lady Captain's Prize:- Saturday, September 12.

In order to qualify to win the above major prizes please make sure you have played in and submitted results for two, 18Hole, Tuesday competitions.

The Draws have taken place for the following Club Matchplay competitions and are posted on Ladies Notice Board:-

First Round matches to be played by Monday, 03 August.

Tostal Cup:- to 18 H'cap

Nore Cup:- 19-28 H'cap

Nancy Todd:- 29-36 H'cap

Plate:- Over 37 H'cap

Round Robin Competition: Reminder to the ladies to continue with Round Robin matchplay - time is slipping away.

Results, ladies 18 Hole Stableford, July 21: 1 Mary Corcoran (27), 39pts; 2 Yvonne Egan (11), 37pts; gross Jan Browne (2) 32pts; 3 Stephanie Downes (36) 36pts (B9); 4 Niamh Kelly (8) 36pts (B9); 5 Colette Hickey (39) 36pts.

Nine Hole Stableford: 1 Ber Crowdle (32), 21pts; 2 Dervilla O'Byrne (10), 19pts

Results, senior ladies 13-hole competition, July 16: 1 Catherine Keane, Peggy Murray, Kathleen Price, Margaret Harmer, 57; 2 Mary Browne, Helen O'Gorman, Joan Mannion, Breda Comerford, 56 (B3); 3 Jane Duggan, Josie Bolger, Mary Lawlor, Anne M. Phelan, 56 (B6); 4 Edith Ogilvie, Mary Moynihan, Hilda Richardson, Mary O'Connell, 56.

Entry for next Thursday's, 13 Hole Senior Ladies competition is via the BRS with play commencing at 9.20am.

DIARY: TODAY (WEDNESDAY): Members Casual Golf, 8.20 to 8.54am. Ladies & Gents Open Singles, 9.03am to 12.48pm. Members Casual Golf, 12.57 to 1.51pm. Ladies & Gents Open

Singles, 2.09 to 5.45pm. Members Casual Golf, 5.55 to 8.55pm. THURSDAY: Members Casual Golf, 8.20 to 8.30am. Senior Gents, 8.50 to 9.10am. Senior Ladies, 9.30 to 10.40am. Senior Gents, 10.50am to 1.40pm. James Stephens Golf Classic, 1.50 to 5.40pm. Members Casual Golf, 5.50 to 9pm. FRIDAY: James Stephens Golf Classic, 8.10am to 5.30pm. Members Casual Golf, 5.40 to 9pm.

SATURDAY: Members Time, 7.30 to 8.50am. Open Four Person Team Event, 9am to 12.50pm. Members Casual Golf, 1 to 1.50pm. Visitors, 2 to 2.20pm. Open Four Person Team Event, 2.30 to 5.20pm. Members Casual Golf, 5.30 to 8.30pm. SUNDAY: Open Four Person Team Event, 7.30am to 2.40pm. Jimmy Bruen v Gowran, 2.50 to 3.30pm. Open Four Person Team Event, 3.40 to 4pm. Members Casual Golf, 4.10 to 8.30pm.

MONDAY: Members Casual Golf, 8.10 to 8.50am. Open Four Person Team Event, 9am to 12.50pm. Visitors, 1 to 1.30pm. Open Four Person Team Event, 1.40 to 4.50pm. Members Casual Golf, 5 to 8.30pm. TUESDAY: Members Casual Golf, 8.10 to 9am. Ladies in Pink, 18 Hole Open Singles, 9.10 to 10.20am. Ladies Nine Hole Competition, 10.30 to 10.50am. Visitors, 11 to 11.10am. Ladies in Pink, 18 Hole Open Singles, 11.20am to 12.50pm. Members Casual Golf, 1 to 1.50pm. Ladies Nine Hole Singles, 2 to 2.20pm. Ladies in Pink, 18 Open Hole Singles, 2.30 to 5.30pm. Ladies Into Golf, 5.40 to 5.50pm. Members Casual Golf, 6 to 8.30pm.



Pictured at the prize-giving for the Carlow Kilkenny Homecare Classic were (from left:) Eileen Walsh, Joe Forristal, Jim Walsh, Ian Wilson, Paddy Phelan, Keelan Walsh and Chris Power PICTURE: WILLIE DEMPSEY

Publication:	irishlegal.com	Media Cost (€):	18	
Date:	Wednesday, July 29, 2020	Reach	986	
Page:	Link	Size (Sq. Cm)	681	

Chief Justice print raises €7,500 for Irish charities

Irish art publisher Hanna Fine Art has announced the donation of €7,500 to a number of Irish charities from the sale of the fine art print of artist Stephen McClean's original painting of the Round Hall in Dublin's Four Courts. "The Round Hall" was published in a highly-collectable limited edition of only 150 prints, all of which were hand-signed by Mr Justice Frank Clarke, the Chief Justice of Ireland, to create a unique legal print which is now acknowledged to be one of the most important in Irish legal history.

The print was published in association with The Bar of Ireland, the Law Society of Ireland and

King's Inns with the kind support of Irish Legal News to raise a total of €7,500.00 for four Irish charities.

Mr Justice Clarke said: "The charities nominated to benefit from the sale of the prints – AWARE, the Bar Benevolent Fund, Calcutta Run and the Capuchin Day Centre – have seen the use of their respective services increase as a result of the COVID-19 pandemic.

"The equal allocation of the proceeds from the sale of 'The Round Hall' print is timely as the ability for fundraising by those charitable causes has been greatly hampered over the past few months.

"I am delighted to have been involved in this project and I wish to thank Paul and Maria Hanna for being so generous in their time and for facilitating the successful sale of these prints. In addition, I wish to thank all those who purchased a print. By doing so, you have lent your support to these worthwhile charitable causes at a time when such support is needed more than ever."

Dominic Layden, CEO of AWARE, added: "We are delighted to receive €1,875.00 from the proceeds of the sale of signed prints of the Four Courts.

"We are forecasting that our income this year will be reduced by about 40 per cent as a consequence of the impact of COVID-19. Demand for our services though is rising significantly and we are doing our best to meet this demand and by growing our volunteer capacity for what we anticipate will be increased levels of demand.

"The funds generated through this event will enable us to build that capacity. We thank all those involved and those who purchased prints."

Paul Hanna said: "Hanna Fine Art wishes to thank the Chief Justice for his kind and generous support in taking the time from his busy schedule to sign all the prints and also The Bar of Ireland, King's Inns and the Law Society of Ireland for their enthusiastic support.

"The funds raised were due to be handed over to the charities at a special presentation event but obviously due to COVID, this was not possible so, being very conscious of the need of the charities at this difficult time, Hanna Fine Art took the decision to distribute the funds now rather than delay until a formal presentation might be possible"

Maria Hanna added: "Thanks to the legal profession in Ireland, this entire edition sold out within twelve months of its official release and, due to this success Hanna Fine Art has now published a second print, which will raise a further €12,500.00 which will be divided equally between **Breast Cancer Ireland** and The Denham Fellowship."

"Entering the Four Courts" has been published in a limited edition of only 250 prints, all of which have been signed by Mrs Justice Susan Denham, the first woman Chief Justice of Ireland, and

Mary Robinson, the first woman president of Ireland.

The print will mark and celebrate the contribution of women to the legal profession in Ireland over the last 100 years.

This edition has been brought out in association with The Bar of Ireland, the Dublin Solicitors Bar Association, the Irish Women Lawyers Association and the Law Society of Ireland.

For further information on "Entering the Four Courts" please contact Maria Hanna on 085 112 2388 or

Publication:	sportsjoe.ie	Media Cost (€):	249
Date:	Sunday, August 9, 2020	Reach	79,220
Page:	Link	Size (Sq. Cm)	130



Liverpool edge ahead of Leicester in battle for Olympiakos star

Jürgen Klopp is looking for a back-up to Andy Robertson.

Liverpool and Leicester have both enquired about the availability of Olympiakos left-back Kostas Tsimikas, according to the Mail.

Jürgen Klopp is on the hunt for a back-up to Andy Robertson, the only natural left-back in the Liverpool squad. The Reds had a £10m bid for Norwich's Jamal Lewis rejected earlier in the week.

Leicester, meanwhile, are lining up Tsimikas as a replacement for Ben Chilwell, who is likely to leave this summer to either Manchester City or Chelsea.

The 24-year-old drew attention from Premier League sides after impressing against Wolves in the Europa League, with Chelsea and Everton also reportedly interested.

Publication:	live95fm.ie	Media Cost (€):	42
Date:	Monday, August 17, 2020	Reach	4,080
Page:	Link	Size (Sq. Cm)	415



Launch of popular Mini Marathon takes place in Limerick

Limerick's Cook Medical Women's Mini-Marathon will be a virtual event for the first time this year.

Participants of all ages will run, jog, or walk 5 km and 10 km at a time of their choosing over two days, Saturday 26 and Sunday 27 September.

This will enable competitors to take part while adhering to social distancing and government advice on mass gatherings.

Angela Moloney is director of Ethics & Compliance, EMEA, at Cook Medical and says this year 100 percent of all proceeds will go to the chosen charities.

The event was launched today by Limerick Mayor Michael Collins, at The Strand Hotel in Limerick City.

Now in its 22nd year, participants from all over Ireland and beyond are expected to take part in this year's race event.

100% of the registration fee from this year's Cook Medical Women's Mini Marathon virtual run will help a number of local and national charities.

They are:

ADAPT Domestic Abuse Services

Barnardos

Breast Cancer Ireland

Clionas Foundation

Daughters of Charity Lisnagry

Limerick Animal Welfare

Limerick Suicide Watch

Mid-Western Cancer Foundation

Milford Hospice

NOVAS

Pieta House

St. Gabriel's School

John Cleary, Race Director for the event commented "2020 has been a very difficult time for everyone. At a time when the resources of charities have been in more demand than ever before, the traditional fundraising channels for many of these charities have been removed. We are delighted to be able to stage this years event using the virtual model, where charities will benefit in a very real way."

2020 marks Cook Medical's fifth consecutive year as title sponsor of the Women's Mini Marathon, a sponsorship that has been extended until 2023.

"We are excited to launch the first ever virtual format of the race this year. It was very important to us to put that extra emphasis on charities who need our support this year more than ever," said Angela Moloney, director of Ethics & Compliance, EMEA, at Cook Medical. "We're proud to be part of such a long-standing event that celebrates the women of Limerick and encourages people to improve their health and fitness. Given the difficult time we have all been through in the past months, this is a positive focus for the people of Limerick."

Live95 are media partners of #cookminimarathon

To register for the Cook Medical Women's Mini Marathon, visit

Publication:	South East Radio FM	Media Cost (€):	568	
Date:	Tuesday, August 18, 2020	Reach	69,000	
Page:	Link	Size (Sq. Cm)	875	

South East Radio FM @ 18-Aug-20 12:54 - (breast)

Extra but I can't because it is music and singing we have lost the sound of singing being the operative term in Ireland this year it's an absolute a country course the Garth Brooks couldn't even hold a constant in this country a lot of people bemoaning the fact that he couldn't have his fiver 7 concerts will lose up to do them I've got to make sure that he knocked at Carey of the All-Ireland championship Croke Park August is an absolute shambles of course I'm not sure what this

competition to tell it's a lovely strike Dooley Garth Brooks tribute act will serve to reinforce the stage 20 million cells could be worth to the Irish economy alone and sales up to 70000 hot dogs in Dublin have the cuts that was only selling to Garth Brooks allow own it's a shambles stick a fork B Allen N Dunne and finally won a quick comment from John Daly who is also here tonight which means he's keeping a watchful eye on the model you look absolutely

beautiful can you be here the YellowBelly should is absolutely beautiful people are very excited about the football and the weather we dance let surrender this yet as he is the guy in the will do when you just pick him dead dog about Oliver Callan there and the rain Yeah area are However Cowen got a bag it was 2016 actually and marvellous memories and sadly no Guinness singing

Swing pubs this year will hopefully be back next year when things hopefully will return to normal there's a lot of really good fundraising events going on at the moment and one of them is taking place it's sunrise to sunset got put on it for **breast** cancer research we are joined by Ben Kidd where are you then and on the 11th green and then I got are right it's a very special because we've got a few minutes left I know you want people to help as

best you can tell us that the reason your golfing on that this morning this afternoon every area Anybody who run a Lady a Lady they think I played I think they for **breast** Cancer Ireland the not really good day and a lot of money and David Monaghan pick one then led them we like to take part in the golf Oh my God Oh my Oh my God there's a hurry he got a call like that name when we start with that one about two weeks and then we turn up with

a Go Fund Me page on Facebook only about two or 3 days ago and we put a tag of Helen Shaw managed I think it's the last time we checked the country 12 100 or now for fantastic Yeah so you're just a direct people towards that that Facebook page again then that is there's a link to link any other Garda golf club paid to go from the page and I've got a Facebook page and nattering to attend Yeah so are and the weather has been good so far

today it is going to continue until 9 o'clock this evening is that right on my now we're currently work of our third round then trickling halfway through now so Yeah the reason why I chose the m **breast** cancer research as Ger your charity for this event club I think it's very very women in golf clubs so it is just it's there all the really good to us and commemorate the I think really

Yes so how many are out on the course as we speak that many golfers have participated so far I could be up to about it I see what you're playing Yeah it but that the court is booked out for today so Yeah it's really good there's unfairness but the people of Cavan golfer like golfing for that matter I would like to support the cause you mention it again time is catching up me for today so Yeah good Yes again anyone

anyone apart like to donate again on anybody's face of papers linked to a kicking and bring it straight to the greatness of To the we had young Mister Rackard was the talk of the County in the country yesterday denied that the fate of Yeah I played I played them a good time to be very very fair fairness and day-to-day reality he was exceptional as well as

Yeah I saw something in the air there is a right pain in something in the air and then a score that way I can yet and there's that there's something for everybody I mean they'll make everyone put in a fireworks Yeah Yeah that and that's not a good thing to do someone calling on the moment though he and I and

11 the ground undeterred on wish you the very best look well done it's a Scottish golf club we've got onto the Facebook page the area get the details for this very special causes called summarised so right it's got a ton for **breast** cancer research well until then Highlights: **Breast Cancer Ireland**, golf maraton, Ben Kidd, **breast** cancer research.



A taste for life...

Michele Mc Grath

The fashion broadcaster tells us about her love of fish and fruit, and how she faced her food fear and tasted snails

What was your favourite childhood meal?

My mom has always been a great cook and her Sunday roast was always my favourite meal as a child.

What is the meal you will always remember?

It has to be from Stoop Your Head in Skerries. You just can't beat their fresh seafood. I highly recommend their seafood chowder, prawns and crab claws. So delicious.

What was your defining food experience?

When I tried sushi for the first time. That was quite an experience as I didn't like the idea of raw fish, but when I tasted it for the first time, I realised it was delicious and now it is my go-to choice of food.

What's the first dish you ever cooked?

I think I baked before I ever cooked a meal. My mom always baked when I was growing up, so I think that is where I got my love for baking. My favorite thing to make is fresh fruit pavlova.

What is your comfort food?

I have such a sweet tooth, and love chocolate! So anything from Cadbury, with a cup of tea.

What is your hangover cure?

Definitely a chipper. Lynch's in Killester has to be the best chipper in Dublin.

What do you drink?

Mostly tea, but I do love a good Pornstar

Martini on a night out.

If you could only eat three things for the rest of your life what would they be?

Sushi, a Sunday roast, chocolate.

What is the most appetising smell in the world?

Hot apple tart from the oven. So yum!

How important is food to you?

Food is definitely the way to my heart! I do think it is important to maintain a healthy diet, however. I think, everything in moderation. I try to eat healthily during the week and enjoy my treats at the weekend. Little treats are good for the soul.

You can go anywhere and have anything to eat with any one person. Where, what and who?

I would go to Rome and enjoy all of the home-made pasta and pizza washed down with a glass red wine. I would travel with my friend Maurice — he is the best fun.

What's always in your kitchen?

Fresh fruit that I can snack on throughout the day.

What is your favourite restaurant in Ireland?

I love Fade Street Social, Stoop Your Head, Chapter One and Musashi.

And abroad?


Nobu in Malibu.

What do you refuse to eat?

Up until recently, snails, but I faced this

fear and they actually weren't too bad.

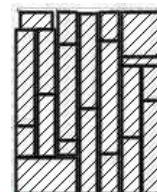
What is your perfect family meal?

A summer barbecue and a nice cold glass of Whispering Angel rosé. 

Michele is supporting Breast Cancer Ireland's campaign to encourage people to wear face coverings to help reduce the spread of Covid-19. Their face coverings are 100pc cotton and cost €10 per pack of three — one for your bag, one for your car and one in the wash — with all proceeds supporting the charity's research and awareness efforts, nationwide. To purchase, see breastcancerireland.com

In conversation with Chloe Brennan





Dromin Athlacca

BIRTHDAY GREETINGS

We would like to wish the following a very happy birthday: John Lynch, Pauline O'Donoghue, Natalie Sherin, Laura Moloney, Kean Costelloe, Richard Collins, Jamie Curtin, Catriona Marken, Deborah Begley, Vera Egan, Amanda O'Shea, Jamie Curtin, Catriona Walsh.

MASS TIMES AND INTENTIONS FOR WEEKEND

Saturday 29th August 7pm
Dromin Willie Hayes (Anniversary)

Sunday 30th August 10am
Athlacca - James and Eileen Sheerin

Thursday 27th August 10am
Athlacca no Mass

Thursday 27th August 7pm
Dromin no Mass

Friday 28th August 10am
Athlacca no Mass

We ask you to kindly remember those who have anniversaries at this time to keep them in your prayers.

MASS INTENTIONS FOR THE COMING WEEKS

Weekend Masses are still available if you would like to book them for a deceased member of your family or for a special intention - please contact Fr John 085 806 6468 or Karen to arrange a booking.

IMPORTANT NUMBERS

Age Action Ireland - Monday/Friday 9.30am to 5pm - 01 475 6989.

Dromin Athlacca Support Group - 086 042 0950 - Geraldine.

Bruff Garda Station - 061 382940.

ALONE - 0818 222 024.

DISPENSATION ON THE SUNDAY OBLIGATION

The Bishops have extended the dispensation rule from the Sunday obligation.

What I would encourage you for people who may feel vulnerable or have any kind of health problem that you may prefer to attend weekday mass instead of the weekend mass for the time being. As you know the

numbers for weekday mass are far less than at the weekend

CELEBRATING THE SACRAMENTS

Last Sunday we celebrated the last of our Holy Communion Masses. We hope everyone had a lovely day.

Congratulations to the following boys and girls who celebrated their Holy Communion last Sunday: Rowan and Isobel Dooley, Jessica Dunne, Fonseca Melo, Iseult Quinn, Shauna Buckley and Daithi Doyle.

AGAIN THANK YOU

Fr John would like to

sincerely thank all those involved in putting together the Sacrament Masses.

Over the past number of weeks, a considerable amount of time has been volunteered towards celebrating the Holy Communion and Confirmation Masses.

A big thank you to all involved, to the teachers of Athlacca National School, to Karen our Sacristan for preparing the church every morning, to the choir who played so beautifully, to the people who arranged the wonderful flowers, to the parents for their patience and understanding, and finally to all the stewards who volunteered their time. With everything that is going on it is so heart-warming and reassuring to know that as a community we can pull together for each other.

WEARING OF A FACE MASK

Please bring a face mask/face covering with you to church - Thank You.

COVID TRACKER APP

The issue that some users were having with the Covid Tracker App has now been resolved. You can now download the app again on covidtracker.ie

HSE APPROVED GUIDANCE FOR DISABILITY SERVICES

New guidance to support the resumption of Children's

Disability Services has just been published - please contact 061 461136 for more details.

If your organisation has any specific requests in relation to Covid-19 public health information materials, please email us at Partner.Pack@hse.ie to let us know.

BACK TO SCHOOL - THE VERY BEST OF LUCK

And just like that it's the end of August ...

Best of luck to all the new Montessori Preschool children who start in Star Kids.

Best of luck to all the new Junior infants who start on Friday August 28th in Big School.

Also, finally the very best of luck to all our 6th class students who will be starting 'big big school' in the coming week or so.

We wish all the teachers and pupils a very happy, safe and brainy new school year. We pray that all the new changes and the new normal routines that all teachers, parents, guardians and children face will keep everyone safe and healthy.

Dear God, Bless our School, Bless our Teachers, Bless our Pupils, Bless our Families, Please help us to be kind and to do our best, Let us remember, as many hands make a house, so

many hearts make a school. Amen.

SIMPLE PRAYER

Dear God, thank you for the gift of family and friends. Holding them in my heart is one of the most precious things I can never get tired of. Bless everyone, for they deserve all goodness you have given to me. If I may do something wrong today, please forgive me. Amen.

AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this

moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you.

FR. JOHN'S PRAYER AFTER COMMUNION

Lord Jesus, help us today to think not of our own troubles, but of the troubles of others. Bless all those for whom today is going to be difficult. Those who have any pain to bear, or sorrow to overcome. Those who are involved in any worries or anxieties. Those who will have a difficult decision to make or something difficult to do. We understand now how much they must feel seeing that we have been through it ourselves. Bless us all and help us to take not even one day at a time but to take each moment as it comes.

SUNDAY PRAYER

Dear Lord, I pray, please bless my family, friends and loved ones with your love and protect them from harm. Give them grace to forgive, strength to overcome all the difficulties they face and keep them together when the world tries to pull them apart. Thank You Lord, Amen.

FAMILY PRAYER

All powerful God, You are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one. Amen. (Prayer of Pope Francis, Laudato Si)

A PRAYER FOR CHANNELING GOD'S PEACE

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there

is sadness, joy.
O Divine Master, grant that I may not so much seek, to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

SAINT JOHN THE BAPTIST

O glorious Saint John the Baptist, obtain for us of thy Lord the grace to be wholly detached, at least in our hearts, from earthly goods, and to practice Christian mortification with interior recollection and with the spirit of holy prayer.

O God, You raised up St. John the Baptist to prepare a perfect people for Christ. Fill Your people with the joy of possessing His grace, and direct the minds of all the faithful in the way of peace and salvation.

Grant that as St. John was martyred for truth and justice, so we may energetically profess our Faith in You, and lead others to the Way, the Truth, and Eternal Life. Amen

CREATING ECOLOGICAL CORRIDORS

Pollinators and other wildlife often struggle to travel through our communities, due to a lack of suitable habitat and food. Bumblebees have to feed every 40 minutes. So, all of your pollinator friendly planting and wildflowers can make a big difference.

Bruff Tidy Towns have done great work with the national biodiversity to develop ecological corridors, allowing bumbles and other insects to travel easily travel through Bruff pollinators.ie/creating-ecological-corridors-in-bruff/

I would like to encourage you all to think about including developing an ecological corridor in your 5-year plan. It is a project that could developed over the full 5-year duration of your plan. You could expand the corridor every year. Please do not hesitate to get in contact, if I can be of any assistance. Rhiannon Laubach, Rural Social Scheme Team Leader 087-1940608.

OTHER EVENTS

2020 Virtual Cook Medical Women's Mini Marathon
Due to Covid-19, things are a little different this year.

The 2020 Cook Medical Women's Mini Marathon will take place as a virtual event to allow participants to take part while adhering to all social distancing and mass gathering rules.

The event will take place over the last weekend of September, when participants can complete their walk, jog, or run whenever and wherever suits them on either the 26th or 27th of the month.

This has been a very difficult time for everyone, including charity groups. At a time when their services are needed more than ever, their traditional fundraising streams have been drastically reduced.

The staging of Cook Medical Women's Mini Marathon in this virtual manner will be a big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long-standing Limerick sporting event.

All proceeds from the new look Cook Medical Women's Mini Marathon will help the below listed nominated charities:

ADAPT Domestic Abuse Services, Barnardo's, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid-Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House, St. Gabriel's Centre. Each participant will receive a finisher's medal, long sleeved quarter zip top (adults only) and race number and printed name. There will also be a virtual results system!

Check out the website to register for the 2020 Cook Medical Women's Mini Marathon.

For more information on the marathon or to check out the marathon training plans available visit limerick.minimarathon.com

CURRENT GRANTS AND FUNDING SCHEMES HEALTHCARE OPPORTUNITIES FOR WOMEN

Are you thinking of returning to work? Have you considered a career in Healthcare? Through our Healthcare Opportunities for Women you can access part-time, flexible training in a supportive environment.

This unique programme will provide a suite of intensive supports, along with QQI, Level 5 certification in

Healthcare, to enable women to develop the confidence and skills to return to work. Registration is now open, please contact Nichola at the details below.

Eligibility: This excellent opportunity is open to all women who are out of work and looking to return to the workplace, and, not in receipt of Jobseekers Allowance/Benefit

Venue: Croom Enterprise Centre, Croom.

Contact: Nichola Grufferty, Ballyhoura Development, Charleville, Co. Cork

Phone: 063 30694/086 6003665 email: ngrufferty@ballyhoura.org

Apply online at www.ballyhouradevelopment.com/healthcare-opportunities-women

Personal Development aspect is currently delivered remotely with supports for CV and Interview Preparation offered through online platforms and phone. QQI, level 5, education and training is deferred to September 2020.

AUGUST POLLINATOR PLAN NEWSLETTER AND WILDLIFE SURVEY TRAINING

August is the month when you can check to see if your bee hotels are being visited. If they are not being used it might be time to think about moving the hotel to a new location. This is the link to the August edition of the All-Ireland Pollinator Plan newsletter, which has more information.

mailchi.mp/biodiversityireland/all-ireland-pollinator-plan-august-2020-newsletter?e=799f7bba88

The Maigue Rivers Trust is currently doing a survey on what type of wildlife training community groups would like to do. It is very short only about three minutes. So if there is something that your Tidy Towns group would like to learn more about, please let the trust know and they will try to facilitate it. Some suggestions could include learning to identify wild flowers or animals that use the riverbanks.

maigueriverstrust.ie/2020/08/07/survey-time/

Please don't hesitate to get in contact if I can be of any assistance.

Rhiannon Laubach, Rural Social Scheme Team Leader, 087-1940608

RURAL REGENERATION AND DEVELOPMENT FUND

The Rural Regeneration and Development Fund (RRDF)

is a commitment to support job creation in rural areas, address de-population of rural communities and support improvements in our towns and villages with a population of less than 10,000, and outlying areas.

This call for applications to the Fund seeks to provide assistance in supporting economic recovery in rural areas in light of the challenges posed by the Covid-19 pandemic and to assist in delivering sustainable regeneration in rural towns and villages, driving greater economic activity and helping to address challenges such as dereliction and vacancy. Applications to the Fund which support in the decarbonisation of the economy and environmental sustainability are particularly welcome.

This call under the Fund is

for Category 1 applications, which relate to capital projects that have planning in place and are ready to commence at the date of application. It is expected that a funding announcement relating to the second call for Category 2 applications – for projects which require assistance for project development work in order to reach full delivery readiness – will be made at a later time.

Proposals are being invited from Local Authorities, and other locally/regionally based organisations, such as Local Development Companies, as well as government departments and State agencies. For the purpose of accountability and oversight, the lead partner of all projects must be a State funded body, but collaboration with the private sector is encouraged. Amount: minimum funding request of €500,000 and supported to a maximum of 90%.

Closing Date: 12 noon, on Tuesday 1st December 2020.

Website: www.gov.ie/en/policy-information/c77144-rural-regeneration-and-development-fund/

GAA

Covid-19 Support Group
Dromin Athlaccá GAA "COVID-19 Support Group" is still available to provide support and assistance to our community and to support local business. If you or your family require any support or assistance during this pandemic then don't hesitate

to contact us by phone or social media. You can call (086) 0420950 who will coordinate the collection and delivery of shopping, medicine or fuel. Efforts to follow HSE guidelines and maintain appropriate Social Distancing will be adhered to. We ask you to consider supporting local business by shopping local at this time in so far as possible. Dromin Athlacca GAA Club continue to follow HSE guidelines with regards to the ongoing COVID-19 Pandemic. We would like to thank each mentor, player and parent who has put in tremendous work in adhering to Covid-19 guidelines and ensuring the safety of our club. Please remember to confirm health status before each training session and match which can be done on www.returntoplay.ie. Also that each player has a personal water bottle as per guidelines.

Club Fixtures

Premier Intermediate Relegation Final with neighbours Bruree is fixed for the weekend of September 6th. The latest COVID 19 regulations issued by the Government state that all matches are to

be played behind Closed Doors. This means only essential personnel should be in attendance. No more than 40 persons per team should be allowed access for games. They also state that one parent/guardian per child is permitted to attend at a sporting event, including a game or training, should they deem it necessary. However, strict social distancing and public health guidelines should be adhered to at all times. We will keep updates on our social media and WhatsApp Groups

Club Limerick Draw

Next month's Club Limerick Draw will take place on Saturday August 29th. There is €10,000 up for grabs along with many more cash prizes. 50% of all membership goes

directly to our own club. This provides our club with the financial support to fund the day to day running costs. The star prize for August will be a luxurious two ball round of golf including 2 caddies in Adare Manor. Joining this draw can be easily done either online at limerickgaa.ie/club-limerick-draw/ at €10 per draw or €100 per annum or directly through our club by contacting our coordinators Ann Breen of Athlacca, Michael Carmody of Rathcannon, Morgan Walsh of Athlacca and John Murphy of Dromin or by contacting any committee member.

Cash For Clothes

A "Cash for Clothes" fundraiser has been organised for the club. This will take place on Saturday September 12th in our Clubhouse. Clothes that are clean and in good condition, along with paired shoes and runners, handbags and belts will be greatly appreciated. Donations of clothes will be accepted in Athlacca Clubhouse at any training session. This is a great opportunity to find a good home for all those items rediscovered during Lockdown. Thanks to those who have donated so far.

Club Lottery is back

Jackpot this week was €7,250. Numbers drawn were 1, 3, 19 and 21. No winner. Lucky dip winners were Liam Barron €40, Willie Kelleher €20 and Phil Jimmy O'Donoghue €20. Congratulations to all winners. Payment for upcoming Club Lottery Draws can now be made online. €50 will enable you to join Club Lottery each week for 6 months. Email your numbers to mikeryanqs@outlook.ie. Payment can be made to Dromin Athlacca GAA club with IBAN number is IE49AIBK93521207561054. Next draw will be held in Athlacca Clubhouse Saturday August 29th for a €7,300 prize.



Mary and Joe Lenihan pictured with their granddaughter Abi after she received her Confirmation.

**Janey Gleeson
with his grandson
William Egan in
1990.**



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COOK MEDICAL LAUNCHES FIRST VIRTUAL WOMEN'S MINI MARATHON IN LIMERICK

* This year marks the first time that the Cook Medical Women's Mini marathon will take place as a virtual event.
 * 100% of proceeds will go to local and national charities.
 * 2020 marks fifth consecutive year of Cook Medical's title sponsorship, with further sponsorship confirmed until 2023.
 * Angela Moloney, director of Ethics & Compliance, EMEA, at Cook Medical said, "This year, it was very important to us to continue our support for the Women's Mini Marathon and put that extra emphasis on charities who need our support more than ever."

The 2020 Cook Medical Women's Mini Marathon was launched on Monday 17th August, by Limerick Mayor Michael Collins, at The Strand Hotel in Limerick City. Now in its 22nd year, participants from all over Ireland and beyond are expected to take part in this year's race event.

The Cook Medical Women's Mini Marathon will take place over the last weekend of September as a virtual event. Participants of all ages will run, jog, or walk 5 km and 10 km at a time of their choosing over two days, Saturday 26th and Sunday 27th September, to enable competitors to take part safely, while adhering to social distancing and government advice on mass gatherings.

100% of the registration fee from this year's Cook Medical Women's Mini Marathon virtual run will help a number of local and national charities. They are:

- * ADAPT Domestic Abuse Services
- * Barnardo's
- * Breast Cancer Ireland
- * Cliona Foundation
- * Daughters of Charity Lisnagry
- * Limerick Animal Welfare
- * Limerick Suicide Watch
- * Mid-Western Cancer

- Foundation
- * Milford Hospice
- * NOVAS
- * Pieta House
- * St. Gabriel's School

John Cleary, Race Director for the event commented "2020 has been a very difficult time for everyone. At a time when the resources of charities have been in more demand than ever before, the traditional fundraising channels for many of these charities have been removed. We are delighted to be able to stage

this year's event using the virtual model, where charities will benefit in a very real way."

2020 marks Cook Medical's fifth consecutive year as title sponsor of the Women's Mini Marathon, a sponsorship that has been extended until 2023.

"We are excited to launch the first ever virtual format of the race this year. It was very important to us to put that extra emphasis on charities who need our support this year more than ever," said Angela Moloney,

director of Ethics & Compliance, EMEA, at Cook Medical. "We're proud to be part of such a long-standing event that celebrates the women of Limerick and encourages people to improve their health and fitness. Given the difficult time we have all been through in the past months, this is a positive focus for the people of Limerick."

To register for the Cook Medical Women's Mini Marathon, visit limerickminimarathon.com



Clare Ellis and Angela Moloney, both COOK Medical, Mayor of Limerick City and County, Michael Collins and Race Director John Cleary.



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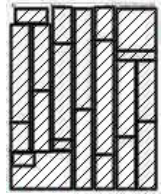
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Clare Ellis and Angela Moloney, both COOK Medical, Mayor of Limerick City and County, Michael Collins and Race Director John Cleary.



Dromin Athlacca

BIRTHDAY GREETINGS

We would like to wish the following a very happy birthday: John Lynch, Pauline O'Donoghue, Natalie Sherin, Laura Moloney, Kean Costelloe, Richard Collins, Jamie Curtin, Catriona Marken, Deborah Begley, Vera Egan, Amanda O'Shea, Jamie Curtin, Catriona Walsh.

MASS TIMES AND INTENTIONS FOR WEEKEND

Saturday 29th August 7pm
Dromin Willie Hayes
(Anniversary)

Sunday 30th August 10am
Athlacca – James and Eileen
Sheerin

Thursday 27th August 10am
Athlacca no Mass

Thursday 27th August 7pm
Dromin no Mass

Friday 28th August 10am
Athlacca no Mass

We ask you to kindly
remember those who have
anniversaries at this time to
keep them in your prayers.

MASS INTENTIONS FOR THE COMING WEEKS

Weekend Masses are still
available if you would like
to book them for a deceased
member of your family or
for a special intention –
please contact Fr John 085
806 6468 or Karen to
arrange a booking.

IMPORTANT NUMBERS

Age Action Ireland –
Monday/Friday 9.30am to
5pm - 01 475 6989.

Dromin Athlacca Support
Group – 086 042 0950 –
Geraldine.

Bruff Garda Station – 061
382940.

ALONE - 0818 222 024.

DISPENSATION ON THE SUNDAY OBLIGATION

The Bishops have extended
the dispensation rule from
the Sunday obligation.

What I would encourage you
for people who may feel
vulnerable or have any kind
of health problem that you
may prefer to attend
weekday mass instead of the
weekend mass for the time
being. As you know the
numbers for weekday mass

are far less than at the
weekend

CELEBRATING THE SACRAMENTS

Last Sunday we celebrated
the last of our Holy
Communion Masses. We
hope everyone had a lovely
day.

Congratulations to the
following boys and girls
who celebrated their Holy
Communion last Sunday:
Rowan and Isobel Dooley,
Jessica Dunne, Fonseca
Melo, Iseult Quinn, Shauna
Buckley and Daithi Doyle.

AGAIN THANK YOU

Fr John would like to

sincerely thank all those
involved in putting together
the Sacrament Masses.

Over the past number of
weeks, a considerable
amount of time has been
volunteered towards cele-
brating the Holy Communion
and Confirmation Masses.

A big thank you to all
involved, to the teachers of
Athlacca National School, to
Karen our Sacristan for
preparing the church every
morning, to the choir who
played so beautifully, to the
people who arranged the
wonderful flowers, to the
parents for their patience and
understanding, and finally to
all the stewards who
volunteered their time. With
everything that is going on it
is so heart-warming and
reassuring to know that as a
community we can pull
together for each other.

WEARING OF A FACE MASK

Please bring a face mask/
face covering with you to
church - Thank You.

COVID TRACKER APP

The issue that some users
were having with the Covid
Tracker App has now been
resolved. You can now
download the app again on
covidtracker.ie

HSE APPROVED GUIDANCE FOR DISABILITY SERVICES

New guidance to support the
resumption of Children's
Disability Services has just

been published – please
contact 061 461136 for more
details.

If your organisation has any
specific requests in relation
to Covid-19 public health
information materials, please
email us at Partner.Pack@
hse.ie to let us know.

BACK TO SCHOOL - THE VERY BEST OF LUCK

And just like that it's the end
of August ...

Best of luck to all the new
Montessori Preschool
children who start in Star
Kids.

Best of luck to all the new
Junior infants who start on
Friday August 28th in Big
School.

Also, finally the very best of
luck to all our 6th class
students who will be starting
'big big school' in the
coming week or so.

We wish all the teachers and
pupils a very happy, safe and
brilliant new school year. We
pray that all the new changes
and the new normal routines
that all teachers, parents,
guardians and children face
will keep everyone safe and
healthy.

Dear God, Bless our School,
Bless our Teachers, Bless
our Pupils, Bless our
Families, Please help us to
be kind and to do our best,
Let us remember, as many
hands make a house, so

many hearts make a school.
Amen.

SIMPLE PRAYER

Dear God, thank you for the
gift of family and friends.
Holding them in my heart is
one of the most precious
things I can never get tired
of. Bless everyone, for they
deserve all goodness you
have given to me. If I may
do something wrong today,
please forgive me. Amen.

AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you
are present in the Most Holy
Sacrament. I love you above
all things, and I desire to
receive you into my soul.
Since I cannot at this
moment receive you
sacramentally, come at least
spiritually into my heart. I

embrace you as if you were
already there and unite
myself wholly to you. Never
permit me to be separated
from you.

FR. JOHN'S PRAYER AFTER COMMUNION

Lord Jesus, help us today to
think not of our own
troubles, but of the troubles
of others. Bless all those for
whom today is going to be
difficult. Those who have
any pain to bear, or sorrow
to overcome. Those who are
involved in any worries or
anxieties. Those who will
have a difficult decision to
make or something difficult
to do. We understand now
how much they must feel
seeing that we have been
through it ourselves. Bless
us all and help us to take not
even one day at a time but to
take each moment as it
comes.

SUNDAY PRAYER

Dear Lord, I pray, please
bless my family, friends and
loved ones with your love
and protect them from harm.
Give them grace to forgive,
strength to overcome all the
difficulties they face and
keep them together when the
world tries to pull them
apart. Thank You Lord,
Amen.

FAMILY PRAYER

All powerful God, You are
present in the whole universe
and in the smallest of your
creatures. You embrace
with your tenderness all that
exists. Pour out upon us the
power of your love, that we
may protect life and beauty.
Fill us with peace, that we
may live as brothers and
sisters, harming no one.
Amen. (Prayer of Pope
Francis, Laudato Si)

A PRAYER FOR CHANNELING GOD'S PEACE

Lord, make me an instrument
of your peace: where there is
hatred, let me sow love;
where there is injury,
pardon; where there is doubt,
faith; where there is despair,
hope; where there is darkness,
light; where there is sadness,
joy.

O Divine Master, grant that I
may not so much seek, to be
consoled as to console, to be

understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

SAINT JOHN THE BAPTIST

O glorious Saint John the Baptist, obtain for us of thy Lord the grace to be wholly detached, at least in our hearts, from earthly goods, and to practice Christian mortification with interior recollection and with the spirit of holy prayer.

O God, You raised up St. John the Baptist to prepare a perfect people for Christ.

Fill Your people with the joy of possessing His grace, and direct the minds of all the faithful in the way of peace and salvation.

Grant that as St. John was martyred for truth and justice, so we may energetically profess our Faith in You, and lead others to the Way, the Truth, and Eternal Life. Amen

CREATING ECOLOGICAL CORRIDORS

Pollinators and other wildlife often struggle to travel through our communities, due to a lack of suitable habitat and food. Bumblebees have to feed every 40 minutes. So, all of your pollinator friendly planting and wildflowers can make a big difference.

Bruff Tidy Towns have done great work with the national biodiversity to develop ecological corridors, allowing bumbles and other insects to travel easily through Bruff

pollinators.ie/creating-ecological-corridors-in-bruff/
I would like to encourage you all to think about including developing an ecological corridor in your 5-year plan. It is a project that could developed over the full 5-year duration of your plan. You could expand the corridor every year.

Please do not hesitate to get in contact, if I can be of any assistance. Rhiannon Laubach, Rural Social Scheme Team Leader 087-1940608.

OTHER EVENTS

2020 Virtual Cook Medical Women's Mini Marathon

Due to Covid-19, things are a little different this year. The 2020 Cook Medical Women's Mini Marathon will take place as a virtual event to allow participants to

take part while adhering to all social distancing and mass gathering rules.

The event will take place over the last weekend of September, when participants can complete their walk, jog, or run whenever and wherever suits them on either the 26th or 27th of the month.

This has been a very difficult time for everyone, including charity groups. At a time when their services are needed more than ever, their traditional fundraising streams have been drastically reduced.

The staging of Cook Medical Women's Mini Marathon in this virtual manner will be a big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long-standing Limerick sporting event.

All proceeds from the new look Cook Medical Women's Mini Marathon will help the below listed nominated charities:

ADAPT Domestic Abuse Services, Barnardo's, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid-Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House, St. Gabriel's Centre
Each participant will receive a finisher's medal, long sleeved quarter zip top (adults only) and race number and printed name. There will also be a virtual results system!

Check out the website to register for the 2020 Cook Medical Women's Mini Marathon.

For more information on the marathon or to check out the marathon training plans available visit limerick.minimarathon.com

limerick.minimarathon.com

CURRENT GRANTS AND FUNDING SCHEMES HEALTHCARE OPPORTUNITIES FOR WOMEN

Are you thinking of returning to work? Have you considered a career in Healthcare? Through our Healthcare Opportunities for Women you can access part-time, flexible training in a supportive environment.

This unique programme will provide a suite of intensive supports, along with QQI, Level 5 certification in Healthcare, to enable women to develop the confidence and skills to return to work.

Registration is now open,

please contact Nichola at the details below.

Eligibility: This excellent opportunity is open to all women who are out of work and looking to return to the workplace, and, not in receipt of Jobseekers Allowance/Benefit

Venue: Croom Enterprise Centre, Croom.

Contact: Nichola Grufferty, Ballyhoura Development, Charleville, Co. Cork

Phone: 063 30694/086 6003665 email: ngrufferty@ballyhoura.org

Apply online at www.ballyhouradevelopment.com/healthcare-opportunities-women

Personal Development aspect is currently delivered remotely with supports for CV and Interview Preparation offered through online platforms and phone. QQI, level 5, education and training is deferred to September 2020.

AUGUST POLLINATOR PLAN NEWSLETTER AND WILDLIFE SURVEY TRAINING

August is the month when you can check to see if your bee hotels are being visited. If they are not being used it might be time to think about moving the hotel to a new location. This is the link to the August edition of the All-Ireland Pollinator Plan newsletter, which has more information.

mailchi.mp/biodiversityireland/all-ireland-pollinator-plan-august-2020-newsletter?e=79917bba88

The Maigne Rivers Trust is currently doing a survey on what type of wildlife training community groups would like to do. It is very short only about three minutes. So if there is something that your Tidy Towns group would like to learn more about, please let the trust know and they will try to facilitate it. Some suggestions could include learning to identify wild flowers or animals that use the riverbanks.

maigneriverstrust.ie/2020/08/07/survey-time/
Please don't hesitate to get in contact if I can be of any assistance.

Rhiannon Laubach, Rural Social Scheme Team Leader, 087-1940608

RURAL REGENERATION AND DEVELOPMENT FUND

The Rural Regeneration and Development Fund (RRDF) is a commitment to support job creation in rural areas, address de-population of rural communities and

support improvements in our towns and villages with a population of less than 10,000, and outlying areas.

This call for applications to the Fund seeks to provide assistance in supporting economic recovery in rural areas in light of the challenges posed by the Covid-19 pandemic and to assist in delivering sustainable regeneration in rural towns and villages, driving greater economic activity and helping to address challenges such as dereliction and vacancy. Applications to the Fund which support in the decarbonisation of the economy and environmental sustainability are particularly welcome.

This call under the Fund is

for Category 1 applications, which relate to capital projects that have planning in place and are ready to commence at the date of application. It is expected that a funding announcement relating to the second call for Category 2 applications – for projects which require assistance for project development work in order to reach full delivery readiness – will be made at a later time.

Proposals are being invited from Local Authorities, and other locally/regionally based organisations, such as Local Development Companies, as well as government departments and State agencies. For the purpose of accountability and oversight, the lead partner of all projects must be a State funded body, but collaboration with the private sector is encouraged. Amount: minimum funding request of €500,000 and supported to a maximum of 90%

Closing Date: 12 noon, on Tuesday 1st December 2020.

Website: www.gov.ie/en/policy-information/c77144-rural-regeneration-and-development-fund/

GAA

Covid-19 Support Group

Dromin Athlaccá GAA "COVID-19 Support Group" is still available to provide support and assistance to our community and to support local business. If you or your family require any support or assistance during this pandemic then don't hesitate to contact us by phone or social media. You can call (086) 0420950 who will coordinate the collection and

delivery of shopping, medicine or fuel. Efforts to follow HSE guidelines and maintain appropriate Social Distancing will be adhered to. We ask you to consider supporting local business by shopping local at this time in so far as possible. Dromin Athlaccá GAA Club continue to follow HSE guidelines with regards to the ongoing COVID-19 Pandemic. We would like to thank each mentor, player and parent who has put in tremendous work in adhering to Covid-19 guidelines and ensuring the safety of our club. Please remember to confirm health status before each training session and match which can be done on www.returntoplay.ie. Also that each player has a personal water bottle as per guidelines.

Club Fixtures

Premier Intermediate Relegation Final with neighbours Bruree is fixed for the weekend of September 6th. The latest COVID 19 regulations issued by the Government state that all matches are to

be played behind Closed Doors. This means only essential personnel should be in attendance. No more than 40 persons per team should be allowed access for games. They also state that one parent/guardian per child is permitted to attend at a sporting event, including a game or training, should they deem it necessary. However, strict social distancing and public health guidelines should be adhered to at all times. We will keep updates on our social media and WhatsApp Groups

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Mary and Joe Lenihan pictured with their granddaughter Abi after she received her Confirmation.

Janey Gleeson with his grandson William Egan in 1990.





THINGS I ♥ THIS WEEK

Virtual Cook Medical Women's Mini Marathon

THE Cook Medical Women's Mini Marathon is the oldest mass participation event in Limerick and is now entering its 22nd year. The event is the main fundraising event for Limerick AC and provides a much-needed platform for many charities to fundraise each year.

Participation will be staggered over two days and people of all ages will run, jog, or walk 5 km and 10 km at a time of their choosing over two days, Saturday, September 26 and Sunday, September 27, to enable competitors to take part safely, while adhering to social distancing and government advice on mass gatherings.

100% of the registration fee from this year's Marathon will help a number of local and national charities. The charities benefitting from this year's Cook Medical Women's Mini Marathon are ADAPT Domestic Abuse Services, Barnardos, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid-Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House and St. Gabriel's School.



Attending the Social Distancing launch of the 2020 Virtual Cook Medical Women's Mini Marathon were Clare Ellis and Angela Moloney both Cook Medical, Mayor Michael Collins and Race Director John Cleary.

PICTURE: LIAM BURKE/PRESS 22

Speaking on behalf of Cook Medical, Angela Moloney, Director of Ethics and Compliance EMEA, and the race ambassador said, "We are thrilled that we can still go ahead this year, in this new virtual format. It was very important for us to put that extra emphasis on charities who need our support this year more than ever. We're proud to be part of such a long-standing event that celebrates the women of Limerick and encourages people to improve their health and fitness. This is a positive focus for the people of Limerick." Online registration is now open at www.limerickmini-marathon.com.

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Date:	Monday, August 31, 2020	Reach	710,600
Page:	Link	Size (Sq. Cm)	1,564



How have breast cancer patients been impacted by Covid-19 pandemic?

Irish Cancer Society says 450 cancers, 1,600 pre-cancers have gone undetected during lockdown
Breast cancer is the most commonly diagnosed cancer among women in Ireland with over 3,000 women diagnosed with invasive breast cancer here every year. But the arrival of Covid-19 here in early 2020 will have changed these figures dramatically.

In late July, Rachel Morrogh from the Irish Cancer Society (ICS) said that more than 450 cancers and 1,600 pre-cancers will have gone undetected during the pause in screenings from late March to the end of July.

There will be an estimated 8-9 per cent increase in breast cancer deaths up to five years after diagnosis due to the pandemic, according to a UK population-based modelling study published in the Lancet oncology journal. However, it's important to note that women are called for breast cancer screening every three years in the UK compared to every two years in Ireland.

"It will take years to fully realise the impact of Covid on cancer outcomes but we do know thousands aren't been screened and waiting lists for cancer tests and treatments are growing rapidly," Morrogh who is the Irish Cancer Society director of advocacy and external affairs told the Oireachtas Special Committee on Covid-19.

The HSE's National Action Plan on Covid-19 specified the continued delivery of cancer care as a priority during the pandemic and the eight rapid access clinics at cancer centres across Ireland remained open for urgent cases of diagnosis. Medical oncology and radiation oncology services were also continued. And while less urgent surgery was deferred in the early months of the pandemic, urgent cancer surgery was transferred to private hospitals during the first wave of Covid-19 in Ireland.

However, that doesn't mean that cancer patients felt safe enough to attend clinics and

Liam Woods, national director of acute operations at the HSE acknowledged that "attendance fell significantly" at rapid access clinics.

Donal Buggy, director of services and innovation at the Irish Cancer Society (ICS) says the ICS nurse helpline received many calls from patients fearful of going into hospitals for diagnosis or treatment. "From the end of April to mid-May, we started to see more normality in services as the changes made [eg transfer of treatment to private hospitals] were bedded down," says Buggy. He says the challenges now for hospitals – both public and private – is to see as many patients as possible while maintaining social distancing guidelines.

"This will require careful management of physical space, changes in opening hours and possibly some rapid build projects," says Buggy.

According to the most recent figures, medical oncology services are operating at about 70 per cent of their usual capacity while radiation oncology is taking about 80 per cent of patients but cancer surgeons are only able to treat about half the numbers of patients they usually can.

The concern is that waiting lists will rise not only because of fewer people being seen but also the backlog of patients who would normally have presented earlier, coming forward in the next few months. Add to that, the increasing numbers of cancer patients arising in an aging population.

"Before Covid, targets in the National Cancer Strategy relating to timely access to diagnostics, surgery, radiotherapy and the uptake of screening were all missed due to underfunding so we need the opportunity to build back a better cancer system," says Morrogh.

The halting of BreastCheck screening services at the end of March – with a provisional re-start date in September/October is a further concern for women in their 50s and 60s who are usually screened for cancer every two years.

Prof Ann O'Doherty told the Oireachtas Special Committee on Covid-19 that the BreastCheck screening programme was reluctantly suspended due to the age cohort of women in a close contact examination being at risk of getting Covid-19.

The European Society of Breast Imaging guidelines on Covid-19 stated at the time that a relatively short delay of 6-12 weeks in screening healthy women "had very little impact on survival". The clinical staff of BreastCheck continued to screen women for breast cancer who had a family history of breast cancer and/or had already had breast cancer.

"If we screen 1,000 women [in the population], we pick up 7 cancers but if we look at 1,000 women with specifically urgent symptoms, we pick up 100 cancers," said Prof. Doherty.

Restarting BreastCheck in the autumn will depend on public health advice at the time. Even when it does start again, mobile BreastCheck units – which make up 70 per cent of the service - are expected to screen 21 women a day instead of the usual 40 women. And while the breast screening test itself will be the same, women will have to wait outside until their exact appointment time and come into the clinic alone wearing a mask. Women who suspects they might have Covid-19, are close contacts of someone who has tested positive to Covid-19 or are awaiting the result of a test shouldn't attend screening.

Prof Arnie Hill, breast cancer surgeon and chair of [Breast Cancer Ireland](#) says that the cessation of breast cancer screening in March was appropriate for safety reasons. "We did not know the risks associated with Covid and it was a correct clinical call to suspend screening at the time," he says.

While we await the resumption of breast cancer screening, he advises women to "take control of their breast health and be breast aware". "Women need to know the signs and symptoms to watch out for and contact their GP immediately who will refer them and they will be seen," says Prof Hill. [Breast Cancer Ireland](#) encourages women to understand the eight signs and symptoms of breast cancer on their website or its free breast aware app.

And what's most important now – even if Ireland experiences a more severe second wave of Covid-19 is that women with suspected symptoms of breast cancer contact their GP and attend referrals to one of the rapid access clinics for diagnosis and onward treatment. "Early detection of breast cancer is key to ensuring a more positive treatment outcome," says Prof. Hill.

Breast Cancer Treatment During Covid-19: Cara McAdam

Ireland Football Manager Stephen Kenny, cancer survivor Cara McAdam, Cara's husband Niall Carroll and their children Laura (2) and Jack (4) at Priests Beach, Blackrock Co Louth for the launch of 100k in 30 Days for [Breast Cancer Ireland](#), sponsored by Davy.

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Cara McAdam (41) was diagnosed with breast cancer in December 2019, shortly after stopping breastfeeding her second child. She discovered a residual lump in her breast and was referred to the screening service at Beaumont Hospital. Later diagnosed with HER2-positive breast cancer, she had surgery in December and chemotherapy and drug therapy from January to March. Her chemotherapy sessions were cut from 9 to 7 when the Covid-19 outbreak began but her radiation treatment went ahead as planned in April and May.

"Once the restrictions were in place, everywhere was so quiet when I went for treatment. I didn't meet other patients and the staff didn't have to deal with other people because each patient attended on her own," explains McAdam who is a secondary school teacher in Blackrock, Co Louth.

McAdam says that she found the cocooning most difficult as she usually had a strong network of people helping her out. "My husband was working from home but sometimes had to travel so he had to mind the children when I went for treatment. He also did the shopping although sometimes, his sister or mine would shop and leave food at the door for us," explains McAdam.

She says that she found dealing with hair loss and wearing a wig easier during lockdown as people weren't socialising. "And with the children – Jack (4) and Laura (2), Netflix was my friend and they did a lot of low energy activities like colouring in."

McAdam will continue to take medication to treat her cancer until March 2021. Three weeks ago, she felt something was wrong and phoned her GP. "She saw me immediately and referred me to hospital to have it checked out," she explains.

McAdam advises any woman who is concerned about signs of breast cancer to see her doctor. "It's important to know your body and see if something isn't right. The services are still there and cancer patients will be prioritised even if there is a second wave of the coronavirus in this country," she adds.

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'It will take years to fully realise the impact of Covid on cancer outcomes'

Irish Cancer Society says 450 cancers and 1,600 pre-cancers have gone undetected in lockdown



Sylvia Thompson

Breast cancer is the most commonly diagnosed cancer among women in Ireland with more than 3,000 women diagnosed with invasive breast cancer here every year. But the arrival of Covid-19 here in early 2020 will have changed these figures dramatically.

In late July, Rachel Morrogh from the Irish Cancer Society (ICS) said that more than 450 cancers and 1,600 pre-cancers will have gone undetected during the pause in screenings from late March to the end of July.

There will be an estimated 8-9 per cent increase in breast cancer deaths up to five years after diagnosis due to the pandemic, according to a UK population-based modelling study published in the Lancet oncology journal. However, it's important to note that women are called for breast cancer screening every three years in the UK compared to every two years in Ireland.

"It will take years to fully realise the impact of Covid on cancer outcomes but we do know thousands aren't been screened and waiting lists for cancer tests and treatments are growing rapidly," Morrogh who is the Irish Cancer Society director of advocacy and external affairs told the Oireachtas Special Committee on Covid-19.

The HSE's National Action Plan on Covid-19 specified the continued delivery of cancer care as a priority during the pandemic and the eight rapid access clinics at cancer centres across Ireland remained open for urgent cases of diagnosis. Medical oncology and radiation oncology services were also continued.

And while less urgent surgery was deferred in the early months of the pandemic, urgent cancer surgery was

transferred to private hospitals during the first wave of Covid-19 in Ireland.

However, that doesn't mean that cancer patients felt safe enough to attend clinics and Liam Woods, national director of acute operations at the HSE acknowledged that "attendance fell significantly" at rapid access clinics.

Donal Buggy, director of services and innovation at the Irish Cancer Society (ICS) says the ICS nurse helpline received many calls from patients fearful of going into hospitals for diagnosis or treatment. "From the end of April to mid-May, we started to see more normality in services as the changes made [eg transfer of treatment to private hospitals] were bedded down," says Buggy. He says the challenges now for hospitals – both public and private – is to see as many patients as possible while maintaining social distancing guidelines.

"This will require careful management of physical space, changes in opening hours and possibly some rapid build projects," says Buggy.

According to the most recent figures, medical oncology services are operating at about 70 per cent of their usual capacity while radiation oncology is taking about 80 per cent of patients but cancer surgeons are only able to treat about half the numbers of patients they usually can.

The concern is that waiting lists will rise not only because of fewer people being seen but also the backlog of patients who would normally have presented earlier, coming forward in the next few months. Add to that, the increasing numbers of cancer patients arising in an aging population.

"Before Covid, targets in the National Cancer Strategy relating to timely access to diagnostics, surgery, radiotherapy and the uptake of screening were all missed due to underfunding so we need the opportunity to build back a better cancer system," says Morrogh. The halting of BreastCheck screening services at the end of March – with a provisional re-start date in September/ October is a further concern for women in their 50s and 60s who are usually screened for cancer every two years.

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'Specifically urgent symptoms'

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'The services are still there and cancer patients will be prioritised'

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McAdam advises any woman who is concerned about signs of breast cancer to see her doctor. "It's important to know your body and see if something isn't right. The services are still there and cancer patients will be prioritised even if there is a second wave of the coronavirus in this country," she adds.



■ Ireland football manager Stephen Kenny with Cara McAdam, Cara's husband Niall Carroll and their children Laura (2) and Jack (4) at the launch of the 100k in 30 Days initiative for Breast Cancer Ireland in June.

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Connor Dace Kavanagh Chapel Hill, Shillelagh

Tragically, following an accident in Canada. Loving son of May and John, and adored brother of Holly and Hanna, and beloved uncle to Stephen. Lovingly remembered by all.

Due to current government guidelines a private family Funeral will take place on Saturday at 12 noon in the Church of the Immaculate Conception, Shillelagh, with burial afterwards in the adjoining cemetery (a maximum of 50 people will be allowed at Funeral Mass). Condolences may be expressed through the condolence section below.

Flowers welcome, or if preferred, donations to [Breast Cancer Ireland](#).

May He Rest In Peace

Date of Death: Saturday 22nd August 2020



Charity that is raising awareness and supporting pioneering research

Charity Name: Breast Cancer Ireland

Location: Dublin

Founded: 2012

Why was your charity initially set up? Breast Cancer Ireland is a registered charity (CHY 19926) established to raise significant funding to support pioneering research programmes nationally as well as to promote education and awareness on the importance of breast health amongst women of all ages.

How has Covid-19 impacted on your organisation? Breast

Cancer Ireland rely on the generosity of the public to help us fundraise. We do not receive any government funding.

How will the money raised from the Cook Medical Women's Mini Marathon help you in 2020/21?

Covid-19 has impacted our fundraising greatly. Several of our flagship events have been cancelled or postponed resulting in a loss of income.

Your support in the Cook Medical Women's Mini Marathon is greatly appreciated.

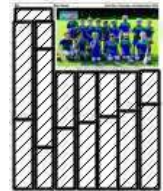
Funds raised will contribute to our education and awareness programmes, and research efforts.



Supporters raising monies for Breast Cancer Ireland at the Great Park Run last year



Vital research: Breast cancer affects more than 3,000 women and around 25 men each year in Ireland



Dromin Athlacca

BIRTHDAY GREETINGS

We would like to wish the following a very happy birthday: Martin Sexton, Michael Collins, Brian Neenan, Rob Cumming, Aoife Rabbitt, Breda D. Cleary, Derek Kenny, Victor Hannon, Ellen O'Regan, Ivan Walsh, Kevin McManus.

MASS TIMES AND INTENTIONS

Athlacca - Thursday 3rd September 10am no intention

Dromin - Thursday 3rd September 7pm no intention

Athlacca - Friday 4th September 10am no intention

Dromin - Saturday September 5th 7pm

Athlacca - Sunday September 6th 10am

We ask you to kindly remember those who have anniversaries at this time to keep them in your prayers.

Weekend Masses are still available if you would like to book them for a deceased member of your family or for a special intention - please contact Fr John 085 806 6468 or Karen to arrange a booking.

Important Numbers

Age Action Ireland - Monday/Friday 9.30am To 5pm - 01 475 6989

Dromin Athlacca Support Group - 086 042 0950 - Geraldine

Bruff Garda Station - 061 382940

Alone - 0818 222 024

Dispensation On The Sunday Obligation

The Bishops have extended the dispensation rule from the Sunday obligation.

What I would encourage you for people who may feel vulnerable or have any kind of health problem that you may prefer to attend weekday Mass instead of the weekend mass for the time being.

As you know the numbers for weekday Mass is far

less than at the weekend.

Wearing Of A Face Mask

Please bring a face mask face covering with you to church - Thank You

CONGRATULATIONS

Congratulations to Austin Leahy and his jockey Dylan Browne McMonagle who successfully teamed up for the second time in the space of six days as first reserve Ecoeye landed the Frenchpark Handicap at Roscommon.

DROMIN ATHLACCA GAA

Cash For Clothes Fundraiser

A cash for clothes fundraiser has been organised for the club. This will take place on Saturday September 13th in our Clubhouse. Clothes that are clean and in good condition will be greatly appreciated. Donations of clothes will be accepted during any training session.

Lottery

There was no winner of the €7,250 jackpot. The numbers drawn were 1, 3, 19 and 21. Lucky dip winners - €40 Liam Barron, €20 each Willie Kelleher and Jimmy O'Donoghue.

SIMPLE PRAYER

Dear God, thank you for the gift of family and friends. Holding them in

my heart is one of the most precious things I can never get tired of. Bless everyone, for they deserve all goodness you have given to me. If I may do something wrong today, please forgive me.

BACK TO SCHOOL

We wish all the teachers and pupils a very happy, safe and brainy new school year. We pray that all the new changes and the new normal routines that all teachers, parents, guardians and children face will keep everyone safe and healthy.

Dear God, bless our school, bless our teachers, bless our pupils, bless our families, please help us to be kind and to do our best, let us remember, as many hands make a house, so many hearts make a school.

CULTURE NIGHT 2020

Culture Night 2020 will take place this year on Friday 18th September, so now is the time to start planning events and activities for the Limerick region! The Tourism, Culture and Arts Office of Limerick City and County Council is inviting event organisers to take part in this year's event by registering events through a public call.

Culture Night is always great fun and offers the perfect opportunity for us, as a region, to showcase the wealth of culture that Limerick has to offer. It is a night to celebrate the cultural, artistic and creative communities of our city and county by inviting existing and new audiences to experience our galleries, museums, workshops and studios. Due to Covid-19 restrictions, it is necessary this year that some changes are made to the 2020 programme. Event organisers are encouraged to programme digital events along with some small pre-booked live events.

In planning digital or online events, groups are asked to consider this as an opportunity to reach much larger audiences than would be able to attend a live event at present and also to reach new audiences who may not normally be able to attend. All live events that wish to register must implement pre-booking and ticketing to manage audience numbers in line with national Covid-19 regulations and guidelines, abiding by event size regulations and implementing strict safety measures.

Never has it been more important for an event like Culture Night to take place as it presents the opportunity for our creative community to work in partnership to nurture the cultural life of our region and support our audiences as they adjust to a new social and cultural environment within their communities.

To register your event go to Limerick.ie, Clubs, organisations and groups in Limerick wishing to organise a Culture Night event this year, will be supported with advice, promotion and merchandising by Limerick Tourism, Culture and Arts Office.

If you have any queries or would like to know more about getting involved in Culture Night 2020 you can email artsoffice@

limerick.ie or call 061 556370.

Small Club Grants

Sports clubs in Limerick can now apply for Covid-19 Club Small Grants of up to €1,500 through Limerick Sports Partnership (LSP).

The Covid-19 Club Small Grant Scheme is part of a series of Covid-19 related funding schemes from Sport Ireland, following the announcement of €70 million of funding by the Government to support the sports sector in response to the crisis.

The Covid-19 Club Small Grant Scheme will be implemented by the Network of Local Sports Partnerships and will provide assistance to local clubs with covering costs associated with the reopening of sports clubs. This scheme is separate to the Sports Club Resilience Fund, which will be delivered through National Governing Bodies.

This scheme is designed to support sports clubs that do not have the finances to implement Covid-19 related hygiene and social distancing protocols. The Covid-19 Club Small

Grants can be used to support Covid-19 related expenditure dating from 2nd May onwards (Date of publication of Government roadmap to recovery).

As the total fund available is limited, clubs which already have the finances to implement Covid-19 protocols should not apply. This grant scheme is designed and intended to support return to sporting activities only and cannot be used to support Covid-19 costs related to hospitality services such as bars or restaurants within sports facilities.

The scheme will be based on identified needs.

Limerick Sports Partnership and Sport Ireland will work together to ensure that the investment is distributed fairly and every effort will be made to ensure that the wider sports community benefits from this scheme. There is a €1,500 limit per club on this grant scheme however applications will be means tested and only clubs with the most need will be eligible for the full amount. Clubs should not feel that they have to apply for the full amount to be considered for support.

Speaking regarding the launch of the Covid-19

Club Small Grant Scheme, LSP Coordinator Phelim Macken, said "Limerick Sports Partnership welcomes the announcement of financial support for sports clubs across Ireland and encourages all sports clubs in Limerick to assess their need for financial support towards Covid-19 related hygiene and social distancing protocols."

For further information on how to apply please visit www.limericksports.ie The closing date for receipt of applications is Friday 4th September.

Clubs registered with Limerick Sports Partnership will also receive an email with the relevant links and information.

If you have any additional queries, please contact Phelim Macken on 061333600

pmacken@limericksports.ie

Only one application can be submitted per sport club.

Applications to Limerick Sports Partnership are only applicable to clubs based within Limerick.

Funding applications must be submitted prior to 4th September via the application form on Limerick Sports Partnership's website at www.limericksports.ie Clubs must ensure that, where available, they prioritise the application for funding support via their National Governing Body or relevant representative body. Funding support for the same purpose should not be sought from multiple sources

HARVESTING TRADITION

Foraging is seeking and gathering wild fruit that exists all around us, but for many of us is unknown. The benefits of collecting and eating wild food are many. Foraged food is healthy, ecologically interactive, tastes fantastic, and is a joy to collect!

In the modern era humanity has for the most part lost its connection to nature and the benefits of eating food in its natural state. Increasingly we see the effects of this throughout society, not least with our youth, with ever increasing rates of obesity, general poor health, depression and discontentment.

While simply eating wild foods is not the cure for this, it is most certainly an important stepping stone towards healthier, more connected and sustainable lifestyles.

Some of the wild fruits that are available to be picked from now on are wild rosehips otherwise known as dog haws (do not use the hips of a cultivated rose), elderberries, damsons (wild plums), elderflowers, rowanberries (the red berries off the Mountain Ash), sloes, blackberries, crab apples. The main benefits to using wild fruits is that you can have many exciting variations to an ordinary jam.

Now that we are in the middle of a pandemic it is vital that we help our immune system with as much vitamins as possible. Rosehips contain vitamin C

Rosehip syrup recipe

Sterilise a couple of bottles by putting them on a tray in a low oven (at 120°C/ Gas 1/2) to dry out and heat up.

Roughly chop the rosehips in a food processor in batches, then transfer to a large saucepan and add 1.25 litres water.

Bring to the boil, then turn the heat down and simmer for around 15 minutes.

Strain through a double layer of muslin, letting the pulp sit for a good half hour so that all the juice passes through.

Wash out the muslin, or cut a fresh piece, fold to double it and pass the strained juice through it again. (This is to make sure no hairs off the seeds get into the syrup)

Measure the rosehip juice into a large saucepan.

For every 500ml, add 325g sugar.

Heat slowly, stirring, until the sugar has dissolved, then bring to the boil and boil for 3 minutes, skimming off any scum if necessary.

Decant immediately into the prepared bottles and seal. Label when the bottles have cooled completely. Use within 4 months and refrigerate once opened.

www.rivercottage.net/recipes/rosehip-syrup

Sloes

Sloes are the fruit of the Blackthorn bush. It is a small black or dark blue bitter fruit that no one would ever think of eating. But this fruit is so high in

pectin that it doesn't need anything like apples to set it. The number of sloes you will find on a blackthorn each year is very much linked to the weather during the previous spring and summer. Too dry and the sloes will be small and shrivelled. Too wet and cold and they will not develop at all. A good crop of plump, well-ripened sloes needs the perfect balance of warmth and water.

When to pick sloes

There's lots of debate about when to pick sloes. For the best flavour, wait until the berries are ripe before picking. They should be a rich dark purple and should squash easily between your fingertips. It's a good sign if they've already started

to drop naturally to the ground.

If you're picking them for sloe gin then traditionally you wait until after the first frosts. These days, there's no reason why you can't pick them earlier, bag them up and pop them in your freezer to mimic that first frost. The theory behind this is that the frost splits the skins so the juices can flow into your gin without you having to go to the effort of pricking all the berries.

How to make sloe jelly

Weigh your crop of pricked, frozen or frosted sloes in a saucepan. Add just enough water to cover the fruit, bring to the boil, and simmer until the berries are pulpy (you may need to mash them a bit). Add twice the weight of washed, chopped apples (peel, core and all), and the juice and peel of half a lemon for every kilo (2 lbs) of apples. Bring to the boil, simmer until pulpy again, and leave to cool down a bit.

Strain the pulp through a scalded jelly bag or fine muslin into a suitable container. You shouldn't squeeze the bag to hurry it up or you will have cloudy jelly, so leave it to dribble through overnight.

The next day, measure the juice and add 400g of sugar per 500ml (1lb per pint). Stir it over a medium heat until it comes to the boil, and skim off any scum.

Boil the liquid until it reaches setting point (you can use a sugar thermometer for this, or just keep checking it with

a cold plate), then ladle into hot jars and seal.

Sloe gin jelly

One of the nice things about this jelly is that you can use sloes that have been drained out of sloe gin; you might expect there to be less taste to them, but you'd be wrong. The recipe is exactly the same, but the gin gives a richness and complexity of flavour to the jelly that might surprise you. As an optional extra, you can add a couple of tablespoonfuls of Cork Dry Gin for every 500g (1lb) of sloes just before you pour it into the jars (Do Not cook the Gin or you will lose the alcohol)

<http://www.farminmypocket.co.uk/growing/wild-food/sloe-jelly-recipe-a-taste-of-the-wild>

Here is another website that has a really lovely recipe. Sloe gin is generally used around Christmas because it takes about three months to make with a lot of turning and shaking involved. When it's ready it's a deep red in colour.

www.woodlandtrust.org.uk/blog/2018/09/sloe-gin-recipe/

CREATING ECOLOGICAL CORRIDORS

Pollinators and other wildlife often struggle to travel through our communities, due to a lack of suitable habitat and food. Bumblebees have to feed every 40 minutes. So, all of your pollinator friendly planting and wildflowers can make a big difference.

Bruff Tidy Towns have done great work with the national biodiversity to develop ecological corridors, allowing bumbles and other insects to travel easily through Bruff

<https://pollinators.ie/creating-ecological-corridors-in-bruff/>

I would like to encourage you all to think about including developing an ecological corridor in your 5-year plan. It is a project that could be developed over the full 5-year duration of your plan. You could expand the corridor every year.

Please do not hesitate to get in contact, if I can be of any assistance. Rhiannon Laubach, Rural Social Scheme Team Leader 087-1940608.

OTHER EVENTS

2020 Virtual Cook Medical Women's Mini Marathon

Due to COVID-19, things are a little different this year. The 2020 Cook Medical Women's Mini Marathon will take place as a virtual event to allow participants to take part while adhering to all social distancing and mass gathering rules.

The event will take place over the last weekend of September, when participants can complete their walk, jog, or run

whenever and wherever suits them on either the 26th or 27th of the month.

This has been a very difficult time for everyone, including charity groups. At a time when their services are needed more than ever, their traditional fundraising streams have been drastically reduced.

The staging of Cook Medical Women's Mini Marathon in this virtual manner will be a big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long-standing Limerick sporting event.

All proceeds from the new look Cook Medical Women's Mini Marathon will help the below listed nominated charities:

ADAPT Domestic Abuse Services, Barnardo's, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House, St. Gabriel's Centre.

Each participant will receive a finishers medal, long sleeved quarter zip top (adults only) and race number and printed name. There will also be a virtual results system!

Register now for the 2020 Cook Medical Women's Mini Marathon.

For more information on the marathon or to check out the marathon training plans available visit limerickminimarathon.com

CURRENT GRANTS AND FUNDING SCHEMES

August Pollinator Plan Newsletter And Wildlife Survey Training

August is the month when you can check to see if your bee hotels are being visited. If they are not being used it might be time to think about moving the hotel to a new location. This is the link to the August edition of the All-Ireland Pollinator Plan newsletter, which has more information.

[m i l c h i . m p / biodiversityireland/all-ireland-pollinator-plan-august-2020-newsletter?e=79917bba88](mailto:milchil.m.p@biodiversityireland/all-ireland-pollinator-plan-august-2020-newsletter?e=79917bba88)
The Mague Rivers Trust are currently doing a survey on what type of wildlife training community groups would like to do. It is very short

only about three minutes. So if there is something that your Tidy Towns group would like to learn more about, please let the trust know and they will try to facilitate it. Some suggestions could include learning to identify wild flowers or animals that use the riverbanks.

maigueriverstrust.ie/2020/08/07/survey-time/
Please don't hesitate to get in contact if I can be of any assistance.

Rhiannon Laubach, Rural Social Scheme Team Leader, 087-1940608

RURAL REGENERATION AND DEVELOPMENT FUND

The Rural Regeneration and Development Fund (RRDF) is a commitment to support job creation in rural areas, address de-population of rural communities and support

improvements in our towns and villages with a population of less than 10,000, and outlying areas. This call for applications to the Fund seeks to provide assistance in supporting economic recovery in rural areas in light of the challenges posed by the Covid-19 pandemic and to assist in delivering sustainable regeneration in rural towns and villages, driving greater economic activity and helping to address challenges such as dereliction and vacancy. Applications to the Fund which support in the decarbonisation of the economy and environmental sustainability are particularly welcome.

This call under the Fund is for Category 1 applications, which relate to capital projects that have planning in place and are ready to commence at the date of application. It is expected that a funding announcement relating to the second call for Category 2 applications – for projects which require assistance for project development work in order to reach full delivery readiness – will be made at a later time.

Proposals are being invited from Local Authorities, and other locally/regionally based organisations, such as Local Development Companies, as well as government departments and State agencies. For the purpose of accountability and oversight, the lead

partner of all projects must be a State funded body, but collaboration with the private sector is encouraged.

Amount: minimum funding request of €500,000 and supported to a maximum of 90%

Closing date: 12 noon, on Tuesday 1st December 2020.

Website: www.gov.ie/en/policy-information/c77144-rural-regeneration-and-development-fund/

DROMIN ATHLACCA GAA CLUB

Thank You

Dromin Athlacca GAA Club would like to thank all our players, parents and mentors along with our Covid 19 Officers for all their hard work and commitment to ensure recent Covid 19 regulations are adhered to. It is due to their hard work and commitment that our club can continue to keep our long-standing traditions alive and well.

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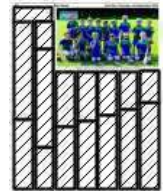
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Dromin Athlacca

BIRTHDAY GREETINGS

We would like to wish the following a very happy birthday: Martin Sexton, Michael Collins, Brian Neenan, Rob Cumming, Aoife Rabbitt, Breda D. Cleary, Derek Kenny, Victor Hannon, Ellen O'Regan, Ivan Walsh, Kevin McManus.

MASS TIMES AND INTENTIONS

Athlacca - Thursday 3rd
September 10am no
intention

Dromin - Thursday 3rd
September 7pm no
intention

Athlacca - Friday 4th
September 10am no
intention

Dromin - Saturday
September 5th 7pm

Athlacca - Sunday
September 6th 10am

We ask you to kindly
remember those who have
anniversaries at this time
to keep them in your
prayers.

Weekend Masses are still
available if you would like
to book them for a
deceased member of your
family or for a special
intention - please contact
Fr John 085 806 6468 or
Karen to arrange a
booking.

Important Numbers

Age Action Ireland -
Monday/Friday 9.30am To
5pm - 01 475 6989

Dromin Athlacca
Support Group - 086 042
0950 - Geraldine

Bruff Garda Station -
061 382940

Alone - 0818 222 024

Dispensation On The Sunday Obligation

The Bishops have extended
the dispensation rule from
the Sunday obligation.

What I would encourage
you for people who may
feel vulnerable or have any
kind of health problem that
you may prefer to attend
weekday Mass instead of
the weekend mass for the
time being.

As you know the numbers
for weekday Mass is far

less than at the weekend.

Wearing Of A Face Mask

Please bring a face mask
face covering with you to
church - Thank You

CONGRATULATIONS

Congratulations to Austin
Leahy and his jockey
Dylan Browne McMonagle
who successfully teamed
up for the second time in
the space of six days as
first reserve Ecoeye landed
the Frenchpark Handicap
at Roscommon.

DROMIN ATHLACCA GAA

Cash For Clothes Fundraiser

A cash for clothes
fundraiser has been
organised for the club.
This will take place on
Saturday September 13th
in our Clubhouse. Clothes
that are clean and in good
condition will be greatly
appreciated. Donations of
clothes will be accepted
during any training
session.

Lottery

There was no winner of the
€7,250 jackpot. The
numbers drawn were 1, 3,
19 and 21. Lucky dip
winners - €40 Liam
Barron, €20 each Willie
Kelleher and Jimmy
O'Donoghue.

SIMPLE PRAYER

Dear God, thank you for
the gift of family and
friends. Holding them in

my heart is one of the most
precious things I can never
get tired of. Bless
everyone, for they deserve
all goodness you have
given to me. If I may do
something wrong today,
please forgive me.

BACK TO SCHOOL

We wish all the teachers
and pupils a very happy,
safe and brainy new school
year. We pray that all the
new changes and the new
normal routines that all
teachers, parents, guardians
and children face will keep
everyone safe and healthy.

Dear God, bless our
school, bless our teachers,
bless our pupils, bless our
families, please help us to
be kind and to do our best,
let us remember, as many
hands make a house, so
many hearts make a
school.

CULTURE NIGHT 2020

Culture Night 2020 will
take place this year on
Friday 18th September, so
now is the time to start
planning events and
activities for the Limerick
region! The Tourism,
Culture and Arts Office of
Limerick City and County
Council is inviting event
organisers to take part in
this year's event by
registering events through
a public call.

Culture Night is always
great fun and offers the
perfect opportunity for us,
as a region, to showcase
the wealth of culture that
Limerick has to offer. It is
a night to celebrate the
cultural, artistic and
creative communities of
our city and county by
inviting existing and new
audiences to experience
our galleries, museums,
workshops and studios.
Due to Covid-19
restrictions, it is necessary
this year that some changes
are made to the 2020
programme. Event
organisers are encouraged
to programme digital
events along with some
small pre-booked live
events.

In planning digital or
online events, groups are
asked to consider this as an
opportunity to reach much
larger audiences than
would be able to attend a
live event at present and
also to reach new
audiences who may not
normally be able to attend.
All live events that wish to
register must implement
pre-booking and ticketing
to manage audience
numbers in line with
national Covid-19
regulations and guidelines,
abiding by event size
regulations and imple-
menting strict safety
measures.

Never has it been more
important for an event like
Culture Night to take place
as it presents the
opportunity for our creative
community to work in
partnership to nurture the
cultural life of our region
and support our audiences
as they adjust to a new
social and cultural
environment within their
communities.

To register your event go
to Limerick.ie,
Clubs, organisations and
groups in Limerick wishing
to organise a Culture Night
event this year, will be
supported with advice,
promotion and merc-
handising by Limerick
Tourism, Culture and Arts
Office.

If you have any queries or
would like to know more
about getting involved in
Culture Night 2020 you
can email artsoffice@

limerick.ie or call 061
556370.

Small Club Grants

Sports clubs in Limerick
can now apply for Covid-
19 Club Small Grants of
up to €1,500 through
Limerick Sports
Partnership (LSP).

The Covid-19 Club Small
Grant Scheme is part of a
series of Covid-19 related
funding schemes from
Sport Ireland, following
the announcement of €70
million of funding by the
Government to support the
sports sector in response to
the crisis.

The Covid-19 Club Small
Grant Scheme will be im-
plemented by the network of Local
Sports Partnerships and
will provide assistance to
local clubs with covering
costs associated with the
reopening of sports clubs.
This scheme is separate to
the Sports Club Resilience
Fund, which will be
delivered through National
Governing Bodies.

This scheme is designed to
support sports clubs that
do not have the finances to
implement Covid-19
related hygiene and social
distancing protocols.

The Covid-19 Club Small Grants can be used to support Covid-19 related expenditure dating from 2nd May onwards (Date of publication of Government roadmap to recovery). As the total fund available is limited, clubs which already have the finances to implement Covid-19 protocols should not apply. This grant scheme is designed and intended to support return to sporting activities only and cannot be used to support Covid-19 costs related to hospitality services such as bars or restaurants within sports facilities. The scheme will be based on identified needs.

Limerick Sports Partnership and Sport Ireland will work together to ensure that the investment is distributed fairly and every effort will be made to ensure that the wider sports community benefits from this scheme. There is a €1,500 limit per club on this grant scheme however applications will be means tested and only clubs with the most need will be eligible for the full amount. Clubs should not feel that they have to apply for the full amount to be considered for support. Speaking regarding the launch of the Covid-19

Club Small Grant Scheme, LSP Coordinator Phelim Macken, said "Limerick Sports Partnership welcomes the announcement of financial support for sports clubs across Ireland and encourages all sports clubs in Limerick to assess their need for financial support towards Covid-19 related hygiene and social distancing protocols." For further information on how to apply please visit www.limericksports.ie. The closing date for receipt of applications is Friday 4th September. Clubs registered with Limerick Sports Partnership will also receive an email with the relevant links and information. If you have any additional queries, please contact Phelim Macken on 061333600 pmacken@limericksports.ie. Only one application can be submitted per sport

club.

Applications to Limerick Sports Partnership are only applicable to clubs based within Limerick. Funding applications must be submitted prior to 4th September via the application form on Limerick Sports Partnership's website at www.limericksports.ie. Clubs must ensure that, where available, they prioritise the application for funding support via their National Governing Body or relevant representative body. Funding support for the same purpose should not be sought from multiple sources.

HARVESTING TRADITION

Foraging is seeking and gathering wild fruit that exists all around us, but for many of us is unknown. The benefits of collecting and eating wild food are many. Foraged food is healthy, ecologically interactive, tastes fantastic, and is a joy to collect! In the modern era humanity has for the most part lost its connection to nature and the benefits of eating food in its natural state. Increasingly we see the effects of this throughout society, not least with our youth, with ever increasing rates of obesity, general poor health, depression and discontentment.

While simply eating wild foods is not the cure for this, it is most certainly an important stepping stone towards healthier, more connected and sustainable lifestyles.

Some of the wild fruits that are available to be picked from now on are wild rosehips otherwise known as dog haws (do not use the hips of a cultivated rose), elderberries, damsons (wild plums), elderflowers, rowanberries (the red berries off the Mountain Ash), sloes, blackberries, crab apples. The main benefits to using wild fruits is that you can have many exciting variations to an ordinary jam.

Now that we are in the middle of a pandemic it is vital that we help our immune system with as much vitamins as possible. Rosehips contain vitamin C

Rosehip syrup recipe

Sterilise a couple of bottles by putting them on a tray in a low oven (at 120°C/ Gas 1/2) to dry out and heat up.

Roughly chop the rosehips in a food processor in batches, then transfer to a large saucepan and add 1.25 litres water.

Bring to the boil, then turn the heat down and simmer for around 15 minutes.

Strain through a double layer of muslin, letting the pulp sit for a good half hour so that all the juice passes through.

Wash out the muslin, or cut a fresh piece, fold to double it and pass the strained juice through it again. (This is to make sure no hairs off the seeds get into the syrup)

Measure the rosehip juice into a large saucepan.

For every 500ml, add 325g sugar.

Heat slowly, stirring, until the sugar has dissolved, then bring to the boil and boil for 3 minutes, skimming off any scum if necessary.

Decant immediately into the prepared bottles and seal. Label when the bottles have cooled completely. Use within 4 months and refrigerate once opened.

www.rivercottage.net/recipes/rosehip-syrup

Sloes

Sloes are the fruit of the Blackthorn bush. It is a small black or dark blue bitter fruit that no one would ever think of eating. But this fruit is so high in

pectin that it doesn't need anything like apples to set it. The number of sloes you will find on a blackthorn each year is very much linked to the weather during the previous spring and summer. Too dry and the sloes will be small and shrivelled. Too wet and cold and they will not develop at all. A good crop of plump, well-ripened sloes needs the perfect balance of warmth and water.

When to pick sloes

There's lots of debate about when to pick sloes. For the best flavour, wait until the berries are ripe before picking. They should be a rich dark purple and should squash easily between your fingertips. It's a good sign

if they've already started to drop naturally to the ground.

If you're picking them for sloe gin then traditionally you wait until after the first frosts. These days, there's no reason why you can't pick them earlier, bag them up and pop them in your freezer to mimic that first frost. The theory behind this is that the frost splits the skins so the juices can flow into your gin without you having to go to the effort of pricking all the berries.

How to make sloe jelly

Weigh your crop of pricked, frozen or frosted sloes in a saucepan. Add just enough water to cover the fruit, bring to the boil, and simmer until the berries are pulpy (you may need to mash them a bit). Add twice the weight of washed, chopped apples (peel, core and all), and the juice and peel of half a lemon for every kilo (2 lbs) of apples. Bring to the boil, simmer until pulpy again, and leave to cool down a bit.

Strain the pulp through a scalded jelly bag or fine muslin into a suitable container. You shouldn't squeeze the bag to hurry it up or you will have cloudy jelly, so leave it to dribble through overnight.

The next day, measure the juice and add 400g of sugar per 500ml (1lb per pint). Stir it over a medium heat until it comes to the boil, and skim off any scum.

Boil the liquid until it reaches setting point (you can use a sugar thermometer for this, or just keep checking it with

a cold plate), then ladle into hot jars and seal.

Sloe gin jelly

One of the nice things about this jelly is that you can use sloes that have been drained out of sloe gin; you might expect there to be less taste to them, but you'd be wrong. The recipe is exactly the same, but the gin gives a richness and complexity of flavour to the jelly that might surprise you. As an optional extra, you can add a couple of tablespoonfuls of Cork Dry Gin for every 500g (1lb) of sloes just before you pour it into the jars (Do Not cook the Gin or you will lose the

alcohol)

h t t p : / / w w w . farminmypocket.co.uk/growing/wild-food/sloe-jelly-recipe-a-taste-of-the-wild

Here is another website that has a really lovely recipe. Sloe gin is generally used around Christmas because it takes about three months to make with a lot of turning and shaking involved. When it's ready it's a deep red in colour.

www.woodlandtrust.org.uk/blog/2018/09/sloe-gin-recipe/

CREATING ECOLOGICAL CORRIDORS

Pollinators and other wildlife often struggle to travel through our communities, due to a lack of suitable habitat and food. Bumblebees have to feed every 40 minutes. So, all of your pollinator friendly planting and wildflowers can make a big difference.

Bruff Tidy Towns have done great work with the national biodiversity to develop ecological corridors, allowing bumbles and other insects to travel easily through Bruff

<https://pollinators.ie/creating-ecological-corridors-in-bruff/>

I would like to encourage you all to think about including developing an ecological corridor in your 5-year plan. It is a project that could be developed over the full 5-year duration of your plan. You could expand the corridor every year.

Please do not hesitate to get in contact, if I can be of any assistance. Rhiannon Laubach, Rural Social Scheme Team Leader 087-1940608.

OTHER EVENTS

2020 Virtual Cook Medical Women's Mini Marathon

Due to COVID-19, things are a little different this year. The 2020 Cook Medical Women's Mini Marathon will take place as a virtual event to allow participants to take part while adhering to all social distancing and mass gathering rules.

The event will take place over the last weekend of September, when participants can complete

their walk, jog, or run whenever and wherever suits them on either the 26th or 27th of the month. This has been a very difficult time for everyone, including charity groups. At a time when their services are needed more than ever, their traditional fundraising streams have been drastically reduced.

The staging of Cook Medical Women's Mini Marathon in this virtual manner will be a big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long-standing Limerick sporting event.

All proceeds from the new look Cook Medical Women's Mini Marathon will help the below listed nominated charities:

ADAPT Domestic Abuse Services, Barnardo's, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House, St. Gabriel's Centre.

Each participant will receive a finishers medal, long sleeved quarter zip top (adults only) and race number and printed name. There will also be a virtual results system!

Register now for the 2020 Cook Medical Women's Mini Marathon.

For more information on the marathon or to check out the marathon training plans available visit limerickminimarathon.com

CURRENT GRANTS AND FUNDING SCHEMES

August Pollinator Plan Newsletter And Wildlife Survey Training

August is the month when you can check to see if your bee hotels are being visited. If they are not being used it might be time to think about moving the hotel to a new location. This is the link to the August edition of the All-Ireland Pollinator Plan newsletter, which has more information.

mail@biodiversityireland/all-ireland-pollinator-plan-august-2020-newsletter?e=79917bba88

The Mague Rivers Trust are currently doing a survey on what type of wildlife training community groups would

like to do. If is very short only about three minutes. So if there is something that your Tidy Towns group would like to learn more about, please let the trust know and they will try to facilitate it. Some suggestions could include learning to identify wild flowers or animals that use the riverbanks.

maigueriverstrust.ie/2020/08/07/survey-time/ Please don't hesitate to get in contact if I can be of any assistance.

Rhiannon Laubach, Rural Social Scheme Team Leader, 087-1940608

RURAL REGENERATION AND DEVELOPMENT FUND

The Rural Regeneration and Development Fund (RRDF) is a commitment to support job creation in rural areas, address de-population of rural communities and support

improvements in our towns and villages with a population of less than 10,000, and outlying areas. This call for applications to the Fund seeks to provide assistance in supporting economic recovery in rural areas in light of the challenges posed by the Covid-19 pandemic and to assist in delivering sustainable regeneration in rural towns and villages, driving greater economic activity and helping to address challenges such as dereliction and vacancy. Applications to the Fund which support in the decarbonisation of the economy and environmental sustainability are particularly welcome.

This call under the Fund is for Category 1 applications, which relate to capital projects that have planning in place and are ready to commence at the date of application. It is expected that a funding announcement relating to the second call for Category 2 applications – for projects which require assistance for project development work in order to reach full delivery readiness – will be made at a later time.

Proposals are being invited from Local Authorities, and other locally/regionally based organisations, such as Local Development Companies, as well as government departments and State agencies. For the purpose of accountability

and oversight, the lead partner of all projects must be a State funded body, but collaboration with the private sector is encouraged.

Amount: minimum funding request of €500,000 and supported to a maximum of 90%

Closing date: 12 noon, on Tuesday 1st December 2020.

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Date:	Sunday, September 6, 2020	Reach	330,140
Page:	Link	Size (Sq. Cm)	308



Here's What Happened Today: Sunday

Catch up on all that made the headlines. NEED TO CATCH up? TheJournal.ie brings you a round-up of today's news.

Aideen O'Colmain, Director Business Development FitBit Health Solutions; Shane Byrne; breast cancer survivor Ann Eble; and breast cancer survivor Laura Austin at the launch of this year's [Great Pink Run](#).

Source: Sasko Lazarov

Health officials have reported 138 new confirmed cases of Covid-19 . There have been no further deaths of patients diagnosed with the disease.

Guidelines have been drafted for the reopening of pubs

Gardaí are seeking the public's help to trace the whereabouts of a missing three-year-old boy who is believed to be in the company of his mother.

The INMO has said it is concerned to see Covid-19 hospital outbreaks

The Taoiseach said there will be no change to the travel ' green list ' until a new roadmap is published.

Dublin Airport

plans to introduce paid drop-off and pick-up zones after the pandemic.

Nearly 500 fireworks were seized by gardaí in Cork

LGBT activists with an old Belarusian national flag in front of a police barricade during an opposition rally to protest the official presidential election results in Minsk, Belarus.

Source: PA

#BIRMINGHAM: One man died and seven people were injured in stabbings overnight.

#WISCONSIN: Jacob Blake has said he is in constant pain from his shooting by a police officer last month.

#RUSSIA: German has threatened sanctions on Russia over the poisoning of opposition politician Alexei Navalny.

#FRANCE: A further seven regions have been placed on high alert for Covid-19.

#AUSTRALIA: Melbourne will remain in lockdown until the end of October.

An Austrian man has broken his own world record by standing in a box filled with ice for over two-and-a-half hours.

Publication: msn.com/en-ie/entertainment**Media Cost (€):** 4**Date:** Sunday, September 6, 2020**Reach** 500**Page:** [Link](#)**Size (Sq. Cm)** 372

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The INMO has said it is concerned to see Covid-19 hospital outbreaks.

The Taoiseach said there will be no change to the travel 'green list' until a new roadmap is published.

Dublin Airport plans to introduce paid drop-off and pick-up zones after the pandemic.

Nearly 500 fireworks were seized by gardaí in Cork.

WORLD a little boy standing in front of a building: LGBT activists with an old Belarusian national flag in front of a police barricade during an opposition rally to protest the official presidential election results in Minsk Belarus.

© PA LGBT activists with an old Belarusian national flag in front of a police barricade during an opposition rally to protest the official presidential election results in Minsk Belarus.

#BIRMINGHAM: One man died and seven people were injured in stabbings overnight.

#WISCONSIN: Jacob Blake has said he is in constant pain from his shooting by a police officer last month.

#RUSSIA: German has threatened sanctions on Russia over the poisoning of opposition politician Alexei Navalny.

#FRANCE: A further seven regions have been placed on high alert for Covid-19.

#AUSTRALIA: Melbourne will remain in lockdown until the end of October.

PARTING SHOT

An Austrian man has broken his own world record by standing in a box filled with ice for over two-and-a-half hours.

[Read more](#)

Publication:	Daily Mirror (ROI)	Media Cost (€):	521
Date:	Monday, September 7, 2020	Reach	28,633
Page:	Link	Size (Sq. Cm)	97



Cancer run returns for its 10th year

A CHARITY run to raise funds for [Breast Cancer Ireland](#) returns next month for its 10th year.

The [Great Pink Run](#) with Glanbia on October 17 to 18 aims to raise funds for research and awareness.

Sporting legend Sonia O'Sullivan and her daughter Sophie will take part along with ex-rugby ace Shane Byrne, rugby international Josh van der Flier as well as broadcaster and BCI ambassador Elaine Crowley.

A spokeswoman said: "More than 45,000 people have taken part since it began in 2011, raising over €2million which has helped support pioneering research fellowships."

In the pink



Aideen O'Colmain, Shane Byrne, and breast cancer survivors Ann Eble and Laura Austin, at the launch of this year's virtual Great Pink Run which takes place on October 17 and 18. SEE: greatpinkrun.ie

Picture: Sasko Lazarov/Photocall Ireland



Rachel Ryan in Tralee is all set for the Leaving Cert results, which are being issued at 9am today on lc2020.education.gov.ie and through schools.

Picture: Dornick Walsh

Leaving Cert student Phoebe Kearney, who works part-time at Reens shop in Bandon Co Cork, and who hopes to study accountancy at UCC. Picture: Denis Boyle



Siúbhan and Doireann Lucey, Sandra Schmid, and Carole Neiertz with Hairy Henry the horse and Nell the donkey in Bandon. Hairy Henry Care Farm, Ballylickey, Co Cork, is raising funds for a new barn to help them provide therapeutic horseriding in inclement weather. SEE: hairyhenry.com Picture: Andy Gibson

Publication:	agriland.ie	Media Cost (€):	99
Date:	Tuesday, September 8, 2020	Reach	10,540
Page:	Link	Size (Sq. Cm)	357



Glanbia employees to run, walk and cycle 15,000km for charity

Paul Byrne and Jim O'Neill of Glanbia Ireland

Employees of Glanbia Ireland will run, walk or cycle a total of 15,000km for charity over the course of the coming week – the equivalent of travelling around Ireland's coastline five times over.

This year, the Glanbia 300 annual event is "going virtual", with supporters able to follow the event online through social media.

The event began yesterday (Monday, September 7), and will conclude on Sunday (September 13).

Over the course of the last six years, the Glanbia Ireland 300 annual cycle has raised over €200,000 for **Breast Cancer Ireland** (BCI) and a number of other charities.

A decision was taken due to Covid-19 restrictions to 'reimagine' the event, which normally involves a group undertaking a cycle together each June.

Although the event couldn't take place that month, Glanbia Ireland said it wants to "encourage as many people to stay fit and to stay as connected to others as possible while keeping our distance and helping those in need".

As well as BCI, donations this year will also go to Carlow Kilkenny Homecare and Enable Ireland.

Glabia Ireland said that "anyone, anywhere" can take part, and everybody is being invited to do so. You can follow the event on Twitter via @Glanbialreland, and you're invited to share images of yourself, your family and your friends getting out and taking part.

Jim O'Neill, of Glanbia Ireland, said: "We are delighted with the new format for our Glanbia 300 event. This fantastic initiative raises much needed funds for a variety of very worthy causes.

"Best wishes to all those getting involved over the seven days. I would also like to thank our sponsors and donors," O'Neill added.

You can make a donation by clicking [here](#). You can follow event updates [here](#).

CLASSIFIED ADVERTS Fleckvieh dairy stock Call for price Lm breeding heifer €1,100 Super PB LM Bull Call for price Sheep Dipping Call for price 5 STAR SUPERB QUALITY LIMOUSINE HEIFERS Call for price Bullocks Call for price Powered By



Glanbia cycle goes virtual to clock up 15,000 kilometres

Mary Cody

mary.cody@kilkennypeople.ie

The Glanbia 300 annual event is going virtual – join Glanbia Ireland employees to run, walk or cycle a total distance of 15,000 kilometres from September 7 to 13.

This is the equivalent of travelling the coastline of Ireland five times.

Over the last six years the

Glanbia 300 annual cycle event has raised over €200,000 for Breast Cancer Ireland (BCI) and a number of other charities.

A decision was taken due to Covid-19 restrictions to reimagine the event which normally involves a group undertaking a cycle together each June.

In the current times Glanbia Ireland wants to encourage as many people to

stay fit and to stay as connected to others as possible while keeping our distance and helping those in need. Alongside our charity partner Breast Cancer Ireland (BCI), donations will also go towards Carlow Kilkenny Homecare and Enable Ireland.

The great thing about this year's event is that anyone, anywhere can take place. To do so simply follow us on

Twitter @GlanbiaIreland and share images with us of you, your family and friends getting out and taking part in this event.

Jim O'Neill of Glanbia Ireland said: "We are delighted with the new format for our Glanbia 300 event. This fantastic initiative raises much needed funds for a variety of very worthy causes. Best wishes to all those getting involved."

Publication: Kilkenny People
Date: Thursday, September 10, 2020
Page: 1

Media Cost (€): 853.58
Reach: 10,591
Size (Sq. Cm): 182



ON YOUR MARKS FOR THE PINK RUN!



All ready to go for the Great Pink Run were Juliette O'Connell, Physiotherapy Manager at Aut Even Hospital, Kilkenny; Kate Lennon, Nutrition Manager, Glanbia; Aisling Hurley, CEO of Breast Cancer Ireland; Jane Campbell, Marketing & Business Development Manager, Aut Even Hospital; Olivia Dowling of Aut Even Hospital; Naoise Coogan, Corporate Communications Manager, Glanbia and Margaret Swords, CEO of Aut Even Hospital. The Great Pink Run will be held in neighbourhoods across the country on October 17 and 18 to raise funds in support of Breast Cancer Ireland's pioneering research and awareness programmes. See pages 8 and 9 for more

PICTURE: VICKY COMERFORD



In the pink! The Great Run goes virtual for 2020

Sian Moloughney

sian.moloughney@kilkennypeople.ie

A wave of pink will sweep across Kilkenny, next month, as the annual Great Pink Run goes virtual.

The annual fundraiser for Breast Cancer Ireland is usually held in Kilkenny's Castle Park, when hundreds of pink-clad runners and walkers help raise funds for breast cancer research. This year things are different and because they can't get together in the park, people are asked to sign up and do their own Pink Run.

This year's virtual event will take place in neighbourhoods across the country on the weekend of October 17 and 18.

Breast Cancer Ireland wants families and friends to get together to run, walk or jog 5k, or take on the 10k challenge, in their communities, in line with social distancing protocols.

Marking its 10th anniversary this year, it is hoped the event will attract thousands of women, men, and children from all over Ireland, and further afield, as Breast Cancer Ireland attempts to turn the globe pink, as part of Breast Cancer Awareness Month, in October.

The circumference of the globe is 40,700km so the more people who register, the closer the charity can get to

reaching this target.

Encouraging people to get involved, local woman Naoise Coogan said Breast Cancer Ireland does great work. The organisation supports

research and an education programme.

Naoise benefitted from that breast cancer research when she was diagnosed with the disease. She has been cancer free for five years, but part of the process she went through was an 'oncotype DX test', a new technology that shows if chemotherapy will be beneficial to an individual. It's a medical technology that didn't exist when the Great Pink Run began, 10 years ago.

Breast Cancer Ireland were a support to her and to people who experience breast cancer themselves, their families, those who have

lost people to breast cancer and those who are still here because of the research and new medications.

"I was really lucky. I caught it early," Naoise said of her cancer. She found a lump under her arm. Her doctor sent for a 'triple assessment' in hospital and Naoise says those three tests are so important, because it was on the third that her cancer was found. Patients undergo an assessment by a surgeon, a mammogram and an ultrasound exam.

What followed was day surgery at Waterford Regional Hospital for a lumpectomy and the removal of lymph nodes. Naoise said she was lucky that her cancer hadn't spread. The new oncotype DX test was able to show she didn't need

chemotherapy, just radiotherapy and follow up treatment with tamoxifen.

That was very important to Naoise. She said she had never felt sick from diagnosis

to treatment, but chemo would have made her visibly sick to her family and other people. Thanks to new medical developments she didn't go through that.

IMPORTANT

The Great Pink Run is also important to Naoise in her role as corporate communications manager with Glanbia, sponsor of the event. The company has supported the fundraiser for six years and Naoise said the virtual Great Pink Run this year will be a great way for Glanbia's global employees to get involved.

Another important part of Breast Cancer Ireland's work is educating women, and men, about the signs of the disease.

Juliette O'Connell is an Outreach Coordinator with Breast Cancer Ireland. Juliette is passionate about raising awareness of symptoms and signs of breast cancer, because seven years ago she, like many women, knew very little when she was diagnosed.

For months she had a rash on her neck and shoulder, that she was treating with Sudocreme. It was only when she took her son to the doctor she mentioned it in passing. She was diagnosed with stage three breast cancer.

Thankfully Juliette is now cancer free. "Education is the key. I didn't know anything at all. I didn't self examine, I was fit and healthy. The last thing that entered my mind was that I had cancer." More than 3,400 women are diagnosed with breast cancer every year, yet many are still oblivious to

the signs and symptoms.

Breast Cancer Ireland's education programme is free. Outreach Officers will visit schools, clubs, corporate groups, of any size. With social distancing regulations in place they will continue that education, in person if possible, but also with a new 'BreastAware' phone app that lets you set a monthly alarm for self examination.

"If in doubt, go straight away and get it checked out," Juliette said of anything different or unusual a woman might notice during self examination. "Nine out of ten times it won't be cancer."

Everyone who registers for the virtual Great Pink Run will have a race pack sent to their home with the famous pink t-shirt and medal.

Go to GreatPinkRun.ie to sign up.



At the launch of the Great Pink Run were Juliette O'Connell, BCI Outreach co-ordinator; Jane Campbell, Physiotherapy Manager at Aut Even Hospital, and Kate Lennon, Nutrition Manager, Glanbia



As a precursor to the Great Pink Run with Glanbia, Aut Even Hospital hosted an expert discussion event called The Warm Up in The Set in Langton's with Jane Campbell, Kate Lennon and leading breast cancer surgeon and chair of Breast Cancer Ireland, Professor Arnold Hill with CEO of Breast Cancer Ireland. Aisling Hurley was the MC of the event. It will be broadcast across Breast Cancer Ireland's social media platforms on Thursday, September 10, with a special piece from Sonia O'Sullivan



Aisling Hurley, CEO of Breast Cancer Ireland and Margaret Swords, CEO of Aut Even Hospital with Oscar the dog



PINK PARADE: Pictured at the launch of the Great Pink Run, which will be a virtual event for 2020, were (from left:) Juliette O'Connell, breast cancer survivor and BCI Outreach co-ordinator; Kate Lennon, Nutrition Manager, Glanbia; Professor Arnold Hill, breast cancer surgeon and chair of Breast Cancer Ireland; Aisling Hurley, CEO of Breast Cancer Ireland; Jane Campbell, Physiotherapy Manager Aut Even Hospital; Margaret Swords, CEO of Aut Even Hospital and Naoise Coogan, Corporate Communications Manager, Glanbia ALL PICTURES: VICKY COMERFORD

Great Pink Run Training Tips

Here are the five Top Tips for Training ahead of the Great Pink Run from Physiotherapy Manager of Aut Even Hospital, Jane Campbell MSc (Hons) Physiotherapy, MISC.

Aut Even are associate sponsors of the Great Pink Run with Glanbia supported by fitbit.

1. Build up your running training gradually to avoid injury. The biggest cause of injury in running is increasing your training load by too much or too quickly.

2. You don't need fancy running shoes to run, the best shoe for your running style is a comfortable one. However running shoes should be changed every six months to a year depending on how much mileage you do.



3. Add in some strength training to your programme. Three short sessions (less than 20 minutes) of strength training per week can reduce injuries by up to 50%

4. Stretching before a run isn't necessary but you may find some mobility exercises or dynamic stretches helpful e.g. calf raises, high knees etc.

Stretching following your run may help reduce any post exercise muscle soreness.

5. Run with a group or a friend. Running on your own all the time can be tedious for some. Running can be a very sociable hobby. Find a group in your locality (there are lots of running clubs that cater for all abilities) who are of the same level as yourself.



GLANBIA IRELAND 300

goes virtual and gets set to clock up 15,000km

The Glanbia 300 annual event is going virtual – join Glanbia Ireland employees to run, walk or cycle a total distance of 15,000 kilometres up to September 13th. This is the equivalent of travelling the coast-line of Ireland five times!

Over the last six years the Glanbia 300 annual cycle event has raised over €200,000 for Breast Cancer Ireland (BCI) and a number of other charities.

A decision was taken due to Coronavirus (Covid-19) restrictions to reimagine the event which normally involves a group undertaking a cycle together each June. In the current times Glanbia Ireland wants to encourage as many people to stay fit and to stay as connected to others as possible while keeping our distance and helping those

in need.

“The great thing about this year’s event is that anyone, anywhere can take place. We would also be delighted if you, or your family and (socially distant) friends and colleagues would like to take part with us this year,” a spokesperson said.

“Alongside our charity partner Breast Cancer Ireland (BCI), donations will also go towards Carlow Kilkenny Homecare and Enable Ireland.”

‘FANTASTIC INITIATIVE’

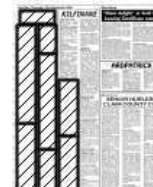
Commenting on the event which kicked off on September 7th, Jim O’Neill of Glanbia Ireland said: “We are delighted with the new format for our Glanbia 300 event. This fantastic initiative raises much needed funds for a variety of very worthy causes. Best wishes to all those getting

involved over the seven days. I would also like to thank our sponsors and donors.”

So, share images with us of you, your family and friends getting out and taking part in this event. To participate, simply follow Glanbia on Twitter @GlanbiaIreland To donate please visit: <https://www.gofundme.com/f/glanbia-300-charity>



Paul Byrne and Jim O'Neill of Glanbia Ireland got a morning cycle in before work, in aid of the Glanbia 300 event.



DROMIN ATHLACCA *Continued*

FUNDING

Limerick City and County Council and Limerick Local Community Development Committee (LCDC) invite applications for funding under the Department of Rural and Community Development's Community Enhancement Programme: 2020 Fund for Community Centres and Community Buildings. On the 10th August, 2020 the Minister of State for Community Development and Charities, Joe O'Brien, TD announced a €5 million fund, under the Community Enhancement Programme to provide capital grants towards the maintenance improvement and upkeep of community centres and community buildings. The allocation for Limerick is €203,981.00.

This funding is available under the Government's July stimulus package, and is targeted at measures that stimulate local economies, while enhancing facilities in disadvantaged areas in a manner consistent with Limerick's Local Economic and Community Plan (LECP) 2016-2021. It provides support to local community and voluntary groups to deliver small-scale capital projects.

What projects are eligible for funding?

The funding covers capital projects only. Priority types of small-scale works for Limerick are as follows:

- Upgrade of Community Buildings/ Community Centres
- Kitchen/Food preparation upgrades
- Disability access works
- Improvements to toilet/shower/changing facilities
- Energy efficiency/ heating

upgrades

Or other repairs and improvements.

All applications for funding under this programme will be reviewed and assessed to ensure consistency with the Limerick Local Economic and Community Plan (LECP).

In deciding the final allocations of funding to projects, the LCDC may take account of a number of factors including geographical balance, previous funding received by the applicant and the desirability to fund a variety of projects. The relative disadvantage of the area where the facility is located or the area it serves will form part of the decision process along with cross-reference being made to the HP (Hasse Pobal) Deprivation Index.

How to apply:

All applicants must complete the 2020 application form. Please read the briefing document, application form and guidelines.

The closing date for receipt of completed applications is 12 noon on Friday 16th October. Late Applications

will not be accepted.

Completed application forms including supporting documentation to be submitted as follows;

By Post:

Limerick LCDC Community Enhancement Programme, Urban and Rural Community Development, Community Development Directorate, Limerick City and County Council, Merchant's Quay, Limerick V94 EH90 By Email: cep@limerick.ie

OTHER EVENTS

Mini Marathon

2020 Virtual Cook Medical Women's Mini Marathon Due To Covid-19, things are a little different this year. The 2020 Cook Medical Women's Mini Marathon will take place as a virtual event to allow participants to take part while adhering to all social distancing and mass gathering rules.

The event will take place over the last weekend of September, when participants can complete their walk, jog, or run whenever and wherever suits them on either the 26th or 27th of the month.

This has been a very difficult time for everyone, including charity groups. At a time when their services are needed more than ever, their traditional fundraising streams have been drastically reduced.

The staging of Cook Medical Women's Mini Marathon in this virtual manner will be a big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long-standing Limerick sporting event.

All proceeds from the new look Cook Medical Women's Mini Marathon will help the below listed nominated charities:

ADAPT Domestic Abuse Services, Barnardo's, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House, St. Gabriel's Centre.

Each participant will receive a finisher's medal, long sleeved quarter zip top (adults only) and race number and printed name. There will also be a virtual results system!

For more information on the marathon or to check out the marathon training plans available visit limerickminimarathon.com

RURAL

REGENERATION AND DEVELOPMENT FUND

The Rural Regeneration and Development Fund (RRDF) is a commitment to support job creation in rural areas, address de-population of rural communities and support improvements in our towns

and villages with a population of less than 10,000, and outlying areas. This call for applications to the Fund seeks to provide assistance in supporting economic recovery in rural areas in light of the challenges posed by the Covid-19 pandemic and to assist in delivering sustainable regeneration in rural towns and villages, driving greater economic activity and helping to address challenges such as dereliction and vacancy. Applications to the Fund which support in the decarbonisation of the economy and environmental sustainability are particularly welcome.

This call under the Fund is for Category I applications, which relate to capital projects that have planning in place and are ready to commence at the date of application. It is expected that a funding announcement relating to the second

call for Category 2 applications – for projects which require assistance for project development work in order to reach full delivery readiness – will be made at a later time.

Proposals are being invited from Local Authorities, and other locally/regionally based organisations, such as Local Development Companies, as well as government departments and State agencies. For the purpose of accountability and oversight, the lead partner of all projects must be a State funded body, but collaboration with the private sector is encouraged.

Amount: minimum funding request of €500,000 and supported to a maximum of 90%

Closing Date: 12 noon, on Tuesday 1st December.

Website: www.gov.ie/en/policy-information/c77144-rural-regeneration-and-development-fund/



Run The Ribbon

The Great Pink Run with Glanbia is back for the 10th year, this ~~October 17th~~ and 18th, with the aim of raising funds to support Breast Cancer Ireland's (BCI) pioneering research and awareness programmes. With Fitbit as silver sponsors, the event will be virtual this year, in recognition of social distancing protocols, with participants encouraged to run, walk or jog either a 5k or 10k, in their own local communities that weekend.

It is hoped that the event will attract thousands of women, men, and children from all over the island of Ireland, and further afield as this year's virtual event aims to turn the globe pink. The circumference of the globe is 40,700 km and BCI are calling on as many as possible to register. Everyone who registers receives a commemorative 10th Anniversary Great Pink Run T-shirt and medal as well as a face mask and a personalised race bib.

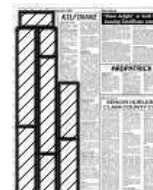
Sporting legend, and Great Pink Run Patron, Sonia O'Sullivan, who has been involved for the past seven years will continue to support the event, along with her daughter Sophie. They will be joined by former international rugby player and pundit Shane Byrne, Irish rugby international Josh van der Flier, Virgin Media broadcaster and Breast Cancer Ireland Ambassador Elaine Crowley, as well as social media and TV personality James Patrice, his mother Veronica Butler and influencer, Niamh Cullen along with thousands of families and friends who have been impacted by the disease.

Over 45,000 people have taken part in the Great Pink Run since it began in 2011, raising over €2 million which has helped support pioneering research fellowships across Ireland – ultimately aimed at developing new and more effective targeted therapies for patients diagnosed with breast cancer and fulfilling the charity's mission to transform this disease, from often fatal, to a treatable illness that can be maintained long-term.

10,000 people took part last year alone in Dublin's Phoenix Park, for the first time overseas in Diversey Harbor, Chicago and also in Kilkenny Castle Park, where the event was supported by Aut Even Hospital, who are once again on board as associate sponsors for a fourth year.

Breast Cancer Ireland aims to transform the landscape of breast cancer diagnosis and treatment through ongoing pioneering research that will ultimately transform this disease from often being fatal into a long-term treatable illness.

Registrations are now open at www.greatpinkrun.ie. The cost of registration is €15 plus the cost of post and packaging.



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Sporting legend, and Great Pink Run Patron, Sonia O'Sullivan, who has been involved for the past seven years will continue to support the event, along with her daughter Sophie. They will be joined by former international rugby player and pundit Shane Byrne, Irish rugby international Josh van der Flier, Virgin Media broadcaster and Breast Cancer Ireland Ambassador Elaine Crowley, as well as social media and TV personality James Patrice, his mother Veronica Butler and influencer, Niamh Cullen along with thousands of families and friends who have been impacted by the disease.

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Over 45,000 people have taken part in the Great Pink Run since it began in 2011, raising over €2 million which has helped support pioneering research fellowships across Ireland – ultimately aimed at developing new and more effective targeted therapies for patients diagnosed with breast cancer and fulfilling the charity's mission to transform this disease, from often fatal, to a treatable illness that can be maintained long-term.

10,000 people took part last year alone in Dublin's Phoenix Park, for the first time overseas in Diversey Harbor, Chicago and also in Kilkenny Castle Park, where the event was supported by Aut Even Hospital, who are once again on board as associate sponsors for a fourth year.

Breast Cancer Ireland aims to transform the landscape of breast cancer diagnosis and treatment through ongoing pioneering research that will ultimately transform this disease from often being fatal into a long-term treatable illness.

Registrations are now open at www.greatpinkrun.ie. The cost of registration is €15 plus the cost of post and packaging.



Ten years aiding the battle against cancer – THE GREAT PINK RUN returns in October

The Great Pink Run with Glanbia is back for the tenth year on October 17 and 18 next with the aim of raising funds to support Breast Cancer Ireland's pioneering research and awareness programmes.

A media release stated:

With Fitbit as silver sponsors, the event will be virtual this year, in recognition of social distancing protocols, with participants encouraged to run, walk or jog either a 5k or 10k in their own local communities that weekend.

It is hoped that the event will attract thousands of women, men and children from all over the island of Ireland and further afield as this year's virtual event aims to turn the globe pink. The circumference of the globe is 40,700 kilometres and Breast Cancer Ireland are calling on as many as possible to enter.

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Ireland ambassador Elaine Crowley, as well as social media and TV personality James Patrice, his mother Veronica Butler and influencer Niamh Cullen, along with thousands of families and friends who have been impacted by the disease.

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Registrations are now open at www.greatpinkrun.ie.

The cost of registration is €15 plus the cost of post and packaging.



• Registration is now open for this year's virtual Great Pink Run on October 17 and 18

Publication:	Today FM	Media Cost (€):	200	
Date:	Saturday, September 12, 2020	Reach	375,500	
Page:	Link	Size (Sq. Cm)	648	

Today FM @ 12-Sep-20 12:56 - (breast)

one O'Toole is the number for you make sure you stay tuned because if you're looking for a little bit of a staycation a little bit of a get away I may have just the prize 3 with thanks to [breast](#) Cancer Ireland's [Great Pink Run](#) coming up in the next hour I have an overnight stay in Kilronan Castle estate and now with an evening meal for two with two giveaways and make sure you stay right where you are always 7 400 what to is the number for you to get in touch with

today FM isn't it curious that every member of your family has a different voice that a baby can recognise their mother's voice from inside the womb that identical twins have the exact same vocal chords but usually down sound similar and teenagers consent the town of their dad's voice when he says I think about even 4 or WhatsApp of think about us lay your family follow their

curiosity with unlimited data and when you bring everyone's plans together on Vodafone's more T-Mobile red family plan get a third plant only 15 euro per month 12 month contract 15 euro per month Max speed 10 megabits-per-second applies when you had read unlimited SIM only the third time with red families see Vodafone ie for full terms you know that auctioneers estate agents letting agents including letting agent renting student

accommodation and property management agents must told the property services glittery Authority PSRA licence an auctioneer may auction land Fine arts and antiques or animals as March when engaging Ageing Tilda soon the agent licensed checked the PSRA register of licensed agents at psr .ie unlicensed agent are breaking the law and do not provide you with any consumer protection report unlicensed operators to inform IPSO .ie remember no PSRA licence no consumer


protection at Tesco we care about the things you care about that's why we've created value with you in mind getting little ones loving bed days with everything you need for fresh chicken and crunchy broccoli staring right that would be approved Irish Diced chicken [breast](#) Fillets easy Cook long grain rice Rod Killeen and down like a hint of ginger on this report people below 25 euro for the Red Devils in store we

will find them in a letter home to me how maybe it's in the middle of town or the middle of nowhere for me you have found your Hall just yet that's why are Bank of Ireland Mortgage specialist cover the length impressive Ireland to meet you at a time that suits you best need us in branch in a coffee shop or even in a little slice of country you call on to chat about your personal mortgage plan any where any time Bank of Ireland's begin lending

criteria and and conditions apply security and insurance required over 18s only Bank of Ireland mortgage Bank trading as Bank of Ireland mortgages is regulated by the Central Bank of Ireland Hello Pat thank God I hear from so what happens if you're looking for a well deserved escape this autumn and enjoy delicious meal at our award winning restaurant in Castletroy Park Limerick has built-in Castleconnell Killeslin in Portlaoise

Athlone Springs chervil parsley or loughreahotelandspa we have so much to suit you would love to see you and look after your dissolved in a room from only 69 EUR of bed and breakfast your autumn breaks is exactly what you deserve but direct done Source thejournal.ie how the best routes sometimes you might forget but everyone of us is still at risk from Corbett 19 but Britain we do the right thing were protecting

ourselves and the people around us so next time we meet up just take a step back let's not keep cleaning those Highlights: [Breast Cancer Ireland](#), [Great Pink Run](#), competition.

Publication:	Today FM	Media Cost (€):	760	
Date:	Saturday, September 12, 2020	Reach	375,500	
Page:	Link	Size (Sq. Cm)	364	

Today FM @ 12-Sep-20 13:31 - (breast)

name names a reminder of the past people that my phone there and you need that on today FM I'm hammer Joyce and I have a fabulous prize to give away with thanks to [breast](#) cancer Ireland and the [Great Pink Run](#) as [breast](#) Cancer Ireland's [Great Pink Run](#) with Glanbia support by Fitbit is going virtual for Twenty20 wanted to run jog or walk 5 k or 10 k in your neighbourhood or in your local community whatever you can manage your wides

clocked up over 40700 kilometres there's quite a lot the circumference of the blow on the weekend of the 17th and 18th of October you can track distance up blood and help us turn the globe pink in support of a pioneering research hashtag run for them McAuley be able to register today to take part at [www that Great Pink Run](#) Dacia ie something nice to do if you want to get out and walk city maybe have been building up your walking another

in lockdown if you start running if you're a seasoned runner and you just want to do something it's nice to have a little bit of a main and help out a one 9 people will be affected in their lifetime so run for them and mothers today have an overnight stay in Kilronan Castle estate and back with an evening meal for two huge giveaway how does that sound it sounds pretty good so what I'm gonna do about a play you a clip and I'll ask you a question did he

lose riding extremists with a local food now I can see why I'm running with me it would be embarrassing to you Yeah OK Europe time it's what is of course a clip From friends as Phoebe's speaking but who is the be speaking to or to whom is VB speaking you can text your answer along with your name age and location to 0.4 101 or two for a fabulous overnight staying at

Belle Isle Castle estate and Spa with thanks to [breast](#) cancer Ireland and the [Great Pink Run](#) is with us 0 as with all Highlights: [Breast Cancer Ireland](#), [Great Pink Run](#), Glanbia, Fitbit, virtual.

Publication: Today FM**Media Cost (€):** 400**Date:** Saturday, September 12, 2020**Reach** 375,500**Page:** [Link](#)**Size (Sq. Cm)** 338

Today FM @ 12-Sep-20 13:48 - (breast)


Said that Travellers with promises and today FM **breast** Cancer Ireland's **Great Pink Run** with Glanbia supported by Fitbit is going virtual for Twenty20 and we want you to run jog or walk when every can manage 5 k or 10 k in Nienaber had or in your local community who want to clock up over 40700 kilometres which the circumference of the club at the weekend of the 17th and 18th October track distance up blood and help us turn the blog pink and support

pioneering research hashtag run for them I the lovely overnight stay in Kilronan Castle estate and spells and evening meal for two to give away online I have a black high-neck black very day and I believe you're on the way back from a few days babysitting absolutely tumbling down I and I would say you know them as nice and all the

kids I am sure a weekend away or night away sounds lovely for half that every bad so what we gonna do we're gonna play a clip I answer the question asked the answers that are gaining black a serious-minded next Ms Yeah Oh okay now I can see why I'm running with me it would be embarrassing to you Yeah OK Europe tried

sell little I asked you obviously the clip from friends but who is he talking to in that clip Greens she is talking to reach the Green REIT was mortified by Phoebe's running Phoebe is more elaborate running but Nevertheless they all get out and run a little lacking wrapped an overnight stay kilroncastle same about an evening meal for two is all yours thanks to **breast** Cancer Ireland the **Great Pink Run** thank you thank you let's get the

today to take part at www at **Great Pink Run** .ie one 9 people will be affected in their lifetimes run for them see the knot with her if they if the head of one of me if you to do Highlights: **Breast Cancer Ireland**, **Great Pink Run**, Glanbia, Fitbit, virtual.

Publication:	Newstalk	Media Cost (€):	8000	
Date:	Sunday, September 13, 2020	Reach	375,500	
Page:	Link	Size (Sq. Cm)	952	

Newstalk @ 13-Sep-20 09:05 - (breast) Part 1

I didn't mean now did I tough Nick can't you find me on Twitter or Instagram I'm Athy player's flair coming up this morning new fish Smith nee Kelly on her new book the Art of healthy living I'll speak to Karen McAdam almost a year on from her diagnosis of **breast** cancer to talk about how she's preparing herself for **breast** Cancer Ireland's **Great Pink Run** and still listening because in conjunction with that interview we have a 5th is to give away 80 and author and podcaster

and Friedman joins me to talk about this some friendships deserve the same attention Respect an effort as a romantic and family once so what kind of health and well we did I have well I'm keeping it together just about and this week I have been fascinated by an interview I listened to with Julia Cameron so she's an artist and novelist and has written among other books the Artist's Way it was originally published back in 1992 with a relatively small number of

copies about 9000 were printed because it was considered to be a kind of help books for artists who might be experiencing blocks but it went on to top the bestseller lists worldwide and sold millions and millions of copies it recently had a resurgence and been issued with a new cover it is a self help book I suppose of sorts but it gives those hints and tips to anybody who's struggling and why Julia Cameron says is that there's an artist in all of us and we just blocked

ourselves through lack of confidence and self-belief and in various health and wellness endeavours either for the show and my own entry our interest in it the topic of creativity as being something that is good for us good for our brain good for our well-being comes up time and time again if you look at a child you give them a paintbrush if you're better parent the LMI allowed and just make a mess of your

kitchen table they'll just paint away happily they don't question full the colours mashed together to make one big sludge Brown was a mistake they just get on with it and just enjoy the process and likewise we forget the importance of free play when we get older I got a whack of it I have to say the first time I went to Center Parcs is not an added just the first time in years to my shame I was cycling around all day from

place to place 3 wheeling down hills delighted with life they also have a water slide Rapids water slide that you just have to let go and fly down and doing that with the kids over and over again was equally thrilling something about that letting go now I haven't brought the rapids home with me Ah said ending like that up in the garden but we did buy bikes soon after are return home and and I've been cycling the kids to and from school

and college getting that feeling back a little bit and the anti-gravity yoga class that I tried out as a piece for the show and have fallen in love with the do regularly now uses like a hammock type sale and from time to time Suzanne An art teacher has used it as a swaying just going back in for the put one leg in one leg out and hang him back in trying to let go and the smiles on everybody's faces is just unreal what this has got to do with health


and wellness is I think it's just living in the moment It's stress relieving its release of the happy hormones through your system and journalling or writing is something that I often hear can do it too now very conscious of not adding to many should's two miler store your list of what needs to be done to have a so-called happy and healthy life but I do imagined just write freely or draw or paint would give joy but

very rarely do we give it a go is it something you've considered you can email alive and kicking at Newstalk .com sell as I mentioned **breast** Cancer Ireland's **Great Pink Run** with Glanbia supported by Fitbit is going virtual you can get involved and show your support by running jogging or walking 5 k or 10 k in your neighbourhood or in your local community the ultimate goal they've said is to clock up over 40

1700 kilometres which is the circumference of the globe all of us collectively now not just you on the weekend of the 17th and 18th of October and you can be part of that all you do is register and **Great Pink Run** dot ie trac your distance and uploaded to the site one in 9 people will be affected by **breast** cancer in their lifetimes so you can run for them and turn the globe pink this October and speaking of the **Great Pink Run** Karen McAdam was

settling into a newly married life with her husband Niall and their two young children Jack and Laura when she was given the shock diagnosis of **breast** cancer a year on and not only is she making a full recovery but she's also help to raise 1.2 million euro for **breast** Cancer Ireland with a fundraiser she set up with Niall over the summer she joins me now to launch the **Great Pink Run** which is taking place on the 17th and 18th of October as

Highlights: [Great Pink Run](#), [Breast Cancer Ireland](#), Fitbit, Cara McAdam, Niall Carroll, Glanbia, Phoenix Park, virtual.

Publication:	Newstalk	Media Cost (€):	8000	
Date:	Sunday, September 13, 2020	Reach	375,500	
Page:	Link	Size (Sq. Cm)	878	

Newstalk @ 13-Sep-20 09:18 - (breast) Part 1

they can live with them be 3 everything else annual raised 1.2 million euro Eoghan Niall and he'd a team behind them by rier village for Findon organised the 100 cane 30 days and that was an initiative he would have done in the past just a local level to get people moving you know and people really get into it so his company had made a platform where people can log runs and you know people just like seeing you know where they are the leader board except rep

so they got really get really competitive so because my diagnosis this year he himself and his brother were contacted **breast** Cancer Ireland and decided to do it for them and it really took off butts I feel like a perfect storm of things it was my background story coverage nobody was able to do anything and people just wanted to get involved in something so I think people

in 14 different countries are taking part and yet people signed up they got the T-shirt And just got running and they are able with night Gaelic clubs and different clubs throughout the country they were able to make little competition among themselves and see who is winning so I knew people at 12 nights running trying to beat whoever's a few plumbers had them so and the other thing about it is it was then adapt but for people of all fitness levels you could be an elite runners

you know and run the 7 or 800 guests or you could be a walker walks that distance or you could be somebody just getting you know yourself off the couch and start your fitness journey and get 100 km that was in no your goal Matt and all monies raised go directly to the research programme your breath and you went to the races and the labs to see where Yeah no I go and on the back of the Hall a 100 came

very days myself and neither Doctor visits Professor Young Hen RCSI we got amazing her labs and saw other research being carried out and we saw them making their detailed molecular profiles of tumours I am so good that type of research will actually help them understand changes in **breast** cancers and you know look at the differences between **breast** cancer had become aggressive and those that don't so that information can then lead to him you know I'm really more specific tailored

plan for a person undergoing **breast** cancer treatment and your biology teacher see we're quite happy there in a lab I'm sure quite a major realise exactly how much you don't know are institutionalised to believe Yeah Yeah Yeah I know but it was really interesting and in fact I found it fascinating that the research carried out the carried out by Doctor young and others they collaborate all the findings

you know and they collect CIRA and from thousands and thousands of **breast** cancer patients all of that is put into a biobank Asbos that can be accessed by anyone carrying out work into us which means that the discovery times for anything has been reduced from two to 3 years and 6 9 months quits eh you know is a game changer for people who are undergoing an hour find out this no devastating diagnosis the funding for **breast** Cancer Ireland is vital and we can do 100 k in 30

days this year it has been done while now I'm really on if there are great Oh Yeah Yeah we just takes place in October so it's good we have obviously this year than everybody meeting low in the Phoenix Park he has normally it's a Fiver this event in the Phoenix Park I've done myself funding no Sonia O'Sullivan as patron and there's a great you know kind of atmosphere in the Phoenix Park but Unfortunately with everything covered we can't do

that so it's the 10th year and it is such a pity to not market in some ways so they're going virtual like many others have them done today it's this year they decided the 17th 18th of October that weekend they were hoping that people will sign up to run 5 10 kilometres or caucus dinner with their friends and their families they can register on the **Great Pink Run** .ie and they can pay 15 euro so this gets them a T-shirt a person buys a medal and then they can just get

running so it's hoped you know try and maintain the amount of money that had been recently raised in previous years and get people moving so yet that's the 17th and 18th October so weak it actually this year they've got a land not that they are trying with all of the participants get them to around the circumference of a slope which is I believe 40700 kilometres about all know how bad but I think that does mean people have to run you know really for 5 kilometres we don't even

have to do the 10 but obviously every great if you do that my fears that your well-being Highlights: **Breast Cancer Ireland**, **Great Pink Run**, Glanbia, Fitbit, virtual, **breast** cancer, Karen McAdam, raise money, fundraiser,

Chemotherapy, treatment plan, 100k in 30 days.

Publication: Newstalk**Media Cost (€):** 3026**Date:** Sunday, September 13, 2020**Reach** 375,500**Page:** [Link](#)**Size (Sq. Cm)** 16

Newstalk @ 13-Sep-20 09:05 - (breast) Part 2

Highlights: [Great Pink Run](#), [Breast Cancer Ireland](#), Fitbit, Cara McAdam, Niall Carroll, Glanbia, Phoenix Park, virtual.

Publication: Northside People West
Date: Wednesday, September 16, 2020
Page: 1

Media Cost (€): 3159.87
Reach 40,000
Size (Sq. Cm) 367



Aideen O'Colmain of FitBit Health Solutions, former rugby star Shane Byrne and breast cancer survivors Ann Eble and Laura Austin are pictured in the Phoenix Park at the launch of the Great Pink Run 2020. Participants are encouraged to run, walk or jog either a 5k or 10k challenge in their own local communities during the virtual event on Saturday, October 17 and 18 to help raise vital funds for Breast Cancer Ireland. Go to www.greatpinkrun.ie for more information. Photo by Photocall Ireland

Publication: Kilkenny People
 Date: Friday, September 18, 2020
 Page: 30

Media Cost (€): 1013.04
 Reach: 10,591
 Size (Sq. Cm): 216

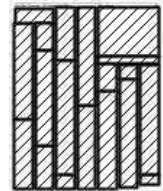


PICTURE OF THE WEEK



ON YOUR BIKE! GLANBIA WORKERS AND FAMILIES GET GOING FOR A GOOD CAUSE

Glanbia have gone virtual with their annual charity fundraiser. As part of the Glanbia 300, all Glanbia employees have been encouraged to walk or cycle together with their families as they aim to travel five times around the coastline of Ireland. By completing the 15,860km distance people will help raise money for Glanbia's chosen charities. This year all fundraising will be divided between Breast Cancer Ireland, Enable Ireland & Carlow Kilkenny Home Care Team. Pictured getting a morning cycle in before work were Paul Byrne and Jim O'Neill of Glanbia Ireland



Dromin Athlacca

BIRTHDAY GREETINGS

We would like to wish the following a very happy birthday: Helen Enright, Stephan Ryan, Brid Casey, PJ O'Keeffe, Kathleen Lynch (Clogher), Ger Cronin, Steve Hayes, Margaret Sheahan, Zoe Begley, Willie Stapleton, Colin Sherin, Pakie Herlihy, Ann Fitzgibbon, Orlaith O'Regan.

We would also like to wish Fr. Patrick Howard a very happy 91st birthday on Tuesday 29th. Fr. Howard arrived here in 1998. Fr. Pat is a devoted sports man. His love of his county and his country is inspiring. Happy birthday Fr. Pat and may you have many more.

CHURCH MATTERS

Mass Intentions for the coming week

Athlacca Thursday 17th September 10am No Intention

Athlacca Friday 18th September 10am No Intention

Dromin Saturday 19th September 7pm Anna Slattery (2nd Anniversary)
Athlacca Sunday 20th September 10am Pakie, Kathleen, Tom and Patsy Lynch

We ask you to kindly remember those who have anniversaries at this time to keep them in your prayers

Weekend Masses are still available, if you would like to book them for a deceased member of your family or for a special intention – please contact Fr John 085 806 6468 or Karen to arrange a booking.

Important Numbers

Age Action Ireland – Monday/Friday 9.30am to 5pm - 01 475 6989
Dromin Athlacca Support Group – 086 042 0950 -

Geraldine
Bruff Garda Station – 061 382940/Alone - 0818 222 024

Dispensation on the Sunday obligation

The bishops have extended the dispensation rule from the Sunday obligation.

I would encourage people who may feel vulnerable or have any kind of health problem that you may prefer to attend weekday Mass instead of the weekend mass for the time being.

As you know the numbers for weekday Mass is far less than at the weekend

Wearing of a Face Mask

Please bring a face mask/face covering with you to church - thank you

Autumn Dues

The autumn dues envelopes were taken up last weekend. You can still contribute to the dues, the envelope can be found in the box of envelopes, which you received for this year. You can also put your donation into any envelope and mark it autumn dues and drop it in the box as you leave the church.

I would like to take this opportunity to thank those who make contributions to the dues collection, which is to help pay for the

priests' salary.

Fr McCarthy would also like to thank you for your weekly envelope, which is used to help maintain the upkeep of both churches and to pay for the day to day running costs of the parish.

LEAVING CERT RESULTS

Congratulations to all the Leaving Certificate students who received their results last week. Best of luck in the next chapter of

your life.

COVID TRACKER APP

The issue that some users were having with the Covid Tracker App has now been resolved. You can now download the app again on covidtracker.ie

G.A.A.

Cash For Clothes Fundraiser

A cash for clothes fundraiser that has been organised for the club has been a tremendous success. Thank you to all who generously donated to this. We will keep you updated on the final amount raised.

Sympathy

Dromin Athlacca GAA club would like to extend sincere sympathies to the Moynihan family, Athlacca on the recent death of their sister Joan McCrum. Ar Dheis De go raibh a hanam.

Congratulations

Congratulations to all involved in this year's Premier Intermediate Hurling team who over powered Bruere in the Relegation Final last Sunday week.

Lottery

The lottery jackpot this week was €7,450. There was no jackpot winner, the numbers drawn were 4, 22, 28 and 31. Lucky dip winners were Shane Kenny €40, Donal Walsh €20 and Gerard Carroll €20. Congratulations to all winners.

Payment for upcoming club lottery draws can now be made online. €50 will enable you to join club lottery each week for 6 months. Email your numbers to mikeryanqsatoutlook.ie. Payment can be made to Dromin Athlacca GAA

club and the IBAN number is IE49AIBK 93521207 561054.

Club Limerick Draw

Next month's Club Limerick Draw will take place on Saturday September 26th. There is €10,000 up for grabs along with many more cash prizes. 50% of all membership goes directly to our own club. This provides our club with the financial support to fund the day to day running costs. The star prize for September will be afternoon tea for 5 people in Adare Manor plus evening meal for 5 people in The Carriage House. Joining this draw can be easily done either online at <https://limerickgaa.ie/club-limerick-draw/> at €10 per

draw or €100 per annum or directly through our club by contacting our coordinators Ann Breen of Athlacca, Michael Carmody of Rathcannon, Morgan Walsh of Athlacca and John Murphy of Dromin or by contacting any committee member.

GAA Ard Chomhairle

The GAA's Ard Chomhairle held a meeting online this weekend and it was decided to formally proceed with the plans to stage the All Ireland Senior, U20 and Minor Intercounty Football and Hurling Championships for 2020. This decision was made following positive interaction with the Government and will work closely with each county to finalise details.

Under 16 Hurling

This week saw our U16 hurlers play Croagh/Kilfinny in the U16 Division 3 Championship Final. Unfortunately it was

not to be our day this year with our team losing out by 2 points at the final whistle. Great credit however is due to this team and their coaches on reaching the final and we look forward to watching them perform again next season. Dromin Athlaccra GAA Club would like to thank each player, parent, mentor and coach along with our COVID officers for ensuring our club continues to adhere to all guidelines. Please continue to register on Returntoplay.ie before each training session and game.

RUBBISH DUMPED

In a time when people are afraid to meet family and friends for fear of getting Covid-19, we have those who have no respect for other people and their property. In the last couple of weeks people have visited Sherin's Old House in Athlaccra South (in the Glenma road) and dumped beer bottles, cans and nappies and other rubbish. You have to wonder at the mind set of people who do that to others in our community. Everything that was dumped bar the nappies could be recycled for just €5.

This is the second time that this has happened. The person who did it, loaded up their car, drove it in the roadway, and made sure that people wouldn't see them, so it is reasonable to think that it was done either very late at night or early in the morning.

FORUM

The Autumn Ballyhoura Development District Forum will take place online, via Zoom on Thursday, September 24th at 7.30pm.

Community members from across the Ballyhoura Development area are invited to participate as we continue to acknowledge and support the challenges facing the community sector. Topics included in the District Forum will include:

How some community groups have adapted to successfully operate

throughout the crisis.

Helping your community to get back on track – guidelines on online AGMs and facility operation regulations during Covid Health and Safety Supports

Living and Learning Communities – Grey Heron Media. Diarmuid McIntyre. Tell your community story and learn how to document via audio and visual media.

To join us for the September 24th event, please register by replying to us with your name, your email address and your community organisation or register online (https://forms.office.com/Pages/ResponsePage.aspx?id=dChiVR7U0WQzhzyRtl-BoczgUxZ96hJkUVHOxW_OhkJUNUcxWk_s0RUJESVRTVEQzUEdWMDhGWINBMS4u).

The secure link to the online event will only be circulated to you and the other registered participants nearer the date.

*For support on how to access and use Zoom, please follow the link

(<https://www.ballyhouradevelopment.com/how-to-use-zoom>)

For more details contact Nichola Grufferty, Development Officer, Ballyhoura Development CLG

Charleville, Co. Cork. Email:

ngrufferty@ballyhoura.org T: 063 30694, T: 086 6003665

www.ballyhouradevelopment.com

CREATING ECOLOGICAL CORRIDORS

Pollinators and other wildlife often struggle to travel through our communities, due to a lack of suitable habitat and food. Bumblebees have to feed every 40 minutes. So all of your pollinator friendly planting and wildflowers can make a big difference.

Bruff Tidy Towns have done great work with the

national biodiversity to develop ecological corridors, allowing bumbles and other insects to travel easily travel through Bruff

<https://pollinators.ie/creating-ecological-corridors-in-bruff/>

I would like to encourage you all to think about including developing an ecological corridor in your 5-year plan. It is a project that could developed over the full 5-year duration of your plan. You could expand the corridor every year.

Please do not hesitate to get in contact, if I can be of any assistance. Rhiannon Laubach, Rural Social Scheme Team Leader 087-1940608.

LCDC

Limerick City And County Council and Limerick Local Community Development Committee (LCDC) invite applications for funding under the Department of Rural and Community Development's Community Enhancement Programme: 2020 Fund for Community Centres and Community Buildings. On the 10th August, the Minister of State for Community Development and Charities, Joe O'Brien, TD announced a €5 million fund, under the Community Enhancement Programme to provide capital grants towards the maintenance improvement and upkeep of community centres and community buildings. The allocation for Limerick is €203,981.00.

This funding is available

under the Government's July stimulus package, and is targeted at measures that stimulate local economies, while enhancing facilities in disadvantaged areas in a manner consistent with Limerick's Local Economic and Community Plan (LECP) 2016-2021. It provides support to local community and voluntary groups to deliver small-scale capital projects.

What projects are eligible for funding?

The funding covers capital projects only. Priority types of small-scale works for Limerick are as follows:

Upgrade of Community Buildings/ Community Centres

Kitchen/Food preparation upgrades

Disability access works

Improvements to toilet/shower/changing facilities

Energy efficiency/ heating upgrades

Or other repairs and improvements

All applications for funding under this programme will be reviewed and assessed to ensure consistency with the Limerick Local Economic and Community Plan (LECP).

In deciding the final allocations of funding to projects, the LCDC may take account of a number of factors including geographical balance, previous funding received by the applicant and the desirability to fund a variety of projects. The relative disadvantage of the area where the facility is located or the area it serves will form part of the decision process along with cross-reference being made to the HP (Hasse Pobal) Deprivation Index.

How to apply

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Completed application forms including supporting documentation to be submitted as follows;

By Post:

Limerick LCDC Community Enhancement Programme, Urban and Rural Community

Development, Community Development Directorate, Limerick City and County Council, Merchant's Quay, Limerick V94 EH90

By Email: cepat@limerick.ie

OTHER EVENTS

2020 Virtual Cook

Medical Women's Mini Marathon

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The event will take place over the last weekend of September, when participants can complete their walk, jog, or run whenever and wherever suits them on either the 26th or 27th of the month.

This has been a very difficult time for everyone, including charity groups. At a time when their services are needed more than ever, their traditional fundraising streams have been drastically reduced.

The staging of Cook Medical Women's Mini Marathon in this virtual manner will be a big boost to these charities and we hope that Limerick people from near and far will get involved and support this iconic long-standing Limerick sporting event.

All proceeds from the new look Cook Medical Women's Mini Marathon will help the below listed nominated charities:

ADAPT Domestic Abuse Services, Barnardo's, Breast Cancer Ireland, Cliona's Foundation, Daughters of Charity Lisnagry, Limerick Animal Welfare, Limerick Suicide Watch, Mid Western Cancer Foundation, Milford Hospice, NOVAS, Pieta House, St. Gabriel's Centre

Each participant will receive a finisher's medal, long sleeved quarter zip top (adults only) and race number and printed name. There will also be a virtual results system!

You need to register for the 2020 Cook Medical Women's Mini Marathon.

For more information on the marathon or to check out the marathon training plans available visit limerickminimarathon.com

RURAL REGENERATION AND DEVELOPMENT FUND

The Rural Regeneration and Development Fund (RRDF) is a commitment to support job creation in rural areas, address de-population of rural communities and support improvements in our towns and villages with a population of less than 10,000, and outlying areas. This call for applications to the Fund seeks to provide assistance in supporting economic recovery in rural areas in light of the challenges posed by the Covid-19 pandemic and to assist in delivering sustainable regeneration in rural towns and villages, driving greater economic activity and helping to address challenges such as dereliction and vacancy. Applications to the Fund which support in the decarbonisation of the economy and environmental sustainability are particularly welcome.

This call under the fund is for Category 1 applications, which relate to capital projects that have planning in place and are ready to commence at the date of application. It is expected that a funding announcement relating to the second call for Category 2 applications – for projects which require assistance for project development work in order to reach full delivery readiness – will be made at a later time.

Proposals are being invited from Local Authorities, and other locally/regionally based organisations, such as Local Development Companies, as well as government departments and State agencies. For the purpose of accountability and oversight, the lead partner of all projects must be a State funded body, but collaboration with the private sector is encouraged.

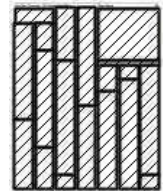
Amount: minimum funding request of €500,000 and supported to a maximum of 90%

Closing Date: 12 noon, on Tuesday 1st December 2020.

Website: www.gov.ie/en/policy-information/c77144-rural-regeneration-and-development-fund/



Rubbish dumped in Athlacca South for the second time.



Dromin Athlacca

BIRTHDAY GREETINGS

We would like to wish the following a very happy birthday: Helen Enright, Stephan Ryan, Brid Casey, PJ O'Keeffe, Kathleen Lynch (Clogher), Ger Cronin, Steve Hayes, Margaret Sheahan, Zoe Begley, Willie Stapleton, Colin Sherin, Pakie Herlihy, Ann Fitzgibbon, Orlaith O'Regan.

We would also like to wish Fr. Patrick Howard a very happy 91st birthday on Tuesday 29th. Fr. Howard arrived here in 1998. Fr. Pat is a devoted sports man. His love of his county and his country is inspiring. Happy birthday Fr. Pat and may you have many more.

CHURCH MATTERS

Mass Intentions for the coming week

Athlacca Thursday 17th September 10am No Intention

Athlacca Friday 18th September 10am No Intention

Dromin Saturday 19th September 7pm Anna Slattery (2nd Anniversary)

Athlacca Sunday 20th September 10am Pakie, Kathleen, Tom and Patsy Lynch

We ask you to kindly remember those who have anniversaries at this time to keep them in your prayers

Weekend Masses are still available, if you would like to book them for a deceased member of your family or for a special intention – please contact Fr John 085 806 6468 or Karen to arrange a booking.

Important Numbers

Age Action Ireland – Monday/Friday 9.30am to 5pm - 01 475 6989
Dromin Athlacca Support Group – 086 042 0950 -

Geraldine
Bruff Garda Station – 061 382940/Alone - 0818 222 024

Dispensation on the Sunday obligation

The bishops have extended the dispensation rule from the Sunday obligation.

I would encourage people who may feel vulnerable or have any kind of health problem that you may prefer to attend weekday Mass instead of the weekend mass for the time being.

As you know the numbers for weekday Mass is far less than at the weekend

Wearing of a Face Mask

Please bring a face mask/face covering with you to church - thank you

Autumn Dues

The autumn dues envelopes were taken up last weekend. You can still contribute to the dues, the envelope can be found in the box of envelopes, which you received for this year. You can also put your donation into any envelope and mark it autumn dues and drop it in the box as you leave the church.

I would like to take this opportunity to thank those who make contributions to the dues collection, which is to help pay for the

priests' salary.

Fr McCarthy would also like to thank you for your weekly envelope, which is used to help maintain the upkeep of both churches and to pay for the day to day running costs of the parish.

LEAVING CERT RESULTS

Congratulations to all the Leaving Certificate students who received their results last week. Best of luck in the next chapter of

your life.

COVID TRACKER APP

The issue that some users were having with the Covid Tracker App has now been resolved. You can now download the app again on covidtracker.ie

G.A.A.

Cash For Clothes Fundraiser

A cash for clothes fundraiser that has been organised for the club has been a tremendous success. Thank you to all who generously donated to this. We will keep you updated on the final amount raised.

Sympathy

Dromin Athlacca GAA club would like to extend sincere sympathies to the Moynihan family, Athlacca on the recent death of their sister Joan McCrum. Ar Dheis De go raibh a hanam.

Congratulations

Congratulations to all involved in this year's Premier Intermediate Hurling team who over powered Bruere in the Relegation Final last Sunday week.

Lottery

The lottery jackpot this week was €7,450. There was no jackpot winner, the numbers drawn were 4, 22, 28 and 31. Lucky dip winners were Shane Kenny €40, Donal Walsh €20 and Gerard Carroll €20. Congratulations to all winners.

Payment for upcoming club lottery draws can now be made online. €50 will enable you to join club lottery each week for 6 months. Email your numbers to mikeryanqsatoutlook.ie. Payment can be made to Dromin Athlacca GAA

club and the IBAN number is IE49AIBK 93521207 561054.

Club Limerick Draw

Next month's Club Limerick Draw will take place on Saturday September 26th. There is €10,000 up for grabs along with many more cash prizes. 50% of all membership goes directly to our own club. This provides our club with the financial support to fund the day to day running costs. The star prize for September will be afternoon tea for 5 people in Adare Manor plus evening meal for 5 people in The Carriage House. Joining this draw can be easily done either online at <https://limerickgaa.ie/club-limerick-draw/> at €10 per

draw or €100 per annum or directly through our club by contacting our coordinators Ann Breen of Athlacca, Michael Carmody of Rathcannon, Morgan Walsh of Athlacca and John Murphy of Dromin or by contacting any committee member.

GAA Ard Chomhairle

The GAA's Ard Chomhairle held a meeting online this weekend and it was decided to formally proceed with the plans to stage the All Ireland Senior, U20 and Minor Intercounty Football and Hurling Championships for 2020. This decision was made following positive interaction with the Government and will work closely with each county to finalise details.

Under 16 Hurling

This week saw our U16 hurlers play Croagh/Kilfinny in the U16 Division 3 Championship Final. Unfortunately it was

not to be our day this year with our team losing out by 2 points at the final whistle. Great credit however is due to this team and their coaches on reaching the final and we look forward to watching them perform again next season. Dromin Athlaccra GAA Club would like to thank each player, parent, mentor and coach along with our COVID officers for ensuring our club continues to adhere to all guidelines. Please continue to register on Returntoplay.ie before each training session and game.

RUBBISH DUMPED

In a time when people are afraid to meet family and friends for fear of getting Covid-19, we have those who have no respect for other people and their property. In the last couple of weeks people have visited Sherin's Old House in Athlaccra South (in the Glenma road) and dumped beer bottles, cans and nappies and other rubbish. You have to wonder at the mind set of people who do that to others in our community. Everything that was dumped bar the nappies could be recycled for just €5.

This is the second time that this has happened. The person who did it, loaded up their car, drove it in the roadway, and made sure that people wouldn't see them, so it is reasonable to think that it was done either very late at night or early in the morning.

FORUM

The Autumn Ballyhoura Development District Forum will take place online, via Zoom on Thursday, September 24th at 7.30pm.

Community members from across the Ballyhoura Development area are invited to participate as we continue to acknowledge and support the challenges facing the community sector. Topics included in the District Forum will include:

How some community groups have adapted to successfully operate

throughout the crisis.

Helping your community to get back on track – guidelines on online AGMs and facility operation regulations during Covid Health and Safety Supports

Living and Learning Communities – Grey Heron Media. Diarmuid McIntyre. Tell your community story and learn how to document via audio and visual media.

To join us for the September 24th event, please register by replying to us with your name, your email address and your community organisation or register online (https://forms.office.com/Pages/ResponsePage.aspx?id=dChiVR7Un0WQzhzyRtl-BoczgUxZ96hJkUVHOxWOhkJUNUcxWk_s0RUJESVRTVEQzUEdWMdHGWINBMS4u).

The secure link to the online event will only be circulated to you and the other registered participants nearer the date.

*For support on how to access and use Zoom, please follow the link (<https://www.ballyhouradevelopment.com/how-to-use-zoom>)

For more details contact Nichola Grufferty, Development Officer, Ballyhoura Development CLG Charleville, Co. Cork. Email: ngrufferty@ballyhoura.org T: 063 30694, T: 086 6003665

www.ballyhouradevelopment.com

CREATING ECOLOGICAL CORRIDORS

Pollinators and other wildlife often struggle to travel through our communities, due to a lack of suitable habitat and food. Bumblebees have to feed every 40 minutes. So all of your pollinator friendly planting and wildflowers can make a big difference.

Bruff Tidy Towns have done great work with the

national biodiversity to develop ecological corridors, allowing bumbles and other insects to travel easily travel through Bruff

<https://pollinators.ie/creating-ecological-corridors-in-bruff/>

I would like to encourage you all to think about including developing an ecological corridor in your 5-year plan. It is a project that could developed over the full 5-year duration of your plan. You could expand the corridor every year.

Please do not hesitate to get in contact, if I can be of any assistance. Rhiannon Laubach, Rural Social Scheme Team Leader 087-1940608.

LCDC

Limerick City and County Council and Limerick Local Community Development Committee (LCDC) invite applications for funding under the Department of Rural and Community Development's Community Enhancement Programme: 2020 Fund for Community Centres and Community Buildings. On the 10th August, the Minister of State for Community Development and Charities, Joe O'Brien, TD announced a €5 million fund, under the Community Enhancement Programme to provide capital grants towards the maintenance improvement and upkeep of community centres and community buildings. The allocation for Limerick is €203,981.00.

This funding is available

under the Government's July stimulus package, and is targeted at measures that stimulate local economies, while enhancing facilities in disadvantaged areas in a manner consistent with Limerick's Local Economic and Community Plan (LECP) 2016-2021. It provides support to local community and voluntary groups to deliver small-scale capital projects.

What projects are eligible for funding?

The funding covers capital projects only. Priority types of small-scale works for Limerick are as follows:

Upgrade of Community Buildings/ Community Centres

Kitchen/Food preparation upgrades

Disability access works

Improvements to toilet/

shower/changing facilities

Energy efficiency/ heating upgrades

Or other repairs and improvements

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Rubbish dumped in Athlacca South for the second time.



FUNDRAISER: SURVIVOR LACES UP FOR 2020'S VIRTUAL GREAT PINK RUN

I knew the face. When I saw the radiologist I knew that I had cancer. It is not a face that you'd want anyone to see

MUM OF TWO'S INSTINCT THAT NEWS WAS BAD AFTER BREAST BIOPSIES

EXCLUSIVE
BY ESTHER MCCARTHY



AS the senior transplant coordinator at Dublin's Beaumont Hospital, Laura Austin is well used to being in the room when patients are given difficult news.

There's a concerned frown from a medic about to deliver bad news, she says, that can say much more than words.

So when Laura went to have a breast lump investigated, she knew it was cancer by the look on the consultant's face — a look she has seen given to patients many times.

"The minute I saw their faces, I

knew that look because I've given that look to people," she says now.

"You'd be there when people are getting tough news. I knew the face. And when I saw the radiologist I knew that I had cancer. It's not a face that you'd want anyone to see."

Laura received the shocking diagnosis when she was just 41 years old, and with two young daughters waiting for her at home. But from the early days, she vowed not to let cancer dominate her life and keep

as much of a sense of normality as possible for her family.

Laura, who manages the living and deceased donor programmes for The National Kidney Transplant Service, first noticed a lump while having a shower and contacted her GP.

CONCERNS

"She said: 'You're young fit and healthy' but we opted that I go to the Mater Clinic to get it checked. They thought it was a cyst."

But further investigation revealed concerns for Laura and her husband Neill, who attended with her. Within days, in June 2018, biopsies confirmed she had breast cancer.

"The consultants were so good, they went through everything with me."

"I just wanted it out, absolutely. I got an appointment cancellation that week. I told my siblings and then I had to travel down home to tell my parents in Rathvilly in Co. Carlow."

"That was horrendous. You know the minute you tell them that their lives are going to change. You're trying to protect your loved ones. I had to tell my work colleagues because I was leaving the next day. I had pre-empted that by planning ahead. You have a duty of care to your patients."

"My aunt and uncle were celebrating their 70th birthdays and I asked my parents not to tell them that I'd had the surgery the day before. I had the surgery and then I went to the party the next day!"

Following surgery the couple decided to go ahead with a family holiday to Italy with daughters Sadhbh (now 7) and Aoibheann (10).

She explained to her girls that she would be having the surgery and would later need medicine to make her better.

"When I came back from holidays I went to see the oncologist. I needed in total 14 sessions of chemotherapy followed by radiotherapy."

"I had a port put into my chest to administer the chemotherapy. My daughter used to call it my turbo button. The nurses in the Bons were absolutely amazing when I was having the chemotherapy. My mum would come up that week and stay with us for the week."

"I was quite resilient, I didn't have some of the side effects that other people would have. I needed to be out and I needed to get on with life. And I wanted my children to see

there was an obstacle, but you could get over it.

"I got my hair shaved because I wanted to take back some control and I had a wig styled. Sadhbh came in and saw me and ran into the other room to my mother and said: 'She's bald now nanna'. It's amazing how resilient children can be."

She says one of the most difficult things for her was telling people she loved that she had cancer.

"You're a mother, a wife, a sister, a friend and a colleague and I had

so much support from people. My husband has just been great and my family have been wonderful. We're a very, very close family and they're everything."

GRATEFUL

Since completing treatment last year, Laura has had two clear mammograms and feels grateful for the treatment she received. Getting back to work, she says, was important for her sanity and she was able to return early on a phased basis.

Next month she will take part in The Great Pink Run, which is taking place on a virtual basis in communities all over Ireland on October 17 and 18.

"I did it last year with my family and I'll be doing it this year. My sister is a runner and has been doing it for the last five years. The atmosphere is amazing and as I approached the finishing line it was very, very emotional. You see all the women who are out there who are just warriors. A lot of people are there for somebody or

in memory of somebody."

She has encouraging words for other women who find themselves in the frightening position she did.

SHOCK

"It's a shock but it isn't the end of the world. There is light at the end of the tunnel and here I am two years later, back at work and with my hair grown back. You will get through it. But lean on people as much as you can and get out every day to see the outside world."

The Great Pink Run takes place on a virtual basis on October 17 and 18 to raise funds for Breast Cancer Ireland. For further information and to find out how you can register, log on to greatpinkrun.ie.

ON THE RUN: Laura Austin with her daughters Sadhbh and Aoibheann



“You’re trying to protect your loved ones, you know the minute you tell them their lives will change”



Publication: msn.com/en-ie/entertainment**Media Cost (€):** 14**Date:** Monday, September 21, 2020**Reach** 500**Page:** [Link](#)**Size (Sq. Cm)** 1,043

Linda Nolan rings hospital “chemotherapy bell” to celebrate the end of her treatment

Linda Nolan on BBC Breakfast talks about cancer battle and fear of death Mirror Mirror See more videos SHARE
SHARE TWEET SHARE EMAIL What to watch

next Mark Labbett smiling for the camera: The Chase star Mark Labbett admits his toddler helped him lose five stone amid COVID-19 battle The Chase star Mark Labbett admits his toddler helped him lose five stone amid COVID-19 battle Mirror Logo Mirror a little girl brushing her teeth: MEGAN BARTON HANSON IS REALLY HAPPY WITH HER NEW GNASHERS MEGAN BARTON HANSON IS REALLY HAPPY WITH HER NEW GNASHERS Mirror Logo Mirror GEMMA COLLINS MAKES DJ BLUNDER AT DRIVE-IN BINGO EVENT GEMMA COLLINS MAKES DJ BLUNDER AT DRIVE-IN BINGO EVENT Mirror Logo Mirror Katie Price et al. posing for the camera: KATE PRICE PREPARES FOR A NIGHT IN WITH CARL KATE PRICE PREPARES FOR A NIGHT IN WITH CARL Mirror Logo Mirror James Argent et al. posing for the camera: James 'Arg' Argent gets a personal trainer James'Arg' Argent gets a personal trainer Mirror Logo Mirror Dermot O'Leary, Dermot O'Leary posing for the camera: DERMOT O'LEARY LEFT BAFFLED OVER PREGNANT WIFE'S COMMENT AFTER CONTRACTING CORONAVIRUS DERMOT O'LEARY LEFT BAFFLED OVER PREGNANT WIFE'S COMMENT AFTER CONTRACTING CORONAVIRUS Mirror Logo Mirror a close up of a man and a woman taking a selfie: Stacey and Joe put row to one side and head out in campervan Stacey and Joe put row to one side and head out in campervan Mirror Logo Mirror Ashley Banjo et al. standing on a stage: Diversity stun with powerful routine during BGT semi-final Diversity stun with powerful routine during BGT semi-final Mirror Logo Mirror a woman posing for the camera: Lauren Goodger risks wardrobe malfunction as she spills out of top Lauren Goodger risks wardrobe malfunction as she spills out of top Mirror Logo Mirror Gary Lineker wearing a suit and tie: The BBC's top earners revealed - including MOTD host Gary Lineker The BBC's top earners revealed - including MOTD host Gary Lineker Mirror Logo Mirror a man and a woman looking at the camera: BRIANNE DELCOURT AND KEVIN KILBANE TALK ABOUT FALLING IN LOVE INSTANTLY BRIANNE DELCOURT AND KEVIN KILBANE TALK ABOUT FALLING IN LOVE INSTANTLY Mirror Logo Mirror Kristen Bell sitting at a table with a plate of food: Kristen Bell explains why she once breastfed her husband Kristen Bell explains why she once breastfed her husband Mirror Logo Mirror a group of people standing in the grass: MAN UTD LEGEND WAYNE ROONEY RETURNS TO OLD TRAFFORD FOR SOCCER AID MAN UTD LEGEND WAYNE ROONEY RETURNS TO OLD TRAFFORD FOR SOCCER AID Mirror Logo Mirror a blurry image of a person: Geordie Shore's Chloe flaunts her curves in tiny outfit Geordie Shore's Chloe flaunts her curves in tiny outfit Mirror Logo Mirror Click to expand

Replay Video

Mark Labbett smiling for the camera: The Chase star Mark Labbett admits his toddler helped him lose five stone amid COVID-19 battle The Chase star Mark Labbett admits his toddler helped him lose five stone amid COVID-19 battle

The Chase star Mark Labbett admits his toddler helped him lose five stone amid COVID-19 battle

Mirror Logo Mirror a little girl brushing her teeth: MEGAN BARTON HANSON IS REALLY HAPPY WITH HER NEW GNASHERS MEGAN BARTON HANSON IS REALLY HAPPY WITH HER NEW GNASHERS

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Mirror Logo Mirror

GEMMA COLLINS MAKES DJ BLUNDER AT DRIVE-IN BINGO EVENT GEMMA COLLINS MAKES DJ BLUNDER AT DRIVE-IN BINGO EVENT

GEMMA COLLINS MAKES DJ BLUNDER AT DRIVE-IN BINGO EVENT

Mirror Logo Mirror

UP NEXT UP NEXT

Linda Nolan rings a hospital “chemotherapy bell” and gives a joyous thumbs-up to celebrate the end of her chemotherapy treatment.

The singer, whose sister Anne completed her own chemo course last month, told hospital staff they had been “amazing”.

And she posted a message on social media, which read: “I RANG THE BELL TODAY!”

Linda added: “It was an amazing feeling and I felt so, emotional, especially when all the nurses came out and cheered. It's been such a lovely day.”

Anne, 69, and Linda, 61, who were in the family's popular girl band in the 70s and 80s, received their diagnoses within days of each other in March.

a man and a woman standing in a room: Linda Nolan rang the bell at her cancer ward to celebrate ending treatment

© Grab Linda Nolan rang the bell at her cancer ward to celebrate ending treatment

Anne, who is battling breast cancer for a second time, is now awaiting mammogram results and may still need surgery.

Linda, who is next due to have an MRI scan, was diagnosed with breast cancer in 2006. And she has been told the secondary cancer she now has is incurable after it spread from her pelvis to her liver.

But medics at Blackpool's Victoria Hospital now hope the disease can be contained.

Linda Nolan smiling for the camera: Linda has been told her cancer is incurable

© Julian Hamilton/Sunday Mirror Linda has been told her cancer is incurable

Linda revealed she found losing her hair difficult. "Going bald was traumatic and I cried a lot," she told Hello! magazine.

She previously told the Mirror she tried to carry on laughing during her battle.

She said:" Humour has to get you through it, otherwise you'd curl up under the duvet and never come out – but that means cancer has won."

Linda Nolan, Bernie Nolan posing for a photo: The Nolan sisters, Anne, Denise, Maureen, Linda and Bernadette. 16th May 1977

© Mirrorpix The Nolan sisters, Anne, Denise, Maureen, Linda and Bernadette. 16th May 1977

Anne, who was hospitalised for 11 days due to chemo side effects, said she could not have "got through it" without Linda. "She refused to leave my side," Anne said.

"I reacted so badly to chemo and my anxiety levels were sky high."

Sister Bernie also died of cancer in 2013, aged 52 as did Linda's husband, ex-Nolans tour manager Brian Hudson, in 2007.

[Read more](#)

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Page:	Link	Size (Sq. Cm)	735	

Radio Nova 100FM @ 21-Sep-20 12:40 - (Great)

W W of Dublin sports vest .ie second one free again get us about the virtual [Great Pink Run](#) takes place October 17th and 18th queued , 19 course Pink Run [Great Pink Run](#) has to be a virtual event this year and they need your support more than ever they are asking you to have them run the circumference of the globe for breast cancer this October run jog or walk the wheel the more work Alaa his log the quicker they can reach their goal of turning the world pink for breast cancer was great idea ticket

[Great Pink Run](#) .ie had something to include other details the community I know my dad tourism and hospitality businesses reopen across Ireland who want to no years save that's why we've introduced the covered 19 safety charged with business displays cover 19 safety charter symbol that businesses are going to follow the recommended cleaning and safety guidelines supported by staff training and they

also agreed to undergo spot checks to see you can enjoy yourself with confidence look for the simple Nationwide fortune by Fallte Ireland the Government of Ireland you could start an online reading course if I get that as quickly go to SUSI from the Irish Independent Tuesday .ie the new price comparison site where you could find a better deal on things like gas electricity TV and broadband few quick fix saving you more than 400 euro a year to have a much better use of their time choosing if nothing to

lose the visit choosing .ie research by the Commission for Regulation of Utilities should the average Irish house of a switch for dual fuel tariff every year the 1600s 96 euro for years terms and conditions apply trying to see if they are now in a McDonald's Happy meal Yeah Yeah some fun up some food all inside the Happy meal choose between a book toy with every happy meal

Yeah Yeah Yeah Yeah Yeah toy choices between book toy not a specific item arranged union had been sublet to availability Sir from 11 a.m. about a pre-selected Union Tory generic book want to know what's said Pilsen SKODA apart from others builders suppliers as well as all the other car dealers in Ireland well let us tell you Pilsen God now have the next day's servicing available Yes that's right your card


today get it serviced tomorrow of its so easy but don't put off your car serviced for months and months just visit Tilson SKODA dot ie or call 0.4 6.2 0.1 one and get it sorted from Pilsen SKODA Ballymount just off junction 10 on the M50 the college's lead programmes for Twenty20 is proceeding as scheduled all courses are available online including preparatory programmes for the law society of Ireland Honorable society of King's Inns and ACCA examinations jump-start your career with

the colleges professional diploma in psychology law criminology business sic jerseys hurleys and many more gain a new qualification and develop your career today visit the college's done ie for more information see the colleges education my dad the best you can ask him anything what's the best chipper on the sales side best place to watch the match on Monday where she go for new tyres 0 that we saw a source said He's always

trusted lawyers for their family business generations of experience and tyres and servicing and other new mobile tyre fitting service can even come here where everyone are in Dublin or Kildare that dad were both tired so please try new things and discover their mobile tyre fitting service at ties with .ie I do would you no it's just as well staying in is the new going out because I've a great prize to give

way on Friday night a fund for the coolest 80s song ever and what you help me find it is your chance to win a brand new Belling wine cooler Arts 300 euro if all to celebrate the return of Tastes Like Home with Catherine Fulvio Monday night On RTE1 Friday night parades to keep your Friday night is a sense of cool with me on Friday night 80s Friday from 7 on radio thing was not starts weak starts now the name of God Glenn

to the brink I don't do that Highlights: Virtual [Great Pink Run](#), breast cancer.

Publication:	msn.com/en-ie/entertainment	Media Cost (€):	8	
Date:	Tuesday, September 22, 2020	Reach	500	
Page:	Link	Size (Sq. Cm)	660	

Jason Priestley says 90210 co-star Shannen Doherty is fighting hard in cancer battle

Beverly Hills 90210 star Jason Priestley said his former co-star Shannen Doherty was fighting hard in her battle against cancer.

Shannen, 49, went public with her stage four cancer battle in February after being diagnosed with the disease last year, just years after she had been given the all-clear by doctors.

Her former co-star Jason, 51, has been supporting the actress, who played Brenda Walsh on Beverly Hills, behind the scenes and gave an update on her condition.

The actor revealed his pal was in "pretty good spirits" when he lifted the lid on their last conversation.

Jason Priestley looking at the camera: Jason Priestley says 90210 co-star Shannen Doherty is fighting hard in cancer battle

© TEN Jason Priestley says 90210 co-star Shannen Doherty is fighting hard in cancer battle

He told Studio 10: "Shannen is a real tough girl. Shannen's a fighter, and she's always been a fighter, and I know she'll continue to fight as hard as she can."

Shannen revealed the devastating news earlier this year, three years after she went into remission.

She was first diagnosed with cancer in 2015.

a woman lying on a bed: Shannen, 49, went public with her stage four cancer battle in February after being diagnosed with the disease last year

© TEN Shannen, 49, went public with her stage four cancer battle in February after being diagnosed with the disease last year

In 2017, she confided in her fans she was "feeling lucky" and "done with chemotherapy" in an Instagram post.

Throughout her first cancer battle, the 90210 star opened up about the different stages and the impact it had on her.

Shannen drew the attention of her followers to Breast Cancer Awareness month.

a man looking at the camera: Her former co-star Jason, 51, has been supporting the actress, who played Brenda Walsh on Beverly Hills, behind the scenes and gave an update on her condition

© TEN Her former co-star Jason, 51, has been supporting the actress, who played Brenda Walsh on Beverly Hills, behind the scenes and gave an update on her condition

In October 2017, she wrote: "Breast Cancer Awareness month. This image is so personal to me. I had started chemo. Was using a cold cap in hope to not lose my hair. End result was clumps in my hands. I was sick, felt like I was losing myself.

"Gained people and lost people. Got weak and got strong. Felt ugly and yet more beautiful inside than I had ever felt before. I remember this like it was yesterday, like it was a minute ago. Cancer has so many phases.

"Shock, denial, acceptance, anger, resentment, rebellion, fear, appreciation, beauty. Remission. Even then, the phases keep coming. Cancer is with you forever. Those who have experienced it know that even after you've kicked it's a**, it still impacts you, in good ways and bad.

"You still go thru the roller coaster of emotions. You still need support and love. And you can still grasp life and live, live live. #cancer #cancerslayer."

Shannen admitted it was a "bitter pill to swallow" as she laid bare the intimate details of her cancer fight.

She told ABC's Good Morning America in February: "It's going to come out in a matter of days or a week that I'm stage four, so my cancer came back, and that's why I'm here.

"I don't think I've processed it. It's a bitter pill to swallow in a lot of ways."

On Instagram, Shannen thanked her fans for their messages of support during her fight with cancer.

She wrote: "I want to thank all of you for your love, prayers and support. It's an odd time right now and I find my feet not completely underneath me."

[Read more](#)

Publication:	KCLR FM	Media Cost (€):	547	
Date:	Tuesday, September 22, 2020	Reach	63,000	
Page:	Link	Size (Sq. Cm)	757	

KCLR FM @ 22-Sep-20 10:21 - (breast)

well and then year-old child that drive the leak every good but we do actually got screening me love them know that yet we did that and we have been very good but and the blanket still didn't know that she did what she did that's she's not going end up choosing a good spot today and then the next

one will be in that region are okay and the reason why you are in touch with us as well Greg you want highlights how one favourite is how you've been treated by a private medical insurer what has happened Yeah so I mean finally they sense has prevailed it was just the ladies made it very difficult for us to see each case needs to be judged individually

I understand that but Norwich Lady doesn't easily reach the country Connacht need a bilateral respect and end and the thing is with a family member at what we can a nap on the left was just recently cheese and his cancer treatment and now have a lumpectomy may have all of them back to mine you make the decision and then you get all

and medical ensure that no modern British do they think the way we think you have **breast** reconstruction of of this is not a cosmetic its unit something very she's a woman you are and just be contacted the initially because you're just getting nowhere it was but maybe we need another route

but they did it they should be made an exception for which I think that is not correct and just appeal to the private medical insurers and and people in coursing which are just trying and spending a lot of complaints being tried You put yourself in a person she's been dealing with the complaint and becoming him what everything a cabbage patch you know it with a static thing it is quite clear

now that I think are it's not a cosmetic procedure so how how are things now and I do feel more confident that things will be okay and that the procedure is covered Yes so we don't give up thank you and that was just really jump through it I really do and we have an easterly surgery year you're kinda getting more clarity maybe

that I've read about it in my eye and I the week before the duty for me and my kids trying to arrange everything in place for them as well big undertaking I mean even if you are living in some of thing that even one one small thing it's like dominoes when you have children of that age everything has run like with military precision almost


egms so are we really hope everything goes well for the ANC care said it's a massive decision to make person I'm sure she gets very good player and the fact that she she has you as well is great because your GPs will be able to help look after her and sure that I was huge he did he think he is at the moment both just maybe you some information is it a lot of **breast** cancer support

if you want to face what you can find a bracket the our island of the UK and then obviously online through **breast** cancer Ireland you can get a lot of supports and important if somebody does have a great chance when quite young they should just get the distances or you Yeah Sanders quashed nor support centre in Kilkenny as

well of that maybe able to offer some support for people is this gene as well that Angelina Jolie would made a very famous the brack EP G acting exactly exactly the same It's the same team that she was talking about I wasn't so much because one or two action the IMF about the practice 3 Keena's well but I don't know much about pay beds it's worth checking out

highlighting it and maybe questioning if if you have insurance asking what what is covered and what isn't It's difficult for people that it actually suits them one thing that you associate with fresh that the hard work of with content thank you if you have religious that has pushed up gentlest feeling young the just got a bit more about

actually mean that you have got mail that can happen and do we know Greg finally if there are people Highlights: **Breast Cancer Ireland**, Greg Skinner, gene mutation, breast cancer, bilateral mastectomy, womb cancer, private medical insurer, support.

Publication:	Midlands 103	Media Cost (€):	525	
Date:	Tuesday, September 22, 2020	Reach	66,000	
Page:	Link	Size (Sq. Cm)	809	

Midlands 103 @ 22-Sep-20 11:33 - (breast)

I first found the lump in January I finished my radiation and Everton at the very end of a tour to most of the year was taken out by way of treatment and operations recovery since one Yeah Yeah how you know I am God I am God I am always been good I am very confident person like dock and I never let the counter it hit me I just got on with my life and lived it as best I could like my energy levels I

wouldn't be 100 % like but I'm getting there of through that experience when you wanted to give back there are any number of things you could have done if and a cake sale at around 4 why jump out a claim I think when you are in your kit for something like this you lose you your fear like too that means I am not afraid to do things like that I saw and I think my saying that they

would do something like this done Lance for the moment and I said I would but I think by doing that I said Don't do it for charity I decided I would do it for **breast** Cancer Ireland because they couldn't take any particular hospital like had been named because they had been in 3 have the truth and they were just so good to me in 3 have supply line credit where it's due give them a

mention which hospitals were you when in the matter of Pat Butler in Dublin are my surgery I went to Tullamore Hospital for my chemo and I with the team I think James with further radiation but I was stating simply I was doing that people thanking to be grateful to them Yes lovely I like it and you take your one family like another little family all over when you're doing a key

UCC J everybody looks out for everybody because you're all in the same sort of you know what it's just lovely like so what does **breast** Cancer Ireland to do be used the money for research and ahead of the patient as well should their journalist journeys like a job they need a lift to the chemo and just give them advice and count plan and all that I like everything about them the above not like show jumping out of a plane you would be afraid of

heights so you don't buy this what it would be it would have been done and I have with a picture do by any means but I was given the choice I could jump 30 10000 feet are 13 health than people thought it was sure it would be my one and only time I go up and do fun some might see as alarm school teams these are a name like that laughter my one read there and it just escalated regulator that far I just said I

can't say I 22 weeks left Mike and John and on the 4th of October I was able to jump the match but because the Corbett with can't go now on the 4th match for definite I just want to try and get as much they can borrow a word because like we're making a jump I'm doing at the end of the game for Offaly the Irish Parachute Club in Clonbullogue Yeah you could land a my back garden Fiona well just how they might be had their farm

of the kettle on as well the red carpet all part of the service what your fundraising target and then put your fundraising target what I had started up at 500 and eyes I pushed out into 2000 but I my and I have 3008 nominated Theatre collective thought brilliant we Want to contribute and support you even more how do we make a donation I have A Go Fund Me page planet just GoFundMe John Healy of **breast** Cancer Ireland

I Fiona I keep an eye on the Sky for you and the very best of luck and enjoy every minute of it after all you've been through it's really exhilarating and you know what it means to be alive that's for sure just take one day at a time and because the in October is **breast** cancer a month it's not just women I get affected by the men as well like I found the lump I myself thought Everybody should just try and parents every day

every week every week and nobody does your body and what should you do if you feel are unsteady hours you're unsure about Trump and ask and get it checked out by leave toys strike and you know from experience how important that Highlights: **Breast Cancer Ireland**, Fiona Healy, **breast** cancer, Chemotherapy, radiation, Tullamore Hospital, research, Irish Parachute Club, support, donation.

Publication:	Radio Nova 100FM	Media Cost (€):	58
Date:	Tuesday, September 22, 2020	Reach	35,000
Page:	Link	Size (Sq. Cm)	396



Radio Nova 100FM @ 22-Sep-20 12:39 - (Great)

Log in this Radio of my smarty work here there's a brilliant story doing the rounds on RTE news today about how parents in a school in County Wicklow near Enniskerry place called Curtlestown have built an outdoor learning Lodge at the national school It's absolutely this is head schooling Twenty20 style it enjoys spectacular views of the surrounding countryside including the Sugarloaf Mountain House done and what I love about this as

well the school said look this is gonna be used as the year gets colder so bring rain gear bring cult bring fleeces because you'll be sitting outdoors in the outdoor classroom it like a role of picnic benches also socially distance with take cover blackboard up the top and the Prince will says the children are really calm and are out there they are very focused apart from the odd but that flies by and catches their attention is that something else 9 year old Leo says it's really nice to have fresh

sharing you can hear the birds and the sheep are really like us and 12 year old Danny says well with absolutely amazing I must really congratulate the pair since filth filth plus there's an old manager of the bar right there it's a stunning looking you should take a look at it because if we had children that were able to save him a place with views like that we'd all be doing okay and if you could encourage them to sit outdoors and just look what around that's an education in itself it's really

really something of a just google same Patrick's National school NS scary and no doubt you'll find a little link this is no fun Elton John has gone missing for the moment on over the the [Great Pink Run](#) for Twenty20 is going virtual and it's gonna be happening on October 17th and 18th for a no mean feat this year they're asking us to help them run just a conference of the globe but for breast cancer this

October you can run you can jog or walk it off we'll assess the more kilometres that you do the quicker they reached their goal for breast cancer as they turned the world think the [Great Pink Run](#) .ie if you want to take part and have a lock vox Highlights: [Great Pink Run](#), virtual, breat cancer, conference.

Publication:	Radio Nova 100FM	Media Cost (€):	70
Date:	Tuesday, September 22, 2020	Reach	35,000
Page:	Link	Size (Sq. Cm)	406



Radio Nova 100FM @ 22-Sep-20 14:40 - (Great)

Well with Brady on no higher and holidays as part of the campaign on the Road to well I'll get some practical advice about the use of face coverings but it's now mandatory from passengers on public transport to wear a face covering it automatically shops shopping centres and other indoor settings such as hairdressers libraries in cinemas now it should be noted they are not suitable for children under the age of 13 people refuse to wear coverings in the Republic could face fines of up to 2500

euros remember covering our faces is to protect others it's a simple social contract I'll wear face-covering to protect you I hope in return you wear face-covering to protect me to stay safe and stay informed stay with Radio Nova as we all embark on this road to well together really you know you every one of them giving up giving Interment in Miss Hassan Nur the never gone down a consequence

of past Kelly would start in that when ever Steven Beale will estates pharmacy within this disaster it seems that practically that we sadly he could play a key to taste the SAS where they 0.0 there Imagine Dragons on Radio Nova I'm gonna make

time for some great noise from Irish band the Strypes before 3 o'clock As it is moving to a fully interactive online platform for Twenty20 L WellFest is Ireland's first and largest health fitness and wellness festival is taking place with a full programme this week September 26th and 27th as an extra bonus State this year and the 28th of September the festival is delivered in partnership with KBC Bank Ireland which has invested in new innovative software

called Harbin that allows all aspects of the festival will take place online and get all the information you need on WellFest dot ie and the virtual **Great Pink Run** is taking place next month October 17th and 18th due to cover 19 they made the decision to make the **Great Pink Run** a virtual event of a major support more than ever you're being asked to help run the circumference of the globe for breast cancer this October not just you everybody together you can run

jog or walk wheel the more kilometres log the quicker they can reach their goal of turning the world pink for breast cancer get more information at **Great Pink Highlights: Great Pink Run**, breast cancer.

Publication: midlands103.com**Media Cost (€):** 2**Date:** Tuesday, September 22, 2020**Reach** 986**Page:** [Link](#)**Size (Sq. Cm)** 80

Westmeath Cancer Survivor Jumps From Plane For Fundraiser

A Westmeath woman - who's survived two types of cancer - is jumping out of plane for charity.

Fiona Healy from Athlone underwent a a double masectomy, chemotherapy and radiation last year, after cancer was detected in her breasts and lymph nodes.

She's doing a 13,000 foot parachute jump in two weeks time, to raise funds for [Breast Cancer Ireland](#) and is appealing for donations to her GoFundMe page:

Publication: midlands103.com**Media Cost (€):** 2**Date:** Tuesday, September 22, 2020**Reach** 986**Page:** [Link](#)**Size (Sq. Cm)** 80

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Publication:	Midlands 103	Media Cost (€):	84	
Date:	Tuesday, September 22, 2020	Reach	66,000	
Page:	Link	Size (Sq. Cm)	655	

Midlands 103 @ 22-Sep-20 17:02 - (breast)

8 in these counties continues to rise while nationally it stands at 70.4 % Louth is now over 100 with Donegal and Waterford in the 90s with Dublin North-West over 200 level for restrictions would mean no visiting other households only 6 people can attend a wedding and gyms leisure centres would be forced to closed DCU Professor Anthony Staines said this would help bring the fires under control if we do that we could bring the virus transmission

in most rural areas relatively quickly would be a matter of 6 weeks soon and a number of areas Dublin's settle takes substantially longer but the longer we delay taking action the harder it will be to bring the fires under control Sinn Fein is calling for more garda patrols and beach the Portlaoise cancer Caroline Dwyer and Stanley claims residence in Portlaoise State were left touched terrified after witnessing an attack

involving weapons earlier this month she says a similar incident also took place in different estate in the town they asked the Garda to deal if I put a particular focus on those areas where we have the star was born on for a long period of time to bring bring this to an end to Sean Rafter point the situation to the Taoiseach hinting the covered

pandemic payments maybe extended beyond April it comes as opposition parties are calling for the payment to be restored to 350 euro week thousands of people will have a reduced payment hit their bank accounts today of either 300 250 or 203 euro Micheál Martin says Part of the reason for the reduction is that the government has to keep funding the payment for a longer period of time to this Government has already put 3.5 billion into the pandemic unemployment hit him that's what it

has cost the Sharia law Government will spend 28 billion on social protection that is an unprecedented intervention by the State and Government this supporting incomes a Westmeath woman Meath woman survived two types of cancers jumping out of a plane for charity Fiona Healy from Athlone underwent a double mastectomy chemotherapy and radiation last year after cancer was detected in

her **breasts** and lymph nodes she's doing a 13000 foot parachute jump in two weeks time to raise funds for **breast** Cancer Ireland and is appealing for donations to her GoFundMe needs I am a very positive person like I never left I can't dictate to me all I think when you're you get for something like this just feels like too that means I am not afraid to do things like that I might think that nothing would do something like this done amounts for the

moment and I said I liked but I said I do that I can do it for charity the Den is coming back to TV screens in November 33 years after the show first began Ray Darcy along with Dustin and zig-zag will be returning for a weekly show on Sunday evening's RTE says fans have been calling for the show to make a comeback and has confirmed that it will happen on November 8th at 6 30 pm its 4 minutes past 5 for these stories and more

visit Midlands one Oh 3 .com free without delay anything think you should do with all your favourite high-street brands under one roof including very H name MMS TK Maxx and many more is cloudy evening with outbreaks of rain rain will clear early tonight temperatures will drop to 5 degrees with moderate winds bright now Nemo its 17 degrees Midlands one Oh 3 weather with Athlone town centre shopping centre all your favourite

high-street brands under one roof including Zara H&M mns TK Maxx and many more Me you think with a cool Motors have your new Peugeot Partner international van of the EUR 29 Highlights: **Breast Cancer Ireland.**

Publication:	Midlands 103	Media Cost (€):	76	
Date:	Tuesday, September 22, 2020	Reach	66,000	
Page:	Link	Size (Sq. Cm)	928	

Midlands 103 @ 22-Sep-20 18:04 - (breast)

Ireland with the law further deaths 174 of those cases are in Dublin has been 34 in Cork 13 and Daire 18 Donegal 10 in Galway and in a loud and 6 in Clare Mayo Meath Roscommon and Waterford with remaining 28 cases spread across 12 counties the death toll from the virus remains at 1700s 92 And it's been just over 33000 confirmed cases the Taoiseach is hinting at the core the pandemic payment may be extended beyond April it comes as opposition parties are calling for the payment to

be restored to 350 euros a week almost 9000 people in the midlands will have a reduced payment had their bank account today provider 300 to 50 or 203 euro Micheal Martin says Part of the reason for the reduction is that the government has to keep funding the payment for a longer period of time this Robert has already put 3.5 billion into the pandemic unemployment hit him that's what it has cost the Sheeran Laur Government would spend 28

billion on social protection that is an unprecedented intervention by the State and by the Government is supporting incomes GardaÃ are appealing for information on a burglary in Westmeath the incident occurred just after one 30 am on Saturday one 30 pm that is on Saturday in the Ballina area of mulling DA during which a jeep a stall in the vehicle was located a short time later in a public car park at the Royal Canal in the town they're asking for anyone with dashcam

footage or who used a particular car park between 12 and two o' clock on the day in question to contact them in Mullingar Garda station the Government has decided to delay a decision on a Bill on call in sick pay for 6 months the Labour Bill would provide access to sick pay for everyone who has to take days off because of the case or suspected case of the virus but the Government wants to take 6 months to consider the implications of statutory sick pay

would have for businesses Labour leader Alan Kelly says it's a bad decision heard from the response from the company today that you're proposing a 6 months review of the Bill were ringing and tomorrow in relation to sick pay parental leave this frankly stupid this is of course a measure 6 months I mean is this a laugh Sinn Fein is calling for more garda patrols and

Laois Portlaoise cancer Caroline once Stanley claims residence in Portlaoise State were left terrified after witnessing the attack involving weapons earlier this month she says a similar incident also took place in a different state in the town but they are the know if they put a particular focus on those areas where we have to start the ball on for a long period of time to bring these disturbances to an

end to Sean Rafter point the situation to Irish Water's issuing a boil water notice for 12 100 of its Offaly customers will apply to all those who were served by the Duncairn public water scheme after a mechanical failure at water treatment plant led to a disinfection process being compromised doesn't uncaring as Ryan and the surrounding areas will be impacted However those in Moneygall village are connected to a separate supply Offaly County Council says experts are working to resolve the

issues as soon as possible waiting times for child disability assessments are unacceptable according to junior Minister some children are waiting years and new 7.8 million euro initiative has been announced to tackle the problem Disabilities Minister and Rabbitte says work is under way to recruit staff in a bid to reduce waiting times for an appointment to 3 months objective is to clear the backlog of the assessment of needs and then part of the solution then take

eating clean increasing my budgetary 2021 ask a more clinicians to come on board to ensure that all children have become through the delivery of the assessment of the profits we have clinicians their peers in all key speech and language the sea or to sure that they get their delivery the British prime minister Boris Johnson's announced a series of new restrictions to stop the

spread of Corona buyers in England retail workers waiters taxi drivers will have to wear face masks when anyone who can work from Paul has been encouraged to do so plans for supporters to return to professional sports events from next month are also being delayed speaking in the Commons the UK leader said now is the time to act we always knew that while we might have driven the virus into retreat the prospect of a second wave was Re run

sorry to say that as In Spain and France and many other countries we averaged a perilous to a Westmeath woman who survived two types of cancer is jumping out of a plane for charity Fiona Healy from Athlone underwent a double mastectomy chemotherapy and radiation last year after cancer was detected in her **breasts** and lymph

nodes she was doing a 13000 foot parachute jump in two weeks time to raise funds for **breast** Cancer

Ireland and is appealing for donations to her GoFundMe page I'm very positive person like I never left I can't dictate to me I think when you're in your hit for something like this just see like that means I am not afraid to do Highlights: **Breast Cancer Ireland**.



Fiona takes to the skies to aid breast cancer research!

GERALDINE GRENNAN

FIONA Healy, readily admits that a skydive was “never on the bucket list” but on October 4 next, the brave Baylin woman will take to the skies to raise funds for Breast Cancer Ireland after she was diagnosed with the disease in March of last year.

To date, Fiona has raised almost €4,000 through a fundraising drive on her GoFundMe page and, while she had initially planned to do the skydive on May 31 last, Covid intervened and she had to reschedule the event to October 4.

“I am either brave or mad,” she laughs “but I just really wanted to do something to raise funds for breast cancer treatment as it is so common, and contrary to popular belief it can affect men too.”

Prior to her own breast cancer diagnosis in March of last year, Fiona, a mother-of-four, was busy juggling family life in Ballyboran, Baylin, with travelling to her job in Dublin five days a week. “Life was certainly busy,” she says “but my world very quickly fell apart when I found a small dent on my left breast, you couldn’t even call it a lump, and I decided to get it checked out after thinking about it for a

couple of days.”

She was sent for a mammogram by her own GP, but it took six weeks to get the

appointment as there was a nurses strike on at the time. “I went to the Mater and I had eight mammograms and three biopsies done on the same day, and when I saw the Consultant and the Oncology Nurse they said I would be referred for a Pet Scan and an MRI, but I think they already knew more than they were telling me.”

When Fiona and her husband, Austin, returned to the Mater a couple of weeks later they received the devastating news that she had not one, but two types of breast cancer. “I had one standard cancer and also an aggressive form of cancer which had spread to my lymph nodes, and I was told I would have to undergo a double mastectomy followed up by chemo and radiation.”

From the outset Fiona Healy said she decided to face her diagnosis “head on.”

She adds that while it was a huge shock, there was “no

other option but to face it, I couldn’t run away from it, and I had to stay strong for both myself and my family.”

Fiona and Austin had the unenviable task of sitting

down with their four young daughters and telling them that their Mammy had cancer.

“We were advised to be straight up with them and tell them the truth, so we did, and while it was very hard, I think it was the right way to approach it” she now says.

All four girls, Emma (20), who was studying for her Leaving Cert at the time, Ellen (15), Ciara (13) and Adele (12) were very upset initially, but they took the news in their stride and adapted very quickly to the new reality in the Healy household.

“I told them we could all sit around and cry all day about it, but I said I was going to fight it with everything I had and was going to remain positive and I needed them to be

with me on the journey,” says Fiona.

That journey only finished before Christmas, and while Fiona Healy says she “flew through surgery” she describes the chemotherapy as “horrendous, there’s no other way of saying it.” However, she says she had “another little family” among the other patients who were on the chemo ward in the Midland Regional Hospital in Tullamore.

Having survived her own battle with breast cancer, the

brave Athlone mother decided to raise funds for Breast Cancer Ireland through a GoFundMe page, and she set a fundraising target of €2,000, which was quickly exceeded.

She is planning to undertake her skydive in Birr Airfield, but admits to getting "more nervous" as the date approaches. "I went on the zip line in Castlecomer Discovery Park a couple of weeks ago and my legs were like jelly, so I don't know how I'll cope with a skydive," she jokes.

Fiona paid for her own skydive, so all donations received will go directly to Breast Cancer Ireland for further research into all types of breast cancer.


She has thanked everyone who donated to her fundraising drive and to remind people that donations are still being accepted at: <https://ie.gofundme.com/f/skydive-for-breast-cancer-ireland>



Fiona Healy and her daughter Ellen.



Mum Fiona, daughters Emma, Ciara, Adele (who made her Confirmation) and Ellen, and Dad Austin, pictured earlier this year.

Publication:	Radio Nova 100FM	Media Cost (€):	73	
Date:	Wednesday, September 23, 2020	Reach	35,000	
Page:	Link	Size (Sq. Cm)	448	

Radio Nova 100FM @ 23-Sep-20 12:39 - (Great)

Build on it now I am proud of my middle of the me right more than raise tap on Radio Nova I love love love that tune and she didn't know this I'm not so you know you know the way people play guitars I like


the noise they make the right fit if not the obvious like offender or whatever I already know what they are but I didn't realise that Jack quite was such a fan of Eddie van Halen guitars or maybes not because the option to keep them off last month he did a big old clear-out of all his gear and got rid of speakers and amps guitars which are the E E v E H Wolfgang special got rid of parts of drum kits and bits and pieces big auction that was held last month in Tennessee

to customise Eddie van Halen Wolfgang models which were played by Jack White on tourist and in various White stripes videos and maybe Raqqq toward stuff as well they know that I didn't know the Hussars and even hit the tyre actually out on the news that they may be added right given a second because coming up in a few minutes I will play for you some water boys and I've got to do some music news for you as well almost forgot to do this the to be quite honest

with you the virtual **Great Pink Run** is taking place on October 17th and 18th solve the **Great Pink Run** is now virtual event why cover 19th obviously saw what they're asking for us to do is run the Easter conference Of the globe everybody for breast cancer this October you can run you can jog you can walk for you could go on two wheels but the more kilometres you log the quicker the head can reach their goal of turning the world pink for breast cancer

awareness **Great Pink Run** dot ie now the Dublin Tech Summit a virtual will take place online on Wednesday the 14th of October and it draws the most influential tech and business leaders from across the world the DTS virtual is available for you to check out on Dublin Tech Summit's .com so if you want to have some of the biggest tech heads in the world in your own home you can get totally immersed in the big life event Dublin Tech Summit Dock com for more details on

that that include email details to community I know my dad I really love in today's Herald Gardai seized 80000 euro worth of designer clothes in a raid on a Highlights: Virtual **Great Pink Run**, Covid-19, Breast Cancer.

Publication:	Radio Nova 100FM	Media Cost (€):	46	
Date:	Wednesday, September 23, 2020	Reach	35,000	
Page:	Link	Size (Sq. Cm)	329	

Radio Nova 100FM @ 23-Sep-20 14:46 - (Great)

This is really young know that Released in lockdown there's as a man called John on Radio Nova do so if you want Here's the PLO they're on the way to do it because you are I really love the virtual [Great Pink Run](#) takes place on October 17th and 18th due to cover 19 they made the decision to make it a virtual events we need your support more than ever the [Great Pink Run](#) is asking you to help run the circumference of the globe

hope for breast cancer this October run jog or walk or wield the more Columba the log the quicker they can reach their goal of turning the world pink for breast cancer get more information at [Great Pink Run](#) .ie and Dublin Tech Summit virtual will take place online on Wednesday the 14th of October and will drop the most influential tech and business leaders from across the world for one-day experts from over 70 countries will come together to share knowledge debate the latest trends and network all

from our live virtual event space that DTS virtual bring you right to the heart of the international tech community from the comfort of your own home you can fully immerse yourself in a live event you get all the information at Dublin Tech Summit .com got something to include email the details the community I know my dad I really love in today's barrels GardaÃ seized 80000 euro worth of designer clothes in a raid on a Dublin gangster Mr. Flashy not got


list John Aldridge says new signing to the hangover is already looking like a family for JÃ¼rgen Klopp's Reds plus get a free coffee for every \$ thanks for exclusive offer from rolling down on us their parents every side of Dublin sometimes you might forget but everyone of us is still at risk from Corbett 19 but every time we do the right thing were Highlights: Virtual [Great Pink Run](#), Breast Cancer.

Publication: Radio Nova 100FM**Media Cost (€):** 95**Date:** Wednesday, September 23, 2020**Reach** 35,000**Page:** [Link](#)**Size (Sq. Cm)** 145

Radio Nova 100FM @ 23-Sep-20 18:46 - (Great)

For a year why Think that ready another packed court he thanked the Honda civics think Styles hitting a low profile and a 100 other way there's Blanche blank range and you could have done much blank range living on the ceiling before like Conor Glass live versions with Alan had to play for here I genesis lined up first this it

question how do you go for a run online that you get your virtual running shoes on your virtual what he wishes for the virtual **Great Pink Run** takes place on the 17th and 18th of October let that if you wanna help do something about breast cancer everything's gone virtual this year for obvious reasons including the **Great Pink Run** Henning needed help more than they ever did the aim is to run the entire circumference of the planets for breast Highlights: Virtual **Great Pink Run**, Breast Cancer.

Publication:	Radio Nova 100FM	Media Cost (€):	50	
Date:	Wednesday, September 23, 2020	Reach	35,000	
Page:	Link	Size (Sq. Cm)	302	

Radio Nova 100FM @ 23-Sep-20 20:22 - (Great)

Greg gotten from Oria a double shot of his work his suggestions are always welcome Oh 8.1 8 one 800 by text or indeed at my most he's a different story in front of the Orange Crush it's never your word for it I'm really OK now then the virtual **Great Pink Run** happens the 17th and 18th of October due to cover 19 the decision has been taken to make the **Great Pink Run** a virtual and the age you support more than ever

there are asking for help to run the circumference of the globe for breast cancer this October run jog or walk or we all the more clicks your dog kilometres the quicker the to reach the goal of turning the world pink for breast cancer more information A **Great Pink Run** dot ie now the Dublin Tech Summit guess what Virtual will happen online Wednesday October 14th this is interesting it drew the most influential tech and business leaders from across the world for one day

experts from over 70 countries will come together imparting knowledge debating latest trends and network from all from our live virtual event space DTS virtual will bring you right to the heart of the international tech community from the comfort of your own home you can fully immerse yourself like that immerse yourself Light event more information click onto the Dublin Tech Summit .com it's totally free in happens right through the day on over if you have something that only publicising

simple as turning to include email the details the community at Knowle a dad I really love Yeah Hey mate it's me your hunch a gonna say nothing feels as good as taking a Punt on better ways for the score one two golfer like this Highlights: Virtual **Great Pink Run**, Breast Cancer.

Publication:	Radio Nova 100FM	Media Cost (€):	76
Date:	Friday, September 25, 2020	Reach	35,000
Page:	Link	Size (Sq. Cm)	476



Radio Nova 100FM @ 25-Sep-20 10:25 - (Great)

Radio Nova issue listing before 10 o'clock today with her track from Princes 5 was your girlfriend and there is a chance to win a sign of the times this weekend on Radio Nova from today it's officially on the issue he wanted to stay here this weekend right there what's gone on around the place that we can go too well the Bram Stoker Festival is happening on Friday the 30th of October to Monday these

second of November are now obviously things have to change for the Twenty20 that's in it with the old cover 19 field Corbett 19 a Bram Stoker festival .com if you wanna take a look at everything that's going on and maybe get the kids involved Bram Stoker Festival dos calm beams virtual **Great Pink Run** will take place on October 17th and 18th now once again this is another event which is kind of going virtual this is a run that you still have to do you can virtually do the run you actually do

have to get out and run but the whole idea is that all of us who do the run will run lead to a conference of the globe from breast cancer this October you can run you can jog you can walk you can go your bike the whole idea that we turn the world pink for breast cancer how can we get involved again more info and all the details you need on **Great Pink Run** the dot ie EU that include female the details the community I know my dad I really don't know

the EuroMillions mega draw is back and it is big really big attraction a massive on Friday 25th September the EuroMillions jackpot will be guaranteed 113 million euro it's just too big to miss the EuroMillions mega drop the responsibly instore enough for a lottery dumpling the National Lottery could be you know for the family and why you're a lucky one for me and I'm sure all right Yeah we do give a discount store

with this Yeah Yeah what we'll do is get out the way I know I am sure you watch and learn why I think they are the key of the year and I'd like to tell you about I knew Thailand mobile tyre fitting service we now have more wealth for fitting vans covering the greater Dublin area Yes the mobile tyre fitting vans this means you no longer need to take that time out to visit a tyre depot where land come to your home or your place of work

and fit the tyres you want and the great news is that we are still cheaper than a main Street competitors for more information go to btireland ie T&C apply 9 disease the Lucy Kennedy Highlights: Virtual **Great Pink Run**, Breast Cancer.

Publication:	Shannonside	Media Cost (€):	934
Date:	Friday, September 25, 2020	Reach	43,800
Page:	Link	Size (Sq. Cm)	140




Shannonside @ 25-Sep-20 14:15 - (Cancer) Part 1

sorry for the team of and out of contention but I stayed in tents and Luke further radiation thought I decided what I will do as I would to donate to breast Cancer Ireland instead like and I think you have to do when you're all to do with a few people and they all pulled out and you were announced I was sure I can't pull out there who


I and I say that I sponsorship Russia there are some choices I keep going like thought of yet given the option at 10000 feet are 13000 feet saw a picture of my life here now than ever be doing this again I can assure you of that good hard for heights and I would be afraid of heights I I like to keep my feet on

Highlights: [Breast Cancer Ireland](#), breast cancer awareness, GoFundMe, Skydive for [Breast Cancer Ireland](#), Fiona Healy.

Publication:	Shannonside	Media Cost (€):	927	
Date:	Friday, September 25, 2020	Reach	43,800	
Page:	Link	Size (Sq. Cm)	15	

Shannonside @ 25-Sep-20 14:15 - (Cancer) Part 2

Highlights: [Breast Cancer Ireland](#), breast cancer awareness, GoFundMe, Skydive for [Breast Cancer Ireland](#), Fiona Healy.

Publication:	Shannonside	Media Cost (€):	654	
Date:	Friday, September 25, 2020	Reach	43,800	
Page:	Link	Size (Sq. Cm)	817	

Shannonside @ 25-Sep-20 14:19 - (breast)

Terrifying Yeah not looking forward to it like everybody Fintan very long with him then did you practise for it because it's got and we just let this is probably on Sunday week we pointed out to the Go Fund Me and all of the pages so do you do any practice there's just mentally you're your if you think you're getting yourself prepared Fiona

was yet to arrive I think it's an hour before you John and Jill Scott true keeping a look at we do a skydive there's a few weeks ago in a Catholic or a skydive declined okay and with keep some like my legs were like jelly and I could have my hunch about proclaiming like to know who you're just gonna say will push be pleased and hold

onto me and make sure I'm okay and Anglo was the eyes and screen lots and all that but I that's how I look for a good cause like Yeah I know and when you think of it you will remind yourself of EUR journey her euro at other women were getting that news were having a bad day after chemo who haven't a break-in to their families and and and just saying look at if if you can get

through that and with determination you could you can you can bear a the time I have just worked out well as well really because they have to do it in March and it was cancelled due to I'm doing now in October and that **breast** cancer awareness month like of

like **breast** cancer doesn't just affect women it affects men as well like Yeah look again another important take out today is a doesn't have to be and Lomb it can be a change it can be a day of interviews had in your experience it can be any abnormality at all Yeah but check it out and get it seen to out isn't seen again it seemed to like it because

the early intervention is the best best thing if life I know you're here able to tell the tale now and and and thanks to all of the way that the people who helped along the way the medical staff this near now and I want to thank everybody like my on family and my friends we never got through it without a doubt our health like well we wish them the very best in a new Ireland

supporting you on Sunday week and they tell us how people can have a listen to your story I go and I think you're just looking for be even if it's a small donation how did they do that Go Fund Me page poet's son Go Fund Me and make it fair **breast** cancer it just for fun a skydive

breast Cancer Ireland if for a few key in all of that fuel and he'll leave your name that **breast** Cancer Ireland skydive challenge October the 4th and your did you do well on the fundraising so far Arcy want to bump up as much as they can I started initially I just want to get 500 euro and I said I would pay for the jump my friend pain that my served by any of the money that they collect. she will go straight to the charity

and I doubt that there were 500 euro and gofundme page is over 3 and a half hours from now at the moment I tell I have I have sponsorship cards as well like I a.m. I'm just over 4 and a half 1000 collectors look fantastic wonderful I'm delighted I'm delighted it's been lovely to talk to Fiona Neary had a rough couple of years And look it fingers crossed from the sunny side of

a narrow and you will and you will be able to do it to some minor laugh on on a Sunday night when he but all of this is over and it's been lovely and thank you so much for sharing your story and and and I hope you give inspiration to people listening out there who are on that journey are who and in the next while haven't checked but need to go and check and I think that's the message

yet been made Chase and don't bury your head just go to the doctor and get it started out Fiona Healy thanks so much for joining us let's talk programme this afternoon and Fiona you can get her a **breast** Cancer Ireland skydive on Go Fund Me let's talk to a man they are a credit union with online services register at RCSI ie and download the free seen anywhere app to manage your came from

the credit union is regulated by the Central Bank Highlights: **Breast Cancer Ireland**, GoFundMe, Fiona Healy.

Publication:	Virgin Media One	Media Cost (€):	1390	
Date:	Saturday, September 26, 2020	Reach	300,000	
Page:	Link	Size (Sq. Cm)	675	

Virgin Media One @ 26-Sep-20 09:52 - (Breast) - Ireland AM

Stay with us. morning. We are looking through the papers and there's a story in RSVP online today that caught my eye, a sweet, heartwarming story, the youngest Garda recruit, done with very reason, a five week old baby Garda recruit, done with very good cancer has become the youngest ever

reason, a five week old baby who has honorary Garda recruit following in the footsteps of his great-grandfather who was a Garda Inspector in the station. Oh, stop! Would you Inspector in the Bridewell Garda Five weeks old, station. Oh, stop! Would you look? from Dublin, the youngest person

ever to sport the Garda under the little blue under the little under the Little Blue Heroes ever to sport the Garda uniform programme. They say he is a fighter. The presentation of programme. They say he is a born fighter. The presentation of the adapted uniform was made by

local gardai from adapted uniform was made by the done. Little Blue Heroes is local gardai from Clontarf, well done. Little Blue Heroes is a not-for-profit charitable established by the gardai who not-for-profit charitable foundation provide financial assistance and support to local communities with

children going through long-term or serious illness. A lovely moment the family, but wouldn't that serious illness. A lovely moment for picture just make their day? It would melt your heart, break your heart. Family enough I got an email from a friend of mine yesterday who has written a kids' book, his name is Ray Flannery. All the proceeds

are going to the Little Blue Heroes. Brilliant. So check it out, it's a brilliant charity. And a gorgeous charity. Wishing him and his family all the best. We are all thinking of you. You go for it, I'm saving this one. This probably makes sense of the back of Anna's story, charity, breast cancer awareness month is next month, the Irish Cancer Society

and Breast Cancer Island do wonderful work and we with them in recent and Breast Cancer Ireland do wonderful work and we have travelled not to be this year but staying with them in recent years. That's not to be this year but staying with the Irish Cancer Society, some fashion bloggers started

thinking about doing fashion bloggers started off restrictions that morphed into something completely different. It's a lovely idea. On 10 October, this day in two weeks, you might be able to watch a fashion show from your own home. This group of lovely ladies, the Instagrams, are putting on a socially distant fashion show.

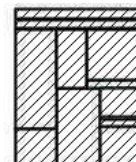
Each model only Waring one item of clothing, one dress or one outfit. Social distancing and everything in place, it's taking place in a hotel with a wonderful raffle, go to the Instagram page and donate, then are into the raffle Instagram page and donate, then you are into the raffle automatically, so donate as little or as much as

you like to be Irish Cancer Society. There are all kinds can buy. They will stream the There are all kinds of things you can buy. They will stream the event live that evening on Instagram. a lovely way. It was live that evening on Instagram. But of the fashion a lovely way. It was inspired by two

have their own cancer of the fashion bloggers who both B has have their own cancer journey, Brida has breast and spine tumours and another one's son passed away. Good luck. From the sublime to the ridiculous, I want to talk to you about a rat. On the news yesterday. Yes, called Magawa. There he is, he

was awarded the PDSA gold medal, the animal equivalent of the George Cross, for life-saving bravery and devoted duty. This little fella has been trained by a Cambodia to go into an been trained by a charity in protect against fella... There were 60,000+ Cambodia to go into an area and

casualties in Cambodia for landmines and these animals are trained to go Highlights: Breast Cancer Ireland, Irish Caner Society, Fashion Show. thegeorge



REPLACING FEAR WITH HOPE

Breast Cancer Ireland Ambassador Orla Byrne on her four-year cancer treatment, chemotherapy and using her strength to guide her

Orla Byrne hails from Bohernabreena, in the foothills of the Dublin mountains. Spend time with her and you come away feeling there is real substance beneath her winning grin. Since 2017, however, Orla has been physically and emotionally challenged, learning to live with Stage Four Inflammatory Breast Cancer.

In the lead up to Christmas 2016, Orla, then 37 years of age, having noticed that her right breast looked bigger in comparison to her left breast, went to her GP. "It simply looked different to what normal was for me," she says. With the new year underway and with a referral from her GP, on January 3rd, 2017, Orla went to the Breast Care Centre at the Beacon Hospital. Here she had a triple assessment, comprising a mammogram, an ultrasound and six biopsies.

At this point, having watched her right breast become alarmingly bigger day by day over the Christmas holidays, Orla was in excruciating pain, yet she had told no one. Three days later, she was diagnosed with breast cancer and after a week of further investigative tests she received the heartbreaking news that she had Stage 4 Inflammatory Breast Cancer - it had spread from her right breast to her liver, lymph nodes and bone. Surrounded by her mother and three sisters in the consultant's room, Orla recalls, "you could have heard a pin drop, we were all so deeply, deeply shocked."

Importance of Research and Development

Orla's treatment began with six months of aggressive chemotherapy, and although it was gruelling, challenging her in ways she had never thought possible, she responded well to the treatment. As her cancer is fuelled by oestrogen, at the beginning of her diagnosis Orla was put into medically-induced menopause, which remains ongoing. The induced menopause brought about many personal challenges for Orla, including coming to terms with the reality that she is unable to have children of her own.

In October 2019, Orla suffered a recurrence in her right breast, in that the tumour had started to grow again. The decision was taken for her to undergo surgery, resulting in a mastectomy of the right breast and removal of underarm lymph nodes. Earlier this year, Orla also underwent five weeks of radiotherapy. While the recurrence was upsetting for her, the important message is that despite the tumour starting to grow again the medical team were able to help her.

Such treatment is a testament to the importance of research and development to turn metastatic breast cancer into a long term illness. In 2017, due to the size of the tumour and aggressive stage of the cancer - and because the medical team

deemed it more effective to treat with chemotherapy and drugs in order to try to shrink it - surgery wasn't an option for Orla.

Gauntlet of Emotions

Learning to live daily with a metastatic illness is very challenging. For Orla, 2017 and 2018 were two hard years of operating in a medical bubble and living a very sheltered existence that revolved around the hospital, family and close friends. "The medical team becomes an extension of the family," she notes.

In 2019, while her day-to-day living was improving, Orla found the emotional fallout of the previous years catching up on her. She credits "self-awareness of herself" in taking the time to do the personal work required. Her therapy sessions are now a

positive ongoing part of her life. "Ultimately, we all have to live with our thoughts and feelings 24/7," Orla advises, "and so it's only natural to want to work on yourself in order to navigate your way through the gauntlet of emotions that comes from living with Stage 4 Breast Cancer."

Alongside her family and friends, Orla has been taking part in the Great Pink Run since her diagnosis in 2017. "The Great Pink Run is a wonderful occasion for my family and friends to come together to celebrate our strength and unity," she confirms. "I could not get through what at times is really a living nightmare without the support and kindness of my loved ones. I am so mindful how difficult and upsetting these past years have been for them. In fact, at times I think it is harder for my mother, my sisters, extended family and friends to have to watch me ride this crazy rollercoaster that is breast cancer."

Pioneering Research and Awareness

Orla's treatment is working well but it remains ongoing. The future is by no means certain, but she is determined to try to make the best of each day as it comes. She has no intention of leaving this universe anytime soon.

"We are truly stronger than we know," asserts Orla. "There is another layer of strength in all of us when faced with the terrifying challenge that is cancer. Allow your strength to guide you and do what feels right for you."

Orla Byrne is a Breast Cancer Ireland (BCI) ambassador and she is a coordinator with the charity's education and outreach programme, educating women and young girls on good breast health. Orla is also the face of this year's Great Pink Run with Glanbia supported by Fitbit. Back for the 10th year, this October 17th and 18th, the event aims to raise funds to support BCI's pioneering research and awareness programmes. In recognition of social distancing protocols, this year the event will be virtual, with participants encouraged to run, walk or jog either 5k or 10k, in their own local communities, that weekend.

GREAT PINK RUN

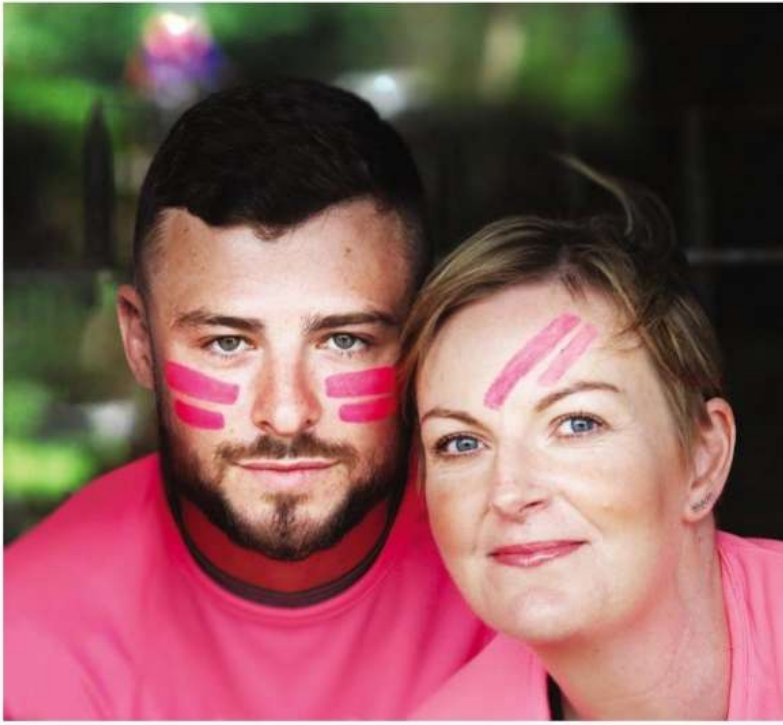
**BREAST
CANCER
IRELAND**
researching a cure

with 
glanbia

supported by  **fitbit.**

REGISTER NOW

www.greatpinkrun.ie



Pictured with Orla is Irish Rugby International and Breast Cancer Ireland Ambassador, Robbie Henshaw

Publication:	westmeathindependent.ie	Media Cost (€):	19	
Date:	Sunday, September 27, 2020	Reach	884	
Page:	Link	Size (Sq. Cm)	778	

Fiona takes to the skies to aid breast cancer research!

Fiona Healy, readily admits that a skydive was “never on the bucket list” but on October 4 next, the brave Baylin woman will take to the skies to raise funds for [Breast Cancer Ireland](#) after she was diagnosed with the disease in March of last year.

To date, Fiona has raised almost €4,000 through a fundraising drive on her GoFundMe page and, while she had initially planned to do the skydive on May 31 last, Covid intervened and she had to reschedule the event to October 4.

“I am either brave or mad,” she laughs “but I just really wanted to do something to raise funds for breast cancer treatment as it is so common, and contrary to popular belief it can affect men too.”

Prior to her own breast cancer diagnosis in March of last year, Fiona, a mother-of-four, was busy juggling family life in Ballyboran, Baylin, with travelling to her job in Dublin five days a week. “Life was certainly busy,” she says “but my world very quickly fell apart when I found a small dent on my left breast, you couldn’t even call it a lump, and I decided to get it checked out after thinking about it for a couple of days.”

She was sent for a mammogram by her own GP, but it took six weeks to get the appointment as there was a nurses strike on at the time. “I went to the Mater and I had eight mammograms and three biopsies done on the same day, and when I saw the Consultant and the Oncology Nurse they said I would be referred for a Pet Scan and an MRI, but I think they already knew more than they were telling me.”

When Fiona and her husband, Austin, returned to the Mater a couple of weeks later they received the devastating news that she had not one, but two types of breast cancer. “I had one standard cancer and also an aggressive form of cancer which had spread to my lymph nodes, and I was told I would have to undergo a double mastectomy followed up by chemo and radiation.”

From the outset Fiona Healy said she decided to face her diagnosis “head on.”

She adds that while it was a huge shock, there was “no other option but to face it, I couldn’t run away from it, and I had to stay strong for both myself and my family.”

Fiona and Austin had the unenviable task of sitting down with their four young daughters and telling them that their Mammy had cancer.

“We were advised to be straight up with them and tell them the truth, so we did, and while it was very hard, I think it was the right way to approach it” she now says.

All four girls, Emma (20), who was studying for her Leaving Cert at the time, Ellen (15), Ciara (13) and Adele (12) were very upset initially, but they took the news in their stride and adapted very quickly to the new reality in the Healy household.

“I told them we could all sit around and cry all day about it, but I said I was going to fight it with everything I had and was going to remain positive and I needed them to be with me on the journey,” says Fiona.

That journey only finished before Christmas, and while Fiona Healy says she “flew through surgery” she describes the chemotherapy as “horrendous, there’s no other way of saying it.” However, she says she had “another little family” among the other patients who were on the chemo ward in the Midland Regional Hospital in Tullamore.

Having survived her own battle with breast cancer, the brave Athlone mother decided to raise funds for [Breast Cancer Ireland](#) through a GoFundMe page, and she set a fundraising target of €2,000, which was quickly exceeded.

She is planning to undertake her skydive in Birr Airfield, but admits to getting “more nervous” as the date approaches. “I went on the zip line in Castlecomer Discovery Park a couple of weeks ago and my legs were like jelly, so I don’t know how I’ll cope with a skydive,” she jokes.

Fiona paid for her own skydive, so all donations received will go directly to [Breast Cancer Ireland](#) for further research into all types of breast cancer.

She has thanked everyone who donated to her fundraising drive and to remind people that donations are still being accepted at: <https://ie.gofundme.com/f/skydive-for-breast-cancer-ireland>

Publication:	Northern Sound Radio	Media Cost (€):	699
Date:	Sunday, September 27, 2020	Reach	50,300
Page:	Link	Size (Sq. Cm)	870



Northern Sound Radio @ 27-Sep-20 21:32 - (breast)

and I finished the end of last year like my chemo and radiation amount of medication for the next 10 years It's a much or my arm of a key Muslim like can I just get injections every 6 months my ball on from that like but I'm a good energy levels that are slow to come back but we get them and did they get it at all I mean is that suddenly they do it you were able to reduce soon saw our red I'll

take the they removed the arrest because it's at that there but where were they out with the lymph system Yeah and then removed the removed all the cancer cells like but I have been told that a letter I never be told that I'm cancer-free because that's the type of cancer I had that he could come back like but if I don't I don't like that and run for the medication you're taking now heavy side effects

apart from feeling very lean on the energy levels having to build back up I'm I'm I'm so far I'm able to take that I find annoying and it doesn't bother me and you're well Yeah Yeah well I feel like I've never let a cancer get in my head like and I do think that's important Yeah Yeah you have to be positive we have to because it's very very easy to let it get into your

head and take over so it's a look at it it's one of those things you're gonna get over you nearly need to think of the future that you have and and and that is going to happen no matter what some business John a swerve on the road if you like that that's given him a little bit of pomp and so you I mean it is amazing in the middle of all this you wanted to do something to help people along the

turning into whether support the people who have cancer give each other and this is very much you kind of say I'm gonna be part of that makes Yeah Yeah I just I just feel that we decided that we as a family group chat like friends financial and we said that Be run by doing a Sky dive I said Well if I do a skydive I want to do it for charity so I couldn't think between any of the hospitals like to do it for

because I've been in a good you have to feel like I live in dublin master the matter for the surgery and that and then I went to Mullingar are just one more sorry for the team of up and thinking and then but I stayed in the end and Luke her the radiation I decided what I will do it I would just need to have **breast** cancer Ireland and stars like nothing you can't do when you're going to do with a few people and they are pulled out a

and EUR the school I was sure I can pull out there how who I worked the ball rolled in and I said that I and sponsorship gossip but some choices I keep going on like a sore I've yet given the option at 10000 feet are 13000 feet for I might go the whole hog like to hear now never be doing it again I can assure you a good turn for rights and I would be afraid of heights I I like to keep my

feet on the ground this terrifying yet Yeah I'm looking forward to it like everybody into billions of Australian him indeed it proved to us for it because it's coming up on Sunday we just let this is probably on Sunday week we pointed out to the Go Fund Me and all of the pages so do you do any practice there's just mentally earlier so you think you're getting yourself prepare Fionna

well Yes to arrive I think it's an hour before you jump and just got through kid thing I can do is look at with the Sky a few weeks ago in a Catholic or a skydive declined OK how the the keep some like my legs were like jelly and life and how I want to jump out of playing like that but you just get the they will push be pleased and hold onto me and make

sure Mo K and Anglo was the eyes and scream lots and all that but now I think that how I looked at it for a good cause like Yeah when you think of it you remind yourself of your journey for euro at other women were getting that news were having a bad day after chemo were ever to break into their families and and and just saying look at if you if you can get through that and with determination you could you can

you can bear a the time I have just worked out well as well really because if they would match and it was cancelled due to Highlights: **Breast Cancer Ireland**, Fionna Healy, Chemotherapy, radiation, Lymph system, side effects, charity, donation, sponsorship. **breast** cancer awareness,

Publication:	Shannonside	Media Cost (€):	697	
Date:	Sunday, September 27, 2020	Reach	43,800	
Page:	Link	Size (Sq. Cm)	830	

Shannonside @ 27-Sep-20 21:35 - (breast)

Kind eyes I said if I do a skydive I want to do us for charity so I couldn't take between any of the hospitals like to wish for because I've been in good you have schools like anything nasty the matter for the surgery and mash and then went to Mullingar are just one more sorry for the team of and neither of them thinking him with a but I stayed in the end you are the radiation I decided

what I will do it I would just donate to **breast** Cancer Ireland instead like and that's even hand to do when you're going to do with a few people and they are pulled out school I was sure I can't pull out there how who I worked the ball they're all than and I am I sponsorship Russian Everton saw I said I would like the option of 10 health and featured 13000 feet saw a picture I might go the whole hog like to hear now never be

done again I can assure you a good head for heights and I would be afraid of heights I like to keep my feet on the terrifying yet Yeah a hard hat like anything you've put you're not sure yet but I am fake identity to practise for it because it's coming up on Sunday we just let this is probably on Sunday week I pointed out to the Go Fund Me and all of the pages

so do you do any practice there's just immensely you're you're you're you're getting yourself prepare Fionna yet to arrive I think it's an hour before you jon thank you just got through kid thing I can do so look at we do a skydive there's a few weeks ago in Manchester I have been trying OK how with the team some like my legs were just like the

killing and I think how my conch jumped out of playing like that but the IMF is just good they will push be pleased and hold onto me and make sure I'm okay and Anglo was the eyes and scream lots and all that but now I that's how I look for a good cause Yeah I know and when you think of it you remind yourself of your journey for euro at other women

were getting that news were having a bad day after chemo However the break to their families and and and just saying look at if you if you can get through that and with determination you could you can you can bear but the time I have just worked out where the players really because they are disgusted with the match and it was cancelled due to a sore I'm doing now in

October and that **breast** cancer awareness month like of like best and it doesn't just affect women it affects men as well like Yeah look I gain another import didn't take out the say is he doesn't have to be and Lomb it can be a change it can be a day of interviews had in your experience it can be any abnormality at all Yeah but checking out and get it seen 10 are seen anything

like it could be early intervention is the best best thing guerrillas life the order he there are workable idea you can donate by gone to the Go Fund Me website for a skydive for **breast** Cancer Ireland let's move from Sky dives the second of a new edition of the major hog the map of rural roads network that would be a cyclist friendly the launch of the project coincided with National bike week would see the publication of a vision for

cycling in rural Ireland by a cyclist ie is recycled corrective jaw Sachs children from religious I confess all spoke to America Really good let's talk all about so I had to move back from Wales about 5 years ago and the year after I moved back I worked as a transport planner and Wales where lights and cycling done very passionate about cycling the year after I moved back I can see there is huge

potential in Leitrim to get more people out on bikes because with God is just crazy roads around Leitrim of cycling at the festival world had their way of celebrating and cycling as a way of bringing people together he might be interested in doing more humanely Trump but also it's about celebrating communities the idea with the festival is that we move to a different location every year if we get a chance

really showcase different religious and and all the great bank robbery within that area I enjoyed taking this is different from let's see cycling clubs that kind of focus on doing very long journeys in building of speed and stamina this is more about Highlights: **Breast Cancer Ireland**, Fionna Healy, Chemotherapy, radiation, Lymph system, side effects, charity, donation, sponsorship. **breast** cancer awareness.

Publication: evoke.ie**Media Cost (€):** 157**Date:** Monday, September 28, 2020**Reach** 16,660**Page:** [Link](#)**Size (Sq. Cm)** 10

Niamh Cullen joins campaign to turn the world pink with the **Great Pink Run!**

It is safe to say it has been a pretty different year than we all expected!

Weddings, festivals, race days, sporting events and more haven't been happening this year, and most of us have not gone abroad either.

One big Irish event that has also sadly bore the brunt of the Covid-19 pandemic is **Breast Cancer Ireland's Great Pink Run**, which normally sees thousands of men, women and children taking to the parks in October, raising millions for a very important cause.

But all is not lost... for 2020, the **Great Pink Run** is going virtual and influencer and fitness enthusiast Niamh Cullen wants you to get involved!

On the tenth anniversary of the event, **Breast Cancer Ireland** wants YOU to sign up to run, jog or walk a 5k or 10k distance over the weekend of October 17 to 18.

They want women, men and children to do their distance locally in their neighbourhood or local community, and then upload their time to the **Great Pink Run's** website.

With a target of 40,700km, the circumference of the globe, they need as much help as possible to slowly but surely turn the globe pink!

Participants will receive a 10-year commemorative T-shirt, a medal, a face covering and their own personalised race bib. Sponsored by Glanbia, Irish influencers James Patrice and Niamh will be taking part in the big event.

Niamh is actively training over the course of the five to six-week lead-in for this year's event, using a Fitbit kindly sponsored by this year's Silver Sponsors.

'Unfortunately, we all know someone who has been affected by this disease, and I am passionate about the importance of continuous investment in research – to help change the dial on this disease for women into the future,' says Niamh.

YOU can help make a difference for the thousands affected annually by breast cancer, as all funds raised will help to support ongoing research into the illness.

So, rally your tribe locally, wear their pink goodies, share your photos and let's turn this globe pink!

Register now at greatpinkrun.ie.



Breast cancer treatment: Research, developments and game changers

Sylvia Thompson

Prof Arnie Hill speaks about the advances in breast cancer treatment in the last 10 years

Prof Arnie Hill, breast cancer surgeon and head of the medical school at the Royal College of Surgeons for Ireland, jokes that many women with breast cancer could almost have a degree in breast cancer following their treatment, such is the amount of knowledge gained throughout the experience.

Learning about the type of breast cancer you have is just the start of a journey to understand different cancer drugs, the appropriateness or not of chemotherapy, and the types of surgery, as ongoing research changes the approach to breast cancer.

One of the most exciting developments in recent years is the OncoType DX test. This genetic test on tumour tissue clarifies whether chemotherapy is necessary or not.

"The oncotest reduces the amount of chemotherapy given for breast cancer by 50 per cent," explains Prof Hill.

This is a game changer in the treatment of breast cancer as previously – in spite of clinicians' views that many women didn't need chemotherapy – most women chose to have it for the 3-5 per cent chance that it would improve their survival rates.

"The OncoType test proves which type of breast cancer a woman has. And now we know that chemotherapy is beneficial

for early breast cancers (such as HER2-negative, ER-positive and node negative breast cancers – see definitions below) which make up about 45 per cent of

diagnosed breast cancers," explains Prof Hill.

Cara McAdam says that she researched all the papers and clinical trials when she was diagnosed with HER2-positive breast cancer.

"I'm a biology teacher and I remember thinking this would be very interesting if it wasn't happening to me."

She was dreading chemotherapy, having read about the severe side effects of adriamycin cyclophosphamide (AC) chemotherapy so was relieved to find out that she would only be administered a newer chemotherapy drug, Taxol (paclitaxel).

'Recurrence rates'

"I had a grade three tumour so chemotherapy was needed but I benefited from trials that showed the recurrence rates were equal with or without AC chemotherapy which meant I didn't have to have AC chemotherapy."

Naoise Coogan (46), who works in corporate communications for Glanbia, feels very grateful for the OncoType DX test. "It made a massive difference to my diagnosis. I found a lump under my arm five years ago and had a triple assessment – clinical assessment, mammogram and ultrasound – within two weeks. A biopsy of my cancer [ductal carcinoma] was sent to San Francisco for analysis and the OncoType DX result came back with a low reading meaning that it wouldn't be beneficial to have chemotherapy," explains Coogan.

She says that she had two young children at the time and didn't want to look sick. "I went into hospital as a day case for a lumpectomy and to have lymph nodes removed and then started 7 weeks of radiation six weeks later," explains

Coogan. Five years free of cancer, Coogan will continue to take hormonal drugs, Tamoxifen for another five years.

Another development in breast cancer in the last 10 years is the ability to treat some HER2-positive breast cancer with drugs alone.

"There is a panel of drugs which have proven to be effective for this subset of 20

per cent of breast cancers,” explains Prof Hill. “We are now at the stage that 50 per cent of these patients will respond to drugs alone making them the first group of breast cancer patients to avoid surgery.”

These patients will continue to have chemotherapy treatments alongside their medication for four to five months.

Women in Ireland who do, however, need to have mastectomy to remove malignant tumours from their breast now have greater opportunities to have reconstructive surgery than they would have had ten years ago.

“We now have six plastic surgeons at Beaumont Hospital compared with one plastic surgeon when I started here in 2005,” says Prof Hill.

Reconstructive surgery

The standard reconstructive surgery now involves taking fat tissue from the woman’s lower abdomen (tummy) to reconstruct the breast. It involves a four-hour operation and four days in hospital. About one in three women who have had breast cancer surgery opt to have reconstructive surgery.

Triple-negative breast cancer which is breast cancer that doesn’t have oestrogen, progesterone or HER2 receptors is one of the more aggressive and most difficult to treat forms of breast cancer.

Currently, researchers at Queen’s University Belfast (QUB) are studying new treatments for this sub-group of breast cancer patients.

“This is one type of breast cancer that we don’t have immediate answers on

which is why Breast Cancer Ireland is funding the research at QUB. We need to look at different pathways in the cell and introduce new drugs to block these pathways,” explains Prof Hill.

Through its research and education programmes, Breast Cancer Ireland wants to help transform breast cancer from what can be a fatal disease to one that can be managed and cured throughout treatment. A new Breast Cancer Ireland research centre in the grounds of Beaumont Hospital is due to be completed in 2021.

■ As part of the annual fundraising, the Great Pink Run (a 5km or 10km) is held every year, with 10,000 taking part in 2020 between three venues – Dublin’s Phoenix Park, Kilkenny Castle Park, and Diversey Harbor, Chicago. This year will be the 10th staging of the event, but, of course, it will have to be very different. Still, it is hoped the virtual staging will continue to be well supported. See greatpinkrun.ie to register.

Different types of breast cancer

Breast cancer is described as invasive or non-invasive. Invasive breast cancer means the cancer cells have moved beyond the lining of the milk ducts and invaded the surrounding breast tissue.

The sub-types of invasive breast cancer are invasive ductal carcinoma – the most common type of breast cancer – which invades the surrounding breast tissue and the rarer invasive lobular breast cancer which is more likely to be spread throughout the breast.

The main non-invasive breast cancer is ductal carcinoma. Metastatic breast cancer is breast cancer that has spread (metastasized) beyond the breast. About 5 per cent of breast cancers are caused by faulty genes, the most common of which are BRCA1 and BRCA2 genes.

Breast cancer specialists also define the different types of breast cancer according to the parts of the cell the cancer responds to.

■ **HER2-positive** breast cancer is breast cancer that tests positive for a protein called human epidermal growth factor receptor 2 (HER2). This protein promotes the growth of cancer cells. In about one in five breast

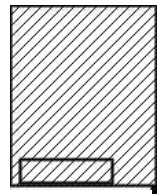
cancers, the cancer cells have extra copies of the gene that makes the HER2 protein. HER2-negative breast cancer is breast cancer that tests negative for HER2 protein.

■ **ER-positive** breast cancer is breast cancer that has receptors for the female hormone, estrogen (oestrogen). ER-negative breast cancer is breast cancer that doesn’t have estrogen receptors.

■ **PR-positive** breast cancer is breast cancer that has receptors for the female hormone, progesterone. PR-negative breast cancer is breast cancer that doesn’t have progesterone receptors.

■ **Node-positive** breast cancer is breast cancer which has spread to the lymph nodes under the arms. When lymph nodes are clear of cancer, this is called node negative breast cancer.

■ **Triple-positive** breast cancer is breast cancer that has oestrogen, progesterone and HER2 receptors. Triple-negative breast cancer is breast cancer that doesn’t have receptors for oestrogen, progesterone or HER2.



In The Frame

As we spend more time in our homes, and in turn, make sure they are spaces that we enjoy spending time in, it's never been more important to invest in our surroundings and pieces that bring us joy and this is what art can do. Here we highlight five female Irish artists whose work would certainly make a welcome addition in any home.



MARY CLAIRE KIRWIN

An Irish artist based in London, Mary Claire Kirwin previously forged a successful career in the fashion industry until a painful accident redirected her life. As she explains, I grew up in a small village in Wexford and following my graduation from Limerick School of Art and Design, I moved to London to start my fashion career. I love London and the opportunities it presented. I became Creative Director for a high street fashion brand, met and married the love of my life and would travel the world at the drop of a hat. I was living a busy, hectic, yet extremely exciting and rewarding life. However, last year, in 2019, my life came to a sudden halt. I suffered a painful and traumatic back injury whilst surfing in India. What prevailed was a year of chronic pain, panic attacks, anxiety and departure from a job



and lifestyle I had worked my adult life to achieve. My identity was completely lost, my passion for the fashion world had evaporated with the loss of my physical and mental health.' Late last summer, under guidance from her therapist to address her chronic pain, Mary Claire started to paint for pain relief. The challenge was to rewire her brain away from pain to a place of harmony. So, what started out as watercolours for close family has now become a full time passion and career, with Mary Claire now painting from her private boat studio on the River Thames. As she comments, 'I'm attracted to basic shapes and working blocks of bright colours to engage the eyes. The simplicity of shape and colour is never ending and offers me amazing freedom. My recent collection of work has been inspired and named in regards to theme of wellbeing and the journey of change. I create quite fast. I leave it for a week or so and then look at the work with fresh eyes. I'm always working on five or six pieces at any one time.' Mary Claire goes on to say, 'It's a really personal journey to get a painting to completion. Recently, my best work has been from my subconscious when I haven't been thinking about the end goal, that's why my motto when I'm in my studio is 'joy in the journey', it helps keep my focus on the now and the creation process, rather than the reality of being a commercial artist.' As for the future, Mary Claire has lots of ideas of how to take her style into spaces and environments. 'I really do want to engage audiences through colour and shapes in the forthcoming years and I also love ceramics and rug making, so have started to work on some pieces to launch in 2021.'

See and shop Mary Claire's work at maryclairekirwin.com and [instagram.com/maryclairekirwin](https://www.instagram.com/maryclairekirwin)
Original works start from £900. Prints start from £150.



PHOTOGRAPHY BY BRADLEY QUINN.

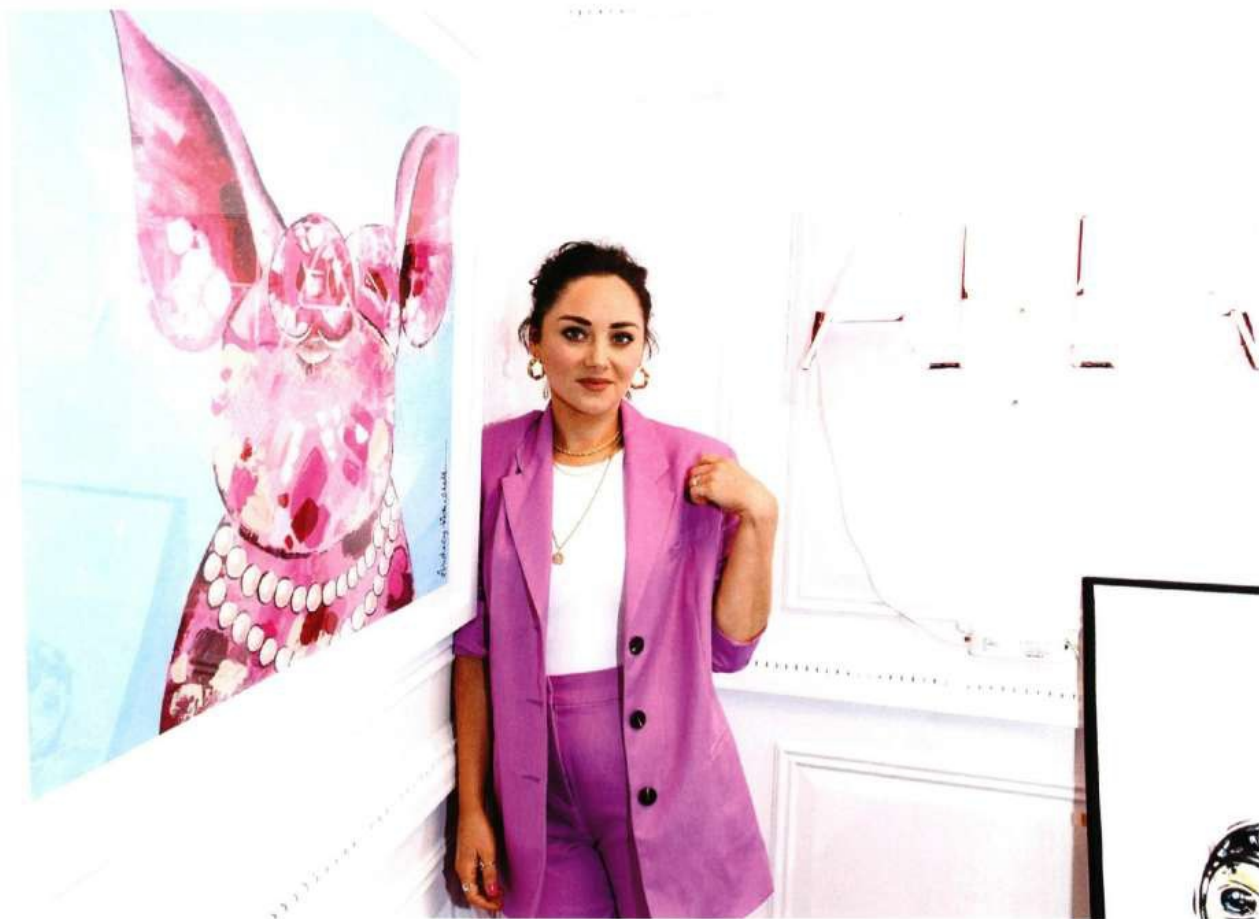
PALOMA KING

Artist, Paloma King, works in a converted linen mill in Belfast alongside many other creatives. She has been painting almost full time for 20 years since graduating in Fine Art from the University of Ulster. Prior to this, Paloma worked in the fashion industry, a time when she enjoyed the opportunity to explore some of the world's finest art works through regular travel. Initially painting in a realistic style, she became increasingly interested in capturing the invisible forces that shape us – and the world around us, 'I have always loved the look of hand written notes and little doodles that people do when they think no one is looking, bits of words or things we wish we had said, lines of poetry and names of people we love. I am also drawn to ancient artwork in caves and symbols carved on stone left to us from ancient civilisations. I love the look of music scores, written and scribbled on in passion, marks which you will often find reflected in my work.' Paloma also has a passionate interest in cosmology, which deeply informs her sense of wonder at the world. 'While protons are unaware of the beauty emerging from them, from their tendency to be drawn together, that very tendency enables the birth of something as beautifully structured as a star. I don't expect people to look at my paintings and think about the meaning of life, but do hope that they touch people's hearts. That they inspire connection to a part of themselves not easily articulated, a part often left unsaid or unknown. That tender place that their heart really beats for. My painting process is at times slow. The surface is made of many layers applied and scraped off repeatedly until I am satisfied. It is often as if the painting has a life of its own, almost painting itself at times. In the moment, I am highly concentrated, with a profound sense of composition, structure, dynamism and the painting's vibrational energy, yet rarely see the final form until it is made. Most of the time I don't decide I'm going to paint a certain image and then create it, instead each piece evolves organically.'

See and shop Paloma's work at
palomaking.co.uk

[instagram/paloma_king_artist](https://www.instagram.com/paloma_king_artist)

Original large-scale works start from £4,950.



AUDREY HAMILTON

Pop artist Audrey Hamilton has had a love of art from a very young age. 'I grew up watching my mother take her oil paints to her canvas and hang them around our house. My parents have always encouraged my passion for creativity. Drawing, sketching and painting have been something I have turned to for escapism. From doodling on a napkin at a restaurant to finding a plank of wood in the back garden and turning it into an art piece to fill a space on our wall, I'm never far from creating something and getting my hands dirty,' explains Audrey. Painting was an enjoyable past time for Audrey until returning home to Dublin from LA and turning 30 saw it evolve into a full-time career. As she explains, 'I had been working as an actress for ten years in Ireland and my husband and I decided to head to LA, however, the whole experience of the industry over there wasn't for us and we moved back home to Dublin. At the same time I was approaching 30 and decided I wanted a different career and schooling myself in fine art, Audrey Hamilton Art (AHA) began.' Like her personality, Audrey's style of painting is both quirky and colourful. Her collections to date include Animals, Faces and Pop Art Shapes. 'I love animals and I had started painting my version of them while in LA and then one day I decided to turn my hand to

painting a face. I'm not a portrait artist and the faces aren't of anyone in particular. The first one I painted is called 'Her' and now there are a total of five different faces in this collection. This then led to experimenting with shapes and I've also painted two prints to help raise money for charity.' Audrey painted a Koala and sales of this print raised €20,000 in aid of the Australian bush fires last year and she hopes to raise money for Breast Cancer Ireland with her new work Femme. 'My best friend Georgie Crawford was diagnosed with breast cancer in 2017 and through her I have met so many great women and wanted to show them my support. Femme represents all of the different shapes and sizes that our breasts come in and 50 per cent of sales will be donated to Breast Cancer Ireland, so I'm hoping to achieve the same success as I had with Koala.' All of Audrey's fine art prints are limited edition and she has just launched her first online shop during lockdown. 'Social media is a great tool for artists to get their work seen. Instagram has really helped me and my new online shop also opens everything up to a wider audience.'

See and shop Audrey's work at audreyhamiltonart.com and [instagram.com/audreyhamiltonart](https://www.instagram.com/audreyhamiltonart)
Prints start from €65.



ALY HARTE

Northern Irish artist Aly Harte lives and works in Belfast. As she comments, 'My studio is based near my home which is conducive to family life with my husband Michael, our three boys and dog Mimi. Aly's work is influenced heavily by her own childhood memories of growing up in a smallholding in the Irish countryside. 'My early childhood memories are filled with painting and drawing, mainly the dog as it ran across the yard and it was during my time at Ballynahinch High School that I realised I had a love for art. From this point all I have known is mark making and it was under the guidance of artist Neil Shawcross that my abilities were developed.' Aly was awarded a first class honours degree and a distinction in her Masters in Fine Art. 'During my degree

and Masters in Fine Art my love for layered painting began,' she explains. 'This showed in the form of collages and thick paint marks.' Over time Aly's painting has evolved, but she still enjoys smooth lines mixed with paint applied using palette knives with the overriding theme of her work being 'placing importance on the everyday'. 'My art appeals to family homes where they discuss the content of the painting, nonetheless, keen art collectors and first time buyers enjoy my work in their homes and offices too.' Aly's work can be found in galleries such as Yard Gallery and InKlover and she has a wealth of artwork on her website.

See and shop Aly's work at alyharte.com and [instagram.com/aly.harte](https://www.instagram.com/aly.harte). Print prices range from £12 to £240. Originals at £170 for a 7x5 canvas.

LOUISE ROBERTS

Based in Cork City, Louise Roberts went to art college at the age of 18 where she was immersed in a range of art and disciplines. A year later, in Limerick School of Art and Design, Louise chose to focus her studies solely on painting. 'With a BA degree in Fine Art under my belt, I knew that art education was my calling. I became a secondary school art teacher and my personal work gradually took a back seat,' explains Louise. 'My students have become the number one priority and so for the past 10 years I have thrown myself into transferring my love and knowledge of art unto others. Having my own children however, has somewhat shaken me out of my own artistic paralysis! I have two beautiful, energetic boys, both under the age of four and in the last few years I find myself yearning for the space and time to create. I can feel that fire burn from within again and it's exciting.' Louise's inspiration comes from beautiful buildings and gardens, Georgian architecture, high ceilings and eclectic interiors. 'I fall asleep dreaming of how I would fill and curate these living spaces with textiles and décor,' she adds. 'What really sets my soul alight is rummaging through an antique or second hand shop. I'm deeply nostalgic. The older the object, the better. I have always been a collector of things, a scavenger at heart. My childhood love for natural objects and the land and sea has followed me into my 30's. My studio has shelves upon shelves of sea shells, dried flowers, animal skulls, feathers, and unusual stones. In the past few years I find myself particularly drawn to botanical subject matter.' Louise's early work was figurative and psychological with a nod towards the world of fashion. Now she creates semi-abstract paintings inspired by nature while drifting between the use of vibrant colours and quiet, soft and moody palettes. 'I'm currently working on a series of floral still-life paintings and have been playing about with moody abstract landscapes and soft calming seascapes with the obligatory splash of pink thrown into the mix! My work will appeal to those who wish to create beautiful spaces, those with an empty wall that's in need of a focus or a pop of colour.'

See and shop Louise's work at
louiserobertsart.com
and Instagram [instagram.com/loulourua](https://www.instagram.com/loulourua)
Original works start from €250.
Prints start from €60.



Publication:	rte.ie	Media Cost (€):	5247
Date:	Tuesday, September 29, 2020	Reach	499,800
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Red-hot Patrick Mahomes wins battle of the star quarterbacks

Patrick Mahomes continued his purple patch as he threw four touchdowns in a stellar 34-20 win for the Kansas City Chiefs over the Baltimore Ravens.

Monday night's match saw two of the league's hottest talents go toe-to-toe with Super Bowl champion Mahomes taking on Ravens quarterback Lamar Jackson, last season's MVP.

And it was the Ravens who got on the board first, with Justin Tucker true with the boot from 26 yards as Baltimore took a 3-0 lead.

But the reigning Super Bowl champions were not down for long as Mahomes, who had 385 yards in the air, rushed for a score less than three minutes later.

He then went on to score three touchdowns in the second quarter – including a 49-yard pass to Mecole Hardman as the Chiefs went into the break 27-10 up.

Another field goal for Tucker and Jackson's five-yard touchdown throw to Nick Boyle brought the game to within one score, 27-20. but Mahomes drove the Chiefs to the end zone again in the fourth, a two-yard trick-play pass to left tackle Eric Fisher sealing the win and a 3-0 record to start the season.

Mahomes passed for 385 yards, completing 31 of 42 passes, and repeatedly spread the ball around as five Kansas City players topped 60 receiving yards.

Chris Jones stood out on the defensive side with two of Kansas City's four sacks and he also two forced fumbles as the Chiefs started 3-0 for the fourth consecutive season.

Lamar Jackson completed 15 of 28 passes for a mere 97 yards and one touchdown. The passing output was Jackson's lowest in 25 games as a starter. He also had 83 rushing yards on nine carries for the Ravens, who also received a kick-off return score from Devin Duvernay.

The Ravens had just 228 yards of total offense after averaging 394 yards and 35.5 points over their first two games. The Chiefs had 517 yards while holding a 29-16 edge in first downs and converting 10 of 13 third-down opportunities.

Travis Kelce led Kansas City with 87 receiving yards on six receptions.

Publication:	Radio Nova 100FM	Media Cost (€):	75	
Date:	Tuesday, September 29, 2020	Reach	35,000	
Page:	Link	Size (Sq. Cm)	296	

Radio Nova 100FM @ 29-Sep-20 14:40 - (Great)

Freight deal no high and mighty men around as part of a Radio Nova's campaign on the road too well well some stuff you may or may not know the hoard probably could do with no face for has been denied for now but travel Wyse Power we still going well we can still go the length and breath of the country there are other countries we can travel to but to be honest we're asked not to really do that social distancing still really important especially on public transport so you are getting on buses or

trains remember those little stickers that say don't sit here they mean it because they want you to be safe and if you are on board to wear a mask same thing with going to the shops now or to the cinema where a mask really simple audience because I know it works the covered 19 Track Iraq can alert you if you have come into close contact with someone who has tested positive for the virus you can get it from your Apple App Store or Google Play store we have been through a

lot and we're still going through a lot and stay safe travel carefully and let's get down this road well together the a Bill of rights of way know a lot on

Fast track has the power not to get it moving from Morocco and tourist board and raised on Radio Nova got Elton John's take Honor who classic not too far away from it because they love you for it I'm really not long to go now to avert dual **Great Pink Run** takes place on October 17th and 18th due to go with 19 they had to make the Highlights: **Great Pink Run**, virtual event.

Publication:	Radio Nova 100FM	Media Cost (€):	63	
Date:	Tuesday, September 29, 2020	Reach	35,000	
Page:	Link	Size (Sq. Cm)	587	

Radio Nova 100FM @ 29-Sep-20 20:24 - (Great)

The are is good times roll Peter Cowen suggested verbs away 7.1 804 have a heartbeat it should really be one of but Chelsea have a new keeper tonight Kepa is not the keeper Edward Mendy new signing from France is in goal and he's made a good save American Ella who uses his right foot which you can use for standing up for decades what does the damage from a

just 39 38 minutes played Tottenham Chelsea won it because I love that you can really afford I'm really the virtual [Great Pink Run](#) happened on October 17th and 18th due to cover 19 the decision has been taken to make the [Great Pink Run](#) virtual event and they need support more than ever the last to help run the circumference of the globe for breast cancer this October run jog or walk or we'll never

more clicks you log the quicker the Gulf can be reached A Canning world pink for breast cancer for more information A [Great Pink Run](#) top ID and out why were locked out venues across the length and breath of the country extra sessions good music fans their fix through the autumn well-known artists all the way through up and coming artists these gigs will give you the chance to plug into your phone for the ultimate intimate experience bring the artist into your home on

screen to enjoy with friends and family running every Thursday months through November 19th the be live gigs directly to you featuring some of the biggest names in Irish music to watch log onto all the dogs start extra .ie /sessions every week it couldn't be simpler if you have something happening like the details publicised a ready or are you doing something to include email details to community at Knowle a dad I really love it time to are you a

baddy with because sculpting came later met come because sculpting is the original fat freezing treatment proven to reduce that by up to 25 % of RTÃ% just one single treatment Tommy back thighs and even under the chin can all retire as the leading cross-cutting clinic in Ireland with over 8 years experience you can be confident hearing see fans to book your free consultation call us on Oh one 6 69 one Oh 6 or visit with medical .ie power flies Dubliner still experts at

restoring sluggish radiators to full power using a low impact high-velocity large they do stop here a powerful Russian one to call for a plumbing and heating needs whether its boiler servicing a replacement star pump fitting Right through to bathroom design supply and installation and all carried out by RTE will fully qualified tradesmen some power in Europe plumbing with power flushed Dublin .ie city colleges leader programmes for Twenty20 is proceeding as scheduled

all courses are available online including preparatory programmes for the law society of Ireland Honorable society of King's Inns and ACCA examinations jump-start your career with city colleges professional diploma in psychology law criminology Business Security studies and many more gain a new qualification and develop your career today visit city colleges Stud ie for more information see the colleges professional education music history and every bit like

we play a prank by Frank with no interruptions keep your Radio Nova's classic album through a bit of golf all American country blazed into the mix board tonight on think but is passionately erotic Highlights: [Great Pink Run](#), virtual event.